

LEADING SOUND JOURNEYS

Instrument Intro Classes

(All instrument demos are by Eeshira Hart unless otherwise indicated)

CRYSTAL BOWLS INTRO CLASS - (LSJ24B - 14 minute video)

TIME	TOPIC
0:03	Different kinds of bowls
00:18	Checking the Hz of your bowls
00:32	Where to buy crystal bowls & listen to MP3 samples before you buy
01:50	When you know the Hz you know the benefits & what kind of journey you can offer
01:58	Healing effects of different modes of playing bowls
02:13	Other Crystal Instruments
02:22	Crystal Pyramid
02:37	How to play it
03:25	Where to use in a sound journey
03:58	Best choice of ones to buy
04:38	Crystal Tuning Forks
04:42	Fork therapy in the ocean
05:00	Attuning with Dolphins
05:12	Crystal Merkaba
05:18	How to play it
05:40	432Hz Crystal Harp

TUNING FORKS INTRO CLASS - (LSJ24C - 19 minute video)

TIME	TOPIC
0:03	3 kinds of forks
0:09	Lower frequencies
00:24	Higher frequencies
1:19	Using forks during a journey
1:34	Lining up the forks
1:42	How to activate the forks
1:47	How to avoid damaging forks & changing the Hz frequency
1:58	Healing Intention
2:03	Different Healing Intentions & Directions
2:18	Embodying your Healing Intention & Using the Breath
2:43	Other ways to use the forks
3:04	How to modulate the frequencies of the forks
3:11	Working with binaural beats
4:15	Where to strike the forks
4:31	Crossing the forks over
4:51	How to be fully present
5:11	Playing the forks in the journey space between journeyers
5:46	Activating the Light Body
6:21	Creating a toroidal field/Enhancing energy flow
6:38	How to strike 3 forks together
6:53	Choosing intentions that match the frequencies
7:12	Using these frequencies with clients or creating a sound journey for Activating the Light Body
7:41	Using these forks through the energy field
8:12	Moving stagnant energy
8:51	Using the forks through the space & for energy clearing/Sonic Feng Shui/moving into a new house
9:26	Using weighted forks for spiritual journeyers
9:42	Supporting journeyers in difficulty/emotional
10:03	Accessories for forks to make your journeyers more comfortable

10:22	Telepathically working with clients/journeyers
10:40	How to introduce a tuning fork when a client/journeyer is deeply relaxed
11:15	The best central point to place forks on the body
11:24	Supporting them in letting go
11:44	Working with other frequencies for grounding, soothing, rebalancing the nervous system
12:15	Working with personal clients
12:34	Activating a pair of forks on the body
12:55	Activating with a leg activator
13:29	Using precise frequencies

CHIMES & WAH WAH'S INTRO CLASS - (LSJ24D - 19 minute video)

TIME	TOPIC
0:09	Precise frequencies to maximise healing benefits
0:17	Solfeggio chimes & wind chimes
00:38	528Hz Wah Wah
00:41	Stand or Desktop chimes
00:43	Use quality chimes with a long sustain for clients & sound journeys
1:18	How to give a personal experience
1:46	Using chimes
1:55	Doing sound journeys on a budget & using easily portable instruments
2:40	The importance of quality instruments & energy field benefits
3:20	How to recognise a quality instrument vs. a cheap one
4:40	Other Chimes
7:00	Best way to use them
7:32	Instrument Demo
7:45	Best mallets to use
9:10	Best place to strike a Solfeggio Chime
9:32	Working with Healing Intention
10:30	Moving over the body & through a space
11:35	For space clearing & negative emotions
12:42	How to energise the body with chimes
13:30	How to finish playing chimes
14:00	Using chimes on a stand
14:20	Playing chimes on a stand with Healing Intention
14:55	Playing solfeggio wind chimes on a stand
15:30	How to move them through a space
16:00	Body Awareness
17:55	Wah Wah Sound Pipes/Chimes
18:15	How to play
18:20	How to move through the energy field

GONGS INTRO CLASS - (LSJ24C - 7 minute video)

TIME	TOPIC
0:01	Intro
0:25	Using precise frequencies
00:40	Different kinds of gongs
1:15	Best choice of gongs and good websites to check
2:25	Gong Demo
3:11	Mallets & flumies
3:54	Gong Demo with Healing Intention
4:11	Body Awareness
4:15	Different Sounds & Where to Strike
5:00	Building the Sound & Intensity
6:08	Using Flumies (Demo)
6:15	Where to play the Gong & the Flumies during your Sound Journey
6:38	The different sounds of the flumies
6:58	Directions to use for the flumies
7:15	How to bring more feeling & a Divine focus

