



Sound Healing

Join Monique Forcier for a sound healing experience. It's a sound and meditation journey that is probably unlike anything you've ever experienced. Sound can change you on an energetic level, it can shift your internal energy state, activate your chakras, and initiate healing.

THE EXPERIENCE

I'll open with an explanation of the journey so that you know what you are about to experience. You'll learn more about how sound works, what to do during the journey, and what different steps we'll go through during our time together.

I provide an explanation of the Chakras and help you understand more about these important energy centers in your system.

Next, I will guide you through a powerful meditation. After that, we each set an intention as we get present and ready to observe.

Then I invite you to lie down and relax. I begin with drums and rattles bringing in earth energy.

After this, I move to playing the crystal sound bowls, then the gong, calling in Chiron the wounded healer warrior. This sound created in this part of the process creates a dissonant sound which can help move blocked and stuck energies within you. This work is done on an energetic level. It summons those parts of you that need to be healed and moved. You'll be able to move through this process as you stay with the breath as a guide and focus, while energies are released.

Next, I play an ocean drum over each person present. This takes you back to a harmonious state and settles and calms the nervous system and brain.

I then play the crystal sound bowls in resonance (432 hertz) allowing you to experience a harmonic vibe. I sing and call in energies that remind you of your wholeness and light.

Those that have taken this journey say they felt safe, comforted, and supported throughout the process.

It allows you to feel peaceful and grounded. Everyone walks away with an experience that is important to them. Some people feel cosmic energy, while others experience physical and emotional release. This sound experience can also help you come to greater awareness and connect you to your higher power.



MONIQUE FORCIER