

Sound Healing Initiation Program



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Few Simple Steps To Remember before you start the below book!

1. It's a step-by-step journey so always remember to take one step at a time.
2. Every sentence in this book comes out of my experience, your experience is what matters. So use it as your reference point and see what the practice has to give to you.
3. Your practice is what is going to teach you everything and you won't need any book or audio or video for learning. You are full of knowledge and this knowledge is going to be activated when you practice.
4. When I say practice, it's not limited to any specific practice. Anything done with involvement and awareness is a practice.
5. You are the main instrument, so always try to know more about this body, mind and soul through your inner search with peace and wisdom as pillars.
6. Simply focus on your breath, breathe deep through your nose and as slowly as possible (first thing when you wake up and last thing before you sleep).
7. When you sit, keep your spine straight and relaxed.
8. Drink lots of water.
9. Try to speak the outcomes only out of your practice and not from any reference, it might be this book or any other book you have read or videos you might have seen.
10. The sound of your heartbeat, your breath, your voice and your thoughts are the most powerful macro sounds for you as an individual.
11. The powerful micro sounds which are part of the other spectrum in your body are the sound of your organs, the sound of your blood travelling in your body, the sound of the digestive system, the sound of you closing your eyes and every other micro sound that happens in your body.
12. One singing bowl is the doorway to increase the perspective of your sound.
13. All the external instruments are there to show us the power of the instrument which we are born with, The Body which constitutes of the mind and soul.

Day 1

1. Source, Essence & Aspect Of Sounds

To truly understand the power of sound healing, we must first explore the essence and aspects of sound itself. It's not about what others say or what we read in books or watch in videos, but about what sound represents for each of us individually.

Take a moment to reflect on what sound means to you. The answer lies within, waiting to be discovered through the questions we ask ourselves. In this course, I will delve into the essence of sound and its healing properties, sharing insights that go beyond my understanding.

When we delve deeper into sound and its origins, we can see that even before we were born, we experienced sound in our mother's womb. The first sounds we heard were the rhythmic beating of our mother's heart and the sound of her breath. These sounds had a profound impact on our body, shaping it even before it was fully formed. Technology today allows us to observe what the ancient yogic culture called Nada Yoga. Sound cymatics, for instance, shows how sound creates patterns and vibrations that can manipulate matter. When we pour sound or water onto a metal plate and play different instruments, we can observe the geometrical patterns created on the sand and the shifting shape of the water.

The same rhythms and patterns that are visible in cymatics are also present in our bodies. Our body is composed of various organs, bones, muscles, and fluids, with more than 70% being water. The beating of our heart creates a rhythm that creates ripples throughout our body. The awareness of this can help us regulate our emotions and calm ourselves. Every organ has a different density, which means that the same heartbeat creates different patterns in our bodies. The sound of each organ varies because of its density. When we add the sound of our breath, we realise that we have an infinite number of sound patterns in our bodies.

Before we are even born, our body is formed by the essence of the infinite sounds and patterns of our mother's heartbeat and breath. Our emotions, patterns, and behaviours are already influenced by the sounds we experienced in the womb, shaped by our parents'

merging sounds. Our existence is a product of sound, and without the heartbeat and breath of our mother, we wouldn't have been born.

Understanding the power of sound is one thing, but experiencing it is another. Simply reading and understanding the concepts won't give us the same depth of understanding as feeling them. Each person's experience of sound is unique, and shaped by our individual life experiences. I encourage you to connect with the sound of your heartbeat and breath before you sleep or meditate, allowing yourself to feel the vibrations and experience the power of sound.

Evolution of Sound:

The scientific aspect says that the birth of the cosmos was through the Big Bang which indicates the first thing that was 'Sound' was born out of big bang or big bang was through sound. The yogic essence says the cosmos was born out of emptiness through sound. Now when we simply follow the line of these aspects, we can see that the whole cosmic evolution in an instant if we try to go into the depth of the organ of life. Now the cosmos is huge, so if we get into that we may tend to lose our focus as we would need to go into the birth of every star, planet, solar system and even galaxies. Any way we choose to enquire the essence remains the same, Hence there are a billion paths to the knowing as every spect in the cosmos is cosmos in itself.

So in this essence, we can take the example of our planet which makes it easier to decipher. Before any life on the planet Earth, the Earth was simply a fireball and that's the reason the core of the Earth is still lava which is simply an evolution of fire through billions of years. Through its evolution, the fireball in its peak let out such an amount of smoke that the smoke gathered around the planet because of its gravitational force for thousands of years which made it rain for thousands of years. Now this rain helped the fireball cool down through time and the water bodies were formed on the planet. That's how the first life which is the first cell was born on the planet. In essence, the elements, space, earth, air, fire & and water have been into existence even before life & and that is the reason they hold such value in the evolution of life. Now when the cell broke into two it created another life in a totally different form, hence we see such a variety of life on the planet. Birds, animals, and mammals have been existing way before human life on the planet. Human life is at the peak of evolution, It doesn't mean its the top or below, more or less, it

only means human life has hit the peak of consciousness compared to the other life on the planet.

