



*Tune up Your Holistic Practice  
with Sound Wellness*

Sharon Carne B.Mus., M.F.A.  
*Author, Speaker, Musician, Recording Artist,  
Certified Sound Healer, Reiki Master, Acutonics Practitioner*



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## **WHO SHOULD READ THIS GUIDE?**

- Practitioners who would like to make their business even more successful by integrating scientifically validated methods into their practice to provide an even more effective session for their clients. If you would like more referrals, and would like to have your clients excited to return for their next session, read on.
- Individuals who are looking for holistic tools to help manage their stress, improve their health, and to bring calm to their day.
- Practitioners who are looking for proven methods to help manage their energy, reduce stress, and sustain their health so they can be of maximum support to their clients.

## **WHAT WE'LL COVER:**

- ✓ You'll receive background on the science of sound and how it works, including how deeply you're wired to respond to sound.
- ✓ You'll discover the 4 elements of effective sound healing.
- ✓ You'll find out how sound can easily integrate into your daily life or your holistic practice.
- ✓ We'll show you how sound healing can help grow your practice.
- ✓ And we'll also share with you some information on how you can learn more.

Welcome!

Hi, this is Sharon speaking. Thank you very much for your interest in Sound Wellness and our programs. We are here to help you serve your clients, so you can grow your business. I'm grateful for the opportunity to provide you with information about Sound Wellness and our proven process for training holistic practitioners just like you.

Sound Wellness is a holistic modality that uses techniques based on sound and music to bring your body, mind, emotions and spirit back into harmony. It is from this place of harmony that healing takes place. And it is from this place that you can maintain and support your health as well as your client's, prevent illness and extend the quality of life.

Until now, the fields of Sound Healing, Sound Therapy and the use of Specialized Music designed for healing have had neither standardized training, nor certification at a level of verifiable competence. Until now! Sound Wellness Practitioner Training is a certification program of verified competency of the practitioner. Sound Wellness programs that are at the forefront of education in sound healing and sound therapy, taught with the perfect blend of science and mysticism.

You'll discover how Sound Wellness incorporates the best from the fields of Sound Healing and Sound Therapy. You'll discover how Sound Wellness can be seamlessly integrated with your holistic practice, enabling you to offer even more powerful healing sessions. You can attract more clients, and generate greater income from your enhanced sessions.

This guide was created to help you determine if Sound Wellness is truly what you need right now, and how to find the right training for your specific needs.

If you have any questions about our programs, or to help you determine if Sound Wellness is right for you, I invite you to call us at 1-800-748-4082. Together, we can determine if this is a fit, for you! We've dedicated our business to educating and supporting holistic practitioners. We are here to support you, so you can achieve the goals and results you're looking for.

Even with the enormous advances we have experienced over the past 200 years, people are suffering from more illness than they ever have. We believe that the future of health, wellness and healing belongs in the hands of our holistic healers and practitioners, as it has since ancient times.

In health and harmony,



P.S. We hope you enjoy learning about how **Sound Wellness** can complement your practice. You'll receive an mp3 copy of our CD, "Woodland Song," as a thank you when you confirm your email with us. This track has been proven to help increase focus and concentration, while remaining calm and relaxed - perfect to put on when you have a project or other task to complete. And it's also great to use during your client sessions. More about this later in this guide.

## WHAT SOUND WELLNESS CAN DO FOR YOU AND YOUR CLIENTS

- ✓ expand your holistic practice to include many ways to use sound to serve your clients.
- ✓ heal the emotional core of dis-ease.
- ✓ stimulate the natural healing ability of the body.
- ✓ create deep relaxation, easing or dissipating the symptoms of stress.
- ✓ strengthen your connection to your heart centre, so that your work flows from your heart.
- ✓ and more!

Sound is humanity's most ancient healer. This bone flute is over 40,000 years old and is believed to predate our use of language. We likely had music before we could speak with words. This is a profound statement and whenever we share it with people, they always nod their heads as if to say, "Yes, I know that." That's your DNA talking to you and the story of how humanity evolved with sound and music.

Modern science is now documenting the human being's deep and intimate wiring to respond to sound. Sound was our first healer for good reason.

Why is **Sound Wellness** such a powerful modality? Because sound works at the basic foundation of matter itself - as vibrational energy.

Sound is an energy that can change how matter itself vibrates. The benefit is amplified when sound is combined with your intention. And **Sound Wellness** is a natural complement to so many modalities.

So let's get started.



## WHO IS SHARON CARNE?

*I've been a musician all my life. When I was 16, I fell in love with the classical guitar and its music. That led to earning two university degrees in music, a Bachelor of Music degree and a Master of Fine Arts degree.*

*In 1988 I was asked to join the faculty of the Conservatory at MRU. I built a very successful studio of students from 3 years old to university level.*

*Well, little did I know that a major shift in the direction of my work was in store for me.*

*When I was in my 30s, my mom told me about a near death experience I had when I was only 10 months old. I had whooping cough and stopped breathing because of the congestion. She grabbed me by my feet and shook some of the mucus loose and I started to breathe again.*

*This experience set my feet firmly on a spiritual path. I grew up knowing there was a lot more to people and to life than I was seeing everyday. But not knowing why I knew that.*

*It created a life long passion for the spiritual and mystical. It led to all kinds of courses in energy healing, holistic healing, shamanism training and more. And eventually led me to sound healing and sound therapy training with pioneers like Jonathan Goldman and Tom*

*Kenyon. As soon as I landed there, I knew I had come home to my soul work.*

*Not long after returning from my studies with Tom Kenyon, I was asked to create a program as one of the facilitators in a study on stress sponsored by the Integrative Health Institute, at Mount Royal University.*

*At the conclusion of the study, people in my group were so excited about what they had learned – they wanted more. So about a month after completing my participation in the study, I created Sound Wellness to fulfill that need, bringing this valuable information to a larger audience.*

*And my soul work continues to evolve and expand to serve practitioners with the creation of the Sound Wellness Institute. Serving the amazing people who, no matter what, stand strong to hold the light of the heart and serve the entire human family and planet.*

Sharon Carne

## **PRACTITIONER CHALLENGES AND STRATEGIES**

Life as an holistic practitioner is not always easy. There are numerous challenges in creating a successful practice. Based on our experience and that of our friends, many of whom are practitioners, the following three are the ones we hear about most. With the exception of self-care.

Practitioners rarely mention self-care as one of their biggest challenges because it's easy to ignore. It is included here, not only because it is essential to your own health and well-being, but self-care also strengthens your ability to support those who need your gifts.

### **THE 3 BIGGEST CHALLENGES:**

1. Creating a steady revenue or client stream.
2. Standing out so potential customers will notice you.
3. Self-care.

So let's take a closer look at each of these 'big 3'.

#### **CREATING A STEADY REVENUE OR CLIENT STREAM.**

An inconsistent stream of clients creates the cash flow roller coaster. Good one month – not so good the next, so-so the following. Or maybe, there just isn't a lot of cash flow at all. That's OK. We'll share with you some ways we have found that Sound Wellness helps with that. You'll discover how Sound Wellness can help grow your practice, increasing your income with less work.

In a study conducted by the Registered Massage Therapy Association of Ontario, over half of the therapists reported that they would like to have at least 10 more clients every week. Annual income was just \$42,000. Before taxes.

And that's just Massage Therapists. There are many practitioners, in many modalities, who are struggling to achieve the income that they desire. And deserve!



The hard part is trying to get by when you can't predict what you'll earn this month. Or next. Do you have enough to pay your bills? - The mortgage - the rent on your practitioner room? - Groceries? - and everything else that needs to be paid? When you have a good month, do you hold back on your spending because you don't know what will come in next month?

Many practitioners have lost control of their time. To maximize their revenue, they feel that they have to accommodate their clients regardless of the time.

They end up sacrificing evenings for a single appointment, or weekends. We're not suggesting that it's not the right thing to do - But how would it feel to not have to do that - to take back your time. To have leisure time that's all yours. For your family, and friends, for yourself, and the things you enjoy doing.

