

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

SINGING BOWLS INTRO CLASS - HELEN BELL (LSJ24B - 26 minute class)

TIME	TOPIC
0:00	Intro
00:28	About me
1:28	Topics to be covered - How to hold your bowl, how to choose your bowl, how to get to know your bowl, how to tune in, different instruments we can use, the importance of the rhythmical aspect when working with bowls, etc
2:10	Tuning in with the Breath
3L29	What do you want to use the bowls for?
4:21	The history of singing bowls & benefits to brain and body & nervous system
5:28	What are the bowls made of - debunking the myths!
5:45	Different types of bowls
6:34	Tuning in to find the right bowls for you
7:13	How to choose bowls right for your client
7:42	The importance of knowing the frequencies & emotional, physical, psychological, cognitive benefits etc
8:25	The different scales
8:40	Planetary frequencies
9:24	Taking care of the Client, emotional release & feeling sensation in the body
10:39	How to hold your bowl
11:10	How to strike it
11:26	How to tune in with your bowl & placing on the body & choosing your bowl
11:50	How to handle your bowl(s)
12:21	What to avoid when using the bowls on the body
12:41	Where to apply the bowls
12:57	Emotional Release and Discomfort
13:10	Playing bowls harmoniously on the client's body
14:18	How to avoid waking your client up
14:44	How the bowls can work together
15:15	The science of frequency & phenomena
16:35	Using the bowls in different settings e.g. groups
17:02	Working one to one with clients or couples

18:41	Using the bowls for self healing
19:12	Using the bowls for a specific condition
19:32	Benefits of singing bowls
20:37	Combining sound with other modalities
21:51	Choosing your bowls for the client
22:05	The importance of practice
23:20	The importance of research & further training
23:59	The importance of softer tones

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 - (LSJ24F - 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 minute 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