Now the distance between a chimp and a human is only 2% of the change in the DNA. That's how we can see our evolution and how closely we relate to the chimp world including their behaviour of the primal nature which purely comes out of the survival mode. Now the survival mode is very simple in the evolution of the animals, you are either a hunter or a prey. This aspect is still very innate in humans as the evolution of the human from chimp is the fastest through the evolution of life. Once we are aware of this phenomenon our behaviour becomes very clear to understand and through this awareness, kindness is born to self which becomes a byproduct for others as well. To close the loop you can see that if not for sound this whole process would have existed and our existence of the body also ends with the sound of our heartbeat. Once she stops our body stops.

Aspects of Sound

1. **Frequency:** The pitch or tone of a sound, which is determined by the frequency of sound waves.
2. **Amplitude:** The volume or loudness of a sound, which is determined by the amplitude of sound waves.
3. **Timbre:** The quality or character of a sound, which is determined by the harmonic content of sound waves.
4. **Duration:** The length or period of a sound.
5. **Intensity:** The strength or power of a sound, which is related to its amplitude and frequency.
6. **Directionality:** The direction from which a sound is coming or going, which can affect how it is perceived or understood.
7. **Modulation:** Changes in the frequency, amplitude, or other aspects of a sound over time, which can convey different meanings or emotions.
8. **Resonance:** The way sound waves interact with and affect the physical properties of objects or spaces, which can affect how they are perceived or experienced.

2. Physical, Non Physical & Mystical Aspects & How Does Sound Healing Work

This is a fascinating way to understand the effects of sound on the body. Different frequencies and vibrations can indeed have a profound impact on our physical and emotional states. The example you gave of a screeching sound causing shock and a sweet melody calming the body is a great illustration of this.

The use of instruments such as didgeridoos, singing bowls, and gongs in resonance with the body to relax it completely is a well-known practice in many cultures. The vibrations created by these instruments are thought to help release tension in the body and promote deep relaxation.

The idea of ripples and patterns being created in the body by the vibrations of the instruments is intriguing. It is a fact that these patterns help to release blockages or stuck energy in the body, which could in turn alleviate pain and discomfort by creating space & vibrations in the body.

Overall, the use of sound therapy and vibrational healing techniques is a powerful tool for promoting physical and emotional well-being. By understanding the specific frequencies and vibrations that resonate with different parts of the body, practitioners can help people to achieve a deep state of relaxation and release tension and pain in the body.

The interesting comparison is when we bring two vibrating metals together they create a sense of detachment and that is what the vibrations of the instruments create a sense of detachment or space within the body. This could allow the individual to observe their body from a different perspective and potentially gain new insights into their physical and emotional state.

The idea of holding space for the body with kindness and love is also important. It's easy to become disconnected from our bodies in our fast-paced modern lives, and taking the time to slow down and tune into our physical selves is a powerful act of self-care. By approaching the body with kindness and love, we can create a more positive relationship with ourselves and cultivate a deeper sense of well-being.

Non-Physical: It's fascinating to think about the connection between the physical and non-physical aspects of our being, and how they can both be impacted by the vibrations and frequencies of sound therapy and vibrational healing techniques.

As mentioned, the vibrations can help to clear away the mundane thoughts and distractions that often clutter our minds, allowing us to access deeper levels of consciousness and enter the space of the subconscious mind. In this space, we may be able to address unresolved emotional issues, including past hurts and conflicts with loved ones, and gain new insights and perspectives.

Additionally, the practice of sound therapy and vibrational healing can help us gain greater clarity in our daily lives, as we learn to manage our emotions and choose kindness in our interactions with ourselves and others. By exploring the depths of our emotions and understanding them on a personal level, we may be able to develop a deeper sense of empathy and compassion for others, leading to a more harmonious and fulfilling life.

Finally, the idea of the physical and non-physical aspects of our being becoming aligned through this practice is fascinating. By releasing blockages in the body and allowing energy to flow freely, we may be able to tap into the mystical realities of our human experience and connect with something greater than ourselves.

What is mystical reality? Only when we have answered all the questions of our experience of this life is when we can move beyond and ask certain questions which are out of the scope of any teachings we have come across. My recent question is what is sound, where do you come from, how do I feel you, how can I try to understand who you are, how do I see you, what is your source, and where do you start? Any question I can imagine around sound. These kinds of questioning take us on a path of seeking from the nature of seeking and not seeking something from the essence of validation or any returns from society. In this dimension, an individual can go deeper with any questions. Questions about who am I? What is my heartbeat, what is my body, what is my mind, how does blood flow in my body, how do my organs feel from inside, how can I see what I see, how I can hear what I hear, what are my senses, how is my entire body functioning, how do I have infinite

memory. Now where do you ask these questions and whom do you ask these questions to? Either you can meditate, or choose a guru internally, or a divine entity. Doesn't matter religion doesn't matter if the person is alive in the physical body or not. It's your question and if you have the question and if you seek genuinely you shall find the answer, which will be only your answer as every piece of life has its life process and own understanding. Hence the core of the answer remains the same but the way it will connect to you & the kind of answer it shall bring to you will differ.

How does sound healing work on all the aspects above, the sounds have so much power that put us in a subconscious state which detaches us from our mind and body by attaching us first. What this means is, it takes time for us to connect to our heartbeat and breath even though they are happening since the day we are born. To listen to our heartbeat it takes us to either place our hand on our chest or go into meditation or a silent room and sit for a long. So in sound healing instantly you can connect to your heartbeat and breath without much effort. Which in turn makes it easier to disconnect with the body as connection and disconnection as the polarities and one cannot be achieved unless we maximise the other. So in this session, a person becomes aware of the physical, non-physical and mystical realities of being a human and the fact of how mystical we human beings are, bringing in a new way of looking at oneself with kindness, love and clarity.

