

CHRIS ROLAND INDIVIDUAL SOUND HEALING
Important info you need to know before the session
www.chrisroland.com



WELCOME

When we experience challenges physically, emotionally, or spiritually, we are out of balance with natural resonance, the frequency at which everything vibrates harmoniously. Using specific instruments and techniques, including directly on the body and meridians, Individual Sound Healing rebalances and immerses you into a theta or delta state where healing, rejuvenation, and transformation is possible.

Sound Healing can have the following positive effects:

- Calms Body and Mind
- Eliminates Stress, Anxiety, Tension, and Fatigue
- Boosts Mood and Reduces Anger
- Helps With Depression
- Assists in Healing the Body
- Improves Sleep
- Promotes Clarity of Mind & Spirit
- Elevates Feelings of Well-being
- Activates and Supports Intentions
- Raises Consciousness

Description - A highly focused individualized transformative and healing experience. In addition to instruments, tuning forks are used directly on the body along the meridians, and Tibetan bowls and Monolina may also be placed on the body depending on need.

Instruments - Includes Tibetan Singing Bowls, crystal bowls, tuning forks and shakers. Depending on client needs, vocal toning, monolina or other instruments may be used.

Feel free to set an intention, then let it go and give it no more thought. Your whole being and the instruments work harmoniously on your intention. Detach from an outcome as it doesn't yet exist and your thinking mind will distract you from the benefits in the moment.

This is your moment, choose to let go to it and enjoy the unknown...

YOU ARE BEING HELD AT ALL TIMES

BEFORE THE SESSION

Whether Chris' treatment room or your home, the space used is energetically cleansed and calmed before. Please be mindful of unnecessary sound as you enter the area used for the sound healing. Please don't eat for at least two hours prior, and preferably no alcohol or other substances for 24 hours before. If you can fast longer, even better.

WHAT TO BRING

Yoga or Similar Mat (Please let Chris know if you need a mat)

Body Covering (Please no thick blankets, something thin)

Water Bottle (with water)

Eye Covering (a sock or washcloth works well)

Warm Clothing (if you tend to get colder than usual, but be aware instruments will be used on your body and thicker clothing can diminish the effects)

CONTRA-INDICATORS

If you fall under or experience any of the following, please let Chris know in advance. Do any of the following currently pertain to you?

- Deep vein thrombosis in the leg or known thrombi.
- Depression or other psychological disorders.
- Acute inflammations, tumours, or open wounds.
- A pacemaker, defibrillator, artificial heart valve, stent, shunt, or metallic implant.
- Recent surgery.
- Carotid atherosclerosis or stenosis.
- Deep brain stimulation device (DBS).
- Pregnant.
- Epilepsy.
- Inflamed joints and veins.
- Inflammatory skin disorders.
- Whiplash

WHAT TO EXPECT?

Don't expect anything, you will have your experience and then you will know. There will be moments of silence, this does not mean the session has ended. It will be clear to you when the session has ended, so you don't need to place any focus on that, just lose yourself to the sounds – this is your time and you are being held.

If you experience a release that is emotional, don't panic or resist it. Allow the emotion to flow. Chris will be aware of your release. Just remember, you are in a safe and loving space.

Chris maintains complete confidentiality when it comes to your participation in the sound healing session.

AFTER CARE

If you follow these guidelines, the sound healing process will have a deeper and longer lasting effect.

- If you feel ungrounded at the end of a sound healing session try to eat or drink something. Please do not drive after the treatment if you are feeling ungrounded.
- Following the sound healing session it's best to take it easy, rest, relax, go for a walk and avoid stressful situations.
- Have a bath or a shower as the water will allow the sounds to sink in deeper and last longer, and water also helps to remove toxins that may be released.
- Please avoid red meat, alcohol or any chemical toxins for the next 24 hours.
- Please drink plenty of water to not only keep you hydrated but also to allow any toxins released by the sound healing to be flushed from the body.
- Consider learning more about sound and how you can use sound to maintain balance physically, emotionally, and spiritually.
- There are no officially recognised side effects of sound healing.

Sometimes complementary therapy can cause a healing reaction. During or after the sound healing session, you may experience a worsening of symptoms before they get better. In the unlikely event that a healing reaction does happen, you can contact Chris to discuss this matter. If you feel the situation needs closer attention you should contact your doctor / physician. If you feel you need immediate medical care, you should not hesitate to contact a medical professional.

If you have any questions, please do not hesitate to contact Chris on WhatsApp 082 747 1828.

COST & BOOKING

Cost: R1,200 (60 – 75 minutes @ Chris' treatment room - additional costs apply for travel)

Payment: EFT, Debit or Credit Card

- Go to www.chrisroland.com/sound-journeys - select the Individual Sound Healing
- Select Calendar, choose an available date and time
- Select Payment

To secure your spot for a soothing sound healing session, kindly make your payment as early as possible before your scheduled appointment. Last minute bookings are contingent upon availability, which you can find in the online booking calendar. Chris understands that life can be unpredictable, so if you need to reschedule or cancel, here's Chris' relaxed policy:

If you let Chris know at least 6 days ahead of your session, we'll gladly issue a full refund (less bank charges). If you find yourself needing to reschedule within a shorter notice period (3-5 days before session), don't worry! We'll offer you a credit that you can use for another session within the next 30 days. If less than 2 days, it becomes like a peaceful breeze – gone with the wind.

Thank you for understanding, and we look forward to harmonizing with you soon!

ABOUT CHRIS

Chris holds a diploma in Integral Sound Healing from The Sound Healing Academy in the UK, has studied Sound Healing under Master Shree at the Kathmandu Center of Healing in Nepal and Vocal Toning and overtone singing with Nestor Kornblum from Harmonic Sounds, Spain. He continues studies, including music therapy, music theory, and sound healing from a variety of sources. Chris is also a Transformational Teacher with a unique ability to pinpoint and nurture client needs. Chris is a member of the International Institute of Complementary Therapists - www.myiict.com.

