



## Group Sound Healing – Face to Face and Online

### Tuning up out-of-tune bodies for health and wellbeing

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We may not think of our body as vibrational energy but everything in the universe vibrates (quantum physics) and energy never dies (Einstein), it just alters its state.

The body is made of pure energy that vibrates to a sound frequency at its very fundamental being. When we are 'in tune', with our batteries fully charged, our energy is alive and we feel good. When we're 'out of tune' and our batteries are running low, we don't feel on top form; over time, our health (emotional, mental and physical) is likely to suffer.

The tuning forks and instruments I use mirror back to the body any out-of-tune frequencies it is emitting at the time. The body hears this and auto-corrects to a more harmonious state. The aim is to raise our voltage, up the amps, and allow our bodies to self-heal the issues it brings up for attention during a session.

Everyone needs the occasional boost; some need slight tweaking while others need a total overhaul. We can all often drift away from the real purpose and very essence of what life should be about – living it to the fullest of our potential with positive purpose.

Sound healing is a fabulous way of upping your amps by allowing sound vibrations to wash over body and mind. The body has a natural pull towards these frequencies and responds with a wonderful relaxation creating the perfect environment for healing.

**Booking in:** Group Sessions can run face-to face or on Zoom. Please read and complete the Client Booking Form, below, and email it to Lorraine at [soundtherapymalvern@gmail.com](mailto:soundtherapymalvern@gmail.com) stating which advertised date and session you wish to attend (editable version can be downloaded from <https://soundtherapymalvern.com/news-and-events/> ). Then make your payment to my PayPal account [l.lockyer01@gmail.com](mailto:l.lockyer01@gmail.com) (you don't need a PayPal account to do this). At events, for face-to-face sessions, cash is preferred (mobile signal can be patchy).

**PLEASE BE ON TIME** – once I start the session, I will not be able to admit people as I will be using my instruments and tuning forks!

#### **FOR ONLINE SESSIONS:**

**I will forward you the link to the Zoom Meeting once payment has been made.** About 10 minutes in advance of the session, click the Zoom link. It is best to join early to allow time to sort out any technology glitches (if you are new to Zoom, we can have a quick trial run before the meeting, just ask me). You will find yourself in the waiting room and I will let everyone in a few minutes before we start so we can say hello.



## Sound Therapy Malvern

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### Before, during and after the session ...

- Please prepare yourself in advance – make yourself comfortable in a quiet spot where you won't be disturbed, where you have a good internet connection (!) and a glass of water ready for after the session (you may want to rest for a while after as you allow your body to process the energy work)
- This is a **listening only** treatment (not interactive) so, once we start, please make sure your mic is on 'MUTE' and your video is switched off (this ensures that everyone can relax, 'go inside' and breathe deeply, without distractions)
- **Talking of breathing deeply** .... Working in the electro-magnetic field means we encounter a lot of charge when we hit out-of-tune spots. It is very important that we send this charge to ground and we do this by forcefully (and sometime noisily!) breathing out. If you hear me breathing out this way, I invite you to join in; you will feel better for it!
- After this session, feel free to leave the Zoom meeting right away if you wish to rest and integrate. However, if you want to say hi, I will remain in the meeting for a while – at this point you can switch on your mic and video 😊
- Although I am working on the group, **each individual person's energy is separate** and remains intact; there is no wash back from another person's energy field. However, **there is something magical about a group session. The collective energy seems to amplify the power of the work because we have all set positive intentions together.** The whole really is greater than the sum of its parts!