3. Few of the many benefits of Sound Healing

- A deeper understanding of oneself
- Understanding what is kindest, clarity and strength
- Introspection of the situations & relationships of the past
- Healing childhood trauma & making you stronger to know you are your healer
- More understanding of your body, mind & soul & how there are all one functioning within you for you
- Reduces stress
- Provides a deep relaxation
- Increases sleep quality
- Improves intellectual wellness
- Improves focus/clarity
- Reduces pain (endorphin release)
- Relieves or lessens anxiety
- Decreases tension and helps in managing emotions Increases serotonin production that improves behaviour and mood
- Makes more space for love vibration & redefines what is meaning of love for you.

4. The art of being when you play the Instruments.

Sound healing is one of those practices that people receive through vibrations of the instrument. The first instrument is your own body. The vibration of your heart and breath is going to be the first interaction with the instruments. It becomes vital for the facilitator to be in a calm and rested space before touching any instrument. Before you start, do a small meditation, connect to your breath and heartbeat connect to the sound of both of them ask them to relax and seek help from the body and mind to support you in this process.

You are going to be healing all your thoughts & your body through every session.

Next comes the connection with the instruments, for every instrument you pick you need to connect to the sound and vibration of the instrument. The only way to do this is to practice. Even before you give any session to people receive from yourself to yourself. Try and understand the micro and macro vibrations and see what they are doing in your body and which part are they activating in your body. There is open-eyes practice and then comes the closed-eyes practice. If you consider the gong, sit with the gong for at least 3 hours straight. The first hour will be your connection with the gong and its sounds, the 2nd hour will be your play with the gong trying to find the rhythm of the instrument and the depth of the sounds, and the 3rd hour will be the pure connection and becoming one with the gong. If you end up sitting for more than 3 hours straight, after the 3rd hour you will be one with the gong and you will be co-creating the sounds with the gong. The same goes for any instrument you pick.

5. The importance of listening to the sounds and attending sound healing sessions to facilitate the same.

I got into sound healing because of my journey of healing my trauma, depression, anxiety and other ailments in my physical and non-physical body. It all started when I got spondylitis and I was told not to work out for 6 months, now I was in bed and didn't know what to do. Then one of my friends suggested playing the didgeridoo which would stabilise the breath and create vibrations in the body which would help me heal faster. To my surprise, I was healed in 3 months and the pain was completely gone. This created a lot of

curiosity in me in terms of how is this possible. I started attending sound healing just to know what are sounds all about.

I attended more than 50 sessions at least from different shamans and practitioners to heal myself and there have been many people who played roles in my healing journey. Once I felt I have forgiven my younger self and the people who have caused all the trauma in my past is when my research of sounds began. Later I started attending sound healing sessions just to know how is this even possible as I had never heard about sound healing in my 28 years of life and this was completely new to me yet it was doing some intense work and showing me more of everything in me that was stored for all these years. So I started being aware of every sound that I was listening to, which is the instrument and what the sound does in the body. How are they taking me into my subconscious and what is happening because of the sound of gongs or drums or mouth harps or singing bowls or didgeridoo or chimes or voices of the people? I received from almost anyone that would do sound healing sessions and attend multiple times just to get to the depth of sounds.

My research has been completely out of the practice as I intended to have the primary data. What I mean by this is, I didn't want to know about sounds from books or videos or people. I wanted to experience it by myself and have my questions and answers. So when I connected to the first instrument which was the didgeridoo I simply played it for more than 100 hours to go deeper into the sounds and ask questions about everything that was known to me. Question every word that has been ever thought in school, college & by society. I wanted to have my answer for every word which led me to unlearn everything and relearn from scratch. The journey is still on.

Now why the above story is for you to know the importance of listening to the sounds you play even before you play them to others. If your surrounding permits you to attend sound healing sessions then go deeper into sounds. If it doesn't, listen to the sound healing session online, if this doesn't resonate then listen to your heartbeat or the sound of your breath while you go to sleep. The main aspect is to listen before others listen to the sounds made by you as this is your healing journey and while you heal yourself other people around you become a byproduct of this practice. Know that we cannot heal anyone & we can only facilitate the individuals' healing journey by just our authentic connection with the sounds.

The practice is really simple you dedicate at least 100 hours to one instrument by playing it for yourself and then take the practice forward to people. In these 100 hours, the

instrument will teach you everything you need to know. You just need to be aware and choose the instruments which you resonate with and then get going. Then later comes the question-answer series where you ask the questions to the sounds and they will start answering you through your subconscious space. Always remember that you can facilitate a powerful healing session only through your feeling and intention and understanding and openness to always know more irrespective of how much ever you know regarding the sounds or instruments or emotions. As sounds do most of the work. Our work becomes simply to move out of the way, which only happens when we start listening to the sounds and what she(sound) has to say.

6. Realising we cannot heal anyone on this planet but only ourselves and through healing ourselves others become a byproduct of this practice.

Ego death makes us realise that we don't hold the power to heal anyone but only ourselves. Even the enlightened beings who have walked this planet and are walking planet stay away from this practice of healing others and facilitate healing through different practices. So it becomes vital to know this & when we know this aspect the pressure is taken away and there is calmness & joy in the practice. Once we start healing ourselves through our practice and facilitation, we see that all the emotions are going to come to the surface as there will be a lot of interaction and when you speak from your truth the self-healing becomes even more intense resulting in softness.