The best way to achieve financial success for you and your family and to truly get your clients the very best results is to blend in additional modalities that don't involve you doing more, that don't tax your body more. Then adjust your fee schedule for the different levels of service.

Sound Wellness can help you do that. All 4 elements easily integrate with most modalities in so many ways. When you integrate Sound Wellness with your primary modality, you can immediately start charging more for your services, helping to get you off the roller coaster.

Once you are free of the roller coaster, you are also free to maintain a more regular work schedule. Plan time with others without the worry of having to cancel because a client wants a session, and you feel that you HAVE to accommodate them because you really need the money.

Start with your existing client base. For now, there is no extra marketing, and no chasing new clients. That will come later when you're ready.

Simply integrating your modality with Sound Wellness generates greater revenue. You just need to create a new fee schedule for sessions incorporating Sound Wellness, in addition to your existing fee schedule.

I have to tell you about Sharon's massage therapist. The average rate for a massage in Canada is \$75. At least according to the Massage Therapy Association. That's about what Anne charges that for just massage.

But Anne is also a sound healer and an energy healer. If you want a combination of massage with sound she charges \$150 per hour.

What do most of her clients choose? The combined service. For a very good reason.

The combined sessions are more effective and her clients leave feeling much better than they would have if they only had the massage.

As an added benefit for Anne, her clients are eager to return for their next session. She doesn't have to pressure them to book their next appointment - they WANT to book their next appointment. And she gets referrals.

Anne is not unique. We've heard this many times!

So let's look at what Anne has done.

She's created a different fee schedule for single services and for services where she combines her modalities.

Sound complements most modalities in powerful ways. Setting a



higher fee generates an immediate increase in her income for the greater value she provides.

She understands how to use the sound tools to deepen the relaxation as well as providing a host of other benefits.

The end result is that it will be easier for her to work at deep subconscious levels, where healing is so profound.

## **STANDING OUT**

Let's take a look at how you can stand out - stand out from all of the other practitioners who do pretty much what you do. Who practice the same modality as you. If you don't stand out, all you have to compete with is price, and that's never a sustainable way to support any business.

Standing out is the easiest way to:

- ✓ attract more clients
- ✓ get your clients returning more often.
- ✓ get your clients eager to sign up for their next session.
- ✓ easily get referrals.

In 2014, the Globe and Mail reported that there are 26,000 massage therapists in Canada. That's one massage therapist for every 13 hundred Canadians, and that includes all age groups. That is not a lot of people to draw your clients from. Every holistic practitioner faces these same challenges.

When you stand out from the crowd, your market area grows exponentially!

When you stand out from the crowd, your clients will never go anywhere else. When your clients feel that they've received superior value, you will have a client for life!

Most people are a lot more loyal and a lot less price sensitive than you might think. "By creating a great client experience, many people would be okay with paying a higher price," says Tony Hsieh, CEO of Zappos, the most successful on-line retailer of shoes. "We're not trying to maximize efficiency. We're trying to maximize the customer experience."

Perhaps most important, you need to be seen.

This is what's going to keep you off the roller coaster. Most people spend very little effort doing this. While it does take some work, but that work comes with enormous pay-offs.

Here are some of the ways that you can stand out. Start by asking yourself these 4 questions - we'll help you with some of the answers. You may have heard these from other people before.

### **WHAT MAKES YOUR BUSINESS DIFFERENT?**

*Your business is different because you've added Sound Wellness to complement your gifts.*

### **Why should I do business with you instead of one of your competitors?**

*Your customers will prefer you over others, because the combination of sound, coupled with your primary modality provides a superior session. They'll leave feeling better, and their results will be longer lasting.*

### **Why should I do business with you, instead of choosing a do-it-yourself remedy?**

*These results simply cannot be achieved through a self-treatment. It takes your experience your and inner wisdom to provide a superior healing session.*

***Why should I do business with you instead of doing absolutely nothing at all?***

*By doing nothing, of course nothing will change, nothing will improve.*

This is, of course, just an example, but we're sure you get the idea.

Another important reason for standing out is to look at how new clients find you.

Is it word of mouth? Your website? Social media? Ads? Trade Fairs? The answer is all of the above.

Your current clients are your best ambassadors. When they love what you do, when they leave feeling amazing, when their pain or discomfort is eased, or lifted from them, they'll tell their friends and their family.

But take it a step further. Suppose you encouraged your clients to refer you to those beyond family and close friends. Suppose you had a referral program that rewarded your clients for bringing in new clients.

You could offer a free session to the person that referred a new client as a thank you – but only after the new client has come in for their free introductory session.

It's a great win-win, and how many referrals do you think that would bring? Sure, you're giving away a free session – well two, actually, but isn't that small compared to the value of a new customer?

Do you have an effective web site? Is it mobile optimized? With the demise of the telephone book, most people find a product or service through a web search.

Marketing experts FleishmanHillard report that 89% of the consumers surveyed use Internet search engines to make purchasing decisions. If you don't have an effective web site, only 11% of your customers have a chance of finding you!

Of the 89%, over half of all web searches are now on mobile devices. Even if you have a website, if it's not mobile optimized as well, almost half of your customers won't find you.

One of the most effective ways of standing out is to participate in local trade fairs. These are filled with your perfect customer.

Offer something to bring them to your booth – a free 10-minute session, a coupon for a discount on a session with you, or a draw as a way to add to your email list.

And don't forget those testimonials. Video is best – and not professionally done – shot with a smart phone is great. Written testimonials are good too, as long as the person gives you permission to use their name.

This does take some work. It takes work to develop an effective web presence, and to do the types of things to get noticed, and it takes some effort to attend trade fairs, to network, and so on.

But ask yourself, "have you just been sitting around, waiting for someone to find you"?

Would you not rather be out there for all to see how amazing their lives could be, if they'd only spend some time working with you?

Which one do you think is going to get you off the roller coaster?

Standing out is all about supporting your clients. Supporting them so that their pain – their discomfort is reduced. Or eliminated. And in return for that support, you receive greater revenue for the value that you provide.

It's about supporting clients that you don't yet have. The clients who are really hurting and who don't know where to turn. It's about standing out so they can find you. If you really believe that you can help them, you have a social responsibility to them – to help them find you. It's all about supporting their needs to the fullest.

Isn't that why you became a practitioner in the first place? Because you are passionate about helping other people? In return you receive a growing client list of those who need and value your gifts.

Finally, standing out is about you. Standing out is your enabler – it enables your success. It enables you to enjoy the lifestyle that you deserve. It enables you to discard the stress and worry of the financial roller coaster. Of course, you still have to provide quality sessions, with services that differentiate you, but none of that happens if you can't be found.

Remember when I was talking about Tony Hsieh of Zappos? He ships 10% of all the orders he receives by overnight courier with no upcharge. Zappos stands out because no one else does that. 10% of his customers, who are expecting to wait a week for their order, get it the next day. They're thrilled, and you can be sure they tell all of their friends.

When you stand out, you're memorable. When you're memorable, people will find you.

### ***SELF CARE***

One of the things we know about practitioners is that their own self-care always comes last. It's like the painter, who's house is the one that most needs painting.

You can easily integrate sound into both your daily life and your holistic practice. The tools and techniques that you will learn about later in this guide are as powerful at supporting you, as those under your care.

Self-care is absolutely essential if you want to be able to offer your best work to help others.

Sound offers you spectacular ways to support your own well-being, as well as ways quick and effective ways to reset your own energy in between clients.

When you're grounded, when your mind is clear, when your energetic fields are clear, you can be of the greatest service to your clients.

You'll feel better, sleep better and you'll enjoy better health. Your relationships will be stronger. You'll feel vibrant, alive, joyful, able to re-discover the meaning of fun.

### ***STRESSED AND DON'T KNOW IT?***

Sound Wellness is all about wellbeing. So we would be out of integrity if we didn't mention the biggest health challenge facing every one of us.

We're ***STRESSED!*** And don't we know it. Or we don't acknowledge it.

The truth is there is a huge cost to this in every area of your life – to your physical, mental and emotional health, your relationships, your work and so much more.



