Sound Healing Services

With Reiki Master & Shamanic Intuitive Healer

Tammy Battista

What is Sound Healing?

I have benefitted extraordinarily by sound therapy. I had a difficult time sleeping and functioning after my husband's sudden passing. When I began attending "sound baths" I noticed immediate positive affects. I could clear myself of looping thoughts. My body and mind felt in "tune". I was able to sleep and meditate. The clarity brought a new direction to my life and reopened my intuitive gifts.

Sound healing therapy is an ancient modality used for transformation and healing. It addresses blocks in our energy centers (chakras) and biofield (aura). There are thousands of instruments and even your own voice that can be a part of a sound therapy session. The ancients used drums, flutes, bowls and anything that created a resonance that could mimic a frequency harmonious with nature.

Sound therapy helps to alleviate pain, stress and anxiety by helping the body at the cellular level return to natural vibration. We are energy "light" beings. Our atoms, molecules, cells, glands, and organs all have a natural resonant frequency. Stress from work, toxic environments, traumatic events, and unbalanced relationships cause our bodies to get "out of tune". This slowed and stuck energy can cause blockages in our fields that can manifest into dis-ease.

The main component of sound healing is found in the principle of "entrainment". When you project a steady, harmonious sound at a disharmonious one, it will eventually bring it into resonance with the harmonious sound. Applying the correct frequency outside our body can stimulate sympathetic vibration inside and bring you "back in tune". The great aspect of this is that you can SLEEP through a session and still receive the benefits!

My Sound Baths consist of Solffeggio crystal bowls, Koshi chimes, Tibetan bowls and occasionally a gong (Shelby Township location). My private sessions include tuning forks in addition to the instruments listed above.

I offer public group, private group and individual sessions in Shelby Township, Mt. Clemens and St. Clair Shores area. See schedule at www.mynewnorm.net

Public Group Session: $25-$40 per person depending on the length and location.
Private Group Session: $150 per 75 min session (up to 6 people-additional $20 per person for 6+)
For an additional fee I provide home sessions.

Individualized private sound healing sessions also offered by appointment: 1 hour/$120, 90min/$150

Call or message Tammy for details at (586)322-2897 tammybattista444@gmail.com.