

# The Practitioners Toolbox

*A Sounds From Source Publication*



*By Sheila Kennedy and Susan Ormsby  
with  
Sounds From Source*

## **The Practitioners Toolbox Package 1**

### **Package 1**

#### **15. Daily Practitioner**

#### **14. Clearing Sounds / Space / Venue**

#### **25. Attracting Clients**

The Sounds from Source programs were developed to be able to address in-balances within the physical mental spiritual and emotional levels of the body. By releasing what we term or refer to as 'Cellular Memory', or the memories held within our cells in the body. That is every cell of our bodies, not just some obscure region of our minds, and it is our belief backed by extensive Kinesiological questioning that these 'cellular' memories are in place from our conception and indeed earlier. Much thought and research has gone into this belief and understanding over a period of years and the easiest explanation is the issues of scars on the body. As we know everything in our body replace itself over a regular time frame, our skin, hair, bones and so on, including each individual cell.

So if our cells did not retain memory then they would not keep replacing themselves in a scarred version, they would surely replace themselves with new undamaged and unscarred cells?

We are conceived from one single cell, and as that cell multiplies and separate's many times to create the body that we see today, it becomes individual cells for the heart, skin, toes and so on. Now each of those cells retains the memory to become a whole unique body, if we consider cloning for example. Our belief at Sounds from Source is also that the thoughts, feelings and programs from our ancestors are passed down the generic family line and also retained in our cellular structure from that very first cell.

The Sounds from Source programs work to the levels of this very first cell, and instruct the body to release issues that are not of benefit to us easily and effortlessly, including thoughts, feelings, desires , patterns emotions and more.

Rather than go into long explanations we have included a PDF of The Body Balance Book which gives an in depth perspective of how the Sounds from Source programs work.

So what are the Sounds from Source programs and what is the Sounds from Source difference?

We have taken the following comment from the Sounds from Source website as a way of describing the Sounds from Source 'difference'

*So what is the Sounds from Source difference, or what is it that Sounds from Source can offer to you that is just not available anywhere else?*

*The Sounds from Source programs are we believe unique, they combine the resonance and frequency of a specific set of Tibetan Tingshaw bells, the power of intention and specific 'words and phrases' which are syllabalized by Sheila as she 'rings the bells.*

*Sound engineers in different recording studio's over the years have commented on the purity and resonance which is emitted during sessions and there have been descriptions of anywhere from three to six different resonances within the bells themselves.*

*In late 2004 Sheila explored being able to communicate with the cells of the body in an effort to deal with her own allergies by utilizing an 'Anxiety sound' she had created a few months previously as she was aware that many of the clients she saw had what she described as Anxiety from Conception.*

*Suddenly able to eat and tolerate a range of foods that she could never have considered before she 'played' with a few more sounds over a period of time.*

*It was in these early days of 'playing' with words to communicate with the cells of the body that an 'energetic source' contacted Sheila and offered its assistance.*

*Sheila has spent a lifetime as an intuitive empath and psychic medium and a communication from a higher source was not anything unusual to her at all.*

The Sounds from Source Vibrational Sound programs are supplied as downloadable programs. They are specifically designed to release physical stresses and tensions as well as the many layers of stored memories held within the cellular level of the body. Thereby assisting the client or patient to release these memories easily and effortlessly, and allowing for a more beneficial outcome of the specific therapy / healing/ modality/ work being provided by the individual practitioner.

**Please Note** – These programs do not replace your modality in any way, they will however give a greater depth to your practice and assist in your clients own individual healing process.

The 'sounds' are safe and may be used from the youngest child through to adults, in fact a series of the earlier sounds available in the Sounds from Source store deal with being a parent or parents right through from conception to removing the stresses of birth trauma.

### **So What are the Sounds from Source and How can they Help Me?**

Both Sheila and Susan 'explain' and use the sounds differently, just as oyu as a practitioner will utilise them in oyeur own practice in oyeur own way

## **Sheila's version**

As a holistic practitioner I have long described the body as a 'self healing mechanism', that given the correct information and the correct frequencies can and will heal itself. It is why I describe myself as a 'facilitator' rather than a 'healer'.