Many studies have shown that in North America, between 70 and 90% of all doctor's visits are related to conditions rooted in stress. Yet, only 3% of those visits were because the patient felt that stress was a problem. Without question, the biggest health challenge facing most of us is symptoms of stress we are either ignoring or are unaware of.

Stress is such a concern, that the World Health Organization has called stress "the health epidemic of the 21st century" The U.S. Center for Disease Control has reported that more than half of all deaths, of those under 65, are because of conditions rooted in stress.

As a practitioner, this stress, particularly stress that your client is unaware of, is a large part of the reason that they seek out your support

The intention here is to heighten your awareness of symptoms that may be affecting you, and your clients.

Our goal is to empower you to live a healthy and fulfilling life. Open to any possibility. To take the words "crazy busy" out of your vocabulary and your experience.

More importantly, sound is one of the most effective tools you can use to manage stress and create harmony, not only in your life, but in your client's as well. Many of the tools that you learn in this guide, will give results in anywhere from seconds to just a few minutes.

As we talk about stress, we'll look at some of the consequences, and most important, some of the symptoms – especially the ones that get ignored.

Stress is simply your body's normal response to an external stimulus that makes you feel threatened or uncomfortable. It's as normal as breathing.

It's your body's natural defense mechanism and it makes no difference whether the threat is real or imagined. The release of two hormones, Cortisol and Adrenaline, occur to put you in a state of high alert.

The heart beats faster increasing blood pressure, breath quickens filling your blood with more oxygen, muscles tighten as they ready themselves for action, and the senses become sharper.



These physical changes increase strength and stamina, reduce reaction time, and sharpen your focus – preparing you for either fight or flight. Once the danger has passed, the hormone levels return to normal, and your body relaxes.

It takes about 90 seconds for Adrenaline to be processed and removed by the body after a stimulus that causes their release. That's the natural process.

This short-term stress is essential to our lives. It keeps us safe when we cross the street or when we are driving in heavy traffic, it helps us make difficult decisions, and it supports us when we have a presentation to make in front of a large group. But what happens when you can't let go of your stress? What happens when the source of your stress keeps reinforcing itself?

Our thoughts (like worry) and our emotions can stimulate this process over and over again, keeping us in a prolonged state of "fight or flight" or extended stress. This is what we call '*perceived stress*' Our mind makes them real, and it reacts as if they are real, flooding our bodies with stress hormones in a futile attempt to keep us safe. In fact, it does the opposite.

Our bodies aren't designed to experience stress for an extended period of time. The consequences of extended stress are severe.

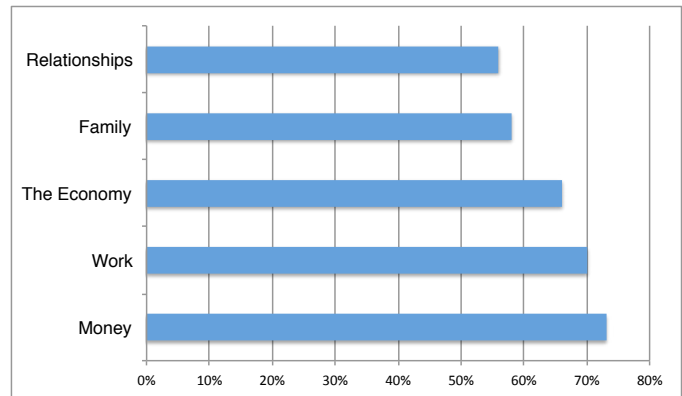
### SOURCE OF STRESS:

The European Union has begun to study the effects of stress related to traffic noise on people in member countries. Here are some of the things they found:

- Traffic noise is associated with between 200,000 and 250,000 cases of heart disease every year. Of those, 50,000 die. The study found that for every 10 decibel increase in noise exposure, there was a 12% increased risk of heart disease.
- 16 million people can't sleep.
- Traffic noise is impacting the health of 125 Million people within the European Union - That's 4 times the population of Canada!

What are the biggest stressors in our lives? A study conducted by the American Psychological Association over the past 5 years, involving the responses of over 7500 volunteers gives us some insight.

The most frequently cited source of stress was money (73% overall), work (70%), the economy (66% overall), family responsibilities (58% overall) and relationships (spouse, the kids, girl/boyfriend) (56% overall). Other top sources include health problems, job stability, housing costs, and personal safety.



Occupations with the highest rates of work-related stress are social work, teaching, and public service.

One of the problems with stress management these days is that many of us are already suffering physical symptoms of stress and dismiss this as 'not important.' Being 'stressed out' is almost a badge of honour in some business cultures.

It is **essential** to your health and wellbeing to become **aware** of your own levels of stress so that you can manage them before the consequences become severe.

We'll get into that shortly. First, let's go closer to home and look at your daily life and some common stressors.

Following is a quick evaluation of your stress levels. This is not a comprehensive test, but it is taken from several academic studies on the symptoms of stress.

## SOUND WELLNESS QUICK STRESS TEST

Think back over the past month or so, and check off any that apply. Try not to 'over think' the answer. Often, the first answer that comes to mind is best.

- Do you lie awake at night because your mind keeps racing?
- Do you often feel nervous or anxious or depressed?
- Do you feel guilty if you take time out to relax and do nothing?
- Do you get upset when caught up in traffic that's moving too slow?
- Do you feel that problems are piling up so high that you can't overcome them?
- Do you get impatient waiting in line-ups – do you leave if the line is too long?
- Have you found that you couldn't cope with all the things that you had to do- that you can never get caught up?
- Do you get upset when things happen unexpectedly?
- Do you sometimes feel that things just aren't going your way?
- Do you frequently get irritated or angry and you're not sure why?

Now, tally the number of check marks to get your Stress Risk Factor.

So how did you do?

If your Stress Risk Factor is 2 or less, then your stress levels are under pretty good control. While you may have stressful moments in your life, it appears that you are handling them pretty well.

Three to five means that your stress levels are elevated, and there is potential to develop physical, mental, emotional, and/or spiritual effects of stress. And you may have begun to see the effects of them. Without better management of your stress, and the associated symptoms, you are putting yourself at risk.

Six to ten means your stress risk factor is HIGH. This means that you are much more likely to experience stress-related illness such as heart disease/strokes, mental health challenges (depression & anxiety), obesity, gastro-intestinal problems like irritable bowel syndrome, high blood pressure, and more.

It's important to emphasize that this test is just a quick indicator. It is not intended to be a comprehensive evaluation of your stress levels, but it does look at some of the most typical symptoms of stress, and as such, if you experience more than a few of them, we highly recommend getting a professional opinion.

*(Feel free to use this test with your clients - often the reason they come to see you is because they are subjected to stress that they are unaware of. And while it is just an indicator, it is a great place to start a conversation about stress. One thing we have learned is that stress is a 4 letter word. People don't want to talk about it, and they certainly don't want to acknowledge it. This helps them get past that. You can also send them to our website at [soundwellness.com/survey](http://soundwellness.com/survey) for a more complete assessment. If the results of these tests indicate an elevated or high level of stress, it is important to encourage them to also be evaluated by a medical professional.)*

If you are bombarding yourself with stress hormones, you are separating yourself from your own life's richness, leaving you at the mercy of your biochemistry.

Sound and music are some of the most powerful tools to manage your biochemistry.

Why are sound and music so powerful? Because you are as deeply wired to respond to sound with the release of hormones that keep you healthy, as you are to release stress hormones that cause illness.

What if symptoms of stress – or crazy busy - was a non-issue for you? How would your work and your life be different?

Let's take a look at some of the symptoms.

## CONSEQUENCES OF STRESS

### *SIMPLE ILLNESS:*

In the short term, stress can suppress the nitric oxide cycle, which compromises the immune system. You're left susceptible to catching colds, or the flu. Ever notice how many people catch a cold as the stress of the holiday season comes on?



### *MUSCLE ACHES / HEADACHES*

When stressed, your muscles tighten up in anticipation to fight or flight. If these muscles remain tense for extended periods of time, muscle aches result – particularly in the lower back, and shoulders. Headaches are common, as are migraines in those susceptible to them.

