

#### STEP 13



Occasionally pick up a chime and play it over another while both are resonating. This creates pulsations between the two frequencies (due to the Doppler Effect) which are very effective when clearing energy blockages.

#### STEP 14

When removing the chimes, begin by picking up and playing the highest chime (white) and move it around the body and head. Before it finishes resonating, play the next highest chime and place the other one in the box. Continue in this manner until completing with the lowest and most grounding tone.

#### STEP 15

Complete the session with a short prayer of gratitude. A lovely finishing touch can be added by brushing the aura with a large feather or smudge brush and/or using an essence.

#### STEP 16

Allow the client several minutes to integrate the session in silence and let them remove their own eye cushion, as it can be very bright once it is taken off.

#### STEP 17

It is very important for the client to drink plenty of water after a session. Grounding exercises such as deep breaths, touching toes and jumping and shaking the body are recommended, especially if the client has to drive home.

## Harmonic Healing

### using Elfen Chakra Chimes



## INSTRUCTIONS

[www.elfenharmonics.com](http://www.elfenharmonics.com)

[chimes@elfenharmonics.com](mailto:chimes@elfenharmonics.com)

0422 214 607

# What is Harmonic Healing?

During a Harmonic Healing, energy chimes are placed on your body and played in intuitive combinations. The tones bathe you in a cocoon of warm resonance, seeming to dissolve the solidness of your physical body until you become one with the sound vibrations. In this deep state of relaxation, you are slowing down your brainwaves, shifting energy blockages, balancing chakras and realigning both your physical and light bodies with the Universal Resonance.

Research has demonstrated that music is able to alter the rhythm of the brainwaves, as well as the heartbeat and respiration. Because the ear is the organ of balance as well as hearing and is connected by nerve pathways to every part of the physical body, sound has a powerful balancing effect on both our nervous and immune systems.

Dr Emoto discovered that water molecules are energized and respond positively in the presence of beautiful music and harmonic sounds, so too, the water that makes up between 70-80% of our body.

An externally created sound projected into a dis-eased part of the body may be able to reintroduce the correct harmonic frequency and return the body to its healthy, harmonious vibration.

Based on these principles, Harmonic Healing has a positive physical, emotional and energetic impact on the human body/mind and is a simple, gentle and yet very effective way to relax, balance and de-stress. It is a simple modality that anyone can learn and share with friends and family.



## STEP 10



When placing the crown and soul star chimes, place them as shown depending on how much space is available.

## STEP 11

Play the chimes GENTLY and SLOWLY in short intuitive patterns. Allow plenty of time for the resonance to die away before beginning the next pattern. Play chimes for about 10-30 mins.

It is not recommended to play the charka chimes up and down the scale because this is a very familiar pattern that will engage the mind.

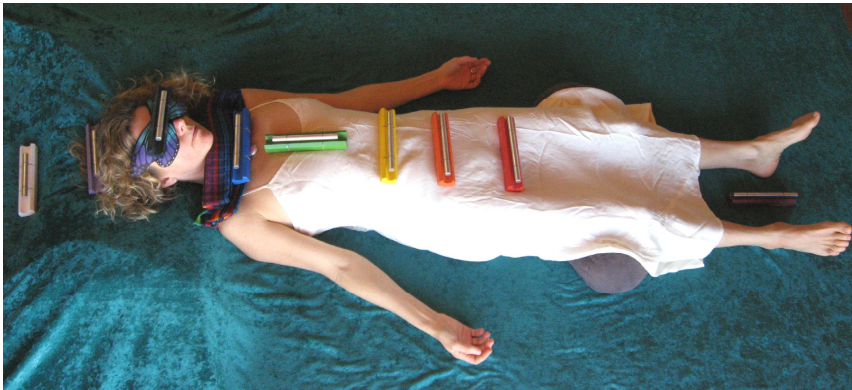
## STEP 12



Occasionally play two chimes together to create harmonies. To do this, hold each mallet 1 cm above each chime and let them fall simultaneously – it does require practice. It is not recommended to play chimes that are directly next to each other as this is a dissonant interval. Do not to play the third eye chime in this way, as it is difficult to play it gently enough.



## STEP 7



Continue placing the chimes on the chakra points in this manner, playing various chimes between each placement. Allow the tones to resonate, but avoid periods of silence as this creates anticipation.

## STEP 8

Place the throat chakra chime across the collar bone rather than the throat itself, as this can cause a choking sensation and use a scarf to stop it rolling onto the throat.



## STEP 9

When placing a chime on the third eye, use an eye cushion underneath it and always play very gently. If the client still twitches when the third eye chime is struck, gently lift one end before playing, so that the impact goes into your fingers.

# Elfen Energy Chimes

Elfen Chakra Chimes are individual hand crafted energy chime bars produced in Byron Bay. The wooden base blocks are made from a sustainable Australian timber painted in the colors of the rainbow with a special alloy chime suspended from it.

The energy chimes produce a pure silvery tone which resonates for up to 30 seconds. These sound vibrations are rich in high frequency harmonics, which research has shown to be the healing component of music, triggering alertness, concentration and deep relaxation.

Elfen Chakra Chimes are tuned to the C major scale, the most widely accepted as the chakra frequencies. They can be used for chakra balancing, energy clearing and a deeply relaxing, non-invasive sound massage. The incredible resonance of the energy chimes helps to focus the mind in meditation.

