

Restorative Sound Therapy

Those undergoing traditional medical treatments may be significantly benefited by individual Restorative Sound Therapy.

- serve to reduce stress and pain
- offer deep relaxation
- realign the body's vibratory state that may have been disrupted by medications and/or surgical procedures
- strengthen the immune system, effectively speeding up the recovery process

In the case of cancer patients committed to a chemotherapy regime, weekly sessions before, during and after the chemotherapy treatments are highly advantageous. Weekly modified Restorative Sound Therapy sessions are encouraged until the residual side effects of the chemotherapy have been healed.

I typically see clients in my studio, but I am happy to see clients who are in the hospital, in nursing homes or rehab facilities, or who are home-bound.

About Patricia

Reclaiming my voice in 1990 started me on a wonderful adventure of uncovering and resurrecting my Authentic Self. The manner in which I was led to people, places and experiences can only be described as my Path of Miracles.

That path eventually led me to the Tibetan Bowls and ignited my curiosity about the healing capacity of sound and vibration. Over the years, I've studied with many masters of sound and energetic healing modalities in the US, Peru, England and Egypt. The method I use today is an intuitive melding of my own experiences and all I have learned and continue to learn.



If you have questions or would like to schedule an appointment please contact me at:

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708-743-5151

For additional services, please check my website:

www.SoundForLife.net

Sound For Life



Patricia Caldwell



"Patricia not only sings with guitar and without, she is able to provide soul healing with the magic that she achieves with Tibetan bowls. It was truly humbling to be in her gentle but powerful presence and more importantly, bear witness to her power to provide 'therapy' through her music and voice."

Monica P., Barrie, Canada

Vibrational Energy Medicine

For Individuals

Tibetan Singing Bowls (one form of VEM) have become internationally recognized as potent tools for stress and pain relief as well as for physical healing .

The intrinsic value of the Bowl is its ability to entrain brain waves to a state of deep relaxation. This state enhances your body's ability to heal itself, and you are more easily in touch with the part of yourself that holds guidance and answers for you on the physical, mental, emotional and spiritual levels.

An individual session is uniquely personal. It is an intuitive, interactive process which unfolds as you experience the sound and vibration of the bowls. These sessions are gentle, yet powerfully transformational .

If desired, it is possible to embark upon an inner journey to understand the nature of core issues affecting your life, to intuitively come up with ways of effectively healing a life issue, and to reveal hidden talents and aspirations, etc. The possibilities for self-exploration and consciousness expansion are limitless.



Sacred Sound Immersion

For Groups

I'll weave a sound web with my ancient Tibetan Singing Bowls that will enfold you in their rich, resonant tones and immerse you in their nurturing vibrations. Physiologically, our bodies are more than 70% water and because water is an excellent carrier of vibration, every cell in your body will receive a gentle massage.

As you are floating on these waves of sound, I'll meld the vibrations of the bowls with my voice in a guided journey. I'll conclude the session with sacred toning that completes the attunement of your energy fields. To fully integrate your experience, you'll have the opportunity to relax in silence for a few minutes afterward. You'll leave feeling soothed, inspired and enlivened!

"Patricia's beautiful voice connects Heaven and Earth through the heart. When you listen to her, prepare to be transported to places of emotional richness and spiritual clarity." Judith M., LCSW, Farmington, NM

Healing Sound Circle

A Healing Sound Circle typically consists of 8–15 people. We'll begin by learning to play the Tibetan Singing Bowls. Then I will teach you how to create a healing vibration with your own voice. ([Creating this vocal vibration has nothing to do with "singing" so even those who profess to "not being able to carry a tune in a bucket" will have no difficulty fully participating in the Circle.](#))

Intention + Vibration = Healing

A group of people sending out a shared intention with sound, exponentially multiplies the healing power of our voices and instruments. We'll begin with healing intentions for ourselves and our loved ones, then extend them out to our communities and beyond.

The delightful side effect of the Circle is that after being bathed in our own healing sounds we all leave feeling renewed in body, mind and spirit.

"My experience with Patricia transcends language. It was at the same time being fully present in the body and fully connected to God." Belinda H., Charlotte, NC