

# Sonic Soul Retrieval

## 12-3 week practitioner training with Eeshira Hart

Starts Wednesday 18 May, 3 or 5 pm Bali/Singapore time  
8 am or 10 am UK/5 or 7 pm Sydney, 3 or 5 am New York etc  
**TIME TO BE CONFIRMED**

### What's included:

- Introduction
  - Who am I?
  - Everything is Vibration
  - Tuning like a guitar
  - Using the Voice as a tool 4 Healing - Transforming lies into Truth
  - Shifting Consciousness from Victim to Co-Creator
1. Using the Breath
  2. How does Sound Healing work?
    - What is Entrainment?
    - What is Resonance?
    - What is matter really?
  3. Using the Voice
    - Sounding from the Body not from the Throat
    - The importance of Vowel sounds
    - Ancient Lemurian Sounds
    - Soul Messaging - Receiving & expressing messages from this life, a past life or future life
    - How to move/clear energy with breath, sound & movement
  4. Using Movement
    - Moving the Body
    - Moving the Sound/Voice
    - Using Sound & Movement
    - The role of the Vagus Nerve

## 5. Amplifying with Sound Frequency

- **The Unity Codes - 1 hour** - How it resets back to Divine Blueprint & Unifies us ever more deeply with Source with the master frequency of 111Hz for activating Divine Solar Self (e.g. Christ, Buddha, Krishna nature) and our DNA
- **Earthing - 20 minutes** — To reset body, mind & soul back to the Yin and Yang vibrations of the Earth with the mastery frequency of 111Hz

## **WEEK 2 - Physical Attunement**

### **Theory**

- Getting grounded and getting more deeply into our Body
- Embodying the Sound
- What we knew as a kid
- The oldest instrument is the voice
- Moving from the Past & Stepping into Present Time
- Preparing our Body Vibrationally

### **Practical**

- How to use breath, sound & movement
- Mindset & Transforming doubts
- Embodiment, what stops it, what's the impact, where is that stored in the body and how to get more fully in our body
- Creating Sacred Space together
- Shamanic Initiation Ceremony
- Grounding Meditation

### **Homework**

- Buy a beautiful book to inspire you to journal your progress & go deeper each time
- Embodiment and Grounding Vocal Exercises to do daily to attune physically
- Journal your Progress to go deeper with your inner journey

## **WEEK 3: PHYSICAL ATTUNEMENT**

### **Practical**

- How to sound/sing from the body not from the throat
- How to release tension/contraction and stuck energy in the body using body wisdom with the voice
- How to clear your energy and expand energy flow after using the voice
- Recommended dietary and lifestyle changes to increase sensitivity, energetic awareness, attunement with inner guidance and to maximise grounding

### **Homework**

- Breath, sound and movement 5-10 minute practices to do daily to sound from your body not your throat and to easily clear stress, tension and get you out of your mind!
- Combine with vocal clearing techniques
- Unity Meditation to embody more Light Within/Activate the Light Body
- Other top health tips on ways to ground through the diet
- Ways to adapt your use of technology to reduce its ungrounding effect
- Review BONUS “High Vibe your Life” eBook PDF
- Review BONUS “Happy Brain Happy Body” PDF

## **WEEK 4: - MENTAL ATTUNEMENT**

- Brain switching, why it's important and how to do it
- How do we stay out of our minds?
- What's the highest way of focusing the voice for healing?
- How to overcome disbelief and self-sabotage
- How to work with healing intention
- How to maximise the focus of our healing abilities & be embodied at the same time
- How do we align our mind with Divine Mind/Truth?
- How to find the dissonance and shift it into resonance
- How to harmonise the body using breath, sound & movement
- How to expand from the inside out working deeper with dissonance
- How to heal from the heart and align with Divine Truth with the voice
- How to manifest healing and maximise the opportunity
- How can we clear & ground our energy before a session?
- How to transform negative thoughts and anchor these new vibrations daily

### **Homework**

- Daily practices to get you more deeply in your body
- Daily clearing exercises using the 3 Bonus Audios: Earthing, Violet Flame and Sacred Geometry to anchor Divine Blueprint more deeply
- 21 day practice for transforming negative thoughts/self-sabotage
- Self Reflection exercises on processing inner disharmony
- Daily practices for harmonising internal dissonance with the voice
- Focused exercises combining breath, sound & movement to shift consciousness at a subconscious, cellular & energetic level & raise your vibrational in a fully embodied way

### **THINGS NOT IN THE SLIDES FROM WEEK 4**

- How can we clear & ground our energy before a session?

