

A little insight into your upcoming

Sound Journey

Sound Journeying

involves the use of vibration from the voice or instruments to stimulate the body's self healing ability. Sound healing and music are known to boost immunity, regulate respiration, blood pressure, alleviate pain, reduce stress, and promote healing. We believe that each cell in the body is receptive to sound and vibration and as such the body can be refreshed, relaxed and revitalized.

The basic structure of our Sound Journey follows,

The first segment is an interactive experience using breathing, visualization, and toning to center you and make you fully aware of your ability to play your own instrument, your voice.

This is an empowering exercise and even if you are not used to expressing yourself vocally you will find it rewarding, the group does the toning together, after some basic instruction it's time for you to merely "be aware" of the effects.

This is followed by a brief discussion, where we explore your experience of the toning and how, you perceived its effects, either at a physical or energetic level.

The second half

is a chance for you to completely relax and experience the effects of sound created by a variety of instruments and vocal techniques. The overall effect is quite marvelous as you are gently transported across an aural landscape. Where the experience takes you, where you journey to and back, is an entirely personal thing. As with any form of meditative experience, it is good to have a clear intention for the time you spend in that state. I suggest thinking on it before you arrive for the sound journey, think about your intent, think of a meaningful reason for the energy you will create during your Journey.

I am hesitant to describe it any further than this, as we want you to experience the Sound Journey in your own frame of reference, and be as free of any preconceptions as possible.

Toward the end of the Journey you will hear us gently guiding you back vocally into the present.

I would suggest at this point, keeping your eyes closed for a few minutes and consciously focussing on the experience.

Let your minds eye drift through what you have just experienced, and make a mental note of anything that catches your attention, perhaps it will bear later scrutiny.

The sound

is generated by a variety of instruments, these vary greatly from ancient, to modern and include, Strings, idiophones, aerophones, wind, percussion, Keyboard, etc. The use of voice for toning, chanting and overtone singing.

I hope this gives you a little insight into the world of Sound Journeying and I look forward to meeting you and sharing this experience with you. If you have any questions, please contact me and I'll be pleased to answer them to the best of my ability.

Namasté

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