

# Sounds From Source

Spiritually Based Vibrational  
and  
Metaphysical Tools  
For The Frequencies Of Life



By

Sheila Kennedy

Susan Ormsby

**Everything that we currently list in our store is in this booklet.**

**But firstly, we would like to take this opportunity to cover a few basics.**

### **What do you mean when you call each sound 'a program'?**

Each sound is a downloaded set of intentioned instructions to assist you - they are not just 'pretty sounds' - all of our sound programs were downloaded by Sheila from a body of consciousness which we originally called 'the source of the healing sounds' but know now simply as 'sounds from source'. The sounds will work at whatever level you are willing to accept and allow within yourself. Which is why it is useful to play them more than once.

### **Please read this information carefully**

Although originally we did not supply the Sounds from Source Programs sounds as downloadable sounds, we are now able to do so. There are however some important restrictions.

Originally we were told that due to the sounds being intentioned they could lose their intention when they were copied or downloaded. Over many years of Susan and I working in alliance with the body of consciousness that we know as Sounds from Source and the associated programs we have been allowed to make specific changes as they have been advised from the body of intention we have long referred to as 'the source of the healing sounds'. It is why specific sounds are now available for download.

**Please read below the limitations of the sounds. They have not been made to be infinitely downloaded or copied.**

**1. You are entitled to 1 download of the sounds from this program. If you download more than 1 copy from this download site we cannot guarantee that any of the sounds you have downloaded will be intentioned fully. Please respect the limitations of the sounds in this respect they are for your use and your use alone.**

**2. Please note that the intention in the downloaded sounds will dissipate should they be copied more than the recommended four (4) times.**

**3. So you are entitled to 1 download of the sounds and can copy each download up to 4 times. This will give you 1 original sound and 4 copies – which should be plenty for your needs.**

The sounds will lose intention the more they are copied. A few years ago – we did not have permission to sell them in any other format other than on CD – to ensure the sounds potency was 100%. As time has progressed we were given permission to make them downloadable, and that they could be copied by the recipient up to four times without losing intention. i.e. copy onto a CD, copy one to your mp3 player, and keep one on the computer and a spare.

If the sounds are copied more than this – then the intention within them will lessen. The best way to envision this is to imagine a complete orchestra playing, and then imagine copying this orchestral sound only the horn section is now missing, with the next copying – the string section has gone as well and so on. Fragments of the protocols will be missing with each further copying. And while no harm will be done, certain useful frequencies within the sounds will be gone – so they will not be as effective. Be wary of this – we did not make these conditions – the body of consciousness we refer to as Sounds from Source and from which we draw this information made these conditions.

If you are unsure of the efficacy of your sounds due to over copying then we suggest you delete any extra copies you have until you are back to the correct amount ie. 1 original and 4 copies – this will automatically bring the intention of the sounds back into balance. Otherwise you will have to purchase another original download for your needs as we do not re-intention sounds.

## **Disclaimer**

NB: Please remember that these programs are downloaded (channelled) spiritually based metaphysical tools that work with the innate ancient healing systems of the body. These tools are designed to assist the body from a metaphysical and energetic viewpoint and as such are not intended to be a replacement for medical treatment.

## **How can I learn more about the sounds?**

Go to [www.soundsfromsource.com](http://www.soundsfromsource.com) and read what is written about each sound to get a general overview of how the sounds work.

Go to [www.soundsfromsourceacademy.com](http://www.soundsfromsourceacademy.com) and sign up for our free 7 week email course, a different sound or meditation will be sent to you every week - this will help you greatly to understand the sounds, experience the sounds and decide whether or not they are for you.

Attend some of the free teleseminar/webinars that are offered from the academy site - again these will add greatly to your knowledge.

Explore the academy site - there is much information there, as well as many online courses and live webinars on offer

Go to our youtube channel <http://www.youtube.com/user/soundsfromsource> and listen to some of our Mikael reading or the alignment sounds. We are constantly adding to this channel and hope you enjoy the lovely messages there.

**The sound programs for sale are listed in this booklet. Others are only available through our various packages, courses, webinars, workshops, practitioner trainings or from a private session with Sheila, Susan or a trained Sounds From Source practitioner.**

## **2. Calmness**

The Calmness Sounds are a simple yet powerful set of sounds which address each of the

individual cells of the body and request these cells to release any tensions. Then to allow a deep level of calmness and peace to flow through every cell of the body.