### *TROUBLE SLEEPING*

Stress increases the amount of glucose in the bloodstream, which helps to sharpen your mind and your senses. But if it isn't allowed to dissipate, that "sharpened mind" turns into what we call the 90-mile an hour mind. It's like it's always thinking – always working. And it won't turn off. 44% of Americans report having trouble sleeping at night.



## LONG TERM EFFECTS

And then there are the long-term consequences, as chronic stress disrupts nearly every system in your body. We'll look at just a few.

### *DIGESTIVE PROBLEMS*

Stress affects your entire Gastro-intestinal system. It can cause us to lose our appetite, often skipping meals. Indigestion, or nausea may occur. Your body loses its ability to repair ulcers, and problems like Irritable Bowel Syndrome appear.

## RELATIONSHIPS



Sexual problems occur as well. There is often a loss of libido – or desire, in both sexes. Women may experience an irregular menstrual cycle – it could even be shut down. And men may experience erectile dysfunction.

Emotionally, being under stress makes us more anxious – more emotional, and often more negative. Left unchecked it can lead to depression and anxiety.

## CORONARY CONCERNS

And of course, there is a heightened risk of heart disease and stroke. Stress has been linked in numerous studies to Coronary Heart Disease. Research suggests that stress acts like an amplifier, multiplying the effects of high blood pressure, high cholesterol, smoking, diabetes, and others.



## COMPOUNDING THE EFFECTS OF STRESS

Stress becomes particularly harmful when people use alcohol, tobacco, or drugs to try to relieve their stress. Instead of relieving the stress and returning the body to a relaxed state, these substances actually keep the body in a stressed state, bringing about more problems.

We need to be aware that the long-term consequences of too much stress are threatening to our relationships and to our very lives. Remember the European Union study on the results of stress caused by traffic noise. 50,000 people die as a result every year. And that's just a single source of stress. There are many.

## THE GOOD NEWS...

. . . Sound and Music are proven stress busters

The human body is a natural resonator for sound. We are deeply and intimately wired for sound physically, mentally, emotionally and spiritually. Let's take a closer look at the human wiring for sound:

- ✓ Sound moves through the more fluid parts of your body four and a half times faster than it moves through the air. And twelve times faster through your bones.
- ✓ Rhythm changes your heartbeat, breathing and brainwaves. This is called entrainment.
- ✓ Hearing is the first sense that develops in the fetus. Sound stimulates the growth of the nervous system.
- ✓ Hormones are released whenever we play music or sing together – feel good hormones and hormones that bond us together into communities.

And this is just the beginning.

Our ancestors knew sound was one of the most powerful tools at their disposal. They had great reverence and respect for its power, but over the past century, their practices have largely been forgotten. But not entirely.

Neuroscientists are discovering and documenting the deep impact of music and sound. Music and Sound affects us in so many ways:

- ✓ It's a proven stress buster – no matter what's going on in your life.
- ✓ You will feel better – You will sleep better – and you will enjoy better health.
- ✓ Your relationships will be stronger, and yes, that includes your sexual relationships as well.
- ✓ And one of the best things – it helps you re-discover joy.

We've spent a lot of time on the 'why', particularly on why it is so important to be aware of your stress levels, and those of your clients. It's also really important to understand why *Sound Wellness* is so powerful – either on its own, or as a complement to so many other modalities. Now it's time to look at the What.

## WHAT IS SOUND?

As you learn more about how sound and music affects you, you'll never experience it in the same way again. You'll be fine-tuning your experience with sound and music to support your well being with a deeper awareness.

So let's now explore how sound works.

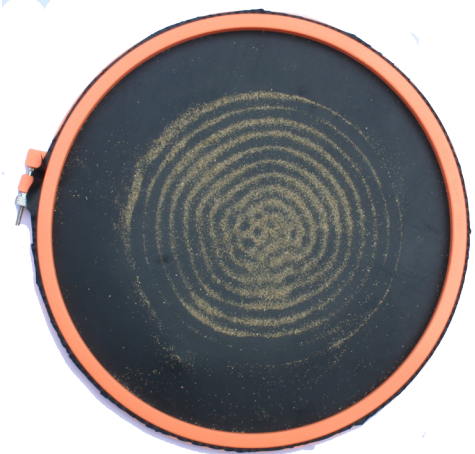
Science has shown that all matter is in constant vibration. Even at the smallest level – the atoms in our body– everything is moving and vibrating

Sound is defined as 'vibrational energy.' It is one of the few energies that can change how matter itself vibrates.



One of the most fascinating ways to see sound is with the Cymatic Sounder - a simplified version of the Cymascope.

Here's a picture of one that we made to demonstrate how sound moves matter at our live events. In its simplest form, a Cymatic Sounder is a resonant chamber. Sound waves enter the chamber, and bounce off of the hard surfaces of the walls of the pipe. In doing so, they behave just like water waves, where two waves cross each other. When you place a membrane over the top of the Cymatic Sounder, and sprinkle in a little sand, it becomes possible to see these sound waves graphically. To watch our video of the Cymatic Sounder, please visit [soundwellness.com/cymatics](http://soundwellness.com/cymatics). It is difficult not to acknowledge the ability that sound has in moving and reshaping matter when looking at images such as this.



The right choice of sound can effortlessly:

- create relaxation

- reduce or eliminate pain
- boost your immune system
- diminish depression
- dissolve emotional blocks
- stimulate the natural healing ability of your body
- accelerate growth in consciousness
- give you peace
- and so much more.

## HEALTHY SOUND

Water and birdsong are two of the healthiest sounds the human being can listen to.

The low sounds of the water calm the nervous system, slows down your heartbeat lowering blood pressure, slows down your breathing and creates a shift in brainwave state to the alpha state.

A calming relaxation response.

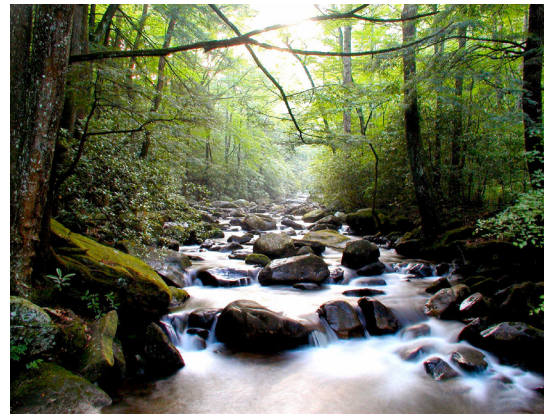
In addition to the relaxation, the birdsong consists of high sounds and you never know when a bird is going to sing – it's totally unpredictable.

Your brain loves patterns and constantly looks for them. But the brain can't find any patterns in birdsong.

The result is your mind becomes alert, focused and productive at the same time your body is relaxed.

This is a great sound to have in the background when you need to stay focused.

When you signed up for our mailing list, you received a gift as our thanks for confirming your registration. *Woodland Song* is a 60 minute track of birdsong and gently bubbling water.



## 4 ELEMENTS OF SOUND WELLNESS

Now that you have a fundamental understanding of how intimately sound can affect you, let's introduce you to the 4 elements of using *Sound Wellness* effectively.

### *THE FIRST ELEMENT - RECORDED MUSIC*

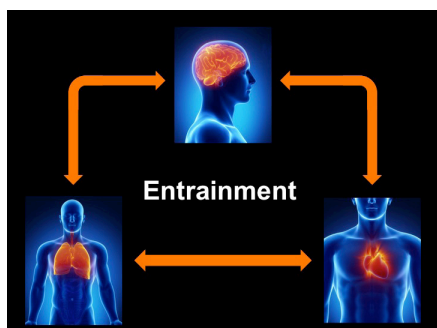
The first element of *Sound Wellness* is Recorded Music.

Not many people know that when you walk into your local grocery store where there is music playing, it takes only minutes for your heartbeat to match the beat of the music.

There is no off switch to this response. It works whether or not you're paying any attention to the music.

Much of the music played in stores is designed to put you in a mood to buy! But that's just one of its many uses.

A study reported in the Journal of Marketing found that playing slow music in grocery stores increased sales by 40%!



