

# OTHER OFFERINGS



# MY OTHER COURSES

## INTRO TO SOUND HEALING



Input ISH20OFF code  
to get 20% off  
at checkout

<https://eeshirahart.net/courses/intro-to-sound-healing>

1. What is Sound Healing & why it works
2. Cymatics and how Sound creates Form
3. What is Entrainment & how it can be used
4. What is Resonance?
5. How Sound affects Water and Rice
6. Crystalline structures in the Human Body
7. The Speed of Sound & the fastest way of using it
8. The challenges of a modern day lifestyle
9. Where sound is used in the medical world today
10. How to create sacred space beforehand
11. What instruments can be used? e.g. Tuning forks, crystal bowls & other crystal instruments, medicine drum, the voice, chimes and the didgeridoo
12. The importance of focused intention
13. When not to use Sound Healing
14. Where Sound Healing can be used?
15. The Benefits of Sound Healing



# INTRO TO TUNING FORKS



1. What is Sound Healing & why it works?
2. Cymatics and How Sound creates Form
3. What is Entrainment and how it benefits the body
4. The challenges of a modern day lifestyle
5. Where sound is used in the medical world today
6. The Speed of Sound & the fastest way of using it
7. What are tuning forks & how they started
8. The difference between unweighted & weighted tuning forks
9. The importance of preparing the space beforehand
10. How to hold and strike tuning forks
11. The Top 5 most useful frequencies
12. The importance of focused intention
13. How to use tuning forks on the body & in energy field
14. How to maximise results
15. Three ways to use a weighted 111Hz fork for headaches/stress/mental focus, to uplift and energise and pain
16. Contra-Indications - When to avoid using tuning forks
17. How to ground before and after giving a session

<https://eeshirahart.net/courses/intro-to-tuning-forks>



# LEARN HOW TO USE FORKS FOR SELF CARE

Online course NOW available!

- **Over 15 hours of training videos**
- **36 different breath, sound & movement practices**
- **Learn how to treat: Stress, anxiety, depression, muscle tension, poor mental focus, impaired memory, insomnia, low energy, back pain, headaches, low immunity, lack of grounding, indigestion & more!**
- **Easily relieve** most of these **in just 5-10 minutes?**
- **INCLUDES:**
- **3 111Hz & 136.1Hz Tuning Forks** to harmonise & support your journey
- **FREE 111Hz 30 page eBook PDF** (£10 value) (with forks purchase)
- **FREE 2 x sound healing tuning fork audios** - The Unity Codes & Earthing - for rebalancing, clearing, uplifting, energising, harmonising, awakening & coming back to Earth. Super helpful at this time to clear the old paradigm of a fearful life and if you use technology/devices a lot! **(£30 value)**
- **FREE 3 x "Clear the Fear" exercises** to more deeply embody
- **FREE "Fear to Love" Pandemic practice** to co-create a brighter future! ("Clear the Fear" & "Fear to Love" = **£50 value**)
- **FREE "High Vibe your Life" eBook PDF** guide to feel fabulous & maximise your energy every day! - **(£10 value)**
- **FREE "Happy Brain = Happy Body" PDF** of nutritional guidance to make cravings, addictive behaviour, depression & unloving behaviour a thing of the past! - **(£10 value)**
- **FREE Wifi & Technology tips** to reduce your impact from electromagnetic radiation & use of technology e.g. Wifi, phones, computers, etc **(Priceless!)**
- **TOTAL FREEBIES: £110/US\$145**
- **<https://eeshirahart.net/courses/self-care-sonics>**

## SELF CARE SONICS

**Raise your vibration  
with sound healing  
to maximise your  
health & happiness**

**Eeshi-Ra Hart**



### *How to feel great in your body every day!*

Come & join us as we **raise our vibration**, move **beyond old ways of being**, deepen **the love we have for ourselves & our bodies** & **shift** into a **whole other level of fun & joy!**

Great for **practitioners** or **personal use** to deepen **self care** and maximise **health & happiness**. Beginners most welcome too!

**Your Investment** includes **2 special sound healing tools** to support you during the course & beyond!

**Enquiries:** [info@eeshirahart.net](mailto:info@eeshirahart.net)

**A 15 hour immersion** packed with self-care practices using sound and light to easily:

- clear out the past
- de-stress & uplift
- release muscle tension
- relieve pain
- rebalance & harmonise
- sleep more deeply
- detox daily
- energise; &
- ground/earth

**More info & Sign UP here:-**  
**[EeshiraHart.net/courses/self-care-sonics](https://eeshirahart.net/courses/self-care-sonics)**

***TUNE IN ... TUNE UP***



# SONIC SOUL RETRIEVAL

Vocal healing through the energy field

**Become a master energy worker with your own voice!**

- Want to have a fully alive, fun and fab day every day tuning into your FULL potential?
- Want to learn how to help others using the power of the voice with healing intention for soul retrieval?
- Want to make the past a thing of the past during these times of the Great Awakening? Then you're in the **RIGHT** place!

Benefits include:-

- Emotional clearing
- Energy centre rebalancing & harmonising
- Energy field clearing before dis-ease manifests physically
- Grounding
- Boosts energy
- Improves mental focus and memory
- Past life clearing & Past life messaging
- Current/past life trauma integration
- Deepens embodiment of your I AM presence
- Deepens psychic attunement and spiritual awakening!

• **ONLINE COURSE NOW AVAILABLE!**



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



# BODY SONICS

How to heal **your** body with **your** voice

- Personal mentoring available via Zoom
- Do it in your own time & in the comfort of your own home!
- **Benefits:-** Learn how to heal old injuries (eg. chronic pain, poor energy flow, scar tissue, nerve damage, etc), get healthier, more energised, let go of the past, feel happier, more empowered, think more clearly, create more joy, peace & fulfilment in your life
- **FREE** 1 hour sound healing audio (The Unity Codes)
- **Includes** 90 page manual & 3 sound healing audio files
- Re-visit the information **anytime** you want!
- Packages of 3, 6 or 9 x 1 hour Zoom sessions
- **BOOK your FREE 15 min Zoom chat** with Eeshi-Ra to see if this is a great fit for you. Please email me - [info@eeshirahart.net](mailto:info@eeshirahart.net)
- **EeshiraHart.net/sessions/body-sonics-healing**

# Body Sonics

with Eeshi-Ra Hart

**Physical healing mentoring via Zoom with sound healing that fully support your personal transformation! Available as 3, 6 or 9 sessions depending on the support you feel you need!**



*Heal yourself  
with your voice*

All of life is vibration.  
Learn the real POWER of specific frequencies to unlock, clear and harmonise your body. Tune into your body's wisdom. Let go of the past, free yourself & discover your own inner healer.  
Great for scar tissue, nerve damage, past trauma, chronic pain, poor energy flow....

To find out more, please go to:  
[EeshiraHart.net/sessions/body-sonics-healing](http://EeshiraHart.net/sessions/body-sonics-healing)

Booking essential: [info@eeshirahart.net](mailto:info@eeshirahart.net)

## **Mentoring/eBook includes:**

How I healed myself with sound  
Solfeggio frequencies for healing and cell regeneration  
What's your body telling you?  
Finding your voice  
How to navigate your own healing  
The importance of breath, sound & movement  
Amplifying with sacred symbols  
Anchoring with colour  
Supporting the healing process with healthy diet/lifestyle  
Clearing the energy in a room  
Energising your water and food  
Activating your light body  
& much more!

**INCLUDES:** 90 page manual, The Unity Codes & 3 sound frequency files

*"My left leg no longer hurts, previously so painful" - Tristiningsih*  
*"It's powerful medicine" - Liana N.*

For more info on sound healing audios, videos, courses, tuning forks & more!  
[www.EeshiraHart.net](http://www.EeshiraHart.net) and [www.youtube.com/c/EeshiraHart](https://www.youtube.com/c/EeshiraHart)



## SONIC SMILE - LEVEL 1 TREATING DENTAL ANXIETY/STRESS



**Eeshira Hart**

*"If you want to find the secrets of the Universe, think in terms of energy, frequency and vibration" - Nikola Tesla*

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## SONIC SMILE

- Do you know any dentists wanting to **learn new skills**?
- Do you know anyone suffering from dental patient anxiety?
- Learn this new, exciting and innovative stress relaxation method using the power of holistic sonic science
- Learn how to use scientifically-researched and medically-applied sound frequency to offer an easy and effective solution for dental patient anxiety to enhance dental patient care all over the world!
- Use as a highly effective stress relief tool for yourself (if you're a dentist) and your whole team too!
- Levels 1 & 2 online training



The results for the **Oral Health & Dentistry Awards 2020** proudly hosted for the fourth year by **Global Health & Pharma** have now been finalised

On behalf of the team at **GHP**, I am delighted to confirm that **Sonic Smile** has been awarded:

**BEST ONLINE DENTAL PATIENT ANXIETY RELIEF SERVICE**

\*\*\*\*\*

Harwinder Tawar - Awards Executive - GHP Magazine

Address: 2nd Floor, Suite F, The Malsters, 1-2 Wetmore Road, Burton-on-Trent, Staffordshire DE14 1LS  
Registered Company Number: 07400916 | ICO Registration: ZA2699476

**SonicSmile.org**



# HEAR WHAT MY CLIENTS SAY



To learn more about the many success stories  
using the power of sound,  
please check out my client testimonials here:  
**[EeshiraHart.net/media/testimonials](https://EeshiraHart.net/media/testimonials)**