The Calmness sounds may be played as often as desired. They are very beneficial for children as well as adults, and may be used in conjunction with many other sounds. The Calmness sounds were a close follow on from the Anxiety sounds and they were

created at the request of some clients to facilitate these clients having a “take home” set of sounds which were comparable to the benefits of the Anxiety sounds

### **Length of Sound 1.24 minutes**

## **2. Financial Flow**

The Financial Flow sounds were developed to address the issues in the body of self-worth. Although appearing to be based on a financial aspect they work at much deeper levels

also for the optimum balance of the person hearing them.

By asking the body what it believes it is worth financially, [the default setting] and when it believes it is worth it [the set point] it is then possible to remove these settings and replace them with the acceptance of an unlimited level of financial abundance and the acceptance of it into our lives now.

### **Sound Length 2.28 minutes**

## **9. Universal Abundance**

The Universal Abundance Sounds were developed to address all the individual levels of abundance that we may desire to have in our lives. These include Financial, Health and Well Being, Acknowledgement, Gratitude and Blessings and an Openness to receive all that the Universe has to offer to us.

By requesting that the body release all the blockages to your having such abundance in your life, and then locking in the highest of levels of all that is positive for your ongoing journey, these sounds are a powerful way to welcome Universal Abundance into your life

### **Sound Length 2.53 minutes** Sounds from Source and Vibrational Sound Programs

## **10. Manifesting**

The manifesting sounds were developed to remove blockages to abundance and to invite, accept and welcome into the body of the person hearing these sounds the optimum levels of positive abundance for this person.

This includes all the levels of Health and Wellbeing, Financial Abundance, Gratitude and Blessings and an Openness to receive such manifestations of abundance in all and any levels into the life of this person. This sound can be played as often as desired

### **Sound Length.43 seconds**

## **18. Parents and Carers**

Created to allow Parents and Carers, to release the tensions, frustration, stress and anxieties which may be associated with being a Parent and or a Carer.

These calming sounds are designed to replace the often physical as well as mental and emotional stresses and tensions of being a parent or carer with a calm, peaceful, relaxed and tranquil state, which is beneficial to the physical as well as the emotional levels of the body.

These sounds may be played as often required or desired to retain this calm peaceful state.

**Length of Sound 3.27 mins**

## **19. Sleep Sounds Child**

The Children's Sleep Sounds were developed to release all and any thoughts, feelings, fears and emotions which may prevent this child or children from enjoying a calm and peaceful sleep.

By gently removing the tensions of the day, these calming sounds allow the child or children to enjoy the restorative sleep patterns their body requires and then to awaken feeling refreshed and rejuvenated by nature and ready to accept the positive and beneficial abundance of their new day.

These sounds are extremely beneficial for children who experience disturbed sleep patterns and or nightmares.

**Sound Length 3.22 minutes**

## **20. Sleep Sounds Adult**

The Sleep Sounds were developed to release from the cellular levels of the body, the thoughts, feelings and emotions which may prevent the person listening to them from having a restful and restorative sleep.

How many times do we hear of people who toss and turn all night, and who "have tried everything" to no avail. The Healing sounds Adult Sleep Sounds are a gentle yet effective way of relaxing your mind and your body and allowing you to sleep.

These sounds may be played as often as desired by the client.

**Sound Length 3.22 minutes**

## **21. Tranquillity**

The Tranquillity sounds are a short yet powerful series of sounds which instruct the cells of the body to release the pent up tensions and anxieties which are being held within the

cells of the body and to replace them with calm, relaxed, tranquil and peaceful state.

There has been a great deal of positive feedback from this set of sounds, and their tranquil and calming effect is a delight to the senses

These sounds may be played as often as desired or required and are an extremely useful "take home sound" for Parents / Carers, and any one in a regular stressful or anxious situation

These sounds may be played as often as desired

**Sound Length 2.29 minutes**

## **22. Attracting Clients / Patients**

The sounds for attracting Clients and or Patients may be played daily as or required by the individual.

These sounds release the blockages which have locked into the emotional levels of the cells of the body. These blockages, some of which may have been created by yourself or by the thoughts and feelings of others, and which can prevent you from having and accepting an abundant flow of clients and or patients to your business or practice. Dealing with the deeper levels of unworthiness, as well as trust and faith in the self these are extremely powerful sounds.

