

Lifestyle | Sound Journey

Sound Journey (English)

Take the beautiful journey with us, letting go of the past through the healing power of sound and voice. It is high time to release the stress, pain, fear, anger, worry, old beliefs and create more space in our hearts to manifest love, joy, peace, and harmony in our life.

The flow of the Sound Journey

We first relax our body with some light movements, breathe and ground ourselves. We work on clarifying our intentions.

Then we do Chakra Sound Healing Meditation: We focus on toning self-created vocal sounds to resonate with the chakras (energy centers) with my guidance. This has the effect of cleansing, activating, healing, connecting, balancing, and aligning the chakras in order to create resonance, harmony, and balance.

You learn through experience how to use your own voice for self-transformation and healing on all levels. (Body, mind, spirit)

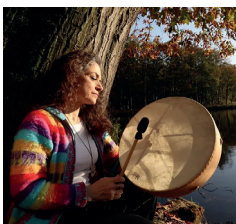
After working and participating actively, you lie down, and we set off on an inner journey with the healing sounds. I mainly use my voice and a variety of instruments: (Himalayan singing bowls, crystal singing bowls, Shamanic drums, Native American flutes, tuning forks, Tingsha cymbals, Koshi chimes, gongs, etc.). I do soul singing which means; connecting the source, singing, and channeling the frequencies according to the higher good & needs of the participants. Therefore, each sound journey is unique.

Benefits of the Sound Journey

- improves mood and well-being
- improves sleep
- heightens focus and energy
- a feeling of rejuvenation
- slows down the brain waves, pulse, and blood pressure, which causes the person to relax deeply
- quiets the mind
- relieves anxiety and stress
- cleanses the energy field (aura) activates and balances your chakras
- helps unlock the blocked emotions, and releases traumas

No prior experience is needed, everyone is welcome!

Duration of the workshop: 6 sessions app. 1,5 hours



De leader of this activity is Gonca Güres.
She is music teacher at Merlin and a certified 'sound healer'.



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