When we heal ourselves 90% of the work is done and our presence and practice become healing for others. So your healing becomes vital and a by-product of this is you become a strong yet kind facilitator for others to heal through your practice.

7. What does it mean to know that you cannot understand anyone hence you cannot be understood by anyone?

The only person we can try to understand is ourselves. So why even try to understand someone else when you really can't in its essence? To break this down, we are evolving every second and that's the only constant thing. Every interaction we have every thought that comes to us every situation we go through changes us bit by bit. If you compare yourself with 5 years younger version of yourself, you will see that most of your actions and understanding of yourself have shifted or even changed completely. So what does this mean? That you are a constantly evolving being and we keep changing which is the same for everyone else as well. When we cannot understand ourselves completely and we are in the process of understanding our journey, how can we possibly understand anyone else? This makes you kind to yourself irrespective of how other person's behaviour might be towards you, you choose kindness to yourself & ask for clarity and strength to hold your ground and move on.

Taking away the possibility of not being able to understand anyone but yourself removes this huge pressure from your shoulders and makes you focus only on yourself. When you focus only on yourself is when you can focus on what others have to say and be there for that person without you forming an answer even before the person speaks. You will be able to listen more and just be there for the people who come to the session. Listening is highlighted because of this practice. This in turn helps you listen more to the sounds and their vibrations during your practice and the session.

DAY 2

1. The essence of instruments and what they represent

The simple thing about anything element or way of life is practice, when I want to connect to the instrument I play it for 100 hours at least to get to the essence of the instrument and they have to say. Sound herself knows more than any human and technologies created by us to try and understand her. So when you want to connect to any instrument just sit with the instrument for more than 100 hours and the instrument will start speaking to you. This is how I go with my practice so the instruments mentioned below I sat with most of them for more than 100 hours and looked for answers to my questions.

The instruments which I use are

Didgeridoo: this is one of the oldest instruments known to humanity, she was born in the jungles of Australia & brought to human life by the aboriginal tribe. The birth of the instrument came through fire, when the Aboriginals while blowing the fire created by the woods would burn their face hence they took a wooden piece which had a vacuum inside and started blowing the fire. This process created a sound and humans were introduced to a sound made by the amalgamation of human breath and nature. This was one of the first sounds made by humans through this kind of merger. This took us to out-of-body experiences where we started connecting to our breath and connecting to nature and the cosmos like never before. This instrument can connect to our breath, body, mind, and heartbeat and then take us deep into our subconscious and into the consciousness of the cosmos and what the cosmos has to offer. When we play this instrument, we are creating a sound through our breath and intern listening to that sound created and healing ourselves with the magic of sound vibrations.

Djembe/Shamanic Drum: This instrument also comes from the jungles but the origin is unknown as it started happening at many places at the same time. This instrument was born out of animal skin and wood so all the humans who used to hunt were exposed to this instrument. Hence when this instrument is played it takes us directly to the ancestors and the jungles as it was born in the jungles.

Shakers, rattlers & storm sound: these instruments were created by recognising the sounds which were already present around us and not much intervention was required as the

stepping sound of the foot of humans on the dried leaves and the collection of seeds of different trees created certain sounds and it was easy to recognise the different sounds and use it for healing and entertainment as well. Healing and fun were not different for the ancient humans, it happen alongside as there wasn't much intervention of the technology and we were just getting used to the aspects of the planet and what all she has to offer.

Singing Bowls: The 7 chakra singing bowls are made by bringing in 7 different metals together. Copper, Bronze, Zinc, Alloy, Aluminium, led & silver. Why seven chakras are because that's what the yogis recognised as parts of different human bodies and consciousness. When the energy flow is smooth in between these centres is when the flow becomes natural and we aspire to go deeper within ourselves. These instruments resonate with each centre and create ripples/geometrical patterns/mandalas in the human body making it easier to release anything that is being held in the human body physical and non-physical.

Gong: Gong again comes from the same mixture of the metals used in the singing bowls. The gong is a unique way of creating sounds which has multiple layers in the sounds. The visual aspect of this instrument is a loop which goes in like a cone without a start or an end. She has the essence for a body to take it to the galaxy and make us feel detached from the body completely and travel in the mystical dimensions of deep sleep. We sleep for at least 8 hours not knowing what happens in those 8 hours, this instrument takes us to a deeper sleep into the subconscious with complete awareness of this phenomenon.

Mouth harp: this is a breath instrument so again your breath and your heartbeat have a close connection with this instrument. This works with vowels and making different shapes and the pressure of breath creates different sounds. Sounds like LAM, VAM, RAM, YAM, HUM, OM, and AUM can be created with an instrument as also the sound of waterfalls.

Wind chime: The wind chime which I use is of the water element, the same instrument is used with the essence of different elements. This instrument is used to calm the intensity of the sound session during the end which creates a soothing sound to bring people out of the intensity with calmness.

Bells: I have 3 different kinds of bells and I use them to end the session with 3 sounds to stop all the sounds these bells create a specific frequency which travels to the ears more than travelling through the body as this instrument touches the eardrums.

