

Sound Healing Program: Final Report

My report is a summary of my experience with the program, how I've used it practically so far, and how I intend to use it in the future.

My background in music has been a lifetime of being a singer, playing piano by ear and immersing myself in all kinds of music. I've always been in the music scene and kept myself surrounded by other creatives, but never had the confidence to do it on my own. It was always something I did for fun, but finally in 2004, I decided to buy my first turntables and learn how to mix records. In trial by fire, my second gig in front of a live audience, was at a large sound camp at the 10:00 corner at Burningman. It was an incredible and surreal experience, which made me realize that this is what I wanted to do more of.

I've played countless times since then for audiences large and small in all sorts of locations, but it never became my profession. I was a hairstylist and a dj on the side. When I decided to have children and start a family, music really took the back burner. It wasn't until my recent divorce that I embarked on a spiritual journey to find my true self again and at the same time realized that playing music was an integral part of that. I took a healing workshop called Conscious Healing that utilizes acupressure points, spiritual channelling, and homeopathic remedies that I've seen great results with. All of these things lead me to taking the Sound Healing Program.

I want to help people heal and live more peacefully through music and vibration, and want to combine it with the other modalities I already use; essential oils, song, massage, and healing through touch. I also want to incorporate sound healing with electronic music in a way that brings healing to events such as music festivals and campouts. I'm just beginning collaboration with a music partner to explore playing electronic beats in the style of live dj'ing combined with using more traditional sound healing instruments. This partner is also a dj and an expert drummer. This feels like a perfect pairing as the drum and the electronic beats are trance inducing, which we

know can take people to places of balance, healing, and altered states of consciousness. These type of events can have negative impacts on the body and bringing healing in this way creates balance and also introduces the idea and benefits of sound therapy to a potentially new audience.

As we all begin our healing journeys, the first place we notice if the root chakra, with correlates to a feeling of safety and security. I believe this is why I always attracted to deep bass lines. They make you feel more grounded and rooted.

When we did the home note exercise, i realized that I was actually picking out my happy note, which was F. It turns out that the music from my favorite producer is mostly done in the key of F. So I'm going to start by experimenting with sounds based in that key.

How I am beginning to use sound in my work as an Esthetician:

I have started using tuning forks in my facials. I bought a C 256, G 384 and the weighted C at 128 and added an Aquamarine foot to the weighted one. I've used these on a few people, but when Covid started at the beginning of the year, I have been unable to work on people. I have used them on myself and noticed a big difference in the suppleness of my skin. I think this modality could be very useful when done as a regular practice. I am also very interested in Biofield Tuning and have read Eileen McCusik's book of the same name. Her treatments are very effective and I've had great results with them.

In my quest to free my voice, I've also decided to take private singing lessons, mostly to solidify my daily practice of vocal exercise. I hope to do deep healing on my throat chakra through this work and bring my vocals to an audience through the methods described above. I've also been working on vocal demos for music producers.

My main accomplishment so far has been the launch of my DJ brand, and expanding my reach and audience. I just did my first international stream in Spain. It feels amazing showcase my talents in another

country, but mostly to use my positive energy to make people happier. I've received lots of positive feedback in the last several months since I've made music my main focus and I couldn't be happier to be making such a positive impact in my community and beyond in such trying and uncertain times.

I've also just played a benefit party for a new non-profit in the Bay Area called Beats Drop Cancer. It just opened and runs out of the club space The Midway. I'm very much looking forward to collaborating with them. I have no idea what that looks like at the moment, but the possibilities are endless.