

## *Welcome to The Sanctuary*

### **Menu of Services**

#### **LISTENING EXPERIENCES**

Immerse yourself in a deep sound meditation with a selection of especially composed music to help you relax, plunge deeply into your inner realms, and come out feeling refreshed. Choose your soundscape based on what you'd most like to experience.

Soundtracks up to an hour: 6 €

Soundtracks over one hour: 7 €

Buy a package of any 8 listening experiences for 45 € .

Add a 45-minute Reiki treatment to any listening experience for a total of 35 € per session.

#### ***Beginner***

**Touch of Angels 00:10** This is a short but sweet, very loving soundtrack that attracts the angelic realms. ***Clients may sample this soundtrack at no charge.***

**Healing 0:45** Tones, sounds, patterns and pulses that will awaken memory and dormant soul level awareness to begin a deep healing process.

**Sanctuary 1:00** Commune with the Elementals, Devics, Sidhe, Fae, Leprechaun and Elven realms to bring the empowering essence of magic into life affirming transformation, abundance and manifestation into all aspects of your life.

**Odyssey/Empowerment 1:10** For those who have chosen responsibility for their own growth and movement toward freedom, this one balances the chakras and cleanses the auric field. It also begins to engage the assemblage point.

The above soundtracks help prepare one with foundational frequencies for more intermediate and advanced work.

#### ***Intermediate***

#### **DNA ACTIVATION:**

The LevelOne series is the foundation into which all the other soundscapes will plug seamlessly. Gradually this provides you with unlimited connections to the multidimensional realms. Each DNA Activation Soundscape builds upon the previous one. All individuals must start with the DNA Level 1 #1 Soundscape. It is recommended to

experience each one at least 7 times before moving to the next level and to return now and then to previous levels as new sonic packets will unfold with each listening experience. This is essential in order to fully integrate the sonic information contained within each soundscape.

#### **DNA Activation LevelOne**

#1 0:49

#2 0:44

#3 0:49

#4 0:45

#### **TRANSMISSIONS OF LIGHT CODES:**

The TLC's help build energetic information prior to DNA 1.5 and therefore prepare one for the more advanced soundscapes. These are progressively more intense and continue to build the necessary vibratory foundations for you that will pick up nuances and energetic pieces of frequency patterns. Therefore, it is recommended to begin with the 1st and work up to the 3rd before moving on to DNA 1.5.

**Journey towards Ascension 1:05** Ascension is a gradual, step by step journey which leads you deeper and deeper into a greater understanding of yourself, the world around you and the multidimensional realms of Light. This soundscape is a pointer that shifts you into alignment with the divine codes that will initiate you into this natural evolutionary process.

**5th World Emerging 1:00** View existence from a higher perspective than previously thought possible. Allow for a much greater awareness and understanding of what is really going on in our lives and how the many pieces of our personal puzzle fit together into the ALL That IS. Use this soundscape to travel beyond all your limitations and perceived defined realities into the realms of magic, wonder and creativity.

**Adya's Underworld 1:16** This soundscape has a lot of energy, movement and powerful shamanic rhythms, taking you deeper and deeper into the Underworlds, a place filled with lost power and strength which can be utilized, once transformed, to walk deeper into your spiritual path of becoming. It can also be a scary, fear-filled world if one enters these realms without support of the Light. This soundtrack provides support, structure, and resolve to face your shadow.

**Rejuva 1:20** Rejuva is designed to open new pathways in your entire auric field. It is an abundance and rejuvenation (anti-aging) process.

**Shamballa 1:02** Connect with Ascended Master Teachers with this soundtrack composed to accelerate conscious understanding of Light Language. It assists in all aspects of ascension process and develops one's abilities to pierce the veils between realms.

**DNA Activation 1.5 0:45** This soundscape is a prerequisite to working with the DNA L2. It is an initiatory sonic bridge once you are feeling fully grounded and rooted in the creation of your foundation. This is a great soundscape to help you discover any additional areas within your being that need to be cleared, cleansed and rejuvenated before diving into the L2 frequencies.

### **Advanced**

#### **DNA Activation L2**

#1 0:51

#2 1:00

#3 1:00

#4 0:56

#5 1:00

#6 1:00

### **MUSIC FOR ALL LEVELS:**

**Bliss of Being** *Pure Heart Ensemble 1:00*

This is deeply relaxing and expansive music to dive into for natural inner alignment. It is a mixture of composed and improvised music combining piano, cello, flute and ethereal vocals. Divinely inspired, it creates the perfect atmosphere for self-acceptance and nurturing meditation.

### **Mantras**

There is a mantra for everything! If you have a certain issue you would like help with through mantra, please let me know ahead of time so I can find the perfect recording for you. Mantras create a bubble of energy around us that protect us and our vibration from negative outside influence. They also help redirect mental activity and quiet the mind.

### **SOUND BATHS:**

Enjoy a living composition of voice and instruments improvised to cleanse you on emotional, mental, physical and spiritual levels bringing you into higher and higher states of alignment with Source. Rattles, singing bowls, bells, and gong interspersed with voice and golden silence will surround you with vibration for deep relaxation and create a space for natural healing to occur.

### **Private Sound Bath**

35 € for a 45 minute session

### **SHAMANIC HEALING:**

Shamanism is humanity's most ancient tradition for healing, solving problems and for keeping in harmony with nature, society and other people. If you are feeling fatigue, fear, anxiety, depression or having difficulty shifting something in your life, shamanic healing can help you overcome whatever is holding you back. This is very deep energy work arising from a synergistic relationship between you and your Divinity. I am merely a bridge for that communication to take place on multidimensional levels. All sessions last at least an hour, and while most can be completed within that time frame, due to the nature of the work, please allow for up to two hours of your time.

**Transformational Voicework** - Breath, voice and movement are the healers within. Be guided to use your own voice to heal and empower yourself.

45 € a session

**Shamanic Healing Session** - Relax and receive a combination of energy work, gentle touch, helps build subtle body awareness and removes energetic signatures...

60 € a session

**Mirror Meditation** - Confront the lies you believe about yourself and go right to the heart of truth where you'll discover your power and magnificence through guided mirror meditation using the mirror. This is some of the most powerful and advanced self-healing work on the planet!

45 € a session

Financially strapped? It is sometimes possible to work out a fair energy exchange with serious, dedicated clients.