

The Most amazing Experience, being bathed in the sound of crystal bowls, gongs, and various other instruments.

Nicole Joyal is a sound enthusiast who combines all kinds of sound from her gong, to bowls, drums, chimes, throat singing, and so much more!
This is a journey where you will feel nurtured, renewed and energized!

The gongs have the power to go deep inside the body and release stored heavy energy, leaving behind clean potential energy. Nicole uses her energetic abilities and understanding of vibrational energy when helping to hold a space for people to empower themselves to restore to their full potential energy.

Benefits of Sound Therapy:

In terms of physical well-being, sound and music therapy can help with the following:

- Higher levels of energy
- Sense of balance & direction improved
- Fewer headaches
- Lessening of sensitivity to particular sounds
- Relief from chronic tiredness

Emotional benefits include:

- Relief from anxiety
- More confidence
- Less frustration
- Improved ability to relax
- Improvement in overall “mood”
- Improved patience
- Better ability to communicate and interact with others
- Improved ability to express emotions

Mental benefits include:

- Brain “fog” dissipates
- More motivated in life
- Better organization skills
- Improvement in attention span
- Less likely to become irritable

How Can Sound Therapy Help In These Ways?

You may be wondering how sound is able to actually improve your physical, mental and emotional issues.

First of all, science has revealed that the human body is basically a vibrational frequency entity. Each cell in your body puts out and also accepts frequencies of sound. You can think of a sick, or damaged, cell as an “out of tune” cell.

Sound therapy has the ability identify these out of tune frequencies and when these sounds, or frequencies, are introduced back into your body, your brain

then has the ability to send these “in tune”, or corrected frequencies to the damaged cells.

The result is a healing, or a “tuning up” process.

Further Benefits of Sound Therapy

Begin thinking about the true cause of many of today’s modern day illnesses, diseases and ailments. Why does a cell become damaged, or “out of tune”? While there are certainly physical and environmental causes for disease, many folks are suffering today from depression, chest pains, weight loss, nausea, dizziness, headaches, migraines, high blood pressure, unexplained stomach pain, gas, etc.

Often, these ailments are traced straight back to stress and anxiety. We live in a busy world where schedules and deadlines cause stress.

Disease has a hard time surviving in a body where the cells are vibrating at the frequency of calmness and inner peace. However, introduce the vibrations of stress, worry and anxiety, and we find that the body cells become “out of tune” and damaged quite easily.

Hence, the unexplained “brain fog”, stomach pains, headaches, chest pains, depression, etc. It’s unexplained because there’s no real physical cause for the negative physical feelings.

It has everything to do with the “unseen” frequencies between your cells losing their ability to communicate properly.

Sound therapy is a fantastic solution for relieving stress and anxiety. When you relieve that, it’s actually quite amazing in terms of how those negative physical ailments are also relieved