

Resilience

Healing Energy by Sue Aumer

Chiming In



For centuries, the Chinese have recognized the therapeutic properties of chime tones. They believe the harsh background noises of everyday life (such as traffic and construction) disturb our energy flow. They feel that we all need our own relaxing soundscape such as that provided by chimes to support healthy energy flow.

The casting of chimes in China has been recorded as early as 1100 BC. When Japan opened shipping ports to the western world in the mid-1800s, chimes made their way to Europe and the Americas.

Taking advantage of the therapeutic properties of chimes, Resilience offers Koshi chimes as an optional sound healing modality.

There are four versions of this chime, each of which invokes the properties of one of the four major elements through its tone sequence.

The links below associated with each element will take you to a sample of the chime's enchanting harmony.





Koshi Ignis represents the element of Fire through the tone sequence G-B-D-G-B-D-G-A.

Fire energy is the creative spark. It represents our passions, the fire within. Fire energy is vision and transformation. These tones can bring excitement and the motivation to change what no longer serves us.

Koshi Terra embodies the element of Earth with the tone sequence G-C-E-F-G-C-E-G.

Earth is the realm of the physical, of stability and of dependability. These tones invoke the grounding and centering properties of Earth. These tones can give you a peaceful and calming experience.



Koshi Aria captures the element of Air through the tone sequence A-C-E-A-B-C-E-B.

Air is the most free and ephemeral of the elements. It is the realm of thought, learning, wisdom and communication. Air energy is breath and all things intellectual. These tones can bring a lightness and movement to your thoughts.

Koshi Aqua projects the element of Water with the tone sequence A-D-F-G-A-D-F-A.

Water is the realm of emotions. It represents flowing, the subconscious and all things internal. Water energy cleanses and regenerates. These water tones can inspire your thoughts to flow.



Want to learn a bit more about Koshi chimes?

Check out the [Koshi chimes](#) page on the Resilience website!

As a reminder, Resilience offers Reiki / healing energy

- [in-person](#) sessions with enhancements such as whole body heat mat therapies and sound healing,
- FREE [distance](#) sessions with oracle card readings, and
- FREE distance sessions [for animals](#) who are our companions.



Whether in-person or distance, these sessions can help accelerate healing on multiple levels, reduce pain and discomfort, facilitate deep relaxation and quality sleep, and improve well-being - essentially helping to optimize all aspects of health so we and our companion animals can live life more fully.

[Schedule a Session](#)

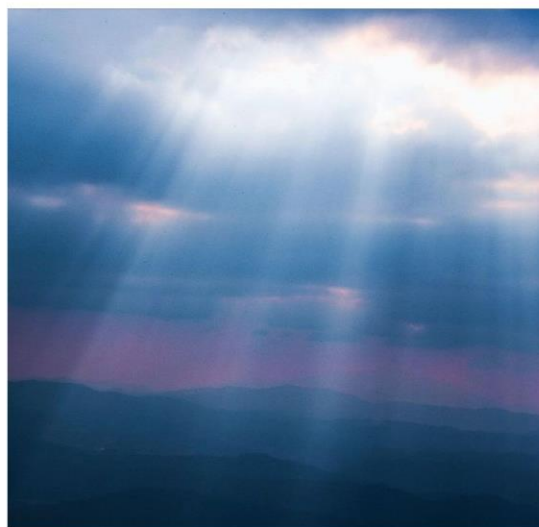
CAVEAT: Though Reiki / healing energy is a powerful healing modality, it is important to remember that it is NOT a substitute for, but rather is complementary to conventional medical treatment. Always consult a licensed medical professional if you have concerns about your physical or emotional health.

**Thank you
for your business!**

Sue Aumer
Usui Holy Fire® III Reiki Master /
energy worker

**"The wound is the place where
light enters you." -Rumi**

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of William Lee Rand.





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