### Face-to-Face and Online ...

- After the session do stay hydrated – **drink plenty of water and take a salt bath**, or at least a salt foot bath or salt scrub in the shower (this helps your body process and integrate the work and minimise detox). Epsom or Sea Salt are best.
- **CONTRAINDICATIONS and 'Small Print'**: Sound healing is a wellness practice and practitioners are not qualified or licensed to diagnose or treat medical conditions. If you are ill, you should always consult a doctor. Sound therapies complement rather than replace allopathic medicine. **Detox**: releasing stuck energy encourages the body to let go of tension it may have been holding for a long time. As muscles relax, they may release toxins held in the cells. This can result in a detox effect. Most people have no detox, but a small number of people report that they have physical detox symptoms for a few hours or up to 3 days after, e.g. feeling emotional, feeling off colour, cold symptoms, digestive upset, headache, etc. These settle down once the energy work has been processed, but sometimes additional work is needed to complete the process. Eileen McKusick, the founder of Biofield Tuning, has a couple of great sayings regarding the challenges that sometimes come up when we start to deal with our issues ... **"Better out than in"** and **"the only way out is through"**!

**Contraindications:** Because of the possibility of a detox effect, we cannot recommend this group session in pregnancy, for end-of-life care or any serious conditions where the body (or mind) is already under extreme challenge and where a detox could push someone's system over the edge (e.g. late stage cancer). Also, pacemakers are contraindicated - this is to err on the side of caution. In all these circumstances, there are alternative one-to-one protocols. Talk to me about alternative options. **You must make up your own mind about how robust your body and mind are before taking part in a session.**



Group Booking Form – face to face and online

<b>Name:</b>	<b>Mobile:</b>	<b>Session Date/Time:</b>
<b>Email:</b> Join mailing list for monthly news, free events, etc.? Y/N Your data is not shared with anyone. Unsubscribe any time.		
Notes on health issues and contra-indications:	<p>In live, face-to-face treatments, people with the following conditions can, on rare occasions, find a sound treatment makes their condition temporarily worse. We do not expect this to be the case online, but it is something to be aware of:</p> <ul style="list-style-type: none"> <li>- Ear infection, epilepsy, Meniere's Disease, Tinnitus, serious mental illness (psychosis)</li> </ul> <p><b>Please talk to me if you have concerns.</b></p> <p><b>Contraindications:</b> Because of the possibility of a detox effect, we cannot recommend this group session in pregnancy, for end-of-life care or any serious conditions where the body (or mind) is already under extreme challenge and where a detox could push someone's system over the edge (e.g. late stage cancer). Also, pacemakers are contraindicated - this is to err on the side of caution. In all these circumstances, there are alternative one-to-one protocols. Talk to me about alternative options.</p> <p><b>You must make up your own mind about how robust your body and mind are before taking part in a session.</b></p> <p><b>Notes:</b> 14 – 17yrs must have the signed consent and supervision of a parent / guardian</p>	
PLEASE READ BEFORE SIGNING:	<p>Sound Healing is a wellness practice aimed at promoting health and wellbeing. A sound healer is not a doctor and therefore will not diagnose or treat any specific illness. If you have a medical problem, you are advised to seek professional medical help. You may experience some discomfort after a sound treatment. This is caused by your body trying to heal itself. It is possible your symptoms may get worse before they get better. With most people this process generally takes a few hours up to 2-3 days.</p> <p>In the 2-3 days after treatment, drink plenty of water, take some gentle exercise and take it easy. Give your body a chance to heal itself. If you are still feeling discomfort after 5 days, please contact me. You may need additional treatment to complete the energy work.</p> <p>These notes will be kept securely for 7 years to comply with insurance requirements and Statutes of Limitation. Your data will not be shared externally. By signing, you give us permission to contact you regarding your booking, and to send 'after treatment, are you OK' follow-up messages.</p>	
DECLARATION:	I have read and understood the above. I have had outlined to me the basics of the sound treatment and processes which may be used (pages 1 and 2 Info Sheet), and I consent to receiving sound healing.	
SIGNATURE AND DATE		

*LEGAL STATEMENT – A Sound Healer / Reiki Practitioner / Essential Oils Practitioner is not a doctor and therefore will not diagnose or treat any specific illness. These services are not substitutes for medical advice, diagnosis or treatment from a doctor or health care professional. They are designed to enhance wellness and should be used in conjunction with your traditional medical care. As these are complementary therapies, we make no claims that they are a cure. Any prescribed medication should continue to be taken unless advised otherwise by a medical practitioner. V. June 2023*

