

Light Bodies presents

# Vibration Sound & Color

4 CLASS SERIES

**When:** 4 classes held at 6:30 - 8:00 pm

**Cost:** \$127

check, cash or credit cards accepted

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

## **IN THIS CLASS YOU WILL EXPERIENCE:**

- How to use your breath and the vibrations of sound and color to release blockages which resist change in the Chakras and subtle energy fields.
- How to use vibration for your brain and body to attain the pleasure of expansion, greater consciousness and physical health.
- How to enhance harmonious qualities, decreasing those resistances (self-limiting beliefs) which separate you from states of flow, power and fulfillment.
- How to increase the flow of energy between your physical, emotional and mental bodies so you can achieve integration, intuition and creativity.
- How to consciously direct your awareness and attention by right-minding the brain to alleviate, stress and confusion, tension, pain (friction) and improve relationships.
- How to create a consciously aware symbiotic relationship with your soul body so you can actively participate in your "real" life purpose.
- Hearing the purpose of Karma (resistance to growth) which brings exquisite opportunities for learning awareness and expansion.
- Hearing what distinguishes mind from brain, their uniquely different qualities and capabilities, the "dark sides" of the brain and the appropriate use of both the mind and the brain for change, transformation and transcendence.
- Hearing spontaneous transmitted messages through Heather from those in ascendant consciousness who are members of the Hierarchy, willing to offer their advice and counsel.

Many ancient, Oriental, Eastern and Western esoteric schools were familiar with and utilized chanted sounds and visualizations for transformative purposes. Shamans throughout the world have long used chanting and the experiences of altered states to manifest physical and emotional healing. In this century, Western and Eastern churches have traditionally practiced Gregorian chants and hymns to access and integrate higher "spiritual" states of the Soul.

Now Science is just beginning to understand the workings of these historic practices, led by eminent pioneers such as Dr. David Bohm (Quantum physicist), Dr. Karl Pribram (neurophysician), Dr. Roger Penrose (mathematician and physicist) and Dr. Stuart Hameroff (neurologist and anesthesiologist). Dr. Hameroff discovered that microtubules (bundles of hollow protein tubes formerly thought to serve only as the skeleton for our body's cells) were extraordinarily good conductors of physical vibrations (or sound waves). Their ability to propagate perfect sound vibrations to other microtubules in adjacent neuron cells "appears to be the very process we call consciousness".

And so it is that Science is once again coming up with the proof for information that has been a part of metaphysical beliefs and practices for thousands of years. I invite you to join me in the amazing journey of conscious Soul expansion and growth.

[Heather Mikayla, KCP & CMT • Holistic Kinesiologist](#)

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