GONGS INTRO CLASS - ANNA SOHANA - (LSJ24G - 17 minute video)

TIME	TOPIC
00:01	Introduction
01:03	About Basic Gong course
01:30	What do you need to start Gong course
01:53	Meaning of the Gong
03:21	Healing Properties of the Gong
07:41	Positioning yourself in front of the Gong
08:28	Start sounding the Gong
09:48	Technique 1: Upstroke
12:11	Technique 2: Downstroke
13:25	Technique 3: Variable Beats
14:15	Technique 4: Stop the Gong/Muting
15:10	Learning outcome
15:54	About Basic and Advanced Gong courses

TEMPLE BELLS INTRO CLASS - (LSJ24H - 16 minute video)

TIME	TOPIC
00:09	Checking the Hz of your instruments: a magical story of how I was guided to a Nepalese bell in India
01:10	How to use bells without a long sound in a journey
01:24	Active vs. Passive listening
2:10	Moving it through the space
2:26	Using Healing Intention
2:37	Embodying Intention
3:00	Playing with two or more bells together
3:13	Playing with other sound practitioners
3:27	528Hz Temple Bell
3:46	Tune in with your heart not your mind
4:14	Making the sound more comfortable for your journeyers
4:25	Clearing space
4:47	Working around a client's body
5:00	How not to use bells
5:22	Moving bells through the space
5:32	Moving rhythmically
5:51	How to finish using bells
6:33	How not to fade out
7:20	Using other bells
8:23	Moving other bells through the space
8:28	Changing styles
8:56	How changing how you hold them can change the sound
9:08	Moving energy

THE VOICE & MANTRA INTRO CLASS - (LSJ24I - 18 minute video)

TIME	TOPIC
1:10	Calling in Spirit
1:13	Tuning in with the Divine Feminine
1:17	Offering yourself as a channel for Healing
1:32	Calling in the Divine Feminine
2:00	Preparing to call in
3:06	Demo Channeling
4:35	How long to channel for
5:00	Setting your intention
5:29	Using high and low vibrations
6:02	Using Mantra
7:18	Different mantras you can use (Demo)
8:37	The difference between mantra & channeling ng outcome

RAINSTICKS & OCEAN DRUMS INTRO CLASS - (LSJ24J - 13 minute video)

TIME	TOPIC
0:00	The sound of rain
1:28	Comparing a rainstick to an ocean drum
1:56	Rainstick Intro
2:55	The healing benefits of the rain/sounds of water
3:35	How not to play it & how to play it more consciously
4:33	Where to hold it, using Body Awareness & the best way to play it
5:05	Moving through the sound journey space playing it (Demo)
7:05	The ocean drum - Intro
7:45	How to play it well
8:48	Playing it stronger
9:15	When to play it and when not to play it during a sound journey
9:45	Working telepathically
9:55	Body Awareness
10:50	How to stop playing it
12:40	Best way of finishing with playing it

MEDICINE DRUM INTRO CLASS - (LSJ24K - 6 minute video)

TIME	TOPIC
1:10	Returning back to your Mother
00:34	An Activating Rhythm
00:39	Moving the Drum
00:50	Moving energy/grounding during a journey
1:00	Preparing the Drum
1:11	Connecting with the Animal Spirit
1:21	Checking the tone
1:50	The Rhythm (Demo)
2:05	When to use the drum
2:17	Moving the Sound
2:24	Tuning in with your Body
2:32	Grounding
2:44	The Breath
2:52	Using Intensity
3:18	Getting chaotic with the Sound
3:37	Reaching a Crescendo
3:41	Coming into Silence

MEDICINE DRUM INTRO CLASS - RIO PRATOMO (LSJ24L - 20 minute video)

TIME	TOPIC
00:00	Category of Frame Drums
00:23	How to play
00:28	How to feel comfortable with the drum
01:04	How to feel comfortable with the sound you make
01:20	The two main sounds
2:12	Playing it shamanically
2:28	How to get the best sound
2:42	How the Native American drum compares to an Egyptian Darbuka or African djembe
3:09	Finding the best zone for the main sound
3:50	Demo through different parts of the drum
3:58	How to hit the medicine drum
4:18	How to hold the beater/malle
4:45	Best positions for playing
5:03	Demo
5:10	Adjusting the volume
5:24	How to play with a counting system
6:14	The two different rhythms you can play
6:33	The heartbeat or even rhythm
7:17	The uneven rhythm
7:35	The effects of the two rhythms
8:56	The difference between them
9:27	How shamans use it
9:42	Counting for the rhythms
10:30	Adding healing intention
10:40	Playing with an even rhythm