This process is called entrainment. Your heartbeat is affected by the rhythm of the music. This takes about five minutes.

Your altered heartbeat then affects your breathing rhythm and your brainwave state. These three systems are intimately connected. When you affect one of them, you affect all three.

There is a great deal of music that has been specifically designed to reduce stress, increase productivity, maintain focus, stimulate the immune system, enhance creativity and more.

Scientific studies have proven that certain kinds of music can:

- decrease stress hormones cortisol and adrenalin
- effortlessly create the relaxation response in the body
- lower blood pressure
- lessen headaches and decrease pain
- boost your immune system

There are two principles to keep in mind when you want to use music or sound for your health:

1. Low frequency sounds and slow rhythms tend to discharge the nervous system.  
When you have had a really tough day – reach for sounds that discharge that energy and create more relaxation – slow rhythms and deep bass.
2. High frequency sounds and fast rhythms charge the nervous system. When you need to stay more alert reach for higher frequencies, like flute or clarinet, and faster rhythms.

I trust this gives you a new way to look at your music collection.

### ***THE SECOND ELEMENT - SOUND TOOLS***

The second element of *Sound Wellness* is Sound Tools.

There are many different types of sound tools that create the same benefits as recorded music. They just do it differently.

Examples of sound tools are drums, singing bowls, tuning forks, rainsticks, water fountains, didgeridoo and many more.

### ***TUNING FORKS***

One of the *best* solutions that I have found to support overall health and wellness takes less than 30 seconds. There is huge potential to use this effectively, even on your most hectic day.

While everyone's response to sound is unique, using these tuning forks works well with almost everybody.

I recently received an email from Traci Brown, who had been given some news causing great sadness and difficulty for her and her husband. Her story warms my heart with how much help she received from these simple tools. She's allowed me to share this with you.



*“I hope you don’t mind me sending you a quick message. My nephew is Fia-lynn’s boyfriend. For Christmas, they gave me a set of your tuning forks. I wanted you to know that they may very well have saved my life in many ways.*

*My husband and I are in the most difficult situation ever. 48 weeks ago we became foster-to-adopt parents to an angelic little 10 week old baby. We have nurtured, loved & cherished him each and every day. We also have learned so much from him.*

*On Dec. 12, we found out that the gov (child family services) is going to put him back with his birth mother. It is a long story that I won’t inundate you with but it is not in the best interest of the child and that just isn’t our emotions talking. It is supported by many other professionals as well.*

*I have always been a high strung, type A, non-stop doer and to get this news knocked the wind out of me. I went into great despair and my mind could not stop thinking about every worse possible outcome that could happen (always have been a worrier in my thoughts)*

*Fia-Lynn (who had recently attended our 3 day Sound Wellness Solution workshop), used the tuning forks on me the next day to help, and each day after. Within two days, I felt a difference. I did not have the negative obsessive thoughts as much. Within a week, I was able to refocus them if they did pop into my head. For Christmas, she gave me my own set. I use them every day. It has helped me regain strength of mind and clarity. It has helped me continue to advocate for our little boy through emails and phone calls based on facts and not overwhelming emotion. I just needed you to know what a difference it has made.”*

*Traci Brown*

These are very powerful tools.

The longer fork is tuned to the musical note C at 256 Hz – slightly lower than Middle C on the piano keyboard.

The interesting thing about this sound is that it is derived from one of the measured frequencies the earth.

Most people feel a sense of grounding, or becoming more present, when they hear this sound.

It is like “Ahhh, that feels better!” You wouldn’t believe the number of times I have heard that when I have played these by people’s ears.

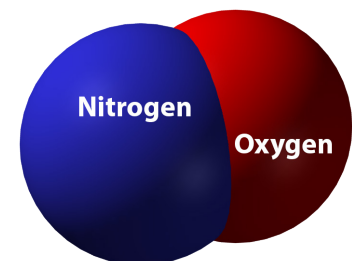
The shorter fork is tuned to the musical note G at 384 Hz.

The interval of C to G spans 5 notes C – D – E – F – G. Because of that, when you play these 2 forks together, the sound you hear is known as a Perfect 5th.

Before I tell you more about the forks though, I need to tell you about nitric oxide. This molecule consisting of one atom of Nitrogen and one atom of Oxygen is essential to our health.

The nitric oxide cycle in the body is one of the essential natural cycles at the cellular level to maintain and sustain health and wellness by:

- strengthening your immune system, reducing the likelihood of catching a cold or the flu
- sharpening mental clarity and diminishing states of depression by balancing of the



autonomic nervous system

- relaxing the blood vessels and arteries, resulting in improved circulation, and even lower blood pressure
- improving digestion as it helps relax the intestines – everything flows easier,
- significantly reducing stress.

And that's just a partial list of its many benefits. This cycle is depressed or stopped altogether when we are stressed, or over-tired, or ill.

It's so important, that in 1998, three research scientists were awarded the Nobel Prize in medicine when they discovered the natural nitric oxide cycle in our cells.

Since then, pharmaceutical companies have spent millions on creating a medication that stimulates the nitric oxide cycle, especially to help those with heart problems.

Research conducted by Dr. John Beaulieu, music therapist and naturopathic doctor and Dr. George Stefano, neurologist showed that these two frequencies consistently stimulated the production of nitric oxide in the body's cells in less than 30 seconds.

*Having the perfect 5th tuning forks in your purse, pocket or a desk drawer makes them available any time you need them. When my attention is waning while working at the computer, I use them to refresh my focus. If I feel I am coming down with a cold, then I use them to stimulate and strengthen my immune system.*

*Sharon Carne*



The other tuning fork that Beaulieu and Stefano studied is an otto fork. Otto is short for osteophonic, which means to vibrate the bones.

These tuning forks have weights on the ends. When you tap these forks, the vibration is stronger, and they vibrate longer than those that don't have weights.

The vibration is transferred to tissue and bone by placing the stem of the fork on the body. This is the 128 Hz fork – and is an amazing all purpose fork.

It is incredible for loosening up the tight muscle tissue created by stress. It's great for lubricating arthritic joints, balancing your autonomic nervous system, balancing your chakras and so much more.

This fork also stimulated the Nitric Oxide cycle in under 30 seconds!

There are many proven sound and music options to support your health and wellness. I've offered you these tuning forks because they are one of the most important tools in my sound toolkit, and they're backed by science.

### ***TIBETAN & CRYSTAL SINGING BOWLS***

Singing bowls are another valuable sound tool.

They are a wonderful way to quiet the 90 mile-an-hour mind.

Holding the bowl while playing it gives you a fully absorbing experience.

It's simply not possible to remain tense, and hold on to your stress, while you are playing a bowl.



It is the waverings in the sound that affect your brainwave state, effectively slowing down the 90 mile an hour mind, combined with repetitive movement and the bowl's vibrations that makes it a major stress buster.



Tibetan bowls can also be used to give an amazing massage, loosening tight muscles. By placing the bowl on the back, the thighs, or any other area where the muscles are tight, and tapping the bowl, vibrations are sent deep into the muscles, often loosening them in minutes. This works best with an old Tibetan bowl with deep, low frequency sounds.

The Tibetan and crystal singing bowls are deeply healing at so many levels.

### *THE THIRD ELEMENT - USE YOUR VOICE*



The 3rd element of *Sound Wellness* is Sharon's absolute favourite, and it is perhaps the most powerful of all of them - your own voice.

Your voice carries every frequency of your body.

Your voice resonates every cell of your body with every sound that you make.

You have it with you all the time and it costs you nothing to use.

And the best part - it creates an instant response in the body, mind, emotions and spiritual connection.

Consider the sounds that flow naturally from your body without even thinking about it.

Ok, repeat after me:

Ahhhh, what a cute puppy.

Ahhhh, that feels good.

Ooooo, - how interesting.

Ooooo, I like that.

Uhh, that's heavy.



Can you imagine how much more it would hurt when you stubbed your toe if you didn't say ouch?

Moans and groans are sounds that come from the body instinctively.

All of these natural sounds of the body actually stimulate the brain to release neurochemicals and endorphins that help the body heal itself or manage pain.