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Next comes the connection with the instruments, for every instrument you pick you need to connect to the sound and vibration of the instrument. The only way to do this is to practice. Even before you give any session to people receive from yourself to yourself. Try and understand the micro and macro vibrations and see what they are doing in your body and which part are they activating in your body. There is open-eyes practice and then comes the closed-eyes practice. If you consider the gong, sit with the gong for at least 3 hours straight. The first hour will be your connection with the gong and its sounds, the 2nd hour will be your play with the gong trying to find the rhythm of the instrument and the depth of the sounds, and the 3rd hour will be the pure connection and becoming one with the gong. If you end up sitting for more than 3 hours straight, after the 3rd hour you will be one with the gong and you will be co-creating the sounds with the gong. The same goes for any instrument you pick.

2. Connection with Sounds & how to listen while you play. You are the first listener to the sounds you create.

You need to understand that how you listen and then feel is how the receiver is going to feel in the sound healing session. If you are afraid or stressed or low in body energy that's what will be received in the subtle aspects of the body of the receiver. So it becomes vital for you to be in an elevated space in terms of your body and mindset when you give a session.

So the first thing is to listen to your own body and thoughts, if you are not in the mindset of giving a session it's okay to say no. Even if it's in the last hour, it's ok to say no.

Now comes listening to the sounds of the instrument. In a session, even the sound of your breath and the small movements of your feet are heard by the receiver. If you connect back to the sessions which you have received you will notice that there were sounds you heard of the footsteps or the instrument being placed next to you or around you. So it is necessary to be soft with the instruments. The softer you go the better. Then you can focus on listening to the sounds of the instruments while you play. The singing bowls for example have a shift in the vibrations after 5 seconds you hit it with the mallet, now when you hit the other singing bowl after 5 seconds the sound merges with that of the singing bowl played first. You can create a smooth merger of sounds with the 7 chakra singing bowls when you follow this time. This time changes for the singing bowls made in different places, so you have to find the time required for your set to be able to merge the sounds. Else it simply becomes chaotic for the receiver and there will be more distress than calm at the end of the session.

3. What kind of instruments do you need & how to choose them from your intuition & resonance?

To hold the sound healing space there are few must-required instruments then there are a few which you can choose from your resonance and depending upon the number of hours you put in the practice.

Must need instrument: Singing Bowls, Gong, Shakers, rattlers, wind chimes (any variation) & bells

More Instruments which can be connected with resonance and practice: Didgeridoo, Shamanic Drum, Djembe, flute, ocarina, conch, your voice, water, tuning forks, handspan, sarong, mouth harps, hand harp, crystal singing balls, gong variations, bells to create intentional chaos & more.

All the above instruments will require practice of more than 100 hours on each instrument. You can start with doing the sessions for yourself and the family members and friends but to hold it to a larger audience the practice is a must. Only through practice, you will be able to unlock your potential of not only understanding the sounds through mine or anyone else's perspective but to feel the sound and become the sound and the instrument. Practice unlocks the knowledge of the unknown. It will answer your questions to lead to the opening of more questions which are only your questions.

4. Understanding different Energy Centres (Chakras)

Once you start your healing that's what the sound healing is going to lead you into, your healing and the result or byproduct of this is you will be able to facilitate the healing for people to heal themselves. You will start having openings for your energy centres. Every centre which is the chakra will be open step by step. It will happen in your self sessions or when you play for the people or when you receive sound healing sessions or breathwork sessions or meditation. It won't be a hazy vision or visual or experience, you will feel it and see it and even understand it for yourself and you will start functioning through it. For example, when your heart centre opens up, you will feel a strong vibration in your heart in the physical body and the non-physical body the visuals may be slightly different for people but will be on the lines of a flower opening up at your heart centre or a strong light beaming through your heart or feet of a divine entity on the chest or a spirit guide entering your heart space and opening it from the within. Any of these experiences will make you cry with a lot of intensity which can put your body in a non-moveable situation and stiffness for a while because of the release. All the vent up emotions will come out, and you will seek forgiveness for yourself and others irrespective of what they have done to you in your life. You shall start functioning from love whatever love means for you. This is a short understanding of what happens when a chakra opens. Now what this mean is a very important part of the puzzle like any other for your next step. The questions become an important part, unlearning and learning starts when one of the chakras opens in your body. You will question what forgiveness means, what love means, what is unconditional love, and what is kindness. As all the meanings of the words will become meaningless because all this while you only understood them and that won't be enough, now will come the feeling of distress and also the excitement of knowing more about the essence of what these words mean. That becomes your journey and only yours to unlock. The byproduct of this practice will start unlocking what anger means and what jealousy means does disgust mean as no vibration is bigger or smaller than the other every vibration has the same power and is beautiful, it's our choice which one we want to choose and function with awareness.

The next step once you start opening the chakras in the excitement we like to speak about them and that's where the disconnect starts. So if you have opened your chakra doesn't mean you can open it for other people, you can facilitate a session to open up these emotions and vibrations in people yes but you can never open someone else's chakras even Buddha didn't have the power as its an individuals journey.

The chakra opening in your body doesn't mean the work is done it's a step like any other and unveils its powers only through practice. If the practice becomes missing then after the opening the physical body is again back to the normal state as we keep accumulating the karma as we breathe and think every second. The chakra work is only for you and yourself, if you choose to speak about it then it has to come from no ego and complete disconnection from self and only to help the people and not make them feel small through your words or actions. You will not miss this experience so don't even look for this experience as the openings are byproducts of your practice and your actions and your thoughts. If you put yourself in a vibration of love and service, you shall have all the experiences of every chakra opening in your body and your whole perspective of the world and yourself will shift.