**Sound Length 3.27 minutes**

## **23. Hearing Clearly**

The Hearing Clearly Sounds work to address all and any issues and memories which may have been stored in the cellular memory of the body and which may be preventing this person from hearing clearly.

This includes all and any misconceptions to do with hearing, including the person not wanting to hear something which may have been said or what the person thought that they may have heard, and all and also addresses both and physical and emotional blockages which may have had a negative effect on the hearing ability of this person.

**Sound Length 3.45 minutes**

## **25. Attracting Clients**

The Attracting Clients program is suitable for many applications where a flow of clients or customers is desired. These gentle Vibrational sounds may be played daily to facilitate attracting Clients or as required by the individual.

The Attracting Clients sounds release blockages locked into the emotional levels of the cells of the body and which may have been created by yourself or by conscious or unconscious thought by others, which may prevent you from having and accepting an abundant flow of clients and or patients to your business or practice. Dealing with the deeper levels of unworthiness, as well as trust and faith in the self, these are extremely powerful sounds.

**Sound Length 3.27 minutes**

## **28. Anxiety Sounds**

The Anxiety sounds were developed to remove the anxiety from conception, which can be locked into your cells and is created by your parents being anxious about you, unknowingly at that time.

This cellular anxiety causes every cell, nerve, fibre and muscle in the body to work overtime. This can be described as a lot like being in a vice.

This short series of sounds negates that anxiety leaving you feeling lighter and more relaxed. Also suitable for occasions of anxiety on a day to day basis.

**Sound Length 1.21 minutes**

## **32. Start the Day / Ready for School Children's Program**

This set of sounds which were created to allow children to have the best possible start to the day or to be ready for school. Known as the Start the Day sounds, they are a short series of sounds designed to give children the best possible start to the day. These sounds remove blockages and create the right intention for the child or children for the best possible day. Sounds from Source and Vibrational Sound Programs By creating balance for the individual child or children they will be able to learn more easily and will be more focussed in their everyday lives. These sounds also assist with brain integration and focus in children.

**Sound Length 1.53 minutes**

### **35. New Mother**

Created to release the stress fears and anxieties associated with being a New Mother or a Female Parent. Especially in these days of “blended” families a person may take on the role of being a “Mother” figure without ever having given birth.

The new Mother sounds address the issues and patterns of concern and anxiety which are experienced by many “new parents”, and which may be held within the cellular structure of the body.

These gentle sounds release these stored levels of anxiety and fears, replacing them with a positive sense of wellbeing and calmness. It is interesting to note that they often present during a practitioner assessment of sounds suitable for that client both male and female and can be related to issues of new businesses or venture where one is “birthing a new idea or venture.

\*\*\* Available individually or as a part of the New Parent Pack

\*\*\*Also available as New Father, and included in the New Parent Pack

**Sound Length 6.02 minutes**

### **36. New Father**

Created to release the stress fears and anxieties associated with being a New Father or a Male Parent. Especially in these days of “blended” families a person may take on the role of being a “Father” figure without ever having “fathered” a child

The new Father sounds address the issues and patterns of concern and anxiety which are experienced by many “new parents”, and which may be held within the cellular structure of the body, and especially those long held anxieties of being the “breadwinner” that still affect so many people today.

These gentle sounds release these stored levels of anxiety and fears, replacing them with a positive sense of wellbeing and calmness. It is interesting to note that they often present during a practitioner assessment of sounds suitable for that client both male and female and can be related to issues of new businesses or venture where one is “birthing or fathering “ a new idea or venture.

\*\*\* Available individually or as a part of the New Parent Pack Sounds from Source and Vibrational Sound Programs

\*\*\*Also available as New Mother, and included in the New Parent Pack

**Sound Length 5.42 minutes**

### **39. Movement**

The movement sounds address all and any forms of fear of movement, as in travelling by bus train plane, ship etc. as well as moving house, moving school moving office or even crossing a room or street.

These fears which may be locked into the individual cells of the body from conception , and from all and any layers of Genetic Ancestral memory and or memories to do with movement , or planning such movement which may be having a negative and or detrimental effect on this person.

These powerful sounds request the body to release such memories and replace them with a positive outlook on all forms of movement and moving.