MEDICINE DRUM INTRO CLASS - RIO PRATOMO (continued)

TIME	TOPIC
10:55	Demo of the heartbeat rhythm
11:11	Try it for yourself if you have a drum already!
11:40	How to use the mapping
12:05	Using our breath or voice to get the rhythm
12:14	Demo with the breath
12:35	Demo with the voice
12:50	Practicing during the day
13:11	Modifying how you play for clients or journeyers
13:37	Expanding how you play to the next level
14:00	Using the voice rhythmically
14:06	Demo
14:32	Using the rhythm
14:42	Adding another beat
14:48	Demo
15:00	Voice and Extra Beat together
15:17	Try it for yourself
15:30	Adding extra beats
15:45	Demo
15:57	Summarising the rhythms
16:05	Demo
16:56	Feeling the effects of the different rhythms
17:12	Using a metronome to practice
17:37	Creating your own rhythm combinations
17:47	Demo
18:07	Increasing your speed & intensity of the sound
18:23	Demo

NATIVE AMERICAN FLUTE INTRO CLASS - RIO PRATOMO (LSJ24M - 21 minutes)

TIME	TOPIC
0:00	Flute demo
0:10	Intro
1:55	Different kinds of flutes
5:10	Making the flute part of you
5:55	Native American Flutes Intro
6:15	Dividing the flute into sections
6:26	The basic rules about flutes
6:48	Opening the holes/notes one by one
7:23	Playing single notes & demo
8:24	Playing Do Re Mi
8:51	Getting comfortable with your fingers
8:57	How to get a clear sound
9:37	The two sections of the flute
10:10	The easiest way to make the sound
10:30	How to choose the best mindset to have
11:00	How not to play it
11:20	How to breathe properly & increase your blowing time
12:00	The kind of notes you want to play
12:10	The upper section
13:00	The lower section
13:30	Playing upper & lower sections together
13:55	Observe the sound & quality of each note
14:55	Experimenting with each note
15:14	Playing up and down
15:22	Playing two notes
16:00	Playing 3 notes shorter or longer
16:23	Trying different combinations
16:40	Trying with the top section

NATIVE AMERICAN FLUTE INTRO CLASS - RIO PRATOMO (continued)

TIME	TOPIC
16:55	Adding 4 different tones
17:32	Playing how you feel
17:48	Playing for sound journeys
18:10	Examples - Demos
18:57	Different techniques
19:17	Fingering - Tapping the sound
19:38	Bending the sound
20:18	Combining all techniques - Demo

HANDPAN INTRO CLASS - ZHENYA TOPOV - (LSJ24N - 16 minute video)

TIME	TOPIC
1:00	How to position the handpan
1:15	How to find the high & low notes
2:20	How to go up and down the scale
2:53	Where to position your hands
4:30	Comparing & choosing a handpan
7:05	The different scales
7:30	The resonance of the handpan
7:45	Different techniques
8:15	Contrasting two different techniques
8:45	What makes a good resonant touch?
10:35	Muted hits
11:15	Using the back of your knuckles
11.30	How to strike the handpan
12:03	The mechanics of the hand
13:35	Your movement between the notes
14:12	How to dance & express through your movement
16:48	End

SHAMANIC RATTLES & SHAKERS INTRO CLASS - LSJ240 - 10 min video)

TIME	TOPIC
01:24	The different kinds
01:32	The qualities they offer
2:14	Deepening the experience
2:31	Using them shamanically not rhythmically
2:51	How to hold 1st shaker
3:00	How to move it - Demo
3:21	Body awareness
3:31	How to stop playing one - Demo
3:57	2nd Shaker Demo
4:04	How to hold 2nd shaker
4:11	How to move it - Demo
4:30	Healing qualities of 2nd shaker
4:45	Where to include a shaker in your journeys
4:48	Getting rhythmic
4:56	Adding in healing intention
5:05	Combining a shaker with the voice
5:20	How to use in a sound journey
5:39	Deepening the experience with a stronger shaker
6:07	Using a pair of rattles
6:10	How to move with a pair
6:20	Setting your intention & moving energy
6:39	Using a pair rhythmically
6:46	Using a pair symmetrically
6:58	Moving through the energy field
7:14	Gathering the room energy in with the rattles
7:21	Where to position yourself in the room towards the end
7:32	Combining with the Breath
7:40	Feeling in your Body

TIME	TOPIC
7:55	Changing body positions
8:07	Completing with the shamanic rattles
8:16	Shamanic use of the Breath
8:50	Encouraging your journeyers/clients to be more pro-active with their breath
9:20	Coming back into the body (if your client or journeyers left)
9:24	Completion of the journey