### **WEEK 5: MENTAL ATTUNEMENT**

#### **Practical**

- How to clear fear in the kidneys using solfeggio sound healing
- How to activate the pineal to awaken Divine guidance using sound, light and sacred geometry
- How to anchor this vibrational shift after
- How to clear any other thoughts/conditioning or patterns that are no longer serving you with breath, sound & movement
- How to unify with Divine consciousness after
- How to get into Divine flow with sound
- Further detox tips to maximise Divine & inner guidance & optimise brain function
- More detox tips to purify the blood to optimise body awareness and uplift your mood, reduce cravings, unloving & addictive behaviour
- Gem therapy to increase spiritual connection

#### **Homework**

- Clearing mental challenges that may be limiting you & harmonising them on a subconscious level with breath, sound and movement daily 5-10 minute practice
- Healing the heart & aligning with Divine Truth & open ever more widely
- Review extra detox tips for optimising brain function

## **WEEK 6: EMOTIONAL ATTUNEMENT**

### **Theory**

- E-Motion - Energy in Motion & how to transmute fear-based consciousness
- How to access full freedom in your voice so it can travel wherever it wants
- How to merge Love with your Voice

### **Practical**

- Being present with emotional challenges so they can be witnessed, felt, fully expressed in a safe space, embraced, moved through, transformed and re-integrated into the body. If we can do it for ourselves, then we can do it for others.
- Vocal Warm up
- Conscious Emotional Release
- Heart meditation
- Grounding Meditation for the Body

### **Homework**

- Presencing Emotions to support emotional challenges during the week
- Inner enquiry or Dance to harmonise any internal voices to integrate
- Support energy clearing with Violet Flame meditation audio
- Ensure good hydration
- Support with crystal therapy to give emotional benefits

## **WEEK 7: EMOTIONAL ATTUNEMENT**

### **Practical**

Using solfeggio sound healing to support

- Heart Expanding, Attuning with Divine Self and Amplifying practice
- Heart & Oneness practice
- Heart Activation practice
- Heart Light Body Activation sliding with sound
- Earth Power Animal Breathing
- Purifying and grounding emotions practice

## **HOMEWORK - WEEK 7**

- Doing 1-2 of these different heart activation, expansion, attunements, Oneness and grounding practices a day
- Other detox tips to support you

## **WEEK 8: SPIRITUAL ATTUNEMENT**

### **Practical**

- Divine Guidance/I AM presence meditation
- Deeper dissonance work and shifting frequencies with the voice
- Fine tuning energy shifts
- Extra physical exercises to open throat & go deeper
- Other Shamanic Sonic sounds
- Mantra for clearing fear and anger
- Mantra for attuning to your Divine I Am presence

## **HOMEWORK - WEEK 8**

- Mirror work using these practices
- Practice to find your personal Bioresonance
- Dream work/guidance - Further journalling with spiritual insights/ahas
- Frequency shifting techniques with sacred geometry, light/colour and breath
- “Decalcifying the pineal” detox tips

## **WEEK 9: THE 4 STEP PROCESS & PREPARATION FOR A SESSION**

- The main areas of focus during the session
- The 4 steps to shift dissonance, harmonise, call back soul fragments and anchor Divine I AM presence more deeply in your/client's body
- How to blast through blocks from a martial arts perspective
- How to manifest healing in the language that the Universe recognises as shared in ancient texts
- How to manifest at a quantum physics level
- How to ground and clear after
- Preparation before a Session
  - Body Wake Up
  - Vocal Warm up
    - Summary of the Session
    - Create Sacred Space

## **WEEK 10: HOW TO GIVE A SESSION**

- Setting intentions for yourself and your client
- Drawing a line in the sand
- Train your body and Mind
- Energy Shifts during a Session
- What a session may look and sound like - DEMO
- Giving a session in person, online or remotely & how they differ
- How to clear energy after for yourself & the client to avoid client transference
- How to ground after

## **WEEK 11: VIDEO DEMOS OF STUDENTS GIVING SESSIONS**

5-10-15 minute video shares of each student showing how they use their voice using these techniques. Time of each share will be dependent on the amount of students.

## **WEEK 12: Q & A/COMPLETION & CERTIFICATION**

Upon successful completion of the training, all students will receive an attendance certificate

In loving service to the Divine I AM  
Within us ALL!

***Eeshi-Ra***

**[EeshiraHart.net/courses/sonic-soul-retrieval](http://EeshiraHart.net/courses/sonic-soul-retrieval)**