**Sound Length 7.22 minutes**

### **43. Seeing Clearly**

The Seeing Clearly Sounds were developed to release all and any blockages to the person seeing clearly. These include all and any memories from the Genetic Ancestral line to do with sight and or not wanting and or being willing to see clearly, and all and any memories of habits and patterns which may prevent this person from Seeing Clearly.

This includes “seeing” oneself in a new light and accepting the things which we see around us on a daily basis.

These blockages are replaced with positive suggestions for the body to utilise the highest and most positive levels of sight and of seeing clearly.

**Sound Length 3.57 minutes**

### **44. Travel Sounds**

The Travel sounds have been developed to assist those people who travel out of their own “Time Zone” either Interstate or Overseas, and who experience symptoms of what is often termed Jet Lag in their physical and mental structure.

Designed to be played / listened to once you reach your destination, these sounds assist the cellular structure of your body to adjust to the “New “time zone into which you have travelled

Once you return to your own or another time zone the sounds should be replayed to adjust your body again to your own time zone

**Sound Length 5.11 minutes**

### **46. Co - Creation**

Co –Creation is a powerful series of sounds which are extremely beneficial to be played when working on or being involved in any type of project, planning or working situation which involves being involved with people and or personalities other than yourself.

For example buying or selling a house, going into a partnership of any kind, business, personal etc.

These sounds are designed to release any blockages and to facilitate the smooth flow of the project or situation at hand.

Allowing that each person comes into the relationship or partnership with their own emotional attachments and blockages these sounds are designed to work with areas that may not be beneficial to the smooth flow of the creation at hand.

## **Sound Length 5.05 minute**

### **50. Creativity**

The Creativity sounds were specifically designed to release and remove blockages to the individual's creativity.

When I received the request for these sounds, it was explained to me that often in being creative or in the process of creating something that our previously learned patterns and behaviours may block the creative thought processes

For example when creating a specific set of notes for a piece of music the taught / learned memories of rules and patterns of music will often attempt to override the flow of that individual's creative genius.

## **Sound Length 9.46 minutes**

### **54. Pain**

The Pain Sounds were developed from my using a large Tibetan base bowl and a soft mallet, and creating a deep resonance which vibrated through the body and eased the pain symptoms.

So many clients expressed a wish to be able to take me home that I put the sounds to CD. I recommend standing in front of a speaker if possible as the sounds are played to allow the vibration to go through the body.

## **Sound Length 1.17 minutes**

### **55. Memory Improvement**

The Memory Improvement sounds were created on the request for assistance of a number of clients, especially young people who were studying and felt that they required

assistance with their memory and recall.

They are also beneficial when used with the Motivation and Study sounds.

## **Sound Length 3.23 minutes**

### **59. Responsibility**

How often do we shoulder the burden of Responsibility for those things which are not ours? Did we take on these thoughts and memories of responsibility or of being responsible willingly or was it given to or thrust upon us, perhaps as early as our childhood.

Release and remove the deep seated cellular memories of responsibility or of being responsible which do not belong to you with these powerful sounds.

## **Sound Length 7.01 Mins**

### **60. Relaxation**

The Relaxation sounds were developed to assist clients to relax and let the tensions go from their bodies. This short set of sounds may be played at any time and are ideal for client at home use, to relax a tense client in a clinical situation, or simply to unwind at or at the end of the day.

## **Sound Length 2.57 minutes**

### **61. Stress**

The Stress sounds were developed to release pent up stresses, and emotions which may be held within the cells, muscles and organs of the body.

Although a relatively short program these powerful sounds work by communicating with the individual cells to release stresses and tensions.

Again these sounds are ideal for client at home use, or in a clinical practice setting.

## **Sound Length 2.17 minutes**

### **62. Tension**

The Tension sounds were created as a part of a set of short yet powerful sounds to address different areas of the body and the issues which may affect those specific areas. Tension is generally held within our muscles, rather than stress which may affect the whole physical structure, especially those muscles of the neck shoulders and the jaw. How often when tense do we clench our teeth for example, or grind our teeth at night.

These gentle sounds release tensions in the whole body, but especially in the neck shoulder and jaw areas. They are suitable for both client and practitioner usage.