So when you work on people individually or in small or big groups the work can be looked at this way where you work on releasing the tension in different parts of the physical body of the people not in terms of chakras but in terms of energy points. When someone is speaking from heartbreak, you focus on the heart of the person and use the word heal as you wouldn't know what has to be healed so don't construct sentences it will only create more chaos as it comes from only a minute understanding of the situation and the person. If a person has issues in the back you focus on the spine of the person and use the word heal and focus on this term again and again and the point of the body of the person. The result of this work initiates the opening of the chakras but if you choose to go the other way around, it will create chaos for you and the person as well as every energy point requires deep knowledge not from the books but from your own experiences of life.

3. Understanding the essence & intention setting of Love, Kindness, Clarity & Strength

Intention setting is an important aspect of facilitating sound healing sessions. It involves consciously and purposefully focusing your thoughts, feelings, and energy towards a specific goal or outcome. When done correctly, intention setting can greatly enhance the effectiveness of the sound healing experience for both the facilitator and the participants.

As a vibrational being, every thought, emotion, and action we have creates a specific frequency or vibration that resonates out into the world around us. This vibration can influence the people and environment around us, affecting their energy levels and state of mind. When a sound healing facilitator sets an intention before a session, they are essentially directing their energy and vibration towards a specific goal or outcome.

For example, if a facilitator sets the intention of creating a peaceful and calming atmosphere for their sound healing session, they will likely focus their energy and thoughts towards feelings of peace, calmness, and tranquillity. This will create a vibration that is aligned with these emotions, which will then be transmitted through the sound and vibrations of the instruments used in the session.

The power of intention setting lies in the fact that our thoughts and emotions have a tangible effect on the world around us. When we consciously direct our energy and focus towards a specific goal or outcome, we create a powerful force that can bring about real change and transformation. In the context of sound healing, this means that a well-intentioned facilitator can create a healing and transformative experience for their participants by consciously directing their energy and vibrations towards the desired outcome.

It is also important for facilitators to approach their work with a sense of humility and detachment. This means recognizing that they are not the ones responsible for the healing that takes place during a sound healing session. Rather, they are simply facilitating a process that allows the participants to tap into their innate healing abilities.

By meditating on and embodying qualities such as love, kindness, clarity, and strength before a session, the facilitator can create an energetic field that is conducive to healing and transformation. This can help to establish a sense of trust and safety among the participants, allowing them to let go of their fears and doubts and fully engage with the healing process.

In summary, intention setting is an important tool for sound healing facilitators that can greatly enhance the effectiveness of their sessions. By directing their energy and vibrations towards a specific goal or outcome, they can create a powerful force for transformation and healing. However, facilitators need to approach their work with humility and detachment, recognising that they are simply facilitating a process that allows the participants to tap into their innate healing abilities.

4. Practice

Practice is what is going to make you experience everything that is written above. Practice the instruments, breathing, listening to the heartbeat, and sitting posture to go deeper into the knowing.

Day 3

1. How to create or choose a space for facilitating & cleanse the space before & after the Session

It's important to consider all the senses when creating a space for healing. The smell, sight, and sound can all have an impact on the overall experience. Taking the time to clean and arrange the space can create a more calming and inviting atmosphere for the participants. And checking the acoustics of the space beforehand is also important to ensure that the sound is evenly distributed and effective for all participants. Finally, cleansing the space after the session is a good way to reset the energy and prepare for the next session. If you are doing the session in your house, always do a proper cleaning before people enter the house. Sweeping, mopping, incense, Palo Santo, sage, flowers & any other oils you can add to have the place in decent smells. Your place should not smell of food but of incense or flowers when people enter the place. Place the instruments east to west and people sitting facing towards the east or lying down while the head is towards the east because of the magnetic field of the earth.

Place your belongings in place, and arrange the visual aspect of the room to have a peaceful ambience for the people.

When you choose the place, the above points are a must plus stay in the venue for a while, and check the sounds in every corner to see how the sounds are heard by the people. Ask one of the people to play the instruments and stand in different corners of the place to listen to the sounds so that you have an idea of how the sounds are heard. Mediate and cleanse the place before the people enter. As many of the places gather a certain amount of intensity because the classes conducted regularly leave traces of the intensity from the previous classes.

Once you are done with the class choose a quick meditation or the incense to cleanse the place again for the next class.

2. How to open up people to receive the Sound Session

There are multiple ways to help people receive the sound healing session

Speaking about the session, Guided meditation, Affirmations, breath work & light movements.

Once you speak about what your session is going to be it creates a certain openness in the people which makes them more receptive to the vibrations. Speak only from your truth and never from any of the textbook information.

Guided meditation & affirmations based on the intention of the session always helps. If the session is about opening the heart, construct the sentences based on your life experiences of when you opened your heart to loved ones and what was the underlying emotion. For me, it was about gratitude for my life and the life of other beings. So the meditation can be focused on the emotions which have helped you open up to yourself. The most impact is created from your primary feelings of you as the words hold power because of your experience of the situation. When you speak from books or other persons content you won't be able to create the same impact as the person who said or meant the words. As the thoughts and words which comes from your experiences hold powerful vibration of your feelings.

