

TEA LEAF & TAROT READING

WITH
Tanya Lester
author of *Confessions of
a Tea Leaf Reader*

www.tealeafreading-by-tanya.com



\$50 for a 1/2 hour
\$75 for 1 hour

*Readings in-person
and long distance*

250-538-0086
t_lester@yahoo.com

MIKEOULA

sound practitioner. musician

Monthly Sacred Sound Circles
Sound Healing Concerts

~ Private Sessions ~



250.871.4882
www.mikeoula.com

mikeoula@gmail.com

Check Website for Details

Sacred Sound

and the Human Instrument

This past summer I had the privilege of spending time with 100 people from around the world who shared my passion for working with sound. I realized that there is so much more to sound healing than I ever imagined and I came away with a sense of renewed awe and admiration for the design of the human body and its capacity to utilize sound and vibrations for healing and connecting with our Higher Self.

As I am sure I have mentioned before, we came equipped with the perfect instrument: our bodies. Please forget any messages you may have ever received that were less than positive about your “singing” voice. Each of you is a perfect, divine creation hence, your voice is perfect: perfectly yours.

Toning is different from singing; it requires you to connect inwardly and bring forward a sound from your inner self, just one sound or note. Play with taking a deep breath from your abdomen and hold that note as long as you can, not too loudly. Now feel that note within your body; where does it resonate? Visualize moving that sound up and down your chakras. When you practice abdominal breathing, your whole body benefits from the increased oxygen intake and your chakras and organs literally vibrate when you tone, raising your vibration and charging your cells with positive energy.

There are suggested sounds for each chakra, which you can tone as a mantra :

**UH ~ OOO ~ OH,
AH ~ EH ~ AYE ~ EEE**

Again, these are suggested sounds; feel free to create your own and trust your guidance and intuition about what sounds are right for you. This is about using sound to change your vibrational level, also known as “entrainment”. There is no wrong way to do this. Be aware of how you feel after toning or releasing some sound. There is powerful energy within the sounds we create, be it through chanting or speaking. And when toning with loving intention we are not only restoring health and balance within ourselves, we are helping co-create planetary healing!

I believe every living thing is alive with its own sound and crystals are no different. If you are interested in exploring the relationship between sound and crystals, you can start with your own voice, using it as a tool for resonance and shifting frequencies. I encourage you to sound or sing into your crystal, creating vocal harmonics (when the fundamental note and others within the sound spectrum of that note are heard).

Try sounding different sacred vowels while holding your crystal in your hand. When you feel the crystal vibrate and pulse you'll know you have matched the resonant frequency of the crystal, and it begins to sing! The use of sonics (sound) played a significant role in crystal use in ancient times.

Used in healing temples in Atlantis, for example, healer-priests would arrange themselves in geometric patterns around an individual and sing into crystals. Through such practice, organs and limbs could be regenerated. Amazing! Just imagine when "modern medicine" catches up with these ancient practices!

Shamael Invocation

I invoke the spirit of Shamael

Angel of Sacred Sound

May the Sound of Light Surround me

May the Light of Sound guide me

May Sacred Sound come through me

For the Harmony of All

I consider the pure tones of the crystal singing bowls as sacred; their vibrations change the brain waves of those listening, facilitating a relaxed state. The applications for their use are limitless, restricted only by our imaginations.

Determining if a sound is sacred is an extremely subjective process; it requires you to be aware of your physiological, emotional, mental and spiritual responses to a particular sound.

The world offers a plethora of choices, from waves breaking on the sand to help you sleep, to an eagle's cry to assist your flight. **Our skulls are designed with cavities that vibrate when we tone**, hence I suggest that we are indeed human instruments, fully equipped to bring forth our own sacred sounds, be it in the shower or on the shores.

Mother Gaia continually broadcasts loving frequencies and vibrations and I truly believe we are part of her orchestra, each of us adding our own vibrational signature. **What an amazing, divine symphony we are co-creating...Can you hear it?**

Mikeoula is in service to the sounds of Love and Light. She is available for person healing session, events and special functions providing transformational music with keyboards and crystal bowls. www.mikeoula.com



Celestial Angel Guided Divine Loving Healing

Transform Yourself
So You Can Transform Your Life

Soul Transformation Healing,
Mind Enhancement,
Comprehensive Body Healing Services,
Celestial Mediumship Trainer,
Divine Love Path

Teacher ~ Lori Hunter
250-881-5344

divinelovehealing2013@gmail.com

The Alden Clinic

Physiotherapy, Cranio Sacral
Therapy, Medical Acupuncture
Quantum Biofeedback Specialist
Reconnective Healing®



697 Wentworth St., Nanaimo, BC
Ph/Fax (250) 753-7771
www.aldenclinic.ca

Janet Foster,
MCSP, CAFCI, CMAc, RAcu

Pat MacDonald
Intuitive Healer
250-650-6476

Facilitates the connection that links you
to physical, emotional, mental
and spiritual well-being

patmac.lighttone@gmail.com

Svetlana



Multi-dimensional light worker

Tel: (250) 792-0486
Email: lanasnaturalhealing@hotmail.com

"Reclaiming ones own true power"