## **Sound Length 2.08 minutes**

### **64. Firm up Your Body**

Apart of The Healing Sounds Deep Weight program, these powerful sounds were originally intended for use with that course only.

With the development of the Deep Weight Program to address the deeper issues of holding onto weight, and why diets do not work, Susan and I discussed the fact that most weight reduction programs deal with the issues of releasing the excess weight but do not deal with the often "stretched and flabby" skin which remains.

With Susan's background in Science and Beauty therapy and mine as a "scribe" of words we brainstormed a way to ask the body to "firm up" as it released its excess levels of weight, and the Firm up Your Body sounds were born.

Originally only available through a The Sounds from Source Weight Consultation with a trained Weight Consultant appointment, we have decided to release this sound as a take home sound program

## **Sound Length 5.33 minutes**

### **67. Study**

The Study sounds were originally developed to assist a number of young clients of mine. These non-invasive sounds have been immensely popular with both the young student and older clients alike, with many reporting an ease of studying that they had never experienced before.

The Study sounds may be played while you are studying to assist in maintaining focus and concentration, or they can be played over night on a low volume, and are also beneficial if combined with the Motivation and Memory Improvement sounds.

## **Sound Length 6.47 minutes**

### **68. Healthy Head of Hair**

Designed to assist a young friend who had suffered from Leukaemia as a child, and who had been treated with the subsequent Chemotherapy and its devastating after affects, these including both limited and sparse hair growth.

Originally created as a Self-Hypnosis program, the concepts have lent themselves well to the Vibrational sounds and have been extremely popular with many clients as a “take home” program with great results.

## **Sound Length 4.20 minutes**

### **69. Flexibility**

The concept for Flexibility sounds were originally introduced to me when I studied Vibrational Kinesiology with Cameron Dawson many years ago now as an amazing way to release locks and blockages from the body.

I have developed this concept much further and created my own set of sounds.

Flexibility is probably my favourite set of sounds. I often describe these sounds to my young clients as “the run faster” sounds, and amaze both child and parent alike with the increased range of movement which they allow the body.

They are designed release all of the locks and blockages in the physical body allowing a greater range of movement and “flexibility”.

## **Sound Length 1.50 minutes**

### **70. Protection**

The Protection sounds were created for those people who are affected on a spiritual or auric level by other often negative energies, and these include thoughts, feelings, emotions and energetic vibrations from other people and places.

Many people including myself are especially affected in large centres as in shopping centres, Malls and built up areas.

These specialised sounds were originally released for Practitioner recommendation and sale only, however due to the numbers of people who have expressed concern over their levels of “sensitivity” to such energetic vibrations it has been decided to release them for general client usage and purchase.

## **Sound Length 6.32 minutes**

### **71. Peace**

Peace is one of my favourite sounds and I play it constantly in a spare bedroom in my house, and yet I avoided recording these sounds for some considerable length of time. Asked many times, by both clients and friends “why if I could create all of these amazing sounds why hadn’t I created one for World Peace”?, and my reply that “not everyone wants World Peace, and do we have the right to infringe on the wants of others”.

Much thought and meditation went into the creation of these beautiful sounds, and they were created with the pure intention of being of benefit to all those who would choose to accept them, and not to have any effect on those who did not wish for the resonance of them.] Sounds from Source and Vibrational Sound Programs

The Peace sounds resonate like the ripples from a stone thrown in a pond. They go where they will and spread love and peace for all who would accept it.

### **Sound Length 2.42 minutes**

#### **81. Bonding with Baby**

“Doesn’t every Mother bond with her baby”? I have been asked, and “why would you want sounds for that”?

As a mother of 5 of my own children, as well as 4 extra’s rather than “step children” I am very aware that our relationship with our children is different in each case.

Many mother’s due to prolonged birth trauma and elective surgery etc. often feel disconnected from their new baby, and even at times resentful of the child.

Fathers too often have difficulty bonding” with this new little “person” in their lives.

These gentle sounds are especially suitable for blended and adoptive families and work to establish the connection between the child / children and its parent or parents.

### **Sound Length 6.39 minutes**

#### **82. Just Pregnant**

Realising that many mothers suffer from anxiety from either the moment of conception or from having their pregnancy confirmed was a big part of the creation of the Just Pregnant sounds.

