



Harmonise with yourself, others and your environment

Harmony
Sound Therapy Practitioner Training
with Kamila Lukaszewicz

Prospectus



Huānying Holistics



Harmony Sound Therapy Practitioner Training is run under the auspices of Huanying Holistics.

It is a 9-month deeply insightful journey into the kingdom of sound to learn how to tune in and harmonise your individual vibration as well as how to help others do the same within the therapeutic environment. This course will provide you with many beneficial tools for your own healing as well as how to run an efficient, successful, and adaptable healing practice which will support you to serve your clients and respond to the ever-changing world situation.

You will learn

- How to protect yourself, your space, and your clients before, during, and after healing sessions.
- How to give effective in-person sound therapy training as well as how to deliver 1:1 sessions online and in nature.
- How to work with an intention.
- How to play 6 different types of instruments for healing purposes (Metal bowls, crystal bowls, gongs, weighted tuning forks, un-weighted tuning forks, and drums).
- How to access the healing power of your own voice - the most magnificent instrument you have available to you every single day.
- How to sharpen your hearing to perceive subtle dissonance around the person's body and how to tune it back to balance.
- The basics of sound science and how it all works.
- The tools and techniques for effective self-care practice, which is paramount for longevity as a human being and as a therapist.
- How to access your unique and clear note within to vibrate at a higher level.

This training is an invitation for you to step into the foundational realm of vibration, frequency, music, and harmony. The course will offer you a container and many resources to support the deepening of your relationship with sound, especially through building a connection with various instruments, including your voice, one of the most magnificent creations on this planet.

Science has proven that everything in the Universe is energy and emits specific vibrations. This vibration can create healing just by being in the state of balance. This is the core of what you will learn and experience during the time of the course: how to notice the imbalance and how to navigate; play your way back to balance. To create harmony, we need to learn about the power of dissonance and resonance. Our thoughts, actions, behaviours, emotions, and ways of being in the world emit frequencies that guide our lives. Journeying with sound is a potent way of attuning our bodies to be in resonance.

In this training, you have a choice to focus on your personal growth and deep dive into discovering your own unique note of life and the healthiest ways to play your being. Or, you can focus extra energy towards learning how to help others with sound therapy and the use of healing instruments, including your voice, to work towards professional certified qualifications.

Regardless of the path you choose, it is worth your while to allow some time to explore the harmony within your own being and the ones of others. The training will be a blend of in-person training, online experience, and your own practice.

This course will be a 9-month journey; this is the same amount of time needed for the human body to form and come to the world. My invitation to you is to see it as a time of nurturing your own unique healing note. A time where you can get to know it, explore it, befriend it, love it, and allow it to vibrate beauty into your reality.

Journeying with sound offers us a potent way to create space through the power of alchemy. It creates space within you and around you on all levels, which can lead to subtle or major changes in your life. Over the 9 months, you will be introduced to tested, well-documented, and proven ways of self-care practice, which will be the foundation of your days during the course and, hopefully, these practices will continue to support you going forward. We need to help ourselves before we can help others. In this way, we can help from an overflowing cup of health, balance, and contentment.

If you choose to go for the certified option of the course, you will need to invest in the instrument starter kit, which will include: (1 singing bowl, 1 crystal bowl, 1 set of weighted and unweighted tuning forks, 1 drum, 1 gong), which can be purchased online or in a friendly Dublin shop, Ghandarva Loka. Choosing your instruments is a beautiful journey in itself; perhaps you already have some in your collection, or you will choose to make your own. It's all there, and we will talk about it during the course, so you will receive all the information to make the best choices for yourself.

This course will give you a strong foundation to work with clients on a one-to-one basis. If you have never practised any healing modality before, you will learn how to set up your own practice both online and off-line. You will learn how to implement the self-care practice for the purpose of longevity of your therapist journey.

You will also need to complete 24 case studies, 40 consecutive days of a self-care journal, and a written and practical exam.

On the following page you will find the full course details for the Harmony Sound Training. And below that you will find an overview of the modules we will cover during the course.

Course Overview

Duration: 9 Months

Price: €1800 certified training

€400 non-refundable deposit to keep your place

Instalment options are available (excluding the deposit) and can be discussed individually.

*Instrument Investment: €400-600

Course Delivery:

- Course will be delivered via in person workshops and online sessions.

