



Mentoring sessions for sound healers

I use my decades of experience with sound and energy healing to work with clients every day. Recently, I feel called to use my experience to help other healers. I want help you to connect with healing sound in your way, to explore your strengths, to serve most honestly and powerfully, to find your voice through instruments you are working with, to explore new instruments,, to build your confidence in the power of sound to heal and elevate. I want to help you believe in what you do and empower your work.

But as a professional, I must also help you understand your role, responsibilities, scope of practice, professional standards, care of instruments, clients assessment, communication, ethics in business and with clients, confidentiality, contra-indications, forms, insurance and what it means to work in a trauma informed way.

At this point, this program isn't a certification program (there is no certification required or officially recognized in sound healing). I believe the content is more complete than many programs. I want to get you started or to fill in gaps you find in your work. The real development of a sound healer comes as you work. I want this class to help you remove barriers, shine brighter and be of greater service in your own life and in our new world. **I want to help you find your way, not my way.**

Segments of training:

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| • basics of sound | • the science | • physiology |
| • you | • your role | • your skills, |
| • your instruments | • your space | • business basics |
| • private sessions | • group events | |

How this works...

We can work together one-on-one, in person or by zoom.

1 session- covering topic(s) of your choice (including coaching on an instrument) 2 hours. \$333
4 sessions- covering topics from my list and yours, 8 hours total \$1200, payable at \$300 per session
8 sessions- covering all my topics and/or instruments you choose, 16 hrs total, \$2200, pay \$269 per session. I recommend 2 hour segments so you can absorb, practice and play before going further. My studio is in Canton OH so unless you're quite near there, Zoom is a great option. The sound quality is excellent and I have a professional set up used in remote sound healing. Student receives a pdf of session content. The amount of material we can cover in 2 hours varies with student.

Overview of what's included in some of the subjects

Basics- sound terminology, science of sound, history, physiology (this and business basics should fill 1 session)

Business basics- understanding client safety, contra-indications, sanitation, forms, records, basic business structure

You (This and Your role below should fit into 1 session)

- Do you walk your talk. No one is all there yet, but just be aware of strengths and weaknesses
- How do you use self-care for yourself. Tell me how you stay strong, centered and well
- Remembering who you are and caring for that soul purpose
- Exploring ideas that come from brain or ego vs. those that echo in the heart, the guts, your bones
- Are you a wounded healer and how do you care for those wounds.
- Empathy and Insight: healers often possess a profound ability to empathize with others due to their own experiences. How comfortable are you with trusting your intuition?
- Do you think the idea of the Witch's Wound plays a role in your healing work. Does it create stumbling blocks for you? How to overcome those.
- Healing yourself with the sacred reciprocity practice, one of my favorites to share
- Fear, doubt and unworthiness- how much of that energy is in you. How to resolve some of it.

Your role

- Meet your inner physician, honor the inner physician in the client. You are not the healer, they are.
- Old world vs new world. Your role in each. Both may continue but importance of honoring the new. Moving from the age of Hero to Healer, from a world of fear and greed to one which honors the power of love and compassion over all. Understand you're here to serve.
- Why are you called to this... how were you called
- Is this work for you and/or for others?
- What are your motivations for doing what you do? If money were not an issue, if your life was well-funded... would you do this work the same way?
- Vision for now, vision for longer term... know these will change

Your skills (this is one session)

- To create a spiritual/energetic experience that will meet the client/group where they are
- Adding sound healing to other healing modalities.
- Knowledge of nervous system... yours and clients. How do you care for yours?
- Knowledge of the energy system
- Trauma informed work
- Honoring spiritual beliefs of others... and physical needs,
- Releasing fear of being seen
- Using your voice
- Embracing your intuition
- Instruments you love, want, are curious about

Instruments, these is what I work with and I'm glad to share techniques (In one session we will cover the basics of one or two of these instruments)

- Voice
- Drum and other percussion
- Gongs
- Metal bowls
- Crystal bowls
- Tuning forks
- Keyboard, harmonium, backing tracks

Your space (Your space and your sessions could fit in one session)

- Lighting, color, size, sounds, openness, coziness
- Always being sensitive of the energy of trauma that lives in us all, to create the feeling of safety for your clients and for yourself.
- Creating sacred space.
- Honoring those on the other side of your walls

Your sessions

- How to understand a client's needs... or work in a general space so they might receive what they need, even if they have no idea how to verbalize their needs.
- Being sensitive to what feels right and safe to a new client and how to expand what you do as you work with individuals through time.
- Structure of your sessions- having a plan, changing the plan.
- Your inner physician, client's inner physician, your awareness of their needs.... How you know, how you read them, how you sense, how you respond.
- How not to be the authority but rather to be the servant.
- Group experiences
- Massage table, floor, zero gravity chairs

About suni

Since I was young, I've been on a quest to learn. My mission is to remember and understand the mystical world- seeking insight into mysteries beyond ordinary human knowledge. I've studied sacred writings of many traditional religions, shared in Lakota ceremonies, trekked thru the Andes to learn from descendants of the Incas. I've trained in many healing modalities- energy healing, sound therapy, massage, qigong and more. I've followed the Yogic path beyond the poses to go deeply into meditation and breathwork. I've worked with gurus, shamans and wise men and women all over the world. I've wandered deep into mother nature learning to listen to the trees and receive power from the earth below and the sun and moon above.

Thru all this exploration, I look for simple truths common to many paths. I embrace the power of sound, the wonder of meditation, the strength of our breath and the essential need for self-care on a daily basis. These ancient tools are presented in new ways that suit the energy of our times. I share these tools with you to help you expand, awaken, heal, calm and explore the wonder of the unseen, the less known world.

The most important truth I've learned is that higher wisdom, connection to spirit, awakening, enlightenment aren't things you get from someone else. You came with all that built into you. Life in a world wrapped in fear and greed didn't likely help you find that message. In today's changing world, in the new energies here to help elevate our world- the wisdom, the light you seek is within you. The simple practices I teach are intended to help you connect your physical you and the higher self. That can happen easily and, it grows with practice. The practices are easy and they bring you what you need. Just looking for some hope, or calmness- then you'll find tools here that will help. If you're seeking higher wisdom or to journey to other energetic worlds, that is available to you also.

I am your guide and I share with you what I've learned. You might not resonate with some of the practices. You might really connect and decide to explore some aspects further on your own. Great! My path was carved with the teachings of many, many beings and I trust you'll find the path that suits you. Have fun!

Image from Wiraqocha temple near San Pedro de Cacha. I served as high priestess for my group of journeyers. Notice no flowing robes, no fancy anything and it was the most powerful ceremony ever for me.