In working with the Sounds from Source programs over the years Susan and I have been able to train therapists to provide the means, or the tools to facilitate the self healing or correction of their clients, and today we are sharing those insight and those tools with you.

The Sounds from Source programs are such a tool. They are designed to assist you with your own self healing and as a practitioner to assist your clients in their own 'self healing'. They are not a magical fix all even though at times their effects may appear magical, they simply are sounds which heal.

Some of the Sounds from Source sound programs are suitable for areas or issues that you are aware of within yourself and in your daily life and it is these sounds which have been made available through the Sounds from Source store and the Sounds from Source Academy membership sites, and more recently through the Sounds from Source Practitioner Toolbox.

## **Susan's Explanation**

I decided to include my own explanation which is more a brief history of how I came to be involved in the sounds and how I explain how they work.

When I first met Sheila, who is an incredibly accomplished healer and energy worker – in several modalities – she was already working with sound and used her tingsaw bells and her healing intention to release anxiety from the cells.

I was fascinated with how she could use sound to release tension from the body and balance the body and so we became fast friends and I would question her as to why something could or seemingly couldn't be done and so on.

Sheila is also a medium and a clairvoyant and would 'bring in' information as we were discussing things. It was during this time that a body of consciousness which we at first called 'The Healing Sounds' and which we now call 'Sounds From Source' made contact with Sheila.

And later on – after much training and teaching from Sheila and much, much effort on my part – I was also given 'my stripes' and was able to have my own communication and contact with Sounds From Source also – although I am by no means a medium or clairvoyant like Sheila. I can intention sounds and play them 'remotely' and I do now have the ability to ask questions and test answers and so on – but direct channelling of information in the way that Sheila does is way out of my league.

Over the years since we first made contact with Sounds From Source – Sheila has downloaded an incredible amount of information.

What you find on this site and the academy site barely scratches the surface of the information we have – but we realise that we must bring it the world in a way that people can understand, absorb and cope with. And so more and more sounds, information, courses and practitioner programs will become available as we go further into the future.

### **So what are the sounds and how do they work?**

When we first started working with the sounds, Sheila would download what we called ‘protocols’ which we now refer to as ‘programs’ – which were basically written instructions containing vibrational healing energy from Sounds From Source to assist the ‘person’ to release what was not useful and accept in turn positive vibrational balancing energy – simplistic explanation I know – but basically that is what they do.

Over the years these protocols went from a couple to pages to being up to 25 pages or more of written text.

In the early days we used to ask how they rated out of 10 and I remember the day we asked if it was possible to get more than a 10. Well it was – and the sounds themselves increased in variety, energetic level and frequency more and more as time went on.

Today some of the sounds register in the millions. They have grown to cover areas and situations which years ago I would not have believed existed – let alone embraced.

We have sounds which cover things like Stress or Relaxation to Quantum Signatures and Cosmic and Galactic Vows.

We have courses and programs which range from basic sets of sounds to assist Massage or Body therapists relax and rebalance their client to intense high level practitioner course’s for entity or curse removal.

Due to my own desires and needs, we also have a huge repository of sounds which deal with abundance and prosperity both personal and business.

The power and refinement – energy wise of the sounds has increased over the years, just recently we seem to have moved up yet another level as well, with Sheila’s connection being so refined – that the newer sounds are a straight download of vibrational energy and so are shorter in recorded length but exponentially more powerful in every way.

These are indeed exciting times.

Recently we have remodelled the website and due to our communication with Sounds From Source becoming even more frequent and personal, we now have 3 blogs on our site.

Since the push to put Sounds From Source up front and centre - as they should be - with regard to the sounds - we asked if they would like a blog of their own. And so '*The Sounds From Source Knowledge Vault*' blog now holds prominence on the site. Sheila and I will be going over all the material we have accumulated over the years and it will be presented on the site for anyone who is interested to read.