Requirements to participate in this course:

- Leaving Certificate or equivalent. Other professional qualifications.
- Good Internet Connection (in case of lockdowns).
- Headphones
- Microphone
- You will need to create your own sound healing starter kit with at least one instrument out of each kind of sound healing tools.
You will use those instruments throughout the course. Tibetan Singing Bowl, Drum, Gong, Harmonic Spectrum Tuning Forks, Weighted Tuning Fork need to be part of the kit.
- Ability to allocate 2 hours a week for individual practice between the seminars to gain proficiency in meditation techniques, protective exercise and professional skills to safely work with the clients.

Assessment Process:

- 24 Case Studies to be completed by the end of 2024
- Theoretical Written Exam with open-ended questions
- Online Practical Examination 30 min of sound therapy session with evaluation and questions afterwards.
- Self care journal showing 40 days of consecutive practice

Contact:

Kamila

Please send me a message to schedule a zoom call or what'app video chat to connect and so I can answer all your individual questions

Phone: 087 151 93 51

Email: alchemymultiverse@gmail.com

Website: www.alchemymultiverse.com

Thank you for your interest in this alchemical journey into the kingdom of the sound.

Blessings,

Kamila

This course is run under the auspices of the Irish Tai Chi Chuan Association.

MODULES:

MODULE 1

INTRODUCTION TO SOUND THERAPY

Learning Outcomes:

In this module the students will learn about:

- The science behind sound therapy.
- They will get an understanding of how the sound affects brainwaves and the nervous system.
- They will learn about the benefits of sound therapy, as well as indications and contraindications for the treatments.
- They will learn how to conduct professional environment for the practice. Client consultation forms, protocols.

Teaching Methodology:

Lecture, Discussion, Q&A

Modes of Assessment:

Written Examination

MODULE 2

THERAPIST SELF-CARE, MEDITATION, AND PROFESSIONAL CONDUCT

Learning Outcomes

In this module the students will learn about:

- The importance of self-care practice, as the basis for healthy and long-term work with clients.
- They will learn how to protect their own and client's energies in the therapeutic environment.
- They will learn different ways of preparing and looking after the therapeutic space.
- Students will experience, cultivate and practice rest, silence and meditation to build sustainable therapeutic approach.
- Have a clear, proven ability to demonstrate a high standard of ethical professional practice.
- Have knowledge of health and safety issues and procedures applicable to client care.
- Have a thorough knowledge of the Code of Ethics of the ITCCA.

Teaching Methodology:

Lecture, Discussion, Guided practice, Exercises, Audio Meditations

Modes of Assessment:

Ongoing Assessment through the seminars,

40 consecutive day self-care journal to submit during the course
Written Examination
Practical examination in health and safety during treatments
Role-plays

MODULE 3

5 ELEMENTS THEORY, CHAKRA SYSTEM AND SOUND MATRIX

Learning Outcomes:

In this module the students will learn:

- How to use the 5 elements theory underpinning Traditional Chinese Medicine as a healing protocol in sound therapy.
- Students will learn about the 10 organs in the body and the elements they correspond with.
- They will learn how to understand the relationship between different elements and their manifestation in the body, mind and spirit.
- The students will learn about the chakra system and its therapeutic application in the sound healing session.
- The students will be able to work with a sound matrix to create a safe and effective healing session.

Teaching Methodology:

Lecture, Demonstrations, Videos, Q&A's, Exercises, Practice

MODULE 4

METAL & CRYSTAL SINGING BOWLS

Learning outcomes:

- To learn about the history and philosophy of Metal Bowls.
- To learn how to play the Tibetan singing bowls for personal growth, meditation and wellbeing.
- To learn about the contraindications of using the Tibetan Singing Bowls.
- To learn techniques to use the Tibetan singing bowls in a therapeutic environment.
- To gain a solid and secure foundation, develop individual skills to work with clients in a positive, safe and professional manner.