These sounds were developed to release the anxieties felt by many new mother’s when they realise that they have conceived, and their concerns as to what sort of a parent they will be, can they cope with this baby or in some instances another baby. The thoughts of the parents at the child’s conception of ‘what if we conceive a child or will we make good parents’ and so on, can also have a detrimental effect or create stresses on the baby, and as these are often from the moment of their conception they can have a detrimental effect on the rest of the child’s life.

### **Sound Length 4.43 minutes**

#### **85. Sensitivity**

The Sensitivity sounds were developed for those people who often describe feeling 10 kilo’s heavier when they have been to a shopping centre, supermarket, or similar built up area due to “picking up” negativity and energetic influences from other people.

The Sensitivity sounds were developed clear these negative energies and leave you feeling refreshed and revitalised.

### **Sound Length 1.40 minutes**

#### **86. Motivation**

The Motivation sound program is suitable for all ages, and works to release the often unrecognised blockages to our being motivated.

Motivation is a very personal issue, we may be motivated to read a book for example but not to mow the lawn, or a child may be motivated to play with friends, yet not have any motivation to cleaning their bedroom on all levels.

The Motivation sounds are designed to work on many levels and are especially use full if they are combined with the Study and Memory Improvement sounds for assistance with school work or study.

**Sound Length minutes 5.33 mins**

**95 / 96. The Short and Long Massage Therapists Program 2 Program Pack**

The Short and Long Massage therapists program consists of two individual programs. The Short 15 minute program is made up of the sound of waves and music interspersed with Tibetan bells, with approximately three minutes of bells at the start and then a bell sound approximately every 30 seconds

The one hour program is composed of the same waves, music and bells. Both of these programs instruct the body of the client to release tensions and allow the body to “realign” itself on the table thus making the massage more pleasant for the client and less stressful for the practitioner.

These sounds are also an integral part of the Body Therapist and Basic Vibrational Sound

Therapy Practitioner programs.

**Sound Length - Sound 1 - 15 minutes and Sound 2 - 1 Hour**

**101 / 102. The Short and Long Body Therapist Program 2 Sound Pack**

Similar to the “The Short and Long Massage therapists program” the Short and Long Body Therapists program consists of two individual sound programs. The Short 15 minute sound program is made up of the sound of waves and music interspersed with Tibetan bells, with approximately three minutes of bells at the start and then a bell sound approximately every 30 seconds

The one hour sound program is composed of the same waves, music and bells. Both of these programs instruct the client’s body to release tensions and allow the body to “realign” itself on the table thus making the therapy more pleasant for the client and less stressful for the practitioner

**Sound Length Sound 1 15 minutes and Sound 2 1 hour**

**107. Tranquil Music (Tranquility sounds with music 1 hour)**

The Tranquil Music sound program was created by placing one hour of beautiful music behind the sound of the Tranquility sounds.

The Sounds are repeated throughout the one hour of music for a truly tranquil experience.

**Sound Length 1 hour**

**108. Relaxation Music (Relaxation sounds with music 1 hour)**

The Relaxation Music sound program was created by placing one hour of beautiful music behind the resonant sound of the Relaxation sounds.

The Sounds are repeated throughout the one hour of music for a truly relaxing experience.

## **Sound Length 1 hour**

### **109. Calmness Music (Calmness sounds with music 1 hour)**

The Relaxation Music sound program was created by placing one hour of beautiful music behind the resonant sound of the Calmness sounds.

The Sounds are repeated throughout the one hour of music for a truly relaxing experience.

## **Sound Length 1 hour**

### **110. Peace Music (Peace sounds with music 1 hour)**

The Peace Music sound program was created by placing one hour of beautiful music behind the resonant sound of the Sounds for Peace.

The Peace Sounds are repeated throughout the one hour of music for a truly relaxing experience.

## **Sound Length 1 hour**

### **111. Stress Music (Stress sounds with music 1 hour)**

The Stress Music sound program was created by placing one hour of beautiful music behind the resonant sound of the Stress sounds.

The Stress Sounds are repeated throughout the one hour of music for a truly relaxing experience.

## **Sound Length 1 hour**

### **112. Energetic Detoxing the Body**

We are all familiar with the 'detox in a box' programs readily available that cleans the intestinal tract. The Energetic Detox sounds were developed to "detox or cleanse" the energetic levels of the body. They may also work with the physical being in some instances for a total cleanse.

