

THE HEALING POWER OF SOUND AND MEDITATION
with
James D'Angelo

Date/Time: Saturday 11th & Sunday 12th September 2010
10.30am – 5.30pm

Cost: £95 including lunch and refreshments (lunch consists of vegetarian soup, roll and fresh fruit)

Venue: Nash Manor, Horsham Rd, Steyning,
West Sussex BN44 3AA

To Book: Contact Nash Manor 01903 814988

B&B is available at the venue please book early to avoid disappointment.

The essential nature of our world is vibration, pulsations of consciousness that create all the forms we see, When we are in the flow, the vibrations of our causal, subtle and physical bodies are in tune , sounding their true tones and the chakras are whirling at their correct rates. Our voices, applied therapeutically and consciously, have the resonating power to stimulate, release and balance fine healing energies, positively altering our state of consciousness.

In the course we will create various forms of toning and chanting East and West, ritualize natural sounds such as laughter and explore Taoist sounds for de-stressing the organs. Much of the therapeutic sound work is accompanied by simple movements that encourage and direct the vibrations. Essential to the course is the experience of inner sound, leading us into the state of meditation where the deep healing occurs. In addition, tuning forks will come into play as a means of re-tuning our nervous system and elemental nature. Channels are kept open and no one has to produce sounds on their own. The quality of your voice is not the issue, only the deep intent for personal transformation.. For more information about James's work see his website www.soundspirit.co.uk and/or contact him on 01452 413220 or info@soundspirit.co.uk.

James D'Angelo has been leading therapeutic sound courses and lecturing on sound healing since 1994 in the UK, Europe and the USA. He is considered a leading authority on the uses of sound in healing. Also a professional composer and pianist, he is the author of *Healing With The Voice* and *The Healing Power of the Human Voice* published by Inner Traditions.