# WANT TO BECOME A SOLFEGGIO TUNING FORK PRACTITIONER?

Online course

- Learn the **deep science and esoterics** behind these sound codes
- Learn a **pineal activation** to maximise healing for your client
- Learn how to **activate full pranic energy field & DNA**
- Learn tuning fork practices for **clearing energy blocks**
- **13 training videos** (over 2 hours) **PLUS 60 page training manual**
- **3 x pre-session audios** - Learn 3 techniques to clear before & after sessions
- **FREE** sound healing audio (The Unity Codes - 20 & 40 minutes)
- **FREE** Over 7 hours of presentations on 4 x DVD's
- **FREE** Solfeggio eBook
- **BONUS** "Explode the myths" presentation PDF (DVD coming soon)
- **1 hour Zoom** one-on-one with Ashera and full email support
- **BONUS** 2 x video interviews (from forthcoming documentary)
- **GOLD package** also includes: Practitioner set of 18 tuning forks, **PLUS FREE** Flower of Life Treatment table/fork table covers **PLUS** 2 hours extra Skype one-on-one



More

**[EeshiraHart.net/courses/solfeggio-tuning-forks](https://EeshiraHart.net/courses/solfeggio-tuning-forks)**



# WANT TO BECOME AN EARTHING TUNING FORK PRACTITIONER?

Online course

- 10 training videos showing meridian points & energy centres Front & Back
- Over 3 hours of slideshow videos
- 120 page manual
- Body Maps - Front & Back
- 20 minute "Becoming the Fork" meditation
- 3 pre-session MP3 audios to clear, ground & energise before or after a session
- 1 hour Zoom for Q & A with Eeshi-Ra
- Full email support
- Certificate of Attendance
- Do at your own pace at a time to suit you
- Review the training at any time
- **BONUS PDF's:** Optimising your sessions
- **SPECIAL** practitioner discounts
- **[EeshiraHart.net/courses/earthing-tuning-forks](http://EeshiraHart.net/courses/earthing-tuning-forks)**

## EARTHING with TUNING FORKS

Would you like to:-

- Learn to use tuning forks to de-stress, relax, uplift, energize, rebalance, ground and center
- Learn how to use tuning forks on key meridian points & energy centers
- Harness the power of frequencies that revitalize & rebalance NASA astronauts!
- Help your clients experience a deeper connection with their body, the Earth and the Divine!
- Assist you and your clients to sleep more deeply
- Clear the impact of electro-stress from technology
- Learn techniques easily used at festivals, expos etc

**FOR: Massage,  
cranial-sacral,  
sound healing  
and other health  
& wellness  
practitioners**

Online courses available.

Please email Eeshi-Ra - [info@eeshirahart.net](mailto:info@eeshirahart.net)

**BOOK HERE: [EeshiraHart.net/courses/earthing-tuning-forks](http://EeshiraHart.net/courses/earthing-tuning-forks)**

In today's Western world, it's easy to get out of balance or overwhelmed by the stresses of a busy lifestyle and how technology can negatively impact us, that may interfere with our body's energy levels, creating stress, tiredness, lack of grounding, poor sleep, health etc. Research shows a major link between a lack of grounding (or earthing) and inflammation which is responsible for over 85% of dis-ease ("Earthing" - Clinton Ober)

Learn a simple, yet profound-to-experience tuning fork technique with just 5 forks  
Learn how to give sonic bliss and balance to yourself and all your clients!  
Course fee includes practitioner set of five weighted tuning forks  
Also enjoy FREE sessions on a NASA PEMF Omnium 1 Earthing mat during the course

*"I can highly recommend Eeshi-Ra's courses, they are packed full of content and passion for her work"*  
- Jenny, Zobet Tuning Forks practitioner

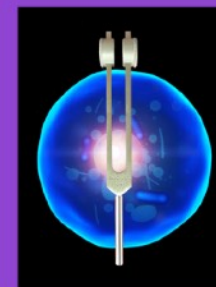
Eeshi-Ra Hart: "I'm passionate about the power of sound to bring transformation in our lives. I've been working with sound since 2001 and love how gentle, yet fast & effective it can be and how it gives us an easy non-invasive & highly beneficial tool in our fast paced world! Earthing can be a real life changer!" Since 2001, she's developed sound healing methods with tuning forks, the voice (Body Sonics), with horses, The Frequency Shift sound journey, sound healing audios, DVD's, eBooks, courses, ringtones & more! Private sessions available upon request.







# Cellular Sonics



For osteopaths, physiotherapists, acupuncturists  
chiropractors, massage therapists and other bodyworkers  
to bring the potency of **holistic sonic science** into your client sessions



Lovingly co-created by Eeshi-Ra Hart, Founder of Sonic Life Solutions, sound healing practitioner, trauma release bodyworker, aromatherapist (ITEC), reflexologist (IIHHT), sport massage, injury prevention and massage practitioner with over 28 years' experience, and Rachel Ellery BSc Hons Osteo, Founder of The Anatomy School, osteopath, cranial sacral therapist and anatomy educator with over 26 years' experience.



**Conditions treated include:** The importance of calming the patient first, treating anxious patients, busy mind patients, calming babies/children prior to treatment. Treating fractures/bone repair, sprains/strains, contusions, pain, and inflammation. Trauma including heart trauma, emotional trauma e.g. heartache, concussion/head trauma, whiplash, and car/bike accidents,. Treating neurological challenges, central nervous system disorders, insomnia, and working with post-surgery clients. Use of sound for grounding, integration and completion of treatment  
More here: [EeshiraHart.net/courses/cellular-sonics](https://EeshiraHart.net/courses/cellular-sonics)





**NOW** available in Modules too!  
Learn the **Fundamentals first** and then **choose your module**

**MODULE 1: STRESS    MODULE 2: PAIN    MODULE 3: TRAUMA**



More here: [\*\*EeshiraHart.net/courses/cellular-sonics\*\*](https://EeshiraHart.net/courses/cellular-sonics)



# Shift It!

Eeshi-Ra Hart

*Creating Positive Change with Breath, Sound, Consciousness & Movement*

Want to Shift into a brand NEW you?

This is for you if you're ready to raise your vibration,  
embody more deeply, and manifest your heart's desires.

It's like putting the Law of Attraction on turbo boost!



Open to  
Receive it  
See it  
Feel it  
Be it

Come join us and Shift It!

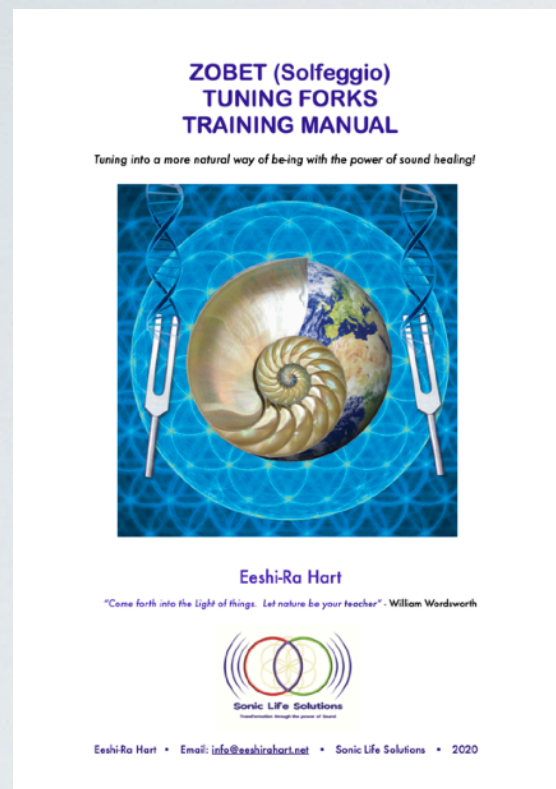
Learn more: [EeshiraHart.net/courses/shift-it](http://EeshiraHart.net/courses/shift-it)

# SHIFT IT

- Put the **Law of Attraction** on **Turbo Boost!**
- **Permanently** transform your life!
- **Learn vocal healing to clear limiting beliefs** held at a subconscious level
- Become **your own GURU!**
- Live your **DREAMS!**
- **ONLINE COURSE** now available!
- **EeshiraHart.net/courses/shift-it**