You can also use the natural voice of the body to discharge your excess emotional energy and the stress it brings on.

We do it all the time. A sigh. We just don't do it consciously. A good sigh stimulates the brain to release endorphins that help the body manage pain or heal.

A **vocalized** sigh is even more effective.

To **MAXIMIZE** the effect of the sigh start the sigh around the middle of your vocal range and let it drop into the low range of your voice as you sigh – a h h h h h h h h h h h h h h h h.

Try it, and then notice how you feel. We have shared this exercise with thousands of people and most often we hear “I feel calmer” or “more relaxed”. What you are experiencing is the release of endorphins – the ‘feel good’ hormones dissipating the adrenaline and cortisol.

Here is another sound for you.

First though, is a question for you: Have you ever arrived at a red light when out driving and you can’t remember how you got there?

This is an example of being un-grounded or not present. Being in your head more than your body.

But the truth is, you do your most effective and greatest work when you are grounded and present.

One of the sounds you can use to ground and become more present instantly is the word Ho.



When you make this sound it needs to come from deep in your belly after you have taken a deep breath. The sound is loud, strong and quick. When you do this well, you can feel the effects in every molecule of your body. Like everything is buzzing.

Try it at least three times.

Do you feel more present? -- more focused?

Ho grounds you into your body and allows your mind to clear and become more present.

These are two incredibly effective and simple exercises you can do with your voice – anytime and anywhere.

And this is just the beginning!

You’ve just learned how to instantly release excess emotional energy reducing stress significantly. You have also learned how to become instantly present, creating clarity and focus.

Your voice can also be used to:

- reduce pain significantly.
- heal injury.
- balance your chakras.
- bring your entire being into harmony.
- heal others.
- connect you to your deepest inspiration.
- energetically clear your environment and so much more.

Your voice, connected with your thought and intention is powerful beyond measure!

And it also brings us to the fourth and most essential element of using *Sound Wellness* effectively.

### ***THE FOURTH ELEMENT - YOU ARE UNIQUE!***

Your response to sound and music is as individual as you are. No music has the same effect on everybody.

This critical element is based on recent neurological data. It's the one that ties everything you have learned about sound healing together.

For example, there's no guarantee that just because a specific piece of music was designed to help you sleep that it will. It might keep you awake all night. Even though it was created with the intention of helping you sleep and that it works for the majority of people, there are no universals.

It has to do with your resonance.

Remember – all matter is in constant motion and vibrating. Vibrations are measured as frequencies – including you.

Every part of you – your atoms, molecules, heart, lungs, liver, skin – has its own natural frequency.

This natural frequency is constantly changing, with your thoughts, emotions, and what's going on around you and so on.

When you walk into a mall, your natural frequencies change. When you walk into a forest your natural frequencies change.

Think of your body as an orchestra. Every part of your body has been designed to perform in perfect harmony.

But suppose the first violin is playing out of tune. What does that do to the performance?

This is essentially what happens when you're stressed or ill – some part of you starts playing out of tune.

Sound is vibrational energy.

It brings everything back into tune. For you. But your performance is unique to you.

The sounds and music that works for you may or may not work for someone else. It takes some guidance and experience to determine what works best for you. But once you know how to bring your orchestra into tune, you will have also learned how to promote your health and wellness. For ever.

### **ANCIENT HEALING MEETS MODERN SCIENCE**

Our ancestors knew sound was one of the most powerful tools at their disposal. They had great reverence and respect for its power, but over the past century, their practices have largely been forgotten. As I mentioned earlier, it is likely that we had music before we had the use of language.

Today, neuroscientists have re-discovered the deep impact of music and sound. Many studies have documented the neural cocktail of hormones released by our nervous system as a response to sound and music.



This is very good news.

- ✓ It's a proven stress buster – no matter what's going on in your life.
- ✓ You'll Feel better – You'll Sleep better – and You'll enjoy better health.
- ✓ Your relationships will be stronger, physically and emotionally.
- ✓ And one of the best things – it helps you Re-discover joy. It always has because music is the language of your heart and soul.

Sound is the natural language of your body, stimulating health and wellbeing. As you've learned today, the human body is a natural resonator for sound and it triggers not only the natural healing ability of your body, but also triggers the ancient calling of your soul's voice. Sound is a huge trigger for growth in consciousness.

When Sharon created the program for the study on stress at Mount Royal University, she started by gathering together what she had learned about sound. Over many years of my own exploration, She has invested in lots of CD's, books, sound tools, training by the pioneers, and countless hours reading, listening, testing, practicing, and exploring.

One of the most important guidelines in distilling all of this, was the fact that each of us is unique. So the learning experiences were organized into a process of a variety of experiences and evaluation of that experience. That way everyone ended up with many tools and solutions that they knew worked for them.

As the curriculum was expanded after that study, Ed became passionate about what Sharon was creating. He saw how important it was and left his own consulting work at the time to support this work.

With her decades of experience and training and his science background and computer wizardry, Sound Wellness was born with much heart and soul.

Sound and music works – there's no question about that. But you do have to find what works for you.

## **WHAT IS SOUND WELLNESS?**

**SOUND WELLNESS** is a holistic modality that uses techniques based on sound and music to bring your body, mind, emotions and spirit back into harmony. It is from this place of harmony that healing takes place. And it is from this place that you can maintain and support your health, prevent illness and extend the quality of your life.

Wellness is about thriving in every aspect of your life. Our purpose is to restore the body's natural patterns which then enables it to heal.

**SOUND** used as a noun refers to an energy wave that you hear, like a bird singing, traffic noise, thunder or your phone ringing. This energy wave we refer to as sound also has profound effects on every part of your being.

**SOUND** used as an adjective means strong, like a sound heart; or valid, like sound judgment; or enduring, like sound moral values; or deep, like sound sleep.

When **SOUND** becomes an art form, it is called music. Two flutes, found in Europe, are believed to predate our use of spoken language. Music may have been humanity's first language and sound was perhaps our first healer.

**SOUND WELLNESS** incorporates all three definitions in the use of specific sound wellness techniques that support the creation of health, harmony, wholeness and balance in peoples' lives. The methods used by **SOUND WELLNESS PRACTITIONERS** connect with the body's innate ability to recognize, incorporate, transmit and respond to sound.

In Canada, and throughout North America, the fields of Sound Healing, Sound Therapy and the use of Specialized Music designed for healing have had no standardized training that offers certification at a level of verifiable competence. Until now.

**SOUND WELLNESS PRACTITIONER TRAINING** is a certification program of verified competency of the practitioner. To become a **SOUND WELLNESS PRACTITIONER**, candidates must first complete required courses, participate in mentoring calls, complete appropriate case studies, and demonstrate their competence to an independent verifier. When the requirements have been satisfied, the applicant be granted the status of **SOUND WELLNESS PRACTITIONER**.

## **CERTIFICATION**

And even though the benefits have been confirmed by science, none of the practitioner associations currently recognize sound healing, or sound therapy as an accepted modality.

This leaves the certification in Sound Healing is completely unregulated. Sound Wellness has taken a giant step forward to change that!

We know that sound and music are very powerful healers. As they have been since ancient times. But like all powerful tools, it's important that they be used appropriately, by those who understand both the healing side of them that supports health and well being, and the negative side that doesn't.

To that end, we have created the Sound Wellness Institute. The role of the Institute is two-fold. First to ensure that programs that we offer stand up to verifications - not only of content, but of competencies of those people who are using Sound Wellness, whether alone, or combined with other modalities. And second to gain recognition by the professional associations.

It's really important to understand the different levels of certification available to you.

There are 3 different definitions of certification – 1) completion, 2) achievement, and 3) competency.

For years, we have offered '**CERTIFICATES OF COMPLETION**' for our programs. It means just what it says – you have attended the program, and have been engaged in the exercises. Engagement has never been a problem for us. Our participants are fully enthralled in our programs, captivated by the power of Sound and Music. For many other course providers though, this is merely a Certificate of Attendance. Simply attend for the 2 hours, or 3 days, or whatever the course length is, and you receive a certificate. It may look great on the wall, but for the most part, a 'Certificates of Completion' is simply an acknowledgement of having completed the program. It won't help you get insurance, and it doesn't provide any legal protection.

