

# ~ *What Is Sacred Sound Healing?* ~

*LLa'Rah*

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Sacred sound is one of the most powerful healing and transformational tools for the 21st century. Throughout the ages, music and Sacred Sound have been used as tools for therapy, healing and transformation.

Sacred Sound healing is the practice of using sound to realize and correct imbalances in the body. It works on the belief that the human body is not solid. Rather it is vibrational energy that is held together by sound.

Sacred sound incorporates a multitude of tools and instruments as well as the voice, toning and mantras for sacred purposes. Working with one or more of these mediums with the attitude of dedication and devotion invokes the energy of the Divine.



## **WHY IS THIS IMPORTANT TO YOU?**

Because music, song, vibration and words can dramatically affect your own health and the well-being of other people.

## **HOW WILL SACRED SOUND HEALING BENEFIT YOU?**

Sacred Sound Healing enables you to experience the harmony of cosmic healing that comes through vibration. It can clear your energy centres, relieve your pain, induce positive emotions, reduce depression, stress, anxiety and achieve deep relaxation allowing the nervous system to become balanced once more.

LLa'Rah's new, unique approach incorporates musical sound and vocal work to help balance the body and energies. A variety of sound instruments are used in the private sessions and classes:

## **WHO IS LLA'RAH?**



Sound therapist LLa'Rah has spent more than 20 years investigating and developing her abilities as a Healer and Workshop facilitator. A background in Psychotherapy, Workplace Training, Community Development, and Professional Writing enrich the services she offers to you. LLa'Rah's intuitive gifts, healing abilities, workshops, and spiritual counselling can assist you on your path to finding and awakening to your True Self. She brings her abilities and training to intuit a client's spiritual, mental and physical needs, encouraging and empowering them to take control and become responsible for their own health, well being and happiness. LLa'Rah is a member of SHA (Sound Healers Association).

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