# SPECIAL OFFER: Fork practitioner courses & Shift It



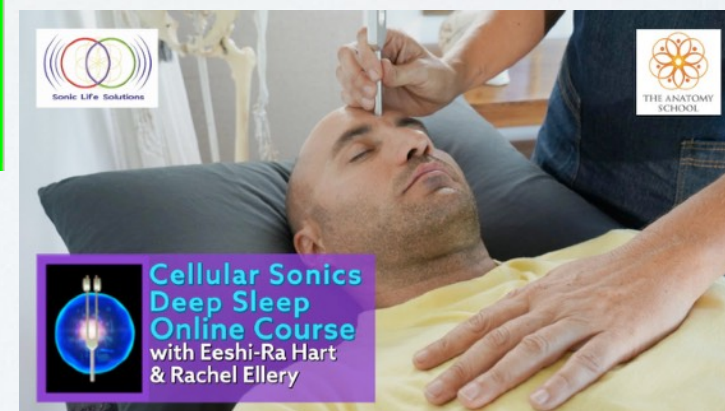
Solfeggio Forks



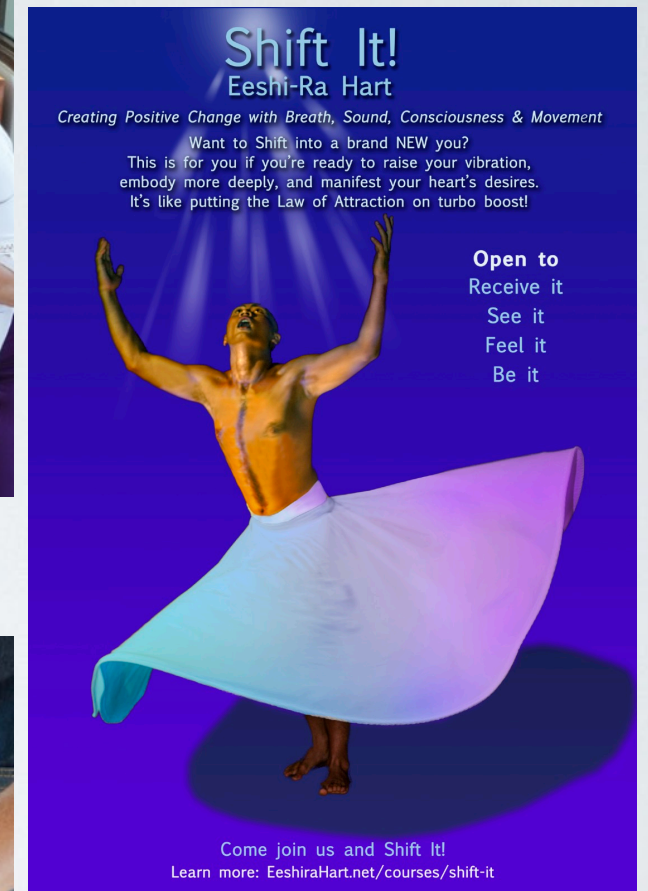
Earthing Tuning Forks



Cellular Sonics FULL course



Cellular Sonics DEEP SLEEP



Shift It

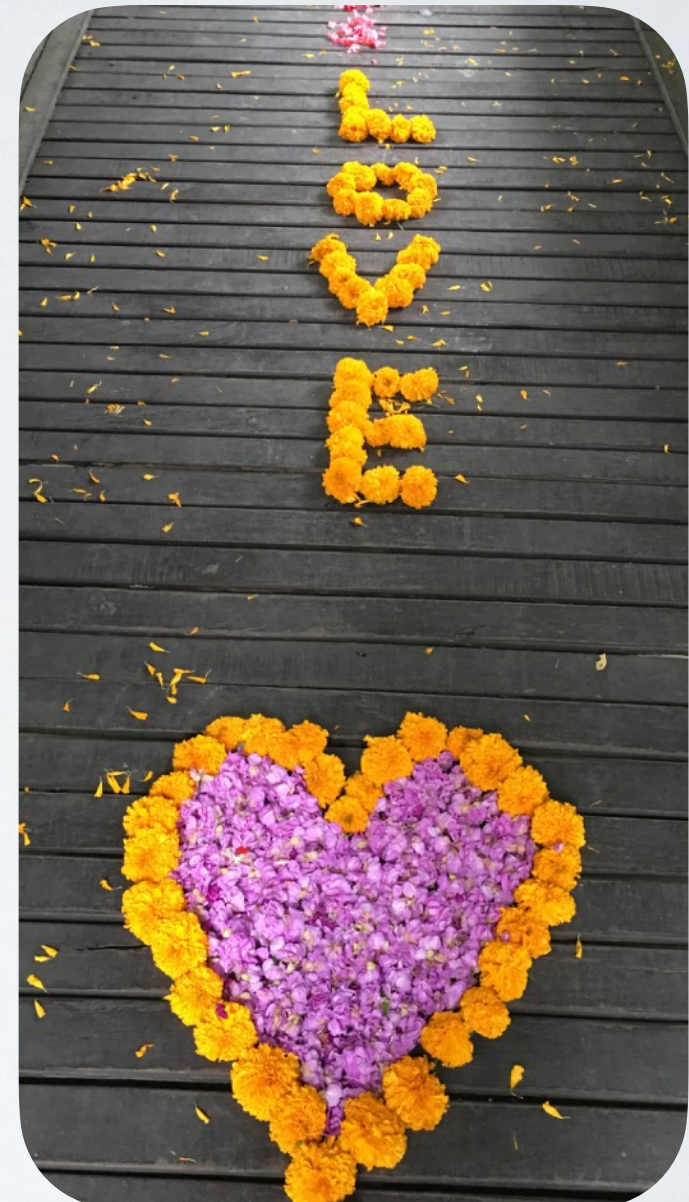
**SPECIAL OFFER: 15% OFF** - Email me to get your coupon code - [info@eeshirahart.net](mailto:info@eeshirahart.net)



# WANT TO LEARN FOR FREE?

and share the good vibes

- **Become an Affiliate** to share Eeshi-Ra's inspiration with your friends & family
- **Earn up to 30% commission**
- **Great for health & wellness practitioners**
- To find out more go here: **<https://eeshirahart.net/affiliate-home/>**
- Register here: **<https://eeshirahart.net/affiliate-home/affiliate-register/>**





# EARTHING TECHNOLOGY

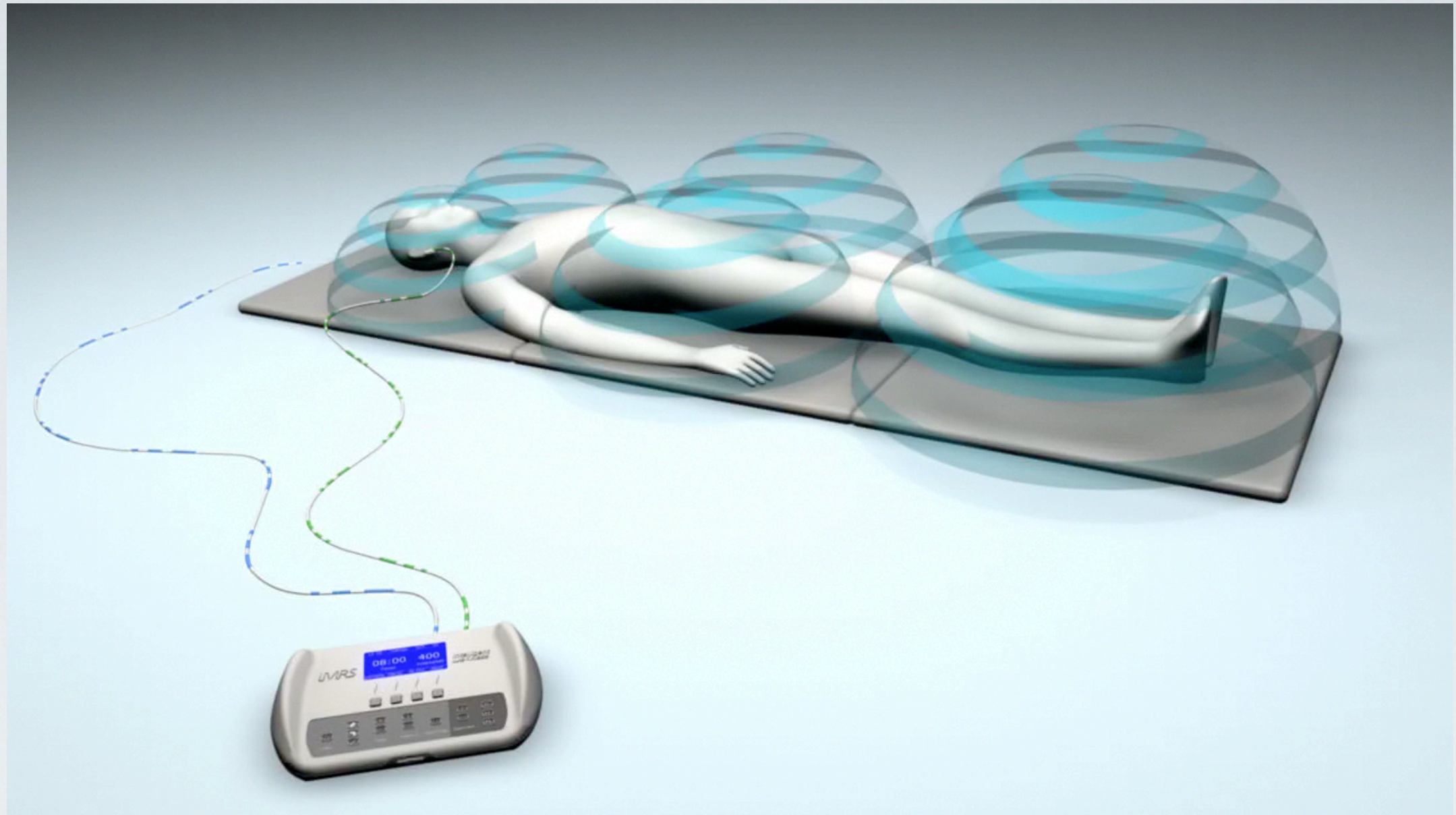
- The world's first & only Android-based PEMF system
- To benefit you & your family's health & your workplace, insist upon genuine, high quality PEMF from Swiss Bionic available through me, Eeshi-Ra Hart
- Over 10,000 clinical studies

**iMRS**  
*one*





# THE POWER OF EARTHING



I reverse-engineered an Omnum I PEMF mat and created a tuning fork protocol to give the same vibrations in tuning forks, and added in the many benefits of two 111 Hz forks too!

