



Sound Healing for Beginners: Using Vibration to Harmonize your Health and Wellness (For Beginners (Llewellyn's))

Joshua Goldman, Alec W. Sims

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Learn how to energize and enhance your well-being on every level—physical, emotional, and spiritual—through hands-on exercises and guided meditations that provide direct experience with sound. As a therapeutic and transformative branch of energy medicine, sound healing offers powerful tools to tune up your health and wellness.

Presenting a clear and solid foundation of core concepts, *Sound Healing for Beginners* shows how to apply innovative sound techniques to your daily life in order to balance your energy and manifest personal improvement. With chapters covering focused listening, the energetics of breathwork, activating your unique resonances and energy centers through vocal toning, using sound as a creative force for manifestation, and more, this accessible guide will help you harmonize your life with the remarkable benefits of sound healing.

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