

SOUND RELAXATION THERAPY

with Heather Frahn

Sound Therapy Practitioner, Sound Massage Practitioner,
Meditation Guide, Vocalist Songwriter Musician



REFRESH
REJUVENATE
RESTORE





MEET HEATHER FRAHN

CONSCIOUS MUSIC ARTIST, SINGER-
SONGWRITER, MULTI-INSTRUMENTALIST,
HOLISTIC SOUND THERAPIST, MEDITATION GUIDE

treatments, and also group relaxation and meditation experiences suitable for corporate health events, yoga retreats, private wellness parties, festivals and expos.

If you're seeking a way to experience more wellbeing, vitality and "wholeness", then therapeutic sound may be the very thing you've been looking for!

I am pleased to offer and share a range of high quality services, backed by professionalism, training, and 20 years of experience in the field of music and sound of a holistic, creative, uplifting, and therapeutic nature.

Please read on through this information package to find out how you can be involved, and receive the benefits of Holistic Music and Therapeutic Sound. Please contact me and we can get started on sharing it together, and with your community.

Greetings! My name is Heather Frahn. I am a Certified Sound Therapist, Professional Music Artist and Award Winning Vocalist.

My life has been blessed by music, sound and lyric. Since I began my work in the mid 1990's, I have greatly enjoyed contributing in positive ways to people's lives through various sonic platforms.

I believe there is a power in sound and music which can be healing, life enhancing and unifying, and it is my personal peaceful mission to share this with you!

Therapeutic Sound can be shared in an array of circumstances, from individual personalised therapeutic

“ I've experienced Heather Frahn up-close and personal and her sound bath was by far the best I have ever experienced, and I have had a few! Life is sound and Heather is a master at activating the healing sounds of the mind, body, and spirit . . . the rhythm of your heart, the tempo of regeneration, and the harmony of your body's systems will enter a portal of sensory bliss. Yum! I highly recommend booking Heather for your next event. The cells of your body will thank you!”

Dr Darren Weissman
Lifeline Technique



INTRODUCING THE HEALTHY BENEFITS OF THERAPEUTIC SOUND

Sound vibration is energy, resonance, and frequency. Human ears can detect vibrations composed of frequencies between 20hz and 20,000hz when transmitted through some kind of medium, solid, liquid, or gas. When the human ear picks up these sounds, they spiral into the cochlea and transmit via electrical pulses into the brain and central nervous system. Because the brain and central nervous system is so connected to our wellbeing, in this way, sound can have a powerful effect on our levels of being, which are physical, mental, emotional and spiritual/energetic.

The brain processes sound in amazing and complex ways. It has several brainwave states, and even though there may be more than one brainwave state operating at one time, there will be an overall frequency that dominates. Listening to and experiencing sounds that are long and floating, harmoniously chorded, and simple (not too much melody), can have a very relaxing and therapeutic affect on our levels of being. Usually these types of sounds are associated with therapeutic instruments like quality Himalayan singing bowls, quartz crystal singing bowls, Chinese gongs, droning resonating stringed instruments, and also vocal chanting. Rhythm and drumming can also induce altered states of consciousness like that of a trance that shamans would practice.

Therapeutic instruments when played by professional sound therapists can help induce altered states of consciousness, such as the beneficial Alpha 8-12hz, and Theta 3-7hz brainwave states. These are associated physically with deep relaxation, reduced heart rate, normalization of blood pressure, and better function of the endocrine and nervous systems; non physically

Alpha and Theta link to enhancing intuition, creativity, meditation, contemplation, and intelligence.

According to the Vedic system, and other ancient spiritual traditions, human beings are more than just physical, they are also “energy beings”. Our subtle energy system (aura), energy centers (chakras), and shushumna (energetic spine) all play a part in our physical health and wellbeing. It is said that our seven subtle energy bodies link into our different levels of being simultaneously, from the 1st etheric layer through to the 7th causal layer. Looking at humans from this perspective, it makes sense why vibrational energy medicine from therapeutic sound can work with these aspects within us.

The ancient Indian metaphysical system of Nada yoga divides music into internal music, anahata, and external music, ahata. The practice of listening mindfully to continuous external therapeutic sound can give rise to hearing one’s own “inner silence”. The embodiment and expansion of this inner silence can lead to self awareness, awakening, and deeper unity with both sound and silence, and the outer and inner cosmos. Matter is ultimately sound and resonance. Quantum physics shows us that existing in every ‘thing’ we see, as being ‘form’, including us, is actually countless tiny energetic atoms spinning in space. We are like a cellular symphony of sound and vibration!