The next level of certification is for Achievement. A high school or university diploma is a '**CERTIFICATE OF ACHIEVEMENT**'. You must have first attended an instructional program, and then write an exam that tests your knowledge. It doesn't test your ability to apply what you have learned though. We have worked with people who are brilliant – they know the concepts, but they can't apply them. And so a 'Certificate of Achievement', while significantly stronger than a certificate of attendance, still doesn't ensure that you are qualified.

The highest level is a '**CERTIFICATE OF COMPETENCY**'. Every practitioner of a recognized modality, such as Healing Touch, Massage Therapy, and so on, is familiar with this. Specific training is required. Followed by practical application of the methods learned. Followed by an independent verification of the skills and knowledge. Even the programs themselves, and the instructors, are verified by an independent auditor (or in our case a team of auditors) to ensure the content is appropriate, complete, and of the highest standard and that the instructors are fully competent to teach the material. This is the only certification that guarantees the practitioner is fully capable of delivering an effective session by skilfully applying the tools in a manner that supports the health and wellbeing of their client.

Over the past year, we have updated all of our programs to offer a verified competency certification as a **SOUND WELLNESS PRACTITIONER**.

This is something that's very unique. We are the only program in Canada that will be doing this. And we've only found one other on the planet that even comes close to this level of certification for sound healing.

We're currently working with some of the largest regulatory authorities in North America to get our programs reviewed and accepted within them.

And this is second role of the Sound Wellness Institute - to act as liaison with governing bodies to have Sound Wellness accepted as a recognized, regulated modality.

These are very exciting times for us. And it is deeply rewarding. There are many who are practicing Sound Healing with incomplete backgrounds, or an incomplete understanding of the tools and principles, who can potentially do harm. To us, that is unacceptable. That's why the Sound Wellness Institute was created.

Imagine a world where your natural healing response is stimulated holistically; where your emotions are calm, your mind focuses easily, your spirit connects freely and you radiate health!

**SOUND WELLNESS** was created to support this vision of holistic health. **SOUND WELLNESS** is a safe, effective way for people to create health, wholeness, balance and harmony in their life.

At **SOUND WELLNESS**, we view ourselves as partners with our clients and the community. By providing programs and experiences with sound and music, we help practitioners incorporate **SOUND WELLNESS** within their practice, so that they can better serve the needs of their clients, while supporting their own health and wellbeing

With **SOUND WELLNESS**, we can work together to bring the vision of a healthy, harmonious world into reality.

## **WHO IS SOUND WELLNESS FOR?**

**SOUND WELLNESS PRACTITIONER TRAINING** was created to support holistic health practitioners. **SOUND WELLNESS** is for practitioners who are looking for powerful tools to support their clients' wellbeing to the fullest - tools that complement their own talents, skills and gifts.

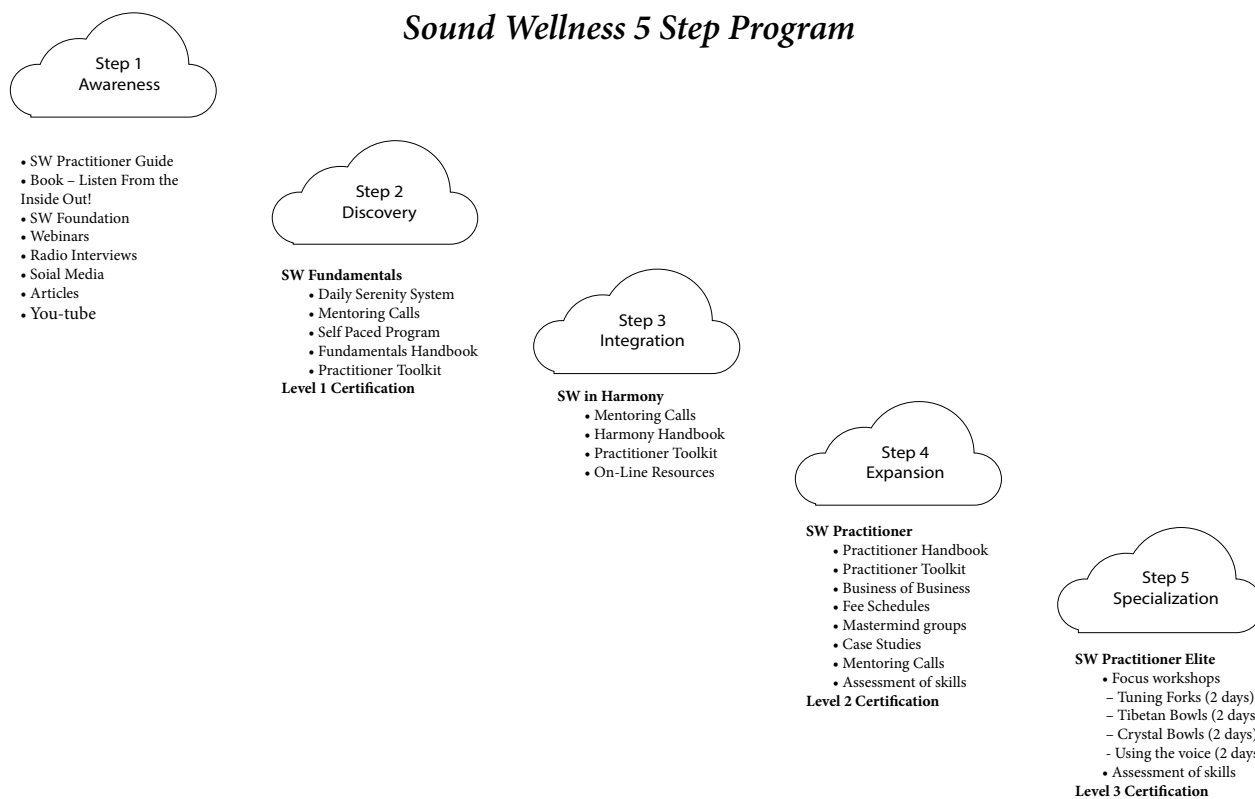
There are also many people who take our **SOUND WELLNESS** programs, including practitioners, who are looking for powerful tools to support their own wellbeing – creating health, harmony, wholeness and balance in their own lives.

## OUR SOUND WELLNESS PROGRAMS

You now know that sound affects us at all levels of our being. At the physical level, as sound goes through us and sends our atoms and molecules into a state of vibration, it stimulates the natural healing response of our bodies, returning us to natural health. On the emotional level it can bring calm, can energize or create connection and so much more. On the mental level, it can help us focus, and bring clarity. On the spiritual level, it can directly affect the chakras - the energy centers of our bodies, and connect us deeply with the permanent part of our soul, bringing peace, bliss, love, joy, and compassion. Since the dawn of time, sound has also been a catalyst for the growth of consciousness in the individual and in the community.

Over the years that we have been offering programs, we have discovered 3 different motivations for wanting to learn more about using Sound.

1. I want to use sound and music for self-care - to improve my health, reduce my stress, and to bring peace to my day.
2. I want to be able to help someone close to me – an aging parent or other family member, or a close friend - through a difficult time, whether coping with stress, suffering a loss, or facing end of life.
3. I want to be able to incorporate sound and music into my practice to provide a more complete, and satisfying experience for my clients.



### STEP 1: AWARENESS

Any journey begins with awareness. Awareness of where you are, and where you would like to be. And awareness of the path you are taking. Along with the awareness comes a high degree of discernment. Are you on the right path? Is it a good match for you? Is it something that you are comfortable with,

excited or passionate about, or does it not feel right? Do you need more information? All are valid answers, and are key to determining if it's appropriate to go forward.

