



Edgar Cayce's A.R.E.[®]

Your Body, Mind, Spirit Resource Since 1931

Schedule:

1. The Power of Sound Energy:

Embark on a journey through sound gaining an understanding of what sound is and the science behind it, how it may be possible for sound to create matter, and explore the difference between energy, frequency, and vibration. Plus Q&A.

2. A "Sound" Body:

Explore the “energetic body,” touching upon what chakras are and why they are important for our health. Take a look at sound's role in bringing well-being, healing, and re-attunement to our body, mind, & soul. Plus Q&A.

3. Good Vibrations: A Sound Meditation Experience

Immerse yourself in a "Sound Meditation,” an amazingly therapeutic form of meditation where the sound vibrations help to shift your brain out of the beta brainwave state and into the calmer alpha and theta state. This leads to a deeper meditation as well as to profound relaxation & healing. This experience is sure to leave your body/mind/spirit feeling renewed and rejuvenated!