Teaching Methodology:

Lecture, Demonstrations, Q&A's, Written Material, Videos, Exercises, Practical Sessions

Mode of Assessment:

Case studies where the student will include:

- Consultation form
- Clients History
- Client profile
- Symptoms
- Treatment Plan

- Keeping the treatment notes
- Clients home care advice
- Reflective practice

Practical examination to include:

- Getting client safely on and off the floor, on and off the table
- Assessment
- Treatment plan
- Home care advice

**MODULE 5
TUNING FORKS**

Learning Outcomes:

- To learn about and understand the application of tuning forks in the sound therapy session.
- To learn how to work professionally with clients on a one to one basis, aiding transformation, and promoting harmony and balance.
- To learn the techniques of using unweighted tuning forks for the off the body sessions and how to work with the intervals for the purpose of healing.
- To learn techniques of using weighted tuning forks on the body in the areas of tension and on selected acupuncture points.
- To gain a solid and secure foundation, and develop individual skills to work with clients in a positive, proficient and professional manner.

Teaching Methodology:

Lecture, Demonstrations, Q&A's, Written Material, Videos, Exercises, Practical Sessions

Mode of Assessment:

Case studies
Practical examination

**MODULE 6
HEALING VOICE**

Learning Outcomes:

- To learn about the healing effect of your own voice.
- To learn about the humming effect as a self-care tool and therapeutic aid.
- To learn and practice Bija Mantras (Seed Sounds) to experience their potent effect on harmonising the body and mind.
- To learn how to harmonise the chakras with the voice.

Teaching Methodology:

Lecture, Demonstrations, Q&A's, Written Material, Videos, Exercises, Practical Sessions

Mode of Assessment:

Case studies
Practical examination

MODULE 7 DRUM THERAPY

Learning Outcomes:

- To learn basic drumming beats and rhythms.
- To learn about creating space in the body with shakers.
- To learn about different types of drums made from metal as well as ocean drums and rain sticks, bringing in the element of water.
- To gain a solid and secure foundation, develop individual skills to work with clients in a positive, proficient and professional manner.

Teaching Methodology:

Lecture, Demonstrations, Q&A's, Written Material, Videos, Exercises, Practical Sessions

Mode of Assessment:

Case studies
Practical examination

MODULE 8 GONG THERAPY

Learning Outcomes:

- To learn about and understand the history and application of gongs within the sound therapy session.
- To learn about the contraindications while working with clients.
- To learn how to efficiently and safely play the instruments during a therapy session.
- To learn the techniques of working with gongs on the stands and wind gongs during a professional sound therapy session.
- To gain a solid and secure foundation, develop individual skills to work with clients in a positive, proficient and professional manner.

Teaching Methodology:

Lecture, Demonstrations, Q&A's, Written Material, Videos, Exercises, Practical Sessions

Mode of Assessment:

Case studies
Practical examination

MODULE 9

SOUND THERAPY PRACTICE /CASE STUDIES

- This module is focused on practical application of all the tools students have learned in the course: theoretical information, conducting the sound therapy session.
- Case studies guidelines.
- Delivering full sound therapy session: Consultation, Assessment, Treatment Protocol, and Safety in the Therapy Room.

Teaching Methodology:

Lecture, Demonstrations, Videos, Q&A's, Peer exercises, Practical Sessions

Mode of Assessment:

24 case studies where the student will include:

- Consultation form
- Clients History
- Client profile
- Symptoms
- Treatment Plan
- Keeping the treatment notes
- Clients home care advise
- Reflective practice

Practical examination to include:

- Getting client safely on and off the floor
- Assessment
- Treatment plan
- Home care advise

Recommended Readings:

- "Human Tuning Sound Healing with Tuning Forks" John Beaulieu
- "The Power of Sound" Joshua Leeds
- "The 7 Secrets of Sound Healing" Johnathan Goldman
- "Singing Bowls an ABC" Girt Verbeke
- "Tuning the Human Biofield" Eileen Mc Cusick
- "The Biology of Belief" Bruce Lipton
- "The Humming Effect" Johnattan Goldman and Andi Goldman

LOCATION:

Longwood, Meath Area, the eircode is provided individually to participants.

Dates for the Harmony Sound Therapy Course 2023/2024

The course will run over a combination of in person and online workshops including some Fridays evening 6-8pm and Saturdays 10-4.30pm

Fridays

19th of April
10th of May
24th of May
16th of August
13th of September
11th of October
8th of November

1 January dates to be confirmed

Saturdays

4th of May
1st of June
15th of June
6th of July
20th of July
3rd of August
28th of September
26th of October
23rd of November

1 January date to be confirmed for

1 February date to be confirmed