More here: <https://eeshirahart.omnumI.com> and <https://eeshirahart.swissbionic.com>

Video links on the many benefits of PEMF here: <https://eeshirahart.net/pemf>



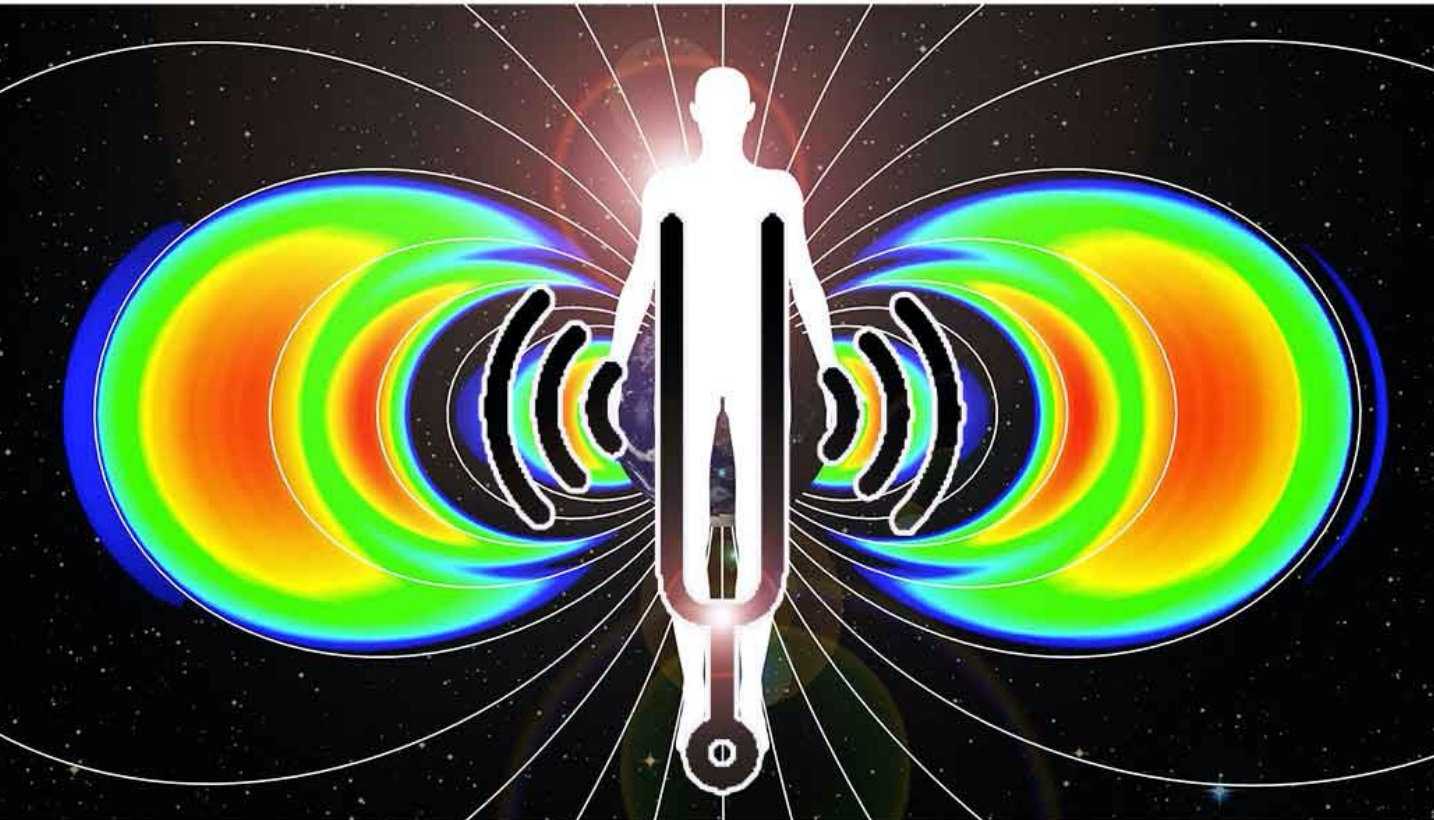
OTHER COURSES  
COMING SOON!



# BECOMING THE TUNING FORK

*Take your tuning fork sessions to mastery level*

Eeshi-Ra Hart



## In this 8 hour intensive you will learn:-

- Mastery skills to prepare before a session
- How to create laser-focused intention
- The Science of Frequency & Master frequencies
- The latest DNA & Brain Research
- Zobet Fork methods for the Energy Field
- Using awareness to optimise energy flow
- The vital importance of the Schumann & Geomagnetic for the physical body
- How to combine sacred geometry & light
- How to reduce electro-smog impact
- What enables client release?
- How to maximise cellular communication
- Why the breath & voice are so important
- The importance of using 7 layer touch
- How to avoid client transference after
- How to apply all you've learnt in a partner session exchange

Eeshi-Ra has over 20 years' experience in the sound healing world and has been working with tuning forks since 2001. Eeshi-Ra has pioneered many different tuning fork & vocal healing methods, & teaches worldwide. "I'm passionate about the power of sound to bring transformation in our lives. I love how gentle, fast, & effective it can be to bring about lasting change".



BOOK HERE: [EeshiraHart.net/courses/becoming-the-tuning-fork](https://EeshiraHart.net/courses/becoming-the-tuning-fork)

- Learn mastery level skills with tuning forks
- Learn the latest science, DNA & brain research & the master frequencies
- Learn frequencies for energy field clearing, activating light body, physical healing, naturally earthing & beyond!
- Embody the transmission of the frequency and how that offers your clients the best possible healing outcomes
- and much more!
- **This mastery tuning fork course includes:**
  - **Full training manual**
  - **3 pre-session audios** to clear, ground & energise before or after a session
  - **BONUSES:** 111 Hz Summit MP4 video, Sonic Sanctum energy clearing audio, Earthing audio for before & after. **FREEBIES TOTAL £50 VALUE**
  - **Certificate of Attendance;** and
  - **Special Practitioner Discounts** to keep yourself clear, energised and tuned in!
- **ONLINE COURSE coming late 2022!**
- **[EeshiraHart.net/courses/becoming-the-tuning-fork](https://EeshiraHart.net/courses/becoming-the-tuning-fork)**



# Online course & “Breaking Free” Book coming late 2022!

- Cut the ties with past lovers in a potent & transformational way
- Learn an Ancient Toltec recapitulation shamanic breathing technique as taught in the women's Carlos Castaneda school
- Draw a line in the sand and **reclaim a new way of being TODAY!**
- **Benefits may include:-**
  - Easily release emotions from the past and take your power back
  - A deeper level of love for yourself and others
  - Feel more balanced, free, energised, grounded & joyful on a day-to-day basis
  - A clearer mind and focus in your life
  - Higher self esteem and ability to discern what's right for you
  - Deeper level of in-tuition and listening to your inner guidance
  - Feeling more empowered to communicate your boundaries and speak your truth
  - A practice you can use ongoing for any partner or unloving relationship
  - A deeper connection with your body and tuning in with what you need
  - A heightened state of natural bliss in your body
  - A deeper connection with your sacred womb space & more!
- **BONUS Freebies include:-**
  - **Solfeggio Sound Healing Crystal Bowl Audios** to deepen & support your process
  - **Sonic Sanctum Space Clearing** tuning fork audio to rebalance, energise & awaken!
- **TOTAL FREEBIES £35 value**

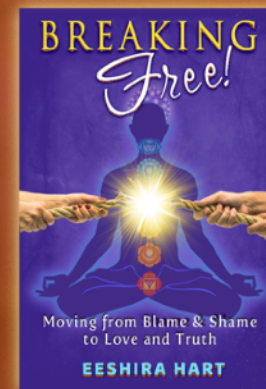
**[EeshiraHart.net/courses/the-reclaiming](https://EeshiraHart.net/courses/the-reclaiming)**

# The Reclaiming

with Eeshi-Ra Hart

**Learn an ancient shamanic practice  
to 'recapitulate' female sexual energy  
(Women only)**

Did you know as a woman, that all past lovers keep an energetic link  
into your womb for 7 years unless you clear it?  
Would you like to break free of past lovers & unloving ways of relating  
in an easy, yet profound way that you can use anytime you need?  
Are you ready to fully honour and empower yourself?  
Do you ever get a chance to really express your truth & pain?  
Would you like to know the real reason for being in relationship?



## **Come and learn how to :**

- Cut the ties with lovers so you can feel more energised, focused & clear
- Release old emotions and take your power back
- Express your boundaries in a safe way
- Create deeper self-love & reclaim the sacred space of your womb
- Shift from blame to forgiveness and from oppression to freedom

When we choose to take full responsibility, we can create happier & healthier relationships to create more love, joy, peace and fulfillment in our lives! Eeshi-Ra shares the practice & insights from her forthcoming book “Breaking Free” in a potent & simple way with transformational solfeggio sound healing to support your journey..



**EESHIRA HART (UK)** is a sound healing practitioner, international speaker, trauma release breath practitioner & bodyworker, workshop facilitator & singer & is passionate about empowering women to reclaim their power. For more info on Eeshi-Ra's online courses, sound healing audios, sessions, instruments, Body Sonics, Cellular Sonics, Self Care Sonics, Sex Sonics & other sound healing offerings, please go to:- <https://EeshiraHart.net> and [YouTube.com/c/Eeshirahart](https://www.youtube.com/c/Eeshirahart)