Indeed - we have had a very recent channelling from Sounds From Source stating that they were uncertain exactly what a 'blog' was - as I had asked if they would like to provide a channelled post once in a while in addition to all the archival material which we are putting into the 'vault'.

They stated they had to have this explained to them (i.e. what a blog is) but now understood and were grateful for the opportunity to communicate with a greater audience. This certainly was for me - a humorous moment - as while they have great intelligence, healing energy and insight - I sometimes forget that in earthly human ways - they are not so familiar!

As practitioners - it would be worth your while to keep up with this material and also to read Sheila's Insight's blog - as a gifted and powerful healer and practitioner, Sheila's point of view and her ability to channel information not only from Sounds From Source but other beings as well, make for some very diverse and yet poignant posts all of which are written with honesty and the highest of integrity.

These factors ensure the blogs within the site will absolutely be a most worthwhile repository of information for you - should you choose to read the information within.

I hope you will use the sounds often, allow them to make a difference within your life and practice and in future perhaps even embark upon further study with us.

## The Practitioners Toolbox

One of the comments we have heard over the years from other practitioners is the fact that they were in many instances 'fascinated' by the reports that they have heard about the sounds or in experiencing the results themselves in how easily and unobtrusively they 'worked'. One of our favourite sounds is No 69 Flexibility, and this sound has been a part of the 'Free 7 Sounds' that at Sounds from Source we have 'given away' for many years.

Channelling 2 11 2007

*It is with energetic splendour and the gift of love and light That we*

*journey from far distant to bless you with love and might For*

*much you do is needed*

*By those both near and far*

*The sounds you make they resonate*

*On planet and on star Your*

*journey long before you For*

*much for you to do*

*Know that we walk with you As*

*blessing they come through In*

*the form of lightness*

*And they may take a while*

*For the body to assimilate Yet*

*the mind and spirit smile Stay*

*blessed and in the moment Of*

*that which thee need to be*

*Know that we then walk with you*

*As assistance then you see For*

*much is asked then of you And*

*you have taken up the call*

*To spread love and light for aeons*

*As you give to one and all*

So why would we 'give away over \$100 in sound programs on a regular basis just for the asking, and even more free programs and information on the Sound from Source Youtube Channel?

<https://www.youtube.com/user/soundsfromsource>

We, as in Susan, Sheila and our connection with Sounds from Source have come from a deep desire to assist humanity, to be of service, and to share the knowledge that we have been gifted with others.

The following is a channeling we received in 2007

### **Channelling 2 11 2007**

It is with energetic splendour and the gift of love and light That  
we journey from far distant to bless you with love and might For

much you do is needed

By those both near and far

The sounds you make they resonate

On planet and on star Your

journey long before you For

much for you to do

Know that we walk with you As

blessing they come through In

the form of lightness

And they may take a while

For the body to assimilate

Yet the mind and spirit smile

Stay blessed and in the moment

Of that which thee need to be

Know that we then walk with you

As assistance then you see



For much is asked then of you  
And you have taken up the call To  
spread love and light for aeons As  
you give to one and all

The Practitioners Toolbox allows Sounds from Source to assist practitioners of other modalities with knowledge, information and more importantly specific 'tools' to give them a 'cutting edge' in their own practices.

In creating Package 1, we have combined what we believe are the three most important sounds for any and every practitioner. We are all energetic beings living in an energetic world and the thoughts feelings and emotions of ourselves and those we serve have an impact on not only ourselves however also on the places where we live and work.

## **The Practitioners Tool Box Packages**

### **Package 1**

#### **15. Daily Practitioner**

#### **14. Clearing Sounds / Space / Venue**

#### **25. Attracting Clients**

The Practitioners Toolbox allows Sounds from Source to assist practitioners of other modalities with knowledge, information and more importantly specific 'tools' to give them a 'cutting edge' in their own practices.

In creating Package 1, we have combined what we believe are the three most important sounds for any and every practitioner. We are all energetic beings living in an energetic world and the thoughts feelings and emotions of ourselves and those we serve have an impact on not only ourselves however also on the places where we live and work.