Next time you have the opportunity to play a drum, sing in a choir, chant prayers and mantras, or listen to a beautiful Himalayan singing bowl, know the potential is there for inducing beneficial altered states of consciousness, resulting in our body-mind relaxation, helping elevate our consciousness, and put simply, help us to feel fantastic!

“Heather Frahn kindly came to an event we were holding and did a Soundbath for us. To say it was exquisite would be an understatement! We had just finished 3 days of deep intensive personal work on ourselves and to have her magic strumming, drumming and singing its way through our bodies was an incredible gift to each participant.

Heather is highly skilled, very focused and brilliant. I believe she is a totally wonderful therapist and having her to open or close your events is a true gift I cannot under estimate the value of. So if you are planning anything and would like the “piece d’resistance’ please consider having Heather come and uplift the participants. Highly recommended. You won’t regret it.”

Diane McCann, MD
Beyond The Ordinary



TREAT YOUR GROUP WITH SOOTHING SOUNDS



A Therapeutic & Relaxation Soundbath is a deeply restorative, sound and mindfulness meditation experience to holistically enhance mind, body and spiritual wellbeing. It uses therapeutic sound instruments such as singing bowls, gong, flute, voice and more. Research shows that slower brainwave frequencies may be induced through mindfully listening to therapeutic sound, which can assist the relaxation response inviting energetic cellular rejuvenation. Therapeutic & Relaxation Soundbaths offer a unique and soothing way to slow down, take a breather, and reconnect with our inner-quiet.

Suitable For: Groups engaging in Corporate Health, Yoga & Meditation Centres and Retreats, Wellness Support, Spiritual Care Centres, Health Care Centres, Private Wellness Parties and Events with a wellness focus.

Participants: This is a group session that can cater for groups from 6 to 25 people. Larger groups can be accommodated upon negotiation. Please contact for details. Children aged 12 years and over may participate when accompanied by an adult. Participants can be seated in chairs or sitting on cushions if there's insufficient space, however it's recommended that participants lay down so that maximum therapeutic benefit is achieved.

Schedule: Each Therapeutic & Relaxation Soundbath is approximately 60 mins in duration. *Additional setup time required. The schedule can also be extended to 90 mins by adding various optional group therapeutic sound activities.

Investment: Various price points available, please contact me to talk through the options for your Group Soundbath experience.

Photo courtesy of the Adelaide Ashtanga Yoga Shala. Pictured: Multi-instrumentalist Stuart Rose, Heather Frahn, and Adelaide Ashtanga Yoga Shala participants.

“How divine and awesome you and the soundbath were. You touched all of us so deeply and its matrix of goodness will be alive in us forever.”

Simi Roche
Adelaide Ashtanga Yoga Shala

Treat
ya'self with a
Soundbath at your
next wellbeing event!

Suitable for Corporate and
Community Health Events,
Yoga / Meditation / Spiritual Retreats
Private Wellness Gatherings



HOLISTIC SOUND THERAPY TREATMENTS

~ personalised for you ~



NURTURE YOU! ENHANCE YOUR SELF-CARE WITH SOUND THERAPY

Holistic Sound Therapy can help create a sense of “flow” in one’s life. The treatments result in a deep relaxation for the body, helping to boost immunity, settle emotions, calm a busy mind, and reconnect with one’s own inner peace and spiritual wellbeing. There are two types of Personalised Holistic Sound Treatments for individuals available, those being Sound Therapy, and Sound Massage. Both of which are fully clothed treatments, and done in the comfort of a private wellness studio in Adelaide.

Treatments in your own home can also be made available upon prior arrangement. Individual Treatments can also be arranged as an “add on” activity to a Group Soundbath.

“My experience with sound healing with Heather was nothing but positive. Honestly I didn’t know what to expect going into it but I was pleasantly surprised at how much of a zest for life I had after each session.”

Mira

“During the sessions I felt like I was in another world in a beautiful way. I left the sessions with more positive energy, calmer and able to focus more clearly. It also assisted with memory. The techniques you gave me on how to be in the moment have also assisted me in my everyday life. You are a legend.”