### ***STEP 2: DISCOVERY:***

For those who are looking for self care and for sound to use with clients, we offer the **SOUND WELLNESS FUNDAMENTALS**. Through a process of experience with proven sound solutions and intelligent inquiry you'll discover what works for your own self care, and what works to reduce stress, to improve sleep, to stimulate the body's natural healing response, and much more. You'll not only uncover solutions to how sound and music supports wellbeing, you'll be on the path of learning how to effectively work with this ancient and modern healing with your clients. Participants of the Sound Wellness Fundamentals can apply for certification as a **SOUND WELLNESS PRACTITIONER - LEVEL 1**.

### ***STEP 3: INTEGRATION***

For those who want to take their sound healing to the next level, we offer **SOUND WELLNESS IN HARMONY**, a 4-day program that helps integrate the use of sound and music. A Sound Wellness practitioner's role is to assist in the creation of harmony within the being of the client. This then stimulates the natural healing ability of the client. **SOUND WELLNESS IN HARMONY** offers a deeper understanding of harmony. And your ability to work with it.

### ***STEP 4: EXPANSION***

We have been offering end of life care for the past 8 years, first with Ed's Mom who had a stroke, then his Dad who took our program when he was 91 and who struggled with the loss of his wife, and most recently with Sharon's sister who went through a long journey with cancer. There are many like us who are caregivers within their family, and their friends. And many more who work with clients who are looking to deepen their practice with sound, make their sessions even more effective. For you, we offer **SOUND WELLNESS PRACTITIONER**. This program is 5 days of using sound and music on others, using the methods learned in the previous two programs, as well as some new tools, to work with a person under their care. It is highly experiential, and working in groups of three (a giver, a receiver, and an observer), participants learn how to apply the tools they have learned effectively, without causing harm. This is critical for anyone who wants to use sound and music in support of anyone beyond themselves, either as a practitioner, or a care giver. Graduates of the **Sound Wellness Practitioner** program can apply for certification as a **SOUND WELLNESS PRACTITIONER - LEVEL 2**.

### ***STEP 5: SPECIALIZATION***

For those who want to know more, or who have a deep connection to specific practices, we offer the **SOUND WELLNESS PRACTITIONER ELITE** program - 2 day workshops dedicated to advanced training with crystal bowls, Tibetan bowls, your voice, tuning forks, and working with animals, to name just a few. Graduates of the **SOUND WELLNESS PRACTITIONER ELITE** program can apply for certification as a **SOUND WELLNESS PRACTITIONER - LEVEL 3**.

All of our programs are focused on the experience of our participants, and are of the highest quality (we have a binder full of testimonials to substantiate that). We are proud of each of our programs, and of the difference that they have made in people's lives.

## ***MORE ABOUT THE SOUND WELLNESS FUNDAMENTALS***

For those who are interested in learning more, the ***Sound Wellness Fundamentals*** is our 3-day introductory live event where you immerse yourself in the 4 elements of sound healing to find your unique response to sound and music. Many people take this program for their own wellbeing. As a practitioner, you'll learn many techniques that you can begin to use with your clients right away.



When we created the Sound Wellness Self Paced program, part of the licensing agreement for using the music in the program was to send a copy of the finished product to each person who we licensed music from.

We were moved and honoured to receive a hand written thank you card from Jonathan and Andi Goldman of Healing Sounds in the mail a couple of weeks after they received their copy.

Jonathan has allowed us to share this comment from that note.

***“It is absolutely excellent on every level, and truly of the highest quality and integrity.”***

When you register for the Sound Wellness Fundamentals you receive a host of support materials so you can start using this important practice right away.

Registration is just \$797\*, and you are welcome to bring along a business partner, a family member, or even a friend for just \$497\*. The Sound Wellness Fundamentals, like all of our programs, is fully guaranteed. If you don't find value in what you have learned, and you have participated fully, we'll refund your tuition for up to one full year after the start of the program.

## **THE NEXT STEP?**

Some of you already know that the Sound Wellness Fundamentals is where you have to start. We would be honoured to welcome you to one of our events. You can register on-line by visiting [soundwellness.com/register](http://soundwellness.com/register), or you may call us at 800.748.4042

## ***CALL US***

Many of you will have questions. Perhaps a lot of questions. We would like to answer them for you to ensure that you can choose what is best for you! I invite you to sign up for a complimentary 1-on-1 session with Ed or Sharon to find out more.

If you are not sure if Sound Wellness is right for you, we urge you to book an appointment to talk with us. Together we'll discover if this is a good fit, and if it isn't, that's fine too. Sound Wellness isn't for everyone. We respect that, but let's be sure.

You can sign up at [soundwellness.com/call](http://soundwellness.com/call) or phone us at 800.748.4082 to schedule some time with us.

## ***CONNECT THROUGH SOCIAL MEDIA:***

Start your day with our popular toning moments on Sharon's Facebook page.

[www.facebook.com/scarne1](http://www.facebook.com/scarne1)

Or enjoy our "Sound Inspirations" – images and quotes to inspire and uplift.

[www.facebook.com/soundwellnesssolution](http://www.facebook.com/soundwellnesssolution)

\* Registration fees are subject to change

Follow us on Twitter. Keep current on upcoming events, and join the conversation.

[@SoundWellness1](#)    [@SharonCarne](#)

As a thank you for reading this guide, we want to leave you with some words that were delivered to Sharon in the middle of the night a few years ago:

*Sound is the energy of creation.*

*We are given the energy of creation itself - our voice.*

*And we are given the power of creation - our thought and intention.*

*Every one of us has this gift.*

*At the beginning of our earliest civilizations, sound and language was considered sacred.*

*Because when we speak or sing, we send into the world the energy of creation itself.*

*We have forgotten this. Sound and language is still sacred. What has changed is HOW we create with it.*

*We cannot stop being creators. We can only CHOOSE to create consciously or unconsciously.*

*Namaste*

### **IMPORTANT NOTICE**

The use of Sound and Music has been scientifically validated as a methodology for supporting your health and reducing your stress. And it has been proven to complement traditional medical treatments.

**HOWEVER**, the information presented in this Stress Management Guide is not a substitute for professional medical advice. **DO NOT** discontinue any medications or treatment without the consent of your medical professional.

## HERE'S WHAT OUR PARTICIPANTS HAVE SAID . . .

“I felt very blessed for the many practices and programs I've discovered over the years, which continue to help manage/master my thinking, uproot worry and increase wellbeing. I must say though, the Sound Wellness program I took with Sharon and Ed, now 7 years ago or so, was and remains to this day, the most effortless way I found to massively increase wellbeing and reduce both inner and outer stress, with all the health benefits that go with that. Ever grateful!”

*Janice Kobelsky FCPA, FCMA, millennial-minds.ca*

“When I think back over this last year for the things that have impacted me and for which I am most grateful it is for Sharon and Ed Carne and their Sound Wellness programs. My sister and I have taken a few of their programs and the results of their sound healing teachings are astounding and long lasting.

When I did one of their advanced courses in the summer I had not been feeling well on and off for a couple of weeks prior to the course. On the last day of the course I woke feeling really ill and did not know how I was going to make the 90 minute drive home much less the whole day of class. I really did not want to miss the class so I went in hopes that Sharon could work some magic and make me feel better. It took 2 or 3 sessions during the morning with Sharon and the rest of the class helping at times but I went from wanting to roll up in a ball on the floor in pain to feeling well again. Sound healing works!

I can't adequately express how supportive Sharon and Ed are to their students and how much I have appreciated that. Learning about sound and its healing possibilities has been amazing. Meeting and getting to know Sharon and Ed has been a gift. If you get the opportunity to give yourself or someone you love this gift I would wholeheartedly recommend it.”

*Sharon Crooks, LL.B., LL.M.*

“Sharon and Ed are perfectly suited to deliver Sound Wellness workshops. They bring a sound (no pun intended) balance between science and spirituality. They created a perfect balance of theoretical and experiential approach. I had no idea where the three days went. It made me long for more of that energy the two of them create so brilliantly in their workshops.”

*Shamir Ladhani, P.Eng., M. Eng, SMIEE.*

*President Panther Power Corporation*

*HeartMath Practitioner / Trainer*



Sound Wellness

305 - 4625 Varsity Dr NW, Calgary, Alberta T3A 0Z9

[www.soundwellnessinstitute.com](http://www.soundwellnessinstitute.com)