3. Visualisation methods

When I do the session, I work with kindness, clarity and love as emotions which I use it in my thoughts and play through the instruments on people and visualise the emotions settling in the deep conscious and subconscious mind.

Next is using the elements, I use fire, sound and light as they were what came to me when I started working on myself when I was going through my trauma healing. Fire to burn my emotions and self from past, future and present. The visualisation I use is to see a fire in the centre of the heart of the person and burn away the complete being of the person in the non-physical, then recreate the human with the sound vibrations then visualise the being vibrating and send light and see the individual as a vibrating being of light. This is my approach and need not be yours, we all have the power to connect to the elements and once we do how we use them becomes learning from our own life.

Do not take the above practice just by the words of this text as the intensity won't be the same without practice attached to it. How I have connected to sounds and fire and light is through practising with fire staff for more than 100 plus hours playing with fire and creating mandala patterns around me and for the people to heal. The same goes with sound, most of the instruments I play in a sound healing session have more than 100 hours of self-practice at least before taking it out for the sessions and then more giving the sessions close to 3000 people in the last 3 years. The light became a byproduct of these two vibrations. So it's your connection to the elements and practice which brings the impact.

4. How to facilitate sessions one on one & smaller & larger group sessions

In my experience intensity for both types of sessions depends on the intensity you wish to create. When you want to do the deeper work it's totally up to you how you want to touch that aspect of life.

One-on-one: while keeping all the factors mentioned previously, when doing one on one sessions the first important part is connecting with the individual. Ask the right questions and completely listen before trying to come up with answers in your mind. Every time you are in a conversation, tell yourself in your mind that you want to listen and observe with full involvement. Check for which emotions you have to do the work. Once you remove the chakra concept from your mind, unless you see colours and chakras on a person, you only talk about the physical aspect of the person. Body and mind are closely related, any tension you have in the non-physical it is seen in the physical. If you see the person is having issues with love, relationship, breakups, or socialising, you will see the tension in the physical body on the shoulders and face so your work will be just to release these emotions and send kindness to this aspect without interfering with your perspective of what you think might be right for the person. Only when you focus on releasing the emotions is when you can take the person deeper into the session.

5. How to combine different practices of Movements & Breath-work with Sound Healing

If you are a movement practitioner, you can have a session of movements combined with an awareness of the breath and have a sound healing session at the end of the session.

The movements by themselves create a body vibration which realises the tension in the physical body making it easier for the person to go into a deeper state and develop a connection with the physical and non-physical body. Any pain or trauma is stuck in both physical and non-physical aspects and when we combine breath and movements with sound the intensity of the session is increased to reach the source and depth of the pain point to release the same.

Additional Pointers

1. Different methods to facilitate the session

- **Nada Yoga(Union Through Sound)**

This method is used different sounds for chanting while you do the sound healing session.

LAM for the root centre, where you initiate the sound from the root of your body which is the end of the spine, which initiates security & prosperity in the physical and non-physical of the body

VAM For the sacral centre where you initiate the sound from the stomach, which initiates creativity and sensitivity.

RAM chant is initiated above the sacral and below the heart which is also for the lord Rama which invokes positivity and is for awakening the soul.

YAM chant is for the heart centre which initiates love, joy, compassion & oneness.

HAM is initiated from the vocal chord which is the throat centre which focuses on reducing stress and relaxing the body

OM is initiated from above the throat centre which is to match the frequency of the planet which is to connect to vibrations which is above our understanding and perspective.

- **Facilitating through Intention Setting**

You can either do a session by deciding which vibration you are going to work on which element (fire, water, space, sound, earth) you are going to bring into the practice then set an intention accordingly to initiate these elements or vibrations as collective they create more power. Imagine one person humming vs 100 people humming, the hum of 100 people creates more intensity its same with the intention of multiple people.

- **Focusing on Specific Issues**

When you receive people where you have to specifically work on the part of the body or emotion, just use the word heal nothing more nothing less and use the emotions kindness, clarity and strength to that specific body part or emotion and that's all you focus on and nothing else. This will lead you to cleanse your thoughts and keep your vibration in check to be able to facilitate

- **Relaxation**

Heal & relax are the most powerful words when it comes to relaxing the body and mind of the person. When a person comes to you with a relaxing aspect these are the two vibrations or emotions to be repeated in your mind to make yourself a channel and let sounds do the work.

- **Deep Sleep Meditation**

To be able to send the person to the deep sleep meditation state, you need to experience this through sound healing and then do the work. Visualisation becomes the key to being able to send the person to this state. You connect to the breath of the person in front of you and the body and use the word rest in your mind. Remember your vibrations and emotions are the main aspect since you are the one interacting with the sounds and the sounds are going through you.

- **Astral Travel/Projection**

This is the awareness stage in the sleep state. When you receive sound healing, you will realise that you are in this state when you are aware that you are sleeping and yet able to be aware of the process that is taking place. This process is the process of creating distance from your body and mind and just observing the process without interacting with it. In this state, as well visualisation becomes the key where you become aware of the separation and when you travel the people are travelling with you and vice versa.

