

I'm used to blank stares when I tell people what I do. What's a sound healer, a sound bath, an energy worker, vibrational medicine, a light worker... so maybe this will help?

I specialize in vibrational medicine, which is defined as working with the subtle energies of the body to move a client towards their wellness goals, and support treatments recommended through conventional medicine. I primarily use healing sound, energy and breathwork but am glad to share other modalities if you wish.



The body has many systems- circulatory, respiratory etc. Modern medicine works with those systems as they are visible. But ancient medicine protocols (Chinese, Ayurvedic and tribal) all recognize that the body also has an energy system. Modern research is just beginning to support that there is an energy network in the body, as part of the fascia. Traditional Chinese medicine works with an energy meridian system in the body and acupuncturists are now being used more commonly as referrals from conventional physicians.

I work with individual clients and small groups, sharing intuitively composed music, energetic healing practices, and teaching simple skills that empower a client to recreate calmer energy, more focused thinking, and a more peaceful life once they've left my studio. Clients see me in my studio or I welcome working remotely. Remote sound and energy work is very effective, sometimes even more effective than in person work as you're in your home, no traffic, no strange environment.

Education

Meditation study began 1972

Akron University- Mechanical Engineering 1975

Kent State University- graphic design/fine art 1989

Energy healing and bodywork training began 1992

Licensed massage therapist state of Ohio 2006-2024

Education continues today through private study, workshops, reading and daily work with clients

Details of accreditations on next page.



Accreditations

Sound therapy- Much of my energy healing practice has included sound therapy. In addition to 30 years of practical experience working with individual clients and groups, I have studied with Dr. Jeffrey Thompson (Center for NeuroAcoustic Research), Jonathan Goldman, Prabha Duneja, Michael Cohen, Ragani, Peruvian and Aboriginal shamans and a kind, wise Lakota holy man.

Energy healing- Usui reiki training- Lisa Guyman and Jan Hauenstein- 1992-2002, master/teacher certification. I am also trained in Reconnective Healing, Quantum Entrainment, Ho'oponopono, Emotional Freedom Techniques, Vibrational Healing, Qigong, sound therapy and more. I am certified as a Trauma Intervention Specialist by HeartMath. I trained with Dr. Albert Wong in Somatic Approaches to Healing and completed a certificate in Peer Recovery Support.

Meditation- I have meditated since age 18. I have studied many styles and disciplines with teachers and gurus all over the world. My goal is to help students understand that there are many ways (84,000 doors?) to calm themselves and seek wisdom within and allow them to explore and be creative in finding their best practices.

Breathwork- I studied Pranayama in my yoga training thru YogaMu California US and Bhakto Yogshala in Rishikesh India. I have a 200 hour certification with the World Yoga federation. I have trained with David Elliot whose work is based in Pranayama, with Scott Schwenk's Ecstatic Breathwork. In summer of 2022, I completed the Hatun Karpay, the Great Initiation in Peru with the Q'ero tribe including many ceremonies at sacred sites and their breathwork practices.

Shamanism- I have studied with several Original American tribes in North and South America (1990's to present) but am not here to replicate their ways. I have studied with Alberto Villoldo, Sandra Ingerman and studied the works of Michael Harner and many more. I see the role of shaman as that of healer, leader, encourager and maker of magic... meaning helping students explore their connection to the invisible realm, expressing their gifts of spirit, imagining a better world into reality. I have practiced the ways of shamanism for many decades.

Yoga- I have had a personal yoga practice for over 40 years. I have practiced many styles of yoga and continue to enjoy variety in my practice today. Some of my teachers include: Topaz Tolloti, Michael Curtis, Bryan Kest, Rodney Yee, Sandeep Atri, Rhonda Kuster, Melissa Codispoti. Tamlynn Cohen

Massage and bodywork- I was licensed in 2006 as a massage therapist in Ohio. Previous to that I worked in Colorado where licensing wasn't required at the time. While I do not do traditional massage therapy now, I can work with you using sound, range of motion, auricular therapy, and a combination of the other modalities listed above to help you find powerful tools to empower you in your daily life. At this point, I am worked to get my license in Ohio reactivated. Fingers crossed. Grin.