

Sound Awareness



What is this course about?

This course is about removing fear and restoring joy, using music and the vibrations of sound. Fear is, as I see it, the only thing that prevents a joyful, harmonious and peaceful life. Fear buries itself and needs a wardrobe for it to exist – a secret place in which to hide. If we open the wardrobe; if we become *aware* of it fear will go away immediately. We become aware when we use our 7th sense, our inner knowing, and allow that to work throughout ourselves. Removing fear is a process of bringing about peace.

This course is about understanding yourself and is therefore developed in association with the International School of Awareness, who offers many ways to explore the 7th sense. This course will use music and sound.

The course is in 8 one-day workshops, with an introductory evening. A certificate will be given out at each workshop. The final day will look back at the course and you will receive a diploma that will allow you to do further advanced courses with the International School of Awareness, such as the Teachers Course.

What will the course include?

The course will give you a full insight to how music and the vibrations of sound affect your life.

You will for example:

- learn to balance the physical body with the aid of sound vibrations
- learn how movement links to sound
- learn how to neutralize harmful vibrations caused by noise?
- use the vibrations in music to reverse negative emotions
- use sound vibrations to remove stress
- discover techniques to make or improve you as a good speaker, songwriter or musician
- understand what rhythms (habits) you have put into your life
- find the sound of your own soul.

Who is welcome to this course?

Anyone!!! It helps if you are either interested in sound or attend because you have a problem with it. Should you have a hearing problem, just like to listen to music or, are in fact, a musician, does not matter. Know that if you are drawn to this course, it would probably be a good idea to attend a low cost introduction day and see for yourself.

Who am I?

My name is Fredrik Holm. I work with sound in many different ways - I teach, lead choirs and orchestras, write music and play professionally both in the UK and in other countries. I work in association with the International School of Awareness and have developed this course to fill a gap in learning how we can use music and sounds to become more self-aware which, I know by experience, brings a lot of positive and unexpected effects.

When, where and how much?

This introductory evening is offered on a regular basis.

Please contact Fredrik for further information or visit www.2b-intune.com. The introductory evening is £9. Day 1 and 2 is £45, day 3, 4 and 5 is £50 and day 6, 7 and 8 is £55 per day.

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