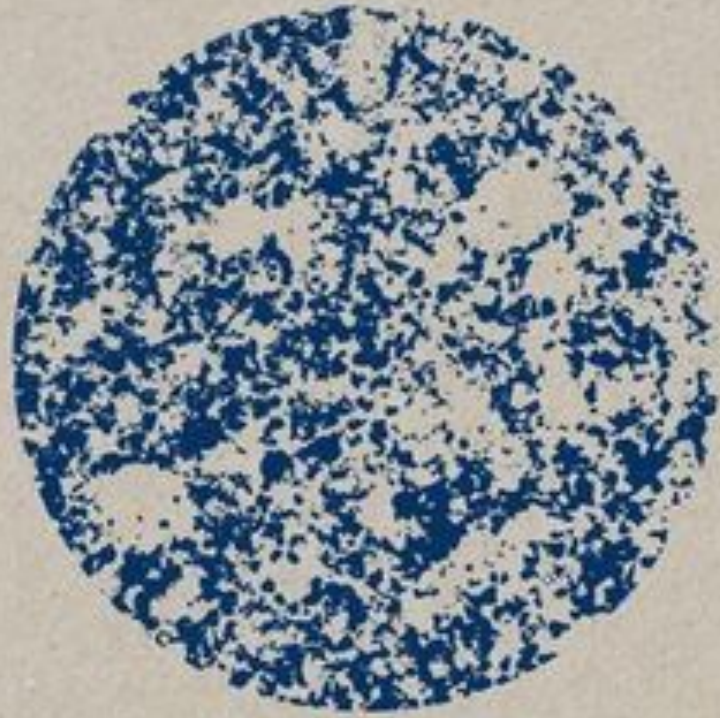


Sonne

sound healing



An introduction to Sound Healing

What is Sound Healing?

The premise of soundhealing is that all matter vibrates at its own frequency. In the body every cell, each tissue, every organ transmits its own vibration as well. Powerful sound-vibrations made by an array of instruments like singing bowls, tuning forks, the voice etc. have the ability to balance out impure frequencies within the body. Sounds have the power to break through any energy barriers, therefore the force of sound is used in healing for physical and emotional blockages.

I use the instruments like singing bowls, tuning forks and chimes as a vehicle to transfer my intentions to you and to fortify your intention:

frequency + intention = healing. During a treatment I take you on a journey into yourself. You decide on the purpose of this journey by voicing your intention. We descend deep into your unique light-being using singing bowls, tuning forks and chimes.

In this state of light trance you become more sensitive to the sounds and you'll have more notion of the healing that takes place.

Being open, being relaxed, letting go, connecting with your true self, dreaming and enjoying, are all part of experiencing the beauty of your true self.

What are the benefits?

Potential benefits of sound healing include reduced stress and anxiety, improved sleep, enhanced mental clarity, emotional release, pain relief, and a sense of deep relaxation and well-being.

What instruments are used?

I use singing bowls, tuning forks, chimes, bells and small percussion.

What should I wear?

Wear comfortable, loose-fitting clothing that allows you to relax fully. Layers can be helpful as your body temperature may fluctuate.

How should I prepare?

Arrive well-hydrated and consider eating a light meal beforehand. You might also want to avoid caffeine or heavy meals just before the session.

What happens during a session?

As I use energy centers or chakra's to balance the body, I will introduce them shortly and we will choose together which energy points needs focus to help maintain an overall harmonious being. The session typically begins with a brief introduction or intention setting. You will then lie down comfortably closing the eyes, focusing on your breath as the sounds wash over you. The session ends with a period of silence to help you transition back to normal awareness.

How long is the session?

Individual sessions usually take one hour and 30 minutes in total. About 15 min to check in and out, and 45-50 min for the sound healing itself. Sound baths (group sessions) have a similar duration.

What will I feel or experience?

Experiences can vary widely. You might feel deep relaxation, emotional release, physical sensations like tingling or warmth, or you might see visual imagery. Some people feel very peaceful, while others may feel energized or emotional.

Are there any side effects?

Side effects are generally minimal but can include temporary emotional release or physical sensations as your body processes the healing. It's important to stay hydrated and rest if needed after a session.

Is there anything I should avoid beforehand?

Avoid heavy meals, alcohol, or stimulants like caffeine right before the session. Aim to arrive in a calm and open state of mind.

How often should I attend?

To work on different energy points every session and to be able to work deeper I suggest at least three sessions leaving one week distance, but the frequency can vary based on personal needs and goals.



What is the difference between an individual Sound Healing session & a Sound bath?

Individual Sound Healing Session:

- **Personalized Approach:** These sessions are tailored to your specific needs. I conduct an initial assessment to understand your physical, emotional, and mental state and according I will work on specific energy points.
- **One-on-One Setting:** The session is conducted privately between you and me, allowing for a more focused and intimate experience.
- **Targeted Techniques:** I may use specific instruments and techniques based on your unique requirements, such as addressing particular areas of tension or emotional blocks.

Sound Bath:

- **Group Experience:** Sound baths are typically conducted with multiple participants in a group setting. The experience is collective rather than individualized.
- **General Approach:** The session follows a more generalized approach aimed at promoting relaxation and meditation for the entire group, without specific tailoring to individual needs.
- **Community Feel:** Being in a group can add a sense of shared experience and community, which some participants find beneficial.

What should I do after a session?

After a session, it's beneficial to rest and hydrate. Journaling your experiences, meditating, or taking a gentle walk can help integrate the effects. Avoid stressful activities and allow yourself time to process the session.

What if I need to cancel the appointment last minute?

I require a 24 hour notice of cancelation. Because I reserve a time specially for you, make any schedule changes before 5PM the day before the session to avoid paying 50% of the fee.



Sound Healing



with Hendrike Scharmann

About Hendrike Scharmann

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Hendrike Scharmann is a multi-instrumentalist based in Brussels, Belgium. She began her musical journey at the Antwerp Conservatory, where she specialized in jazz violin. Her sense of improvisation further developed through travels in North Africa and the Middle East. However, her horizons expanded significantly during a nine-month journey through India, where she became fascinated by meditative sounds and immersed herself in local musical traditions. This experience enriched her perspective on her personal music projects and also planted the seed for her passion for sound and healing.

After completing various Sound Healing courses, Hendrike established her own practice in Brussels. In 2024, her practice will take on a new dimension, as she has received funding from the Belgian government for her research into sound, vibration, resonance, and acoustics in Nepal. In addition, her work explores the spiritual dimensions of sound healing and how these can converge into a holistic, artistic practice.

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