Yvonne





Photo ©2015 Heather Frahn



Photo ©2015 Heather Frahn

SOUND MASSAGE

Body Treatment with Gentle Sound Vibrations from Himalayan Singing Bowls Played Directly on the Body & within the Subtle Energy Field
1 x Hour Duration (approx) - Prices on enquiry.

A Sound Massage treatment is deeply relaxing, and is suited for those who enjoy tactile massage, as the majority of the treatment is “on the body” with the application of Himalayan singing bowls being played on the body itself.

It can be likened to a “massage for the inside”, whereby the singing bowl vibrations are sounded into the soles of the feet, legs, back, abdomen, chest, arms and hands. As the singing bowls are played, their beautiful harmonic sounds resonate gently into the body, as well as radiate outward into the subtle energy field around the body, helping to assist in energetic cleansing and harmonising. A Sound Massage may also improve blood circulation, muscle relaxation, ability to sleep, and lower high blood pressure. It may also help calm a busy mind, soothe emotions, and aid meditation and connection to one’s inner quiet. In addition to the immune system boost that comes from deep relaxation with sound, leaders in the sound-healing

field show that as ripples of singing bowl vibrations enter the body, it “massages” the subtle energy, the soft tissue, bones, and blood, which can bring a detoxifying effect to the body, and help create a healthy spike in nitric oxide around human blood cells, creating better oxygen and nutrient distribution. (*Refer to studies by Dr. John Beaulieu, author of “Human Tuning”, Fabien Maman author of “Music and it’s Role in the 21st Century”, and Richard Rudis’ Gongbath™).

I bring together a combination of the highest quality training from the Peter Hess Institute in Germany, and 1-2-1 mentoring training with Diane Mandle from the Tibetan Bowl Healing School in California. Inspired by their practices, I work with the highest quality hand made Himalayan singing bowls for sound massage work, and utilise techniques inspired by ancient Buddhist ‘sound healing’, and Sound Massage® according to Peter Hess.

SOUND THERAPY

Subtle Energy (Chakra) Diagnosis, Sound from Beautiful Harmonic Instruments, Insightful Reflective Practice, Affirmation Tools & Sound Exercises for Personal Wellbeing
2 x Hours Duration (approx) - Prices on enquiry.

Sound Therapy Treatments are in depth “client-focused” sessions that apply in combination... a subtle energy (chakra) diagnosis, with therapeutic sounds from a variety of instruments and voice, plus conversational reflective practices prior to and post sound treatment to aid participant/client insight and inspiration.

As a holistic treatment, the process of sound is used to help remedy imbalances found in a subtle energy (chakra) diagnosis. Special affirmations or personal prayers may also be created to enhance the treatment’s intentions. The harmonising and cleansing of the subtle energy field and chakras can positively result in a “wholing” of the mental, emotional, physical or spiritual levels of a person’s being.

Therapeutic sound can help bring the mind into altered states of consciousness (alpha and theta brainwave states conducive to meditation), which may reveal personal insightful realisations through visions, thoughts, dreams, or sensations. Expressing themselves through the experiences of resonance, resistance or release, I invite participants/clients to discover their own unique wisdom and self-awareness for transformation and personal growth. I enjoy assisting people in restoring to their natural “flow” and opening to new ways of being in their life through sound.

I am a certified BAST Sound Therapy Practitioner (British Academy of Sound Therapy) who’s methods and training are of the highest quality worldwide developed by practitioner, teacher and author, Lyz Cooper.

TESTIMONIALS



“With these beautiful instruments Heather nurtures, encourages, heals, & creates a transcendent experience that helped me more than I can say at a difficult time in my life.”

Vanessa

“After each session I felt lighter and clearer than when I first arrived. Her professional environment is elegant, warm and comforting and I enjoyed being there”. Deanna

“Each session built upon the next, and my body and mind felt more and more comfortable and in a sense of learning to let go of negative energy and embrace the new energy provided by the sound”. Cindy-Anne

“These past few weeks have been the sound in which I have heard my soul in a new music I had never known. I am forever grateful to you for a new way of seeing and hearing. You have opened my eyes and ears to new worlds of understanding” Unjay.