# More Sound ..... More Pleasure!



## Level I Sex Sonics Forks

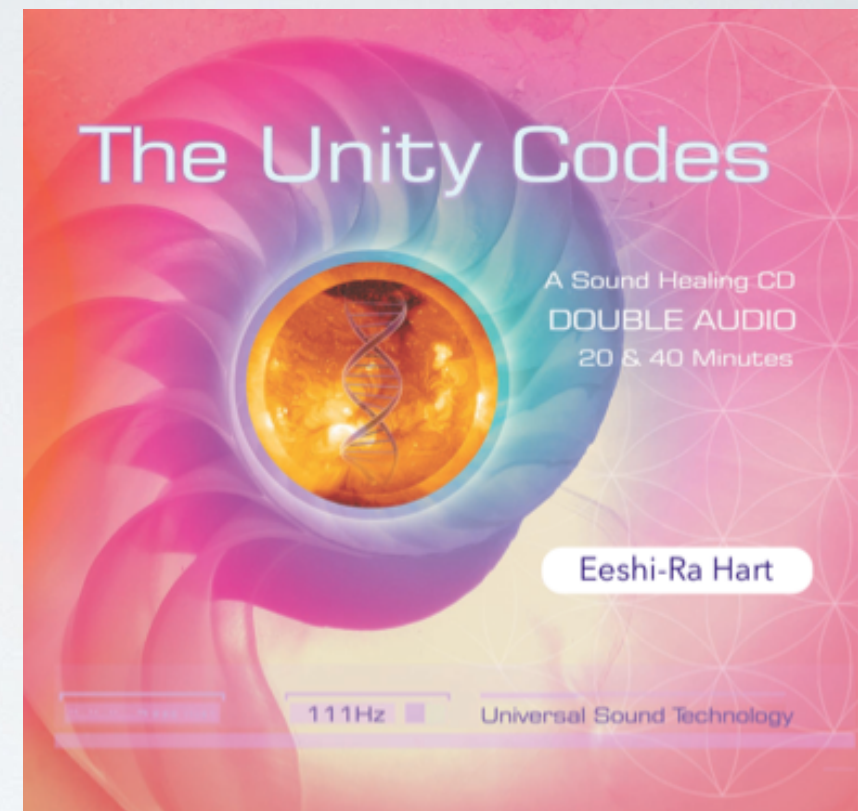
- A new sexual healing modality co-founded with Eve Glimma (ISTA, Australia) using the power of the voice and tuning forks on key meridian points of the body
- Using Zobet frequencies & others to help release tension, grief, anger, trauma, de-armour & to also stimulate the clitoris, kundalini, orgasm and awaken the ecstatic response
- Level I & Level 2 tuning fork sets
- **Online Sexual De-Armouring Home Study Course coming late 2023**
- **[EeshiraHart.net/sessions/sex-sonics](http://EeshiraHart.net/sessions/sex-sonics)**



# WANT TO FEEL MORE INTUNE?

Benefits include:-

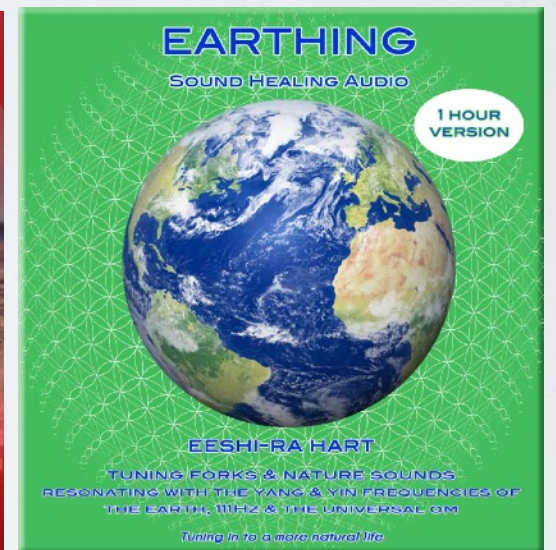
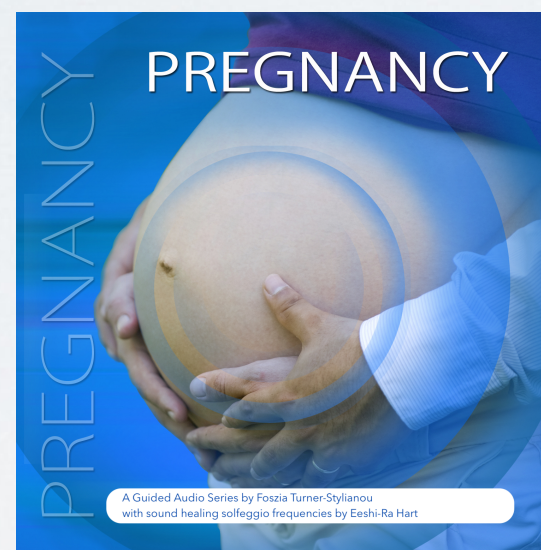
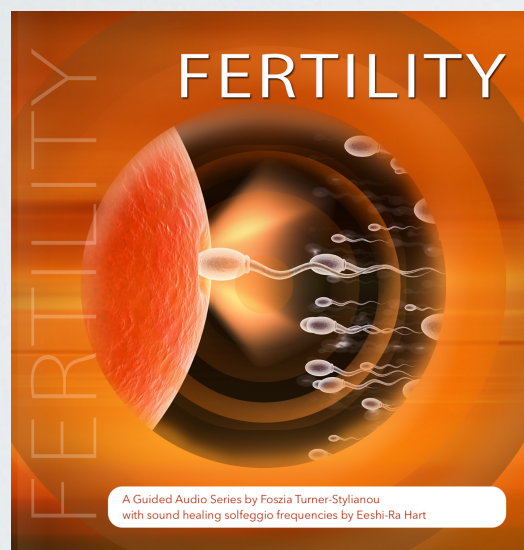
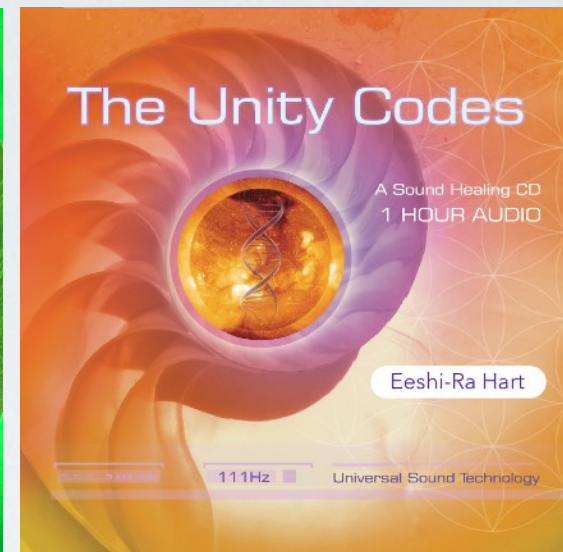
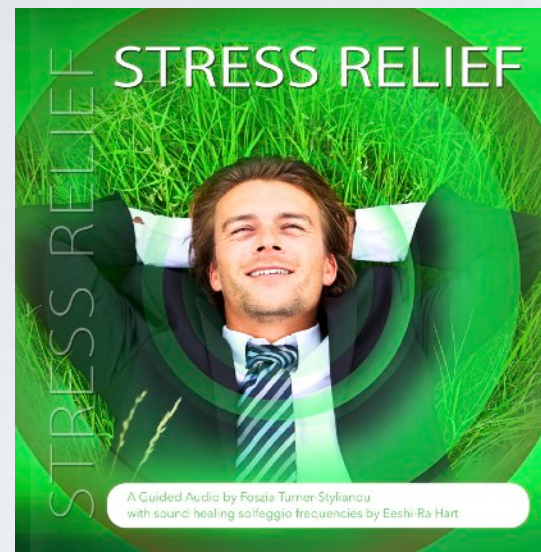
- Theta state - great for deep relaxation, meditation, boosting immunity, accessing in-tuition, problem-solving, creativity, super-learning, transforming limiting beliefs etc
- Stimulates your happy hormones, helpful for anxiety, depression, addiction, pain relief etc
- Aids a deeper, more restful sleep
- Clear, rebalances, inspires deeper self love & energises
- Tunes you in with the planetary shift!
- Awakens you more deeply to your spiritual divinity
- Helps your body remember it's part of the Earth, the Cosmos & ultimately connected to All
- Drink water before and after to support any rebalancing effects
- A personal sound session you can play over & over!
- **[EeshiraHart.net/shop/audios/the-unity-codes](https://EeshiraHart.net/shop/audios/the-unity-codes)**



20 minute, 40 minute & 1 hour  
versions available  
for longer & deeper journeys!



# TUNING FORK AUDIOS AVAILABLE



To help you de-stress, find your natural breathing pattern, massage your body with the power of your mind, conceive a child, celebrate your pregnancy, feel more sexual pleasure, rebalance, uplift, energise, create sacred space at home or at work, earth naturally, or get your Zen monk chill on.

Connect with nature like you've never heard it before!! etc.

More here: [\*\*https://EeshiraHart.net/shop\*\*](https://EeshiraHart.net/shop)