## **Sound Length 20 minutes**

### **114. Just Born**

One of the most powerful of the sounds from source programs I have ever created is called Birth Trauma, as it is my belief that birth is one of the most traumatic experiences we will ever have.

Especially the trauma of being separated from the umbilical cord, which has been the food supply or lifeline from conception.

The Birth Trauma sounds were a practitioner level release only, however with much discussion we have decided to re-create them as JUST BORN, These gentle yet powerful sounds release the stress and anxiety of the birth process from the new born child, and it is recommended that they be played daily for 7 Days after birth.

They are also suitable at any age for at home use. Also included in the Just Born Pack

## **Sound Length 6.20 mins**

### **115. Stress Free Pregnancy**

The Stress Free pregnancy sounds are designed to give both Mother and Baby the most relaxed and stress free pregnancy.

By asking the body to release anxieties, stresses, and tensions both Mother and Baby can be more relaxed.

These gentle sounds can be used at any stage during pregnancy and may be played daily or as required.

## **Sound Length 6.20 minutes**

### **127. Affirmation for Prosperity and Abundance**

The Affirmation for Prosperity and Abundance is quite unlike any other sound we have recorded, it is based on a specific written affirmation rather than a series of words.

It is set to Tibetan bells and background ambient music

## **Sound Length 3.32 mins**

### **139. Just Do It**

How often do we wish that we could Just Do It, whatever IT is?

So often we avoid, procrastinate, leave things until later, put them into the 'too hard basket' and so on. Sounds from Source and Vibrational Sound Programs

The Just Do It sounds deal with the often unknown or unrecognised levels of self-sabotage and procrastination which many of us suffer from all of our lives

The Just do it sounds were created at the request of a good friend and colleague who uses the sounds in her own practice and who was bemoaning the fact that she had things she had been putting off for some time and really needed to get done.

When she first suggested a set of 'Just do It' sounds I laughed with her, however the idea stayed in my mind for some time, and when Susan and I were discussing the practitioner levels of the Sabotage sounds, we decided to ask for a lighter version to assist those people who literally do need to Just Do It.

## **Sounds Length 8.02 mins**

### **153. Best Work Out**

The Best Workout sounds are an improved version of our original Flexibility sounds with the emphasis on assisting those people who go to the gym or follow and exercise routine to achieve the best possible results and to allow the body to recover at a better rate and assist with muscular firmness as well.

The concept for the Flexibility sounds were originally introduced to me when I studied Vibrational Kinesiology with Cameron Dawson many years ago now as an amazing way to release locks and blockages from the body.

I had developed this concept much further and created my own original set of sounds, these have since been adapted twice to create even better programs.

Flexibility has probably been my favourite set of sounds. I have often described these sounds to my young clients as "the run faster" sounds, and amazed both child and parent alike with the increased range of movement which they allow the body.

The Best Work Out sounds have I believe a 50% improvement on the Flexibility sounds. They are designed release all of the locks and blockages in the physical body allowing a greater range of movement and “flexibility”, as well as assist with recovery and muscle tone.

Perfect for Golfers and any sports person.

**Sound Length 1.45 minutes**

#### **154. Releasing Muscle Tension**

Following on from our Flexibility/ Best Workout sounds came an amazing program called Releasing Muscle Tension. While The Best Workout sounds are improved versions of our original Flexibility sounds, with the emphasis on assisting those people who go to the gym or follow an exercise routine to achieve the best possible results and to allow the body to recover at a better rate and also to assist with muscular firmness as well.

The Releasing Muscle Tension sounds allow you to target specific muscle areas by using your own intention to focus on the muscle groups you wish to relax, while listening to the sounds, thus creating a more flexible and relaxed body system.

The concept for the original Flexibility sounds were originally introduced to me when I studied Vibrational Kinesiology with Cameron Dawson many years ago now as an amazing way to release locks and blockages from the body.

I had developed this concept much further and created my own original set of sounds, these have since been adapted twice to create even better programs, and the first of these best workouts has now been joined by Releasing Muscle Tension.

The Best Work Out sounds have I believe a 50% improvement on the Flexibility sounds. They are designed release all of the locks and blockages in the physical body allowing a greater range of movement and “flexibility”, as well as assist with recovery and muscle tone. Releasing Muscle tension is on an even par with the same 50% improvement on the Flexibility sounds

Perfect for Golfers and any sports person, as well as Mothers, Nurses and so on who hold tension in their shoulders and low backs.

