

# SIMONE NILES

## Sound Healing Frequently Asked Questions

- Q. What is Sound Healing?
- A. The application of sound through the voice and instruments to balance mind, body and spirit.
- Q. What is the philosophy behind sound healing?
- A. The body is made up of energy vibrating at different frequencies. Illness is caused by disharmony within the body, mind and emotions. Sound healing helps to bring the body, mind and emotions back into harmony with the soul or spirit.
- Q. What are the benefits of sound healing?
- A. Sound healing stimulates the body's natural healing mechanisms and can relieve physical and emotional ailments.
- Q. Is sound healing safe?
- A. Sound healing is a natural form of healing and is completely safe if practised by a qualified sound healer. Sound healing can be used to compliment medical treatment. You should never discontinue medical treatment or medicines without the permission of your doctor.
- Q. What happens during sound healing?
- A. During a session you lie or sit comfortably, fully clothed, and focus on relaxation. Sound is applied to your body using voice, instruments, chimes and/or music.
- Q. How long does a session last?
- A. Sessions are 60 mins including consultation.
- Q. What will I feel in a sound healing session?
- A. Most people feel a deep sense of relaxation. Some people may see colours or feel a change in temperature. Sometimes people get sensations which may intensify for a few minutes before disappearing.
- Q. What do I do after a session?

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- A. Drink plenty of water (when you are home). This will help your body release toxins. Most people feel relaxed after a sound healing. It is not recommended to do a long drive or heavy work after a sound healing. There is generally a three-day adjustment period after a sound healing treatment. Your body will be healing itself and you may feel aches and pains as the body integrates the healing you have received.

Old symptoms may return for a while before disappearing altogether. This may happen if an illness has been suppressed in the past with medication such as steroids.

- Q. How often do I need a treatment?

- A. Most people need more than one session to get their body back in balance again. It is recommended that you have a minimum of three sessions, then review your progress. If you have a serious illness, you may need more sessions before you start to feel unwell again.

- Q. How soon will I see results?

- A. All healing is self-paced. When you have finished your session, you will feel deeply relaxed. When your body relaxes, your immune system is boosted, and your body is more able to heal itself.

- Q. Can I heal myself?

- A. The power to heal and path toward healing are within each of us. We all need to access our inner healing power. A sound healing session may help you to connect with this inner power.