# IT'S AS EASY AS "A, PEACE, SEE"!

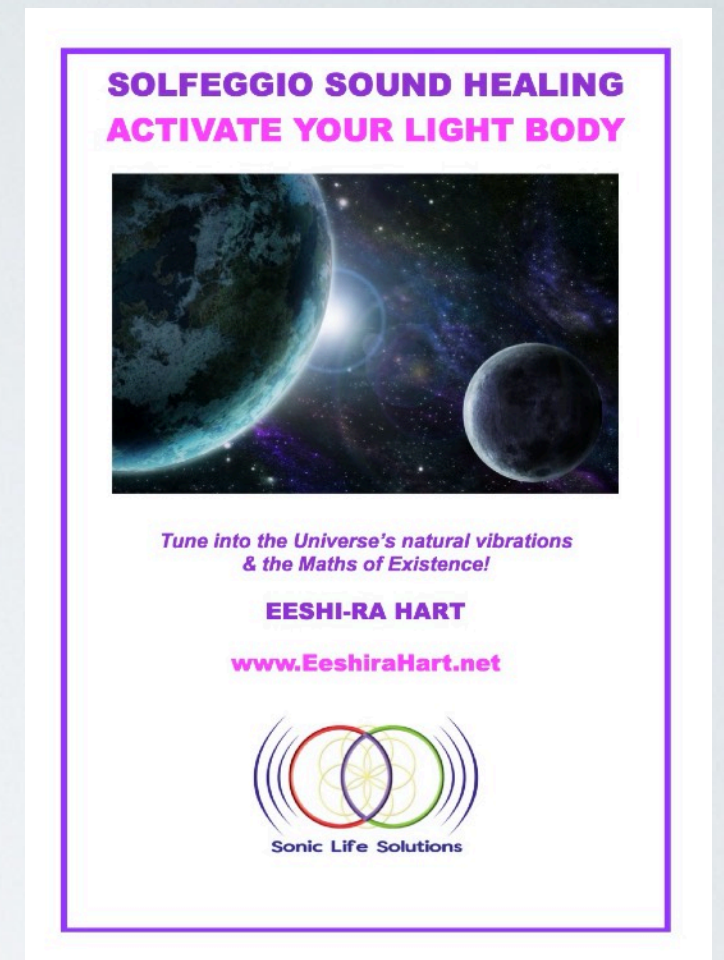
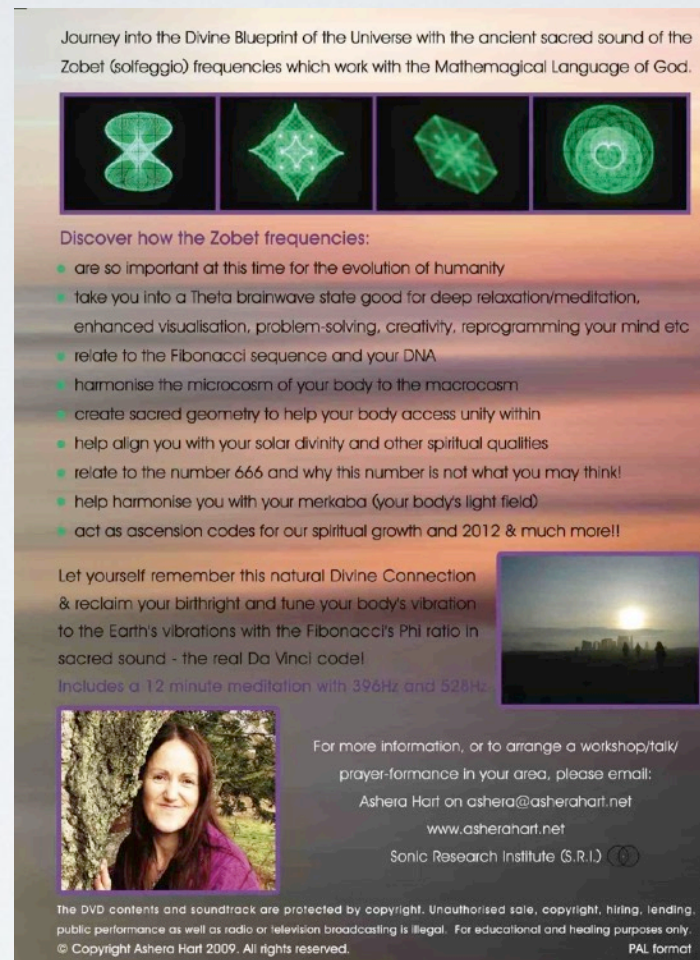
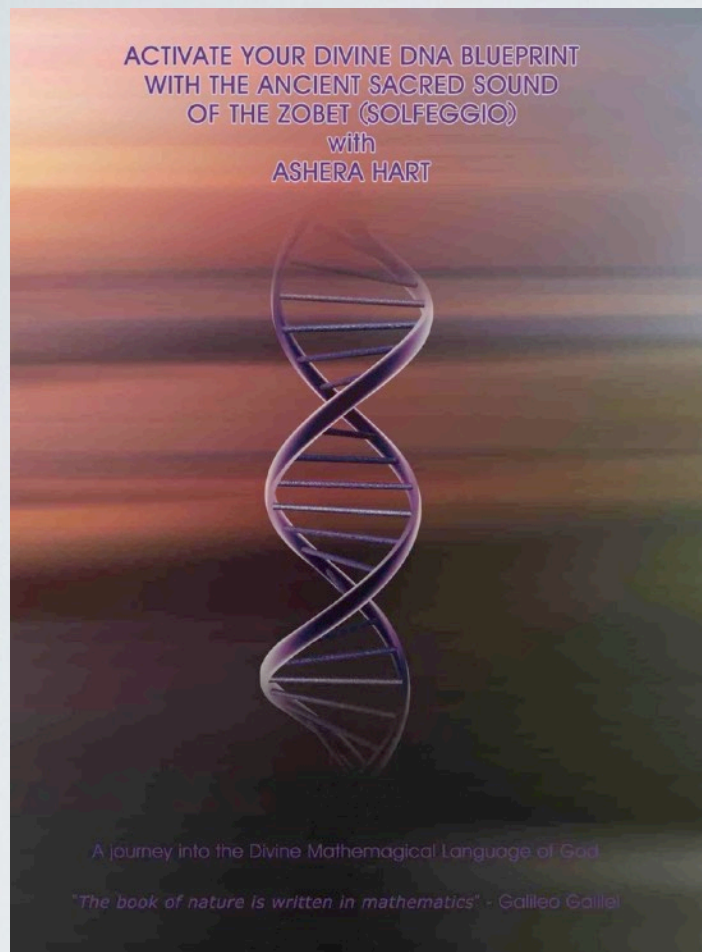
20 min audio perfect after lunch or 40 min great for meditation/getting to sleep!

- Download the audio
- Import onto a laptop
- Sync your phone to transfer
- Get your headphones
- Drink some water ;-)
- Lay back
- Close your eyes
- Tune in and enjoy!