**Sound Length 3.08 mins**

#### **159. Willingness to Accept Your Worth**

The Willingness to Accept your Worth sounds have been a long time in the creating, Susan and I had often spoken about the reasons why many people and especially alternative practitioners and ‘healers’ have difficulty charging for their services and in many instances accepting payment for their skills, AND why many people believe that “Healing” should be free, quoting the age old ‘But It’s Not Your Energy’

NO IT ISNT, however it is that person’s time and in many instances they have spent considerable amounts of time not to mention large amounts of money to be able to offer the services they do. So they are well entitled to be recompensed for their worth  
Sounds from Source and Vibrational Sound Programs

AND again this is not just restricted to the alternative or natural health field, how many people from all walks of life have difficulty accepting, asking for or even contemplating being PAID for what they do?

I seriously believe far more than we realise.

**Length of sound 11.02 mins**

### **160. Personal Clearing**

The Personal Clearing sounds are based on the information from some of the very early sounds no's 14 and 30 Clearing Space and Venue, and Clearing Home Space and Venue, and No's 15 and 58 Daily Practitioner and Office Career These sounds were created to deal with specific issues of people being affected by energies and emotions left behind or

'dumped' by other people in homes locations, offices and so on.

When Susan and I discussed our personal energy fields and how we 'pick up' as energetic beings so much of what is around us, even just going to the shopping centre, school, or for a walk in the park, we decided to create a specific set of sounds for Personal clearing. These short yet powerful sounds will assist you to 'clear' your own energy fields.

**Sound Length 3.50 mins**

### **161. Financial Clearing**

The Financial Clearing sounds are based on the information from some of the very early sounds no's 14 and 30 Clearing Space and Venue, and Clearing Home Space and Venue, and No's 15 and 58 Daily Practitioner and Office Career, and more recently their forerunner the Personal Clearing sounds These sounds were created to deal with specific issues of people being affected by energies and emotions left behind or 'dumped' by other people in homes locations, offices and so on.

When Susan and I discussed our personal energy fields and how we 'pick up' as energetic beings so much of what is around us, even just going to the shopping centre, school, or for a walk in the park, we decided to create a specific set of sounds for Personal clearing, and that followed on from a request from Susan for a set of sounds to 'clear' our financial situations of the effects of other people.

How often our finances may be affected by jealousy, envy, competition and so on.

These short yet powerful sounds will assist you to 'clear' your own financial energy fields

**Sound Length 3.07 mins**

### **163. Learning**

The Learning sounds are a combination of the Vibrational sounds which I have supplied for many a child over the years to assist with the integration of the right and left hemispheres of the brain, and new cutting edge information on learning and its processes researched through many hours of clinical study and client trials

This sound has also been included as part of a unique program to assist children and adults with autism, and it is the research that has gone into this program that has assisted in the creation of this sound.

A discussion with a colleague in Melbourne, who is a Sounds from Source practitioner, led to my broaching the subject of this sound with Susan.

Now Susan as you may have guessed is a lady who doesn't let the grass grow under her feet, as well as being a Mother, and immediately agreed that this was a 'must have' sound, as it would benefit many children. She even went out of her way to organise its recording so as to make it available as soon as possible.

It is also of benefit to adults as well as children

**Sound Length 6.24 mins**

### **164. Power of Words - Sounds for Affirmations**

Susan here, this sound came about because I kept thinking about affirmations, and since we had set up a YouTube channel for the sounds with channellings from Archangel Mikael

- I thought that perhaps my restless nights were telling me we needed to put up some affirmations. After discussing the subject with Sheila, she tested the idea and it came up as

2 out of 10, but she did say there was some merit to the idea -we just couldn't figure out what it was. Later that day - I had an aha moment - yes, a blinding flash of the obvious. We have a course called the power of words, which basically teaches people how to measure the power of the words they use for affirmations and how to test each word to ensure that whatever affirmation they write, that it resonates very highly for them. What was needed to accompany these personal affirmations was a set of bells, intentioned with creative essence to play along with their affirmations. Sometimes it takes a while for the obvious to be obvious to me - this was one such occasion.

**Sound Length 3.11 mins**

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