



## **NEW AT RESILIENCE!**

### **Shamanic Inspired Sound Healing**

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As you may know, drumming plays an important role in healing in Shamanic practices. After completing a course on core Shamanism last month, I became inspired to research drumming as it relates to Reiki and to incorporate facets of this modality into my practice.

Reiki conventionally uses gentle touch energy to adjust, balance and enhance our bio-energy field which in turn induces relaxation and promotes healing. Our bodies are also very responsive to energy in the form of sound and vibration. Drumming in close proximity also increases the quality and flow of energy around and within your body in a different way thus adding to the Reiki experience.

Recently I began experimenting with sound healing through drumming for clients open to trying it. Clients have reported that the reverberation of sound has helped release tension they are holding in specific areas in their bodies and that they feel a general sense of calm afterwards. Interestingly, some say the vibrations traveled to a specific location in their bodies regardless of where the drum is positioned - an example of energy going to where it is needed.

Given the positive feedback I have received, I am ready - and excited! - to begin offering sound energy healing through drumming as an optional component integrated into any Reiki session. If you have any questions or are interested in scheduling a session, just contact me.



Shamanic drum

**Contact / Schedule a Session**



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