

Sacred Healing Sounds & Crystals

LLa'Rah

In my Sacred Sound Healing therapy I intuitively work with the vibration and frequency I feel is required by my client to strengthen their body and resolve any dysfunctional issues and patterns. When the body is unwell or dis-eased it is usually because the person has in some way, lost their natural balance or vibrational rhythm.

Crystals carry vibrational frequencies and I have found that when combining them with Sound it highly amplifies the effect of the healing, and more energy goes through. The crystalline energy assists the body to find its natural rhythm again.

In my sessions I place specific colour crystals on the same colour chakra energy centres. The crystals I have found to be most effective are:

Base Chakra	Ruby	Sacral	Carnelian
Solar Plexus	Citrine	Heart	Rose Quartz
Throat	Sodalite	3 rd Eye	Amethyst
	Crown	Danburite	

Generally I hold a rainbow quartz point in my left hand as I work. After placing the crystals on the chakra centres, I then move my right hand over each chakra in turn and tune into the colour and the vibration. I attune to Divine healing energy to channel whatever sound is necessary to bring each centre back into balance. I imagine purifying energy pouring out of the crystal as I emit the sounds.

The feedback from clients has been very positive. Often the effects are indirect, but very potent. Other times, the effects are very direct and repeatable. Using the crystals with Sacred Sound has proved to be a powerful healing tool and wonderful healing vibration is achieved.



LLa'Rah is a Sound Healer and Workshop facilitator based near Frankston. She combines 20 years of Spiritual exploration as a seeker, teacher and Spiritual Healer/therapist with an academic background as a Psychotherapist, Holistic Counsellor, Writer and Educational Trainer. She is a member of SHA (Sound Healers Association). LLa'Rah can be contacted on 0448 014 723 or email healingwithsound@bigpond.com

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