

121 chakra balancing sessions.

The Pure Sounds of crystal and Tibetan bowls and sacred vocal overtone work on the client on the various holistically integrated levels of the body/mind/spirit:

Spiritual/energetic: the subtle body and chakras are charged, cleansed and energised to then be working at maximum capacity: this can be read from a pendulum dowser and the difference before and after clearly demonstrated.

Mental/emotional: the sound allows the client to enter the deeper brainwave states associated with meditation, healing, inspiration, and left- and right- brain synchrony, the goal of all spiritual practices and techniques.

These deeper brainwave states (α , θ , δ , as opposed to the normal waking state of left-brain dominant β -waves) can be experienced either lucidly or while asleep—and this is known as ‘The relaxation response’ as opposed to the β -wave dominant ‘fight-or-flight’ response.

Physical: the immersion in deeper brainwave states allow deep physical relaxation and the release of muscular tension the client might be unaware they are carrying. Furthermore the δ -wave state, whether experienced lucidly or in sleep, triggers the lymphatic drainage and replenishment of brain and spinal cord fluids essential to full physical functioning.

We also refer to it as ‘deep-tissue sonic massage’ as it directly initiates on all three levels (but especially clearly the physical body) a very strong detoxing process.

The client must always drink a good deal of water post-session to flush the dislodged toxins through the body and avoid them becoming re-absorbed.

In One to One sessions Dean has developed a technique for finding the Key-Note of the root *chakra*, and works on an individual basis with each client in their particular Key. (One person’s Key Note might be C, another’s D, and so on.) Tibetan bowls can also be played placed on the body for relief of aches and pains.

Dean offers **One to One sessions** ideally in a **series of 4** at a total cost of **£350** in Sherborne, Dorset.

One-off sessions are also available at £90 per session.

VISITING 121s Chakra Balancing Sessions

@ £100 for a one-off, or in a series of 4 at a total cost of **£380**

NB for a visiting session suitability of the space to accommodate the bowls set must be discussed beforehand.

Zoom 121s Chakra Balancing session soundbath in your key **@ £80** per session. It is recommended for you to have adequate external speakers or good headphones for the sound quality to be at a level we can say is ‘therapeutic’: the internal speakers in most phone devices will not be adequate.

Contact me to discuss details: 01935 389655 ahiahel@live.com.

CHAKRA TONE CD or direct digital download in the client’s key: £20

Testimonials:

Dear Dean,

I just really wanted to take the opportunity to let you know how much the personal Sound Baths have helped me in mind, body and Spirit. My headaches seem to be less frequent at the moment and I am more at peace with the problems I have to face. Also, which pleases me no end, my artistic inspiration seems to blossom during and after a Sound Bath.

I am so grateful to you Dean and I know that anyone suffering in anyway would benefit so much from your music and enthusiasm.

SB Retail worker

I have found this sound healing to be phenomenal for me , it is clearly working on vibration, raising my vibration up , making meditation easier and actually my ESP has become more clear. It is very difficult to put into words the magic of the sound , Dean is a committed musician and walks his spiritual talk, he practices the art of Sacred Sound with the reverence it deserves.

The skill that he displays and his passion is obvious

Awesome, but don't just read this and take my word for it , try it

WJ

'It's Buddhist magic'

VA Stroke victim

I could feel the vibrations through my arm when I turned on to my side to stop the pain yesterday. The pain seemed to have gone when I got up. I had my first night's sleep for a long time last night. The red pain as I think of it has gone ! I will be back ASAP for another session. Just wanted to say thanks..you and the bowls have helped where all the pain killers didn't ...

DB

Will definitely recommend your Soundbaths to interested meditation students..another technique to use to 'calm mind chatter and bring peace'

Carol

I just would like to say thank you for the experience it was an amazing journey, felt really relaxing and also found it interesting, that however I felt very relaxed but yet I was very conscious about the different sounds and their effects on me. At some point with one of the tunes I felt that my body was actually purifying from the toxins and all the bad things it had, and once I had a sensation that some sort of big love (as if a great big mum) was cuddling and swinging me and I knew I was smiling at that point it felt just so nice and comforting.

Agnes

The sound bath must have been a gateway to a higher plane because I then met with my Dad who passed away 19 years ago. An angel was there to assist with this. I asked him if there was anything he wanted me to know.

He said "love is everything- keep your family close!"

An amazing journey- many thanks

BN teacher

I had a hearing problem ,having lost all sound in my right ear . As I relaxed and listened I began to realise that I was hearing sound in my right ear . I could hardly believe it possible and felt slightly anxious that it might go away as quickly as it had come .

But it was here to stay Somehow the vocal overtone and sound of the crystal and Tibetan bowls must have re-balanced something in my chakras and auric field . I feel so privileged to have been able to receive this healing . Thank you .

DGD retired