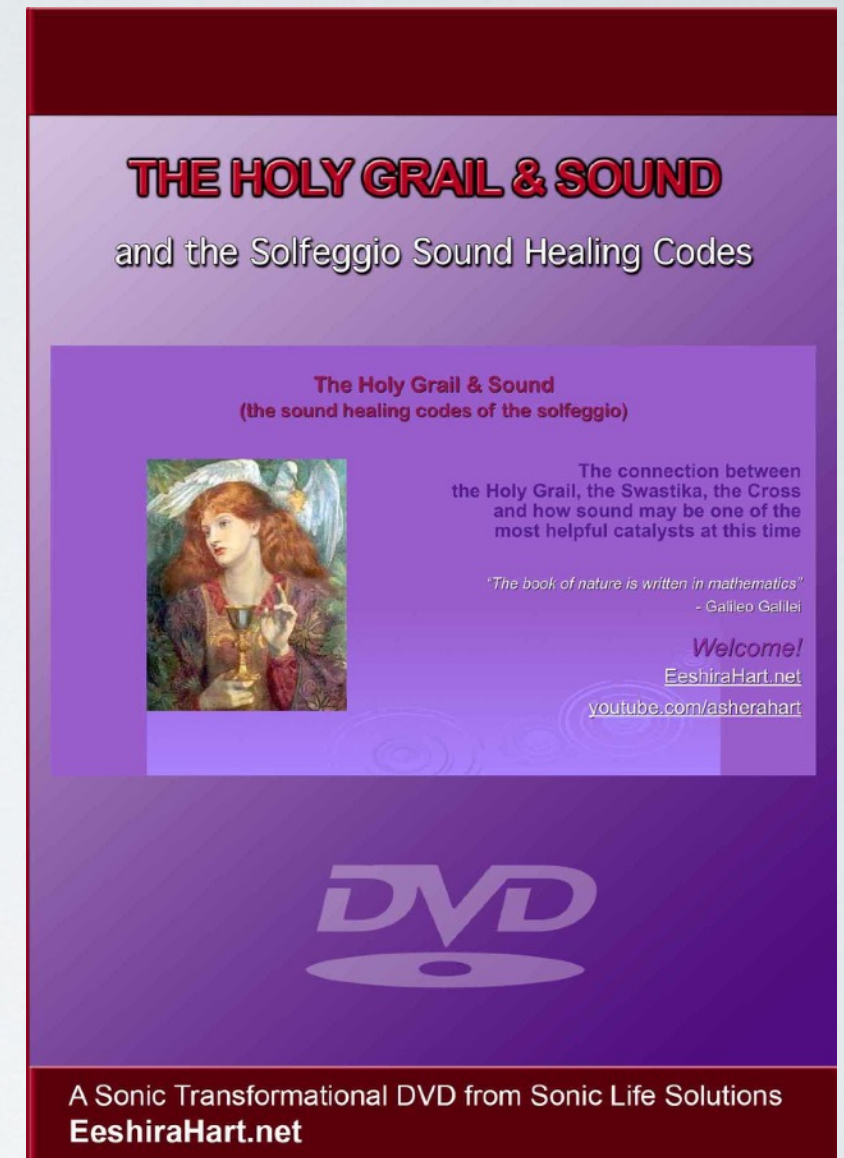
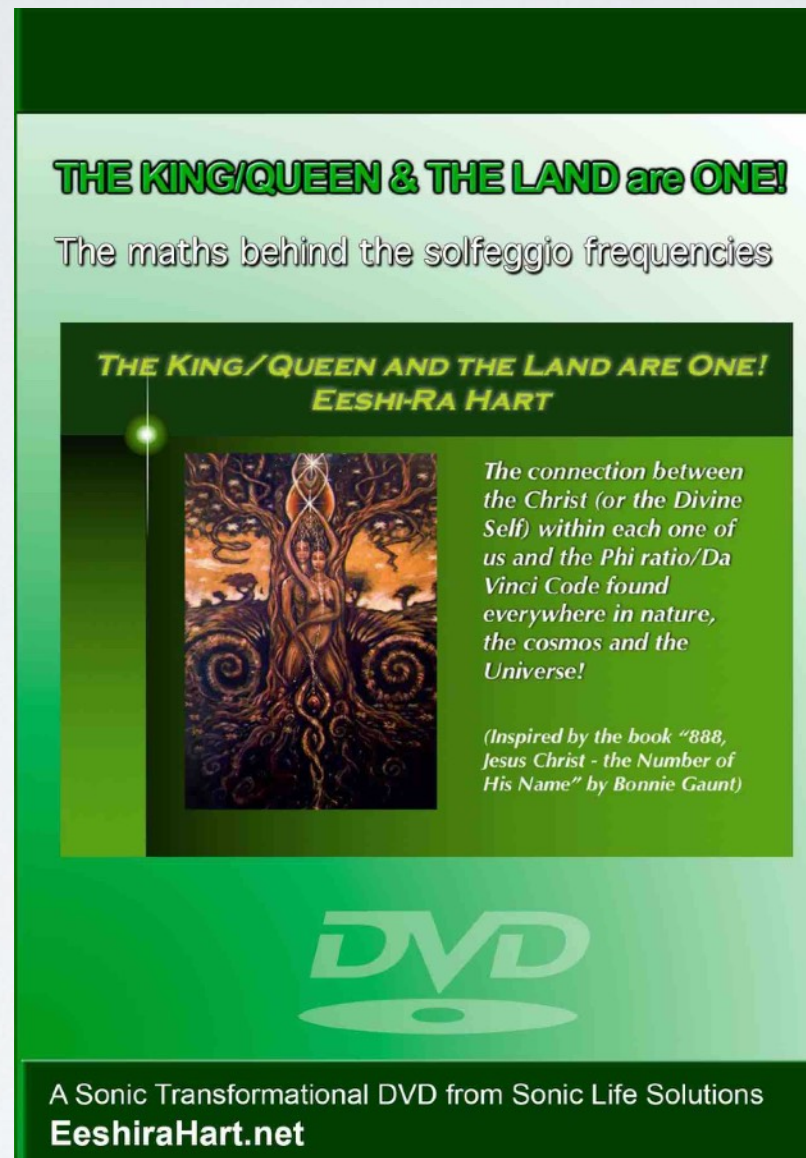
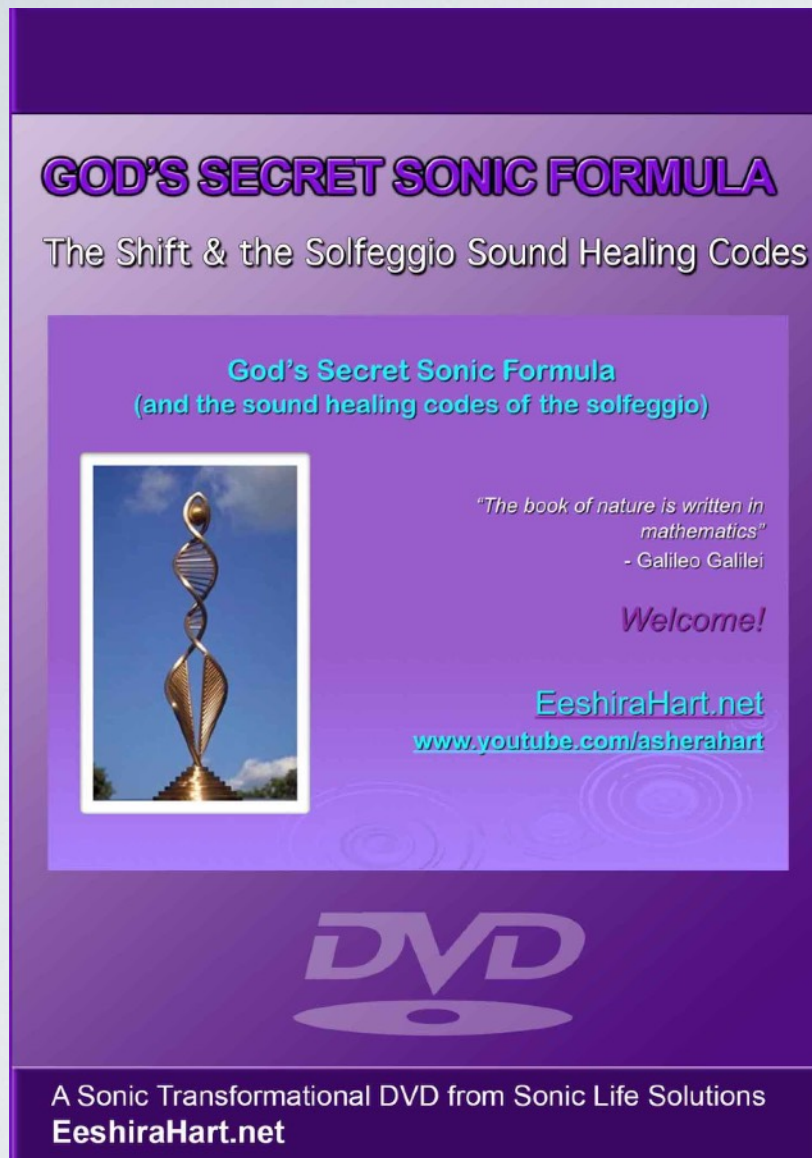
# WANT TO LEARN MORE?



- Includes: Why solfeggio so important as tools for our ascension; Theta brainwave state; Phi ratio; helps You unify; rebalances body; harmonises mentally/emotionally; awakens you spiritually; relates to sacred geometry; why 666 is a great number; activates light body; what this has to do with Christ etc
- Includes **BONUS PDF** of "Explode the Myths" 2014 conference presentation FREE!
- eBook available as a PDF download from [EeshiraHart.net/shop/solfeggio-eBook](http://EeshiraHart.net/shop/solfeggio-eBook)



# OTHER DVD'S/VIDEOS



"God Secret Sonic Formula"

"The King/Queen &  
the Land are One"

includes research by kind permission of  
author & master of gematria, Bonnie Gaunt

"The Holy Grail & Sound"

**Available: [EeshiraHart.net/shop/dvd](http://EeshiraHart.net/shop/dvd)**



# MORE RECENTLY...



As presented at the Globe  
Sound Healing conference  
in San Francisco, USA

The banner has a blue and green cosmic background with a glowing sphere. Two circular portraits are on the left: a man with glasses (Dr. Thornton Streeter) and a woman (Eeshi-Ra Hart). Text on the right says "FEATURING some of the world's top experts on sound healing. 2 days of the science, maths and frequencies that can assist humanity at this time. Tune in Bliss out!". Below the portraits, it lists "DR THORNTON STREETER &amp; the ENERGY MEDICINE EXCHANGE presents: THE SOUND SUMMIT 2019". It also includes the dates "SATURDAY, 19 OCTOBER 2-7 pm LA time" and "SUNDAY 20 OCTOBER 2-7 pm LA time". At the bottom, it says "EnergyMedicineExchange.com" and "Streaming Live from EME Facebook group &amp; YouTube".

## 111Hz Sound Summit Presentation

Find them all here:

**[EeshiraHart.net/shop/dvd](https://EeshiraHart.net/shop/dvd)**



# FLOWER OF LIFE COVERS & ENCODERS



Batik full colour  
Single or Double



Gold on White linen  
Single or Double



Flower of Life  
Batik Encoder

- Maximise the healing outcomes of your sessions with the codes of the Universe with these Flower of Life creations!
- Batiks feature a heart opening fuchsia pink lotus flower, with deep purple for crown chakra alignment and attunement; violet flame (light mauve) for transmutation and energy clearing; and light pink for embodying divine love
- A great way to create instant sacred space and keep your instruments clear of the impact of EMF radiation
- Dimensions: L 190cm x W 80cm x D 15cm for covers & 1m x 1 m square for the Flower of Life encoders/shrine cloths
- To purchase: <https://eeshirahart.net/shop/flower-of-life-covers>



# The world's 1st sound healing ringtone!

## The Unity Tone

- A solfeggio ringtone for your mobile! Android (MP3) or iPhone (.m4r)
- In collaboration with Australian music producer Sean McVitty ([SeanMcVitty.com](http://SeanMcVitty.com))
- and Eeshi-Ra Hart of Sonic Life Solutions
- Launched on **21 June 2011**
- [\*\*EeshiraHart.net/shop/the-unity-tone\*\*](http://EeshiraHart.net/shop/the-unity-tone)