**15. Daily Practitioner** The Daily Practitioner Sounds are three short sets of sounds all a minute or less in duration. These powerful sounds may well be your best tool as a practitioner.

Play the first track to set your intention as a practitioner for the day for the optimum levels of intention for yourself and your client.

The second track should be played between clients to remove all emotional and energetic issues left behind by the previous client, thus avoiding the "cross contamination" of a later client picking up the emotional or energetic issues of a previous client, or clients.

The third track is played at the end of the day to release any thoughts feelings and emotions which you as a practitioner may have accepted or had attach to you which are not yours, and to re-energize and revitalize yourself.

**14. Clearing Space and Venue** The Clearing Space and Venue Sounds are used to remove negative thoughts, feelings and emotions which may be residual in and around the spaces in which we live and work. Allowing us to have a harmonious working or living environment.

**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.

## Package 2

15. Daily Practitioner

14. Clearing Sounds / Space / Venue

25. Attracting Clients

39. Movement

46. Co – Creation

59. Responsibility

The Practitioners Toolbox allows Sounds from Source to assist practitioners of other modalities with knowledge, information and more importantly specific ‘tools’ to give them a ‘cutting edge’ in their own practices.

In creating Package 2, we have combined what we believe are the three most important sounds for any and every practitioner and added three additional sounds to assist you as a practitioner to work at a deeper level with your clients. We are all energetic beings living in an energetic world and the thoughts feelings and emotions of ourselves and those we serve have an impact on not only ourselves however also on the places where we live and work. We are also all subject to thoughts feelings and emotions which may hold us back or create blockages in our lives.

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Play the first track to set your intention as a practitioner for the day for the optimum levels of intention for yourself and your client.

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The third track is played at the end of the day to release any thoughts feelings and emotions which you as a practitioner may have accepted or had attach to you which are not yours, and to re-energize and revitalize yourself.

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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.

**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.

**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.

**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.

## **Package 3**

**15.** Daily Practitioner

**14.** Clearing Sounds / Space / Venue

**25** Attracting Clients

**39.** Movement

**46.** Co – Creation

**59.** Responsibility

**159.** Willingness To Accept Your Worth

**160.** Personal Clearing

**161.** Financial Clearing

The Practitioners Toolbox allows Sounds from Source to assist practitioners of other modalities with knowledge, information and more importantly specific ‘tools’ to give them a ‘cutting edge’ in their own practices.

In creating Package 3 we have combined what we believe are the three most important sounds for any and every practitioner and added three additional sounds to assist you as a practitioner to work at a deeper level with your clients. We are all energetic beings living in an energetic world and the thoughts feelings and emotions of ourselves and those we serve have an impact on not only ourselves however also on the places where we live and work. We are also all subject to thoughts feelings and emotions which may hold us back or create blockages in our lives.

Then we have ourselves as practitioners, of any modality, and here we have added three additional sounds. Do we struggle to accept our worth, have we been programmed or indoctrinated into believing that ‘healing’ should be free. Do we ‘take on’ the issues of our clients and colleagues and especially the energies and emotions left behind or ‘dumped’ by other people in our homes, locations, offices clinics and so on. And especially how we can be affected in our own financial situations by the effects of other people.

**15. Daily Practitioner** The Daily Practitioner Sounds are three short sets of sounds all a minute or less in duration. These powerful sounds may well be your best tool as a practitioner.

Play the first track to set your intention as a practitioner for the day for the optimum levels of intention for yourself and your client.

The second track should be played between clients to remove all emotional and energetic issues left behind by the previous client, thus avoiding the “cross contamination” of a later client picking up the emotional or energetic issues of a previous client, or clients.

The third track is played at the end of the day to release any thoughts feelings and emotions which you as a practitioner may have accepted or had attach to you which are not yours, and to re-energize and revitalize yourself.

**14. Clearing Space and Venue** The Clearing Space and Venue Sounds are used to remove negative thoughts, feelings and emotions which may be residual in and around the spaces in which we live and work. Allowing us to have a harmonious working or living environment.

**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.

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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.

**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.

**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.

**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

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 realize.

**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

**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