



Group Sound Baths – Info for Face to Face and Online Sessions

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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 stating which advertised date and session you wish to attend (editable version can be downloaded from <https://soundtherapymalvern.com/news-and-events/>). Your space will be confirmed once payment is made. **Please make a transfer to my account - Lloyds Bank: Sound Therapy Malvern, 30-93-48 60552968**

We want to start ON TIME – Aim to be 5 or 10 mins early. Once I start the session, I will not be able to admit people as I will be using my instruments and tuning forks, it also disturbs others.

Info for 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

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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 some physical detox symptoms (e.g. headache or feeling off colour). These settle down quickly, especially if you stay well hydrated.

Contraindications:

- First trimester of pregnancy
- Pacemakers and other electrical implants in the body
- Acute mental illness or history of psychosis
- Epilepsy

In all these circumstances, 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.**

Info for **ONLINE** Zoom 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.

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, you can quietly say good night if you wish, but I will close the meeting, so it isn't a problem if you fall asleep!
- 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!

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Group Sound Bath Booking Form - face to face and online

(you only need to complete this form once a year)

Sound Bath Date	
Full Name	
Address	
Email Address	
Mobile Number	
Any allergies, disabilities, health issues? (so I can plan the session accordingly)	
I confirm I have read the information about the sound bath and agree to the booking policy of Sound Therapy Malvern	

BOOKING POLICY:

Payment is made in advance at the time of booking by bank transfer:

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You can cancel up to 48hr before your appointment and 50% is refunded. Non-refundable if less than 48hrs notice.

LEGAL STATEMENT – A Sound Healer / Reflexologist / 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. October 2024

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