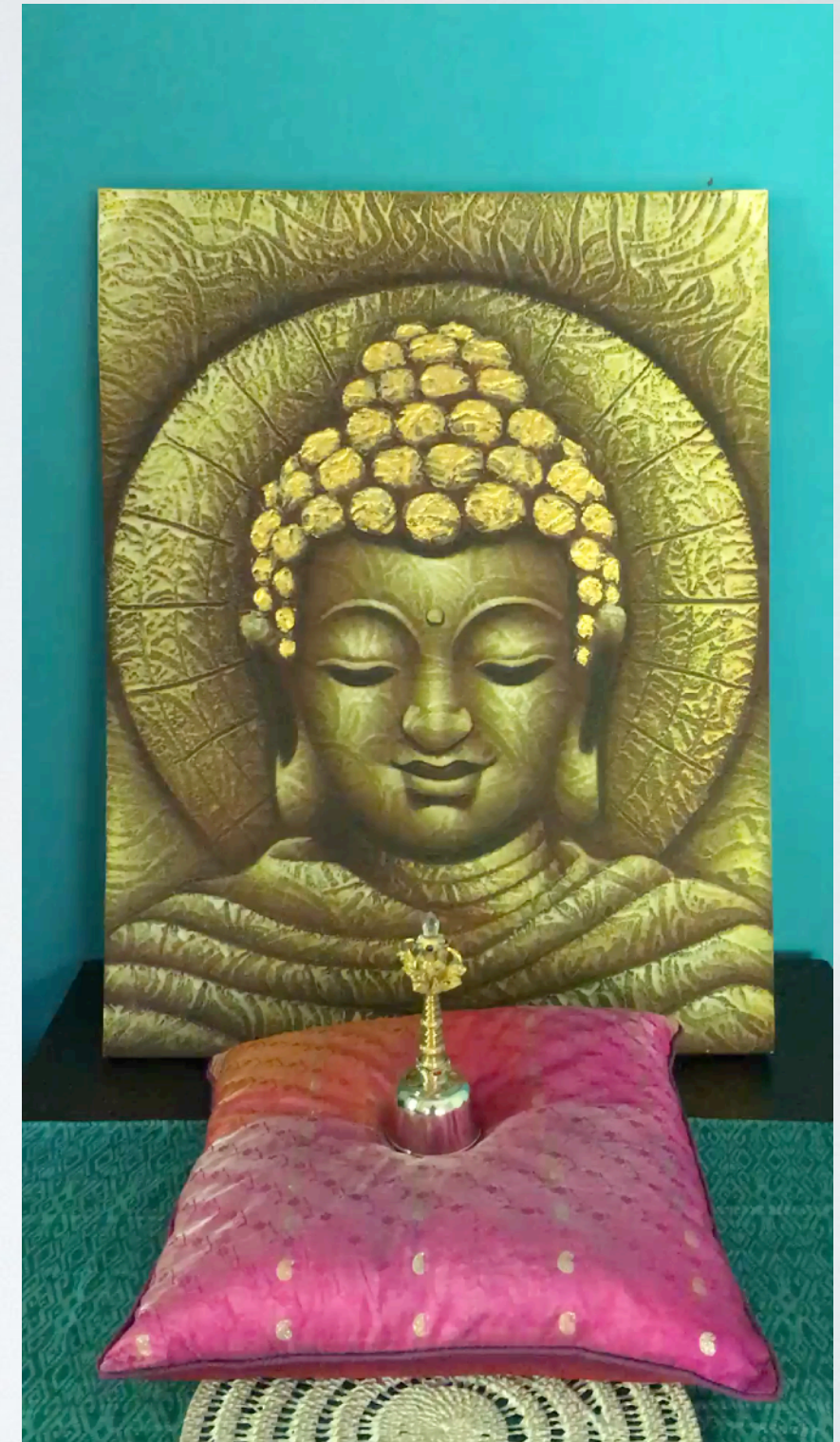


Crop circle appeared on **21 June 2011**  
near Stonehenge **same day as ringtone launch**



# 528Hz Temple Bell

- **This unique sacred dorje style bell** is tuned to a higher harmonic of 528Hz & made by the chief bellmakers for the Balinese Mangku's (Temple Priests & Priestesses) for sacred ceremony. They hold the bell in the left hand symbolic of fire and they purify with water using the right hand.
- **528Hz is a solfeggio sound healing frequency** to awaken our hearts, to deepen self love and so our love for others. In sacred texts it is the sacred number for "The Key". The Key to our Heart and the Kingdom of Heaven within. When we tune into the Love that we are, we attune to our true Divine nature whether you want to call that Christ self, Buddhahood or Krishna consciousness. It is LOVE pure and simple!. The heart in Hindu tradition is also the element of fire.
- **Highest quality design & strong resonant sound** that sustains for a long time. Quality with a capital Q!
- **A truly potent space clearer & energiser** to bring attunement with Source/the Divine/ALL that is!
- **This code of Light** can also help us attune to the Divine Light within.
- **DNA healing frequency**
- **A sacred sonic gift** to empower us to fully step into the Love, Light, Divinity and Truth of who we really are! This frequency has certainly been very pivotal for most of my clients!





# 528Hz Temple Bell

- **Gemstone Adornments:** with different ones for the heart (green quartz), base chakra (carnelian) and connection to Spirit (quartz & amethyst)
- **Weight:** Both bells are same height & both weigh **800-900g** & come in a gold velvet drawstring padded & lined bag
- **FREE 37 page eBook;** &
- **Intro Video lesson** with **High Priestess Ida Resi Alit** to get you started!
- To purchase, kindly email Eeshira direct - [info@eeshirahart.net](mailto:info@eeshirahart.net) Re: Temple Bell



**“Lotus”**

with extra flower ornament  
& rainbow moonstones

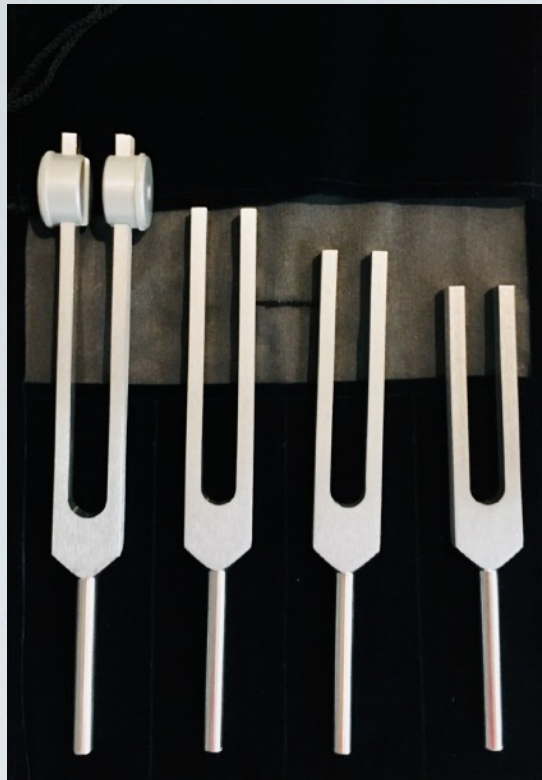


**“Sanctum”**

Exquisite  
Temple bell design



# TUNING FORKS AVAILABLE



Activate your  
Light Body set  
with FREE eBook



Earthing Personal set



111 Hz fork  
with FREE  
ebook



18 Zobet/Solfeggio  
Practitioner set  
(spheres not included)

## **WANT THE BEST QUALITY FORKS?**

All forks are precision-tuned, custom-made,  
& top practitioner quality. Specially-designed weighted  
forks with humidity protection via custom order.  
Allow 8 weeks for delivery internationally from USA.  
Customs fees may apply.



Earthing Practitioner set



# WHAT IF?

The purpose of carefully chosen sound healing frequencies is to have them as sonic tools that speak to our brain, bones, DNA & energy field and are designed to de-programme us, rebalance, harmonise, energise and optimise to tune us in on every level, and reboot our system, so we are fully happy, healthy, harmonised, awake, unified, tuned more deeply into a state of love, & beyond so we can embody our true spiritual nature and become who we really are?







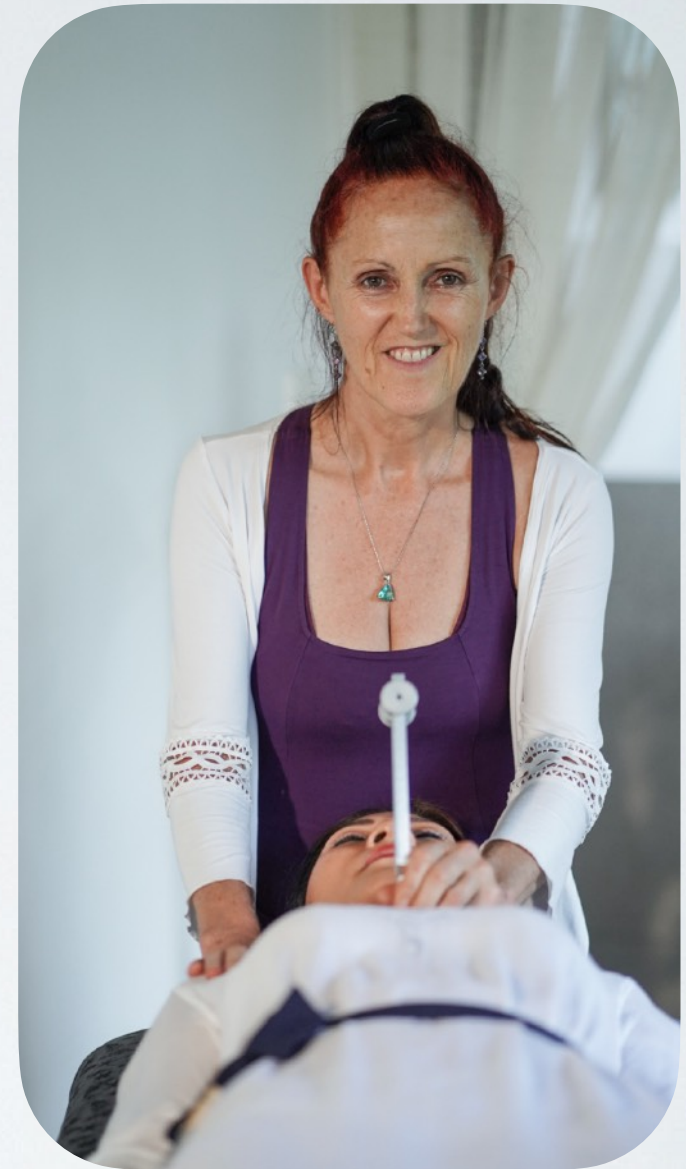
# WHO WOULD WE BE?

without our old limitations? All dis-connection,  
fear, stress, dis-ease, suffering, unhappiness, pain etc



# Thanks for joining me!

- I hope you enjoyed the course!
- [YouTube.com/c/EeshiraHart](https://www.youtube.com/c/EeshiraHart)
- I currently offer some online sessions
- [EeshiraHart.net/sessions](https://EeshiraHart.net/sessions)
- Testimonials are fun to share with friends, skeptics & beyond! - [EeshiraHart.net/media/testimonials](https://EeshiraHart.net/media/testimonials)
- Together let's inspire our friends locally & globally!
- Share the good vibes
- Sound is one of the most powerful prayers we have during this time of the Great Awakening!
- Together we make a DIFFERENCE!
- Thank **YOU!**



**EeshiraHart.net**



# BROUGHT TO YOU BY



## **EeshiraHart.net**

*"Sound is the medicine of the future"* - Edgar Cayce ... and the future is **NOW!**