- **Love Vibration**

This vibration needs forgiveness as love comes with pain as it involves the intensity of two people in the initial stages to get to self-love. Only when we forgive ourselves and others for causing pain to each other, love becomes a by-product of this practice. When we talk about love the modern language is unconditional love but when I questioned where is unconditional love, I couldn't get any answer as love is conditional in nature. Why it confuses us because unconditional love doesn't exist in its nature it has conditions. The planet will hit back if you don't take care of it, your body will hit back if you don't care about it, and your thoughts will be in chaos if you don't care about the mind. Now what are the conditions, it's very simple, kindness, clarity and strength. To be able to love you need to be kind, not to others as it is simply the byproduct or consequence of you being kind to yourself. So be kind to yourself, and seek clarity which means communication with truth and the truth requires a lot of strength. So love vibration has been the most confusing to people. When people come to you with broken hearts and family distance, the vibrations to be worked on are forgiveness, kindness, clarity and strength for self.

Have gratitude for your breath, heartbeat, and life, for being alive. Our mind mostly tries to compare with the people who have achieved more but when we see that there are even people who are born without legs or hands but most of us forget to be grateful for just existing with a fully functioning body. So love is loving yourself fully whatever that means for you doesn't mean you become unkind to others.

- **Releasing the pain of physical body & Non-Physical**

The vibrations or the emotions to be kept in mind for this process is focusing on the physical and non-physical of the people and using the word relax and heal again. When this is specific pain in the body parts you focus on that body part of the person and use the word heal in your mind and then relax. They work together.

- **Facilitating intense emotions such as Depression & Anxiety**

When you listen is when you can truly listen. The intention to listen is important. You can't give answers to anyone as the person seeking answers does not know what answers is he seeking. When you only focus on the essence of the emotions you will see the situations are just a mask to heal the deeper wounds. Because of the intensity of the situations, people go into depression or have anxiety. Don't be scared to attend to these situations as most of us have gone through this and sound breath and movements are the way to go deeper as our body is a byproduct of these elements. Only when you try to give answers and try the blame is when you get in the loop of the other person's situation as it's not yours. Keep your emotions aside and only focus on the healing vibrations, which are forgiveness, kindness, gratitude to be able to breathe, gratitude for the heartbeat and giving strength to the person in the present. This is what you will be repeating in your mind while you do the session for the person. Healing the past, future and present of the person.

2. Real-life experiences to merge mysticism with practical application

- **How to detach yourself from the people who feel disconnected in the session and walk away**

When you are doing a group session for more than 20 people, it might happen that few people will get up sit or stare at you or even walk away. Always remember even if one person is lying down it means you have one receiver and that's your work for that one person who is receiving. Make sure to detach yourself from the distractions and always focus on the sounds. The sounds know better, if it's happening to you it is a test of your focus and keep your session on do it the way you do it until the end of the session.

- **How to keep your focus on the session itself all the time**

When we work with people, the channel is open, yours and the people who are receiving so always keep a distance from your thoughts and become an observer of yourself from a distance and keep the focus on your instruments and the people all the time. Even if the person is sitting send kindness & rest to the person.

- **How to get into the space of understanding this session is not only for others but to heal yourself as well**

Every session you do is a test for you while other people receive the session they want. It's not yours to choose how the people receive the session. Your focus is calmness, kindness, clarity and strength. You are only healing yourself and others are a by-product of it. If thoughts are running in your mind it means you need to come to nothingness first which is a step-by-step work. Never fall into the ego of I know, or I am bigger or smaller. You are what you are, neither big nor small. Always use the sentence I don't know and seek help from the sound vibrations in your mind. It will immediately make you feel how less you know and your session shall be smooth while you heal yourself. Healing yourself is not only about trauma healing. Trauma healing is the first step, then comes becoming love, becoming kindest, becoming clarity and becoming a strength and becoming sound.

- **How to reconnect back whenever you feel disconnected from the space**

The intensity might be such that you feel disconnected or the pressure. At these moments always seek help from sounds, breath in breathe out and focus on your heartbeat. Calm your physical movements which will calm your non-physical as well and you will be set to go again.

- **How to read the people in the first go & shift your sound session accordingly concerning what the people need**

Reading people is a byproduct of reading yourself. Sit in front of the mirror and watch yourself, your face, and your reactions when certain thoughts come. Talk to yourself, it's a practice and it will take some time. When you become aware of your emotions and see how you react to them is when you can become aware of how people feel.

Listening is the key, listening from all your senses & more, eyes, breath, space, touch, walk, speech, and questions. When you want to listen you can. Once you start listening you shall quickly realise what exactly the people would need from your session. It's connecting to the exact energy of the person or people as a collective and gives the session accordingly based on the previous inputs.

3. **Receive feedback every time in the initial stages & listen. Build a genuine connection with the people who receive the sessions from you.**

This will keep giving you clarity on what you are doing and whether what needs to be done is in alignment or not.

Feedback should not be a tool to satisfy one's ego or to seek validation. Rather, it should be a means of understanding how others perceive us and our actions and gaining insights on how we can improve ourselves and our relationships.

When receiving feedback, it's important to approach it with an open mind and a genuine desire to understand the other person's perspective. This means actively listening to what they have to say, acknowledging their feelings, and showing empathy towards their experience.

It's also important to note that giving feedback is a responsibility, and it should be done constructively and respectfully. Before giving feedback, it's important to consider the other person's emotional state and to choose words that are kind and compassionate.

To give honest and truthful feedback, we need to have a strong foundation of self-awareness and self-reflection. This means understanding our own emotions and motivations and being able to speak from our truth. By doing so, we can create a safe and supportive environment for feedback that can help us grow and improve as individuals.