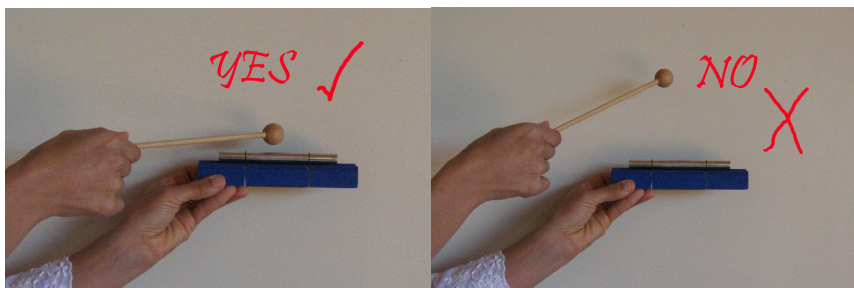
| Chakra       | Tone | Colour  | Location and Energy  |
|--------------|------|---------|--|
| Soul Star    | C    | white   | place 15cm above the head<br>integrating universal essence and oneness                     |
| Crown        | B    | violet  | place directly above the head<br>connection with higher self                               |
| 3rd Eye      | A    | indigo  | place on eye cushion across eyebrows<br>concentration, focus and seeing the bigger picture |
| Throat       | G    | blue    | place on scarf across collarbone<br>communication and self expression                      |
| Heart        | F    | green   | place along the sternum<br>love of self and others, opening the heart                      |
| Solar Plexus | E    | yellow  | place just below rib cage<br>sense of self, personal truth                                 |
| Sacral       | D    | orange  | place 3cm below naval<br>emotions, creativity and sexuality                                |
| Root         | C    | red     | place across the very top of thighs<br>grounding, connecting to instinctual nature         |
| Earth Star   | A    | magenta | place below or between the feet<br>connection to Mother Earth                              |

## Some Important Points

A Harmonic Healing session does not follow a specific recipe - it is as individual as the people receiving it, so it is important to follow your intuition. If an energy chime sounds dull or off key, this may indicate an energy blockage in this area. Concentrate on this area several times during the session, but don't be tempted to play this chime more loudly or repeatedly. Refer to STEP 12

There are several things to remember in creating a deeply effective Harmonic Healing:

1. Always play the chimes *GENTLY* and *SLOWLY* in short intuitive patterns, allowing plenty of time for the resonance to die away.
2. Do not play the chimes too loudly, as this can be irritating or over stimulating. In order to play gently, hold the mallet 1 cm above the chime and allow it to drop onto the chime, rather than using a hitting action.



3. Allow the tones to resonate after each pattern, but avoid periods of silence as this creates anticipation.
4. Try to play at an even volume because an unexpected loud tone can jolt the person out of trance.
5. When taking chimes out and replacing them in the box, take care to do it quietly.
6. You may like to use other sound instruments, such as Tibetan bowls, tubular bells, shamanic rattles etc during the Harmonic Healing session but always do so with gentle sensitivity.
7. It is also lovely to place suitable cleansed crystals around or under the healing table.

### STEP 1

Cleanse the room where you are going to give the Harmonic Healing energetically by burning sage or incense, using an essence spray or playing energy chimes etc.

### STEP 2

Prepare yourself by closing your eyes for a moment, taking a deep breath and connecting to your centre. With clear intention, call in loving and healing energy.

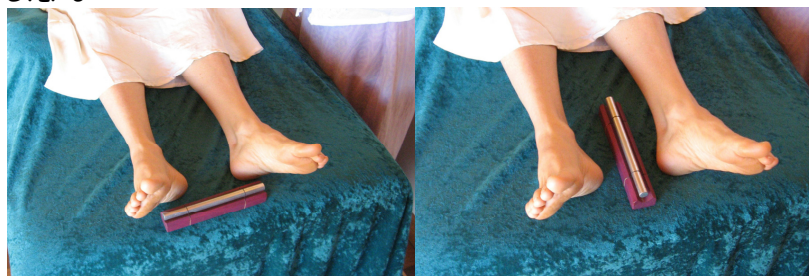
### STEP 3

Before starting, tell the client to give feedback if the chimes are too loud or if they feel any discomfort. People have varying degrees of auditory sensitivity, so it is essential they do not "put up with" sounds they are not comfortable with. Also tell them that it is good to integrate the session in silence for several minutes after the chimes have finished.

### STEP 4

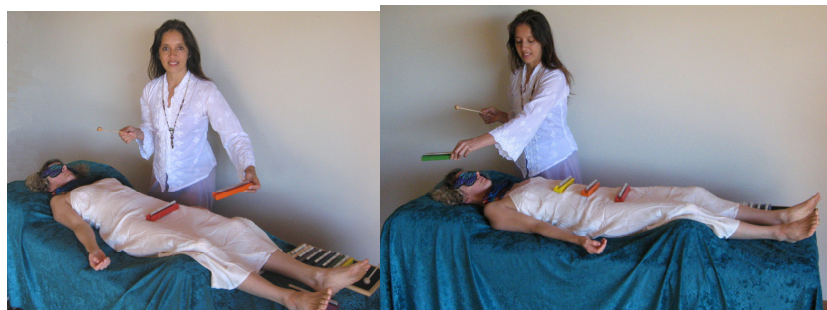
Make sure the client is lying with enough space above the head to place two chimes (see step 10) Place an eye cushion over the client's eyes and a scarf over the throat.

### STEP 5



Begin the session with the lowest tone (magenta). Play it away from the ears and while it resonates, move it around the body and head, then place it either below or between the feet. Do not play the chime too loud, as this can be irritating or over stimulating.

### STEP 6



Play it a second time before you pick up the next chime so that there are no periods of silence once you have begun the session. If there are already a few chimes placed on the body, play 2 or 3 chimes before picking up the next one. Move each chime around the body and the head before placing it.