



Sacred Sound Meditation

Weekly Wednesday Nights at 7:00pm
6525 Forest Lane, Dallas, TX
\$15 Suggested



It's been said that everyone is experiencing some kind of suffering, albeit relative. But rather you're moving through a challenging life transition, feeling like you need a break from your busy schedule, or simply seeking a space to be in silent prayer and meditation in community, ***you're invited to join us for regular Sacred Sound Meditation.*** Come and sit in silence (or lie on your favorite yoga mat if you choose), and be lifted and supported by a blanket of soothing sounds and comforting silence.

An elegant combination of science and spirituality, these soothing sessions are sure to become an essential part of maintaining an overall sense of well-being.

- Crystal Singing bowls tuned to A432hz scale - This scale is said to be in tune with the Schumann Resonance of the earth and is viscerally felt within the body.
- "Bodhi-the gong" - Paiste Chiron Planetary Gong - this particular gong has gentle harmonics that wash over and through you.
- Awakening Bells - Special instruments tuned to resonate with a particular part of the brain said to reduce and control stress.
- Other instruments and play as called for.



Genie Johnson – The Sound Masseur, uses her Sound Healing certification, background as a licensed Spiritual Coach, training and experience as a Mindfulness Facilitator, to bring you offerings of depth, that help you center and connect with the larger, vibrant, vibrational wholeness of life.

www.SoundMasseur.com