“Thank you so much for such dedication and passion to what you do, it is inspiring. I felt so welcome, comfortable and safe that I was able to go really, really deep” Cinzia

“I found the sound healing sessions with Heather powerful and transforming. Both the verbal inquiry and sound session were equally as potent in bringing about both an instant and long lasting ‘shift’. I found the time on the table incredible... deeply relaxing and aligning, and came off the table in a completely different state to what I went on. It is no mean feat to be able to relax me that deeply!.” Vassi

“Heather was so gentle in her approach as well as giving great clarity to any questions I posed to her. Although the Sound bowls and percussion instruments gave me great insight and visions, the toning opened up a whole new level and felt as though it cut through me on a cellular level, opening me to even deeper insights into myself.” Edel

“I would highly recommend Heather’s sessions to anyone who has a desire to heal old beliefs, raise their vibrations to their natural wholeness and increase their happiness.”

Chris

“I have benefitted immensely and been enriched by your professional skills and knowledge and profound insights... by your wisdom and inner calm! My quality of life has also been improved and enhanced by the skillful and gentle application of your Sound-led therapies.”

Faith





CONTACT:

Heather Frahn

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Meditation Guide, Singer-Songwriter,
Music-Artist.

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MUSIC AND WRITINGS



Albums "Be The Change" and "We Are One"
Lyrical Songs for Inspiration, Unity, Insight, Positive Life
Affirmations. Featuring Heather's award winning vocals
with folk-pop, roots and world music styles.

ABOUT HEATHER

Heather is a critically acclaimed singer-songwriter and multi instrumentalist, creating works as a performer, composer and sound artist since 1995. Her multi dimensional work has ventured around Australia and internationally to New York, Edinburgh, California, London and Belgium. Heather Frahn is a highly qualified sound therapy practitioner and mindfulness meditation guide. She has completed professional training with some of the world's most renowned schools in these disciplines including the British Academy of Sound Therapy (UK), the Peter Hess Institute (GER) (via the Maranta Sound Academy), the Tibetan Bowl Healing School (USA), and Lifeflow Meditation Centre (AUS).

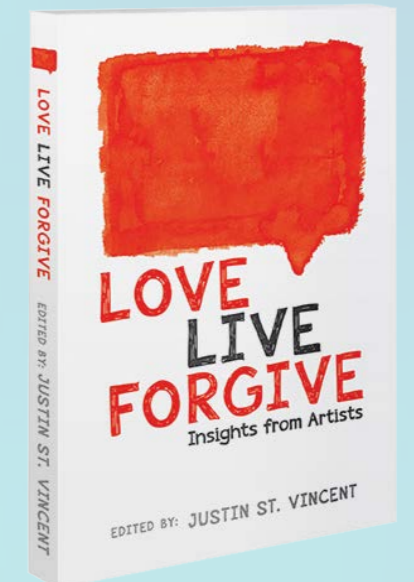
She has also received professional personalised mentoring from a number of pioneering teachers abroad in the United Kingdom, North America, and Belgium on working with holistic voice, Chinese gongs, singing bowls, harmonic overtone singing, and meditation.

Since 2009 Heather has worked at Flinders Medical Centre facilitating the "Sounds For Relaxation Program" assisting with hospital patients, their families, and staff with her therapeutic based music and sound.

- Practitioner Level Diploma Sound Therapy PL.Dip.ST (BAST)
- Professional Diploma Group Sound Therapy Dip.SitCo (BAST)
- Sound Massage Practitioner (Peter Hess Institute PHI)
- Therapeutic Sound & Music for Relaxation Program (Arts in Health at Flinders Medical Centre, S.A.)
- Level 1 & 2 Meditation, and Guides Certificate in Meditation (Lifeflow Meditation Centre)
- "Ancient Sounds of a New Age" Course, plus 2 Day Introductory Workshop Training (Tibetan Bowl Healing School)
- Multi Award Winning Music Artist, Composer & Vocalist since mid 1990's
- Young Citizen of The Year 2006



Beautiful Instrumental Music for Relaxation,
Meditation, Yoga, Sleep, Tai-Chi, Massage Therapy,
Energy Healing Treatments.



An exciting collection of exclusive interviews with
many of the world's most visionary musicians,
artists, and authors, including writings by Heather.

Disclaimer: Sound therapy treatments are complementary to any orthodox or holistic treatment you are receiving and/or medication being taken at present. Heather Frahn as a Certified Holistic Sound Therapist can not diagnose, cure, prevent or treat disease, however there is sufficient research demonstrating the effectiveness of sound therapy treatments to provide relaxation and stress relief, which has been shown to be a contributor to most issues emotionally and physically.
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