



Sound Medicine By Misa

Before You Begin

The CD or MP3 you are about to listen to has been created specifically to inspire and support you in your journey of well-being. It is the equivalent to a private session with Misa.

Throughout the ages and across cultures, sound has been used as a form of medicine that brings people into a state of physical balance and harmony. With this CD, you may find yourself experiencing physical well-being in the way people have experienced it for thousands of years.

"Misa I just wanted to let you know I have been listening to the Immune Builder CD and I believe that it has made a real difference in my seasonal allergies. My symptoms this year are almost non existent. If I notice anything starting, I listen to the CD and it seems to stop it."
-Judith Cole, Michigan

"Since listening to the Deep Peace CD (and drinking an herbal tea mix), my blood pressure went from 180/120 to 145/95, and after four months my blood pressure is STILL at about 145/95 (average measurements). That is a MEASURABLE and SIGNIFICANT difference."
-Sandra Watt, Ph.D., Portland, OR

Misa has witnessed many miracles over the years with clients using Sound Medicine as part of their healing process. According to physicists we are vibrational beings. Therefore, introducing frequencies that heal can have powerful and seemingly miraculous effects.

A Caution

Sound Medicine is not about listening to pretty or perfectly composed music. Part of the medicine or healing lies in its imperfection – in its ability to break up stuck patterns or physical disharmony, to acknowledge sorrow and frustration, or to transform dysfunctional tendencies into functional ones. Single sounds may be held for long periods of time and some sounds may even seem distorted. These are techniques that create profound changes. Be prepared to hear what is right for healing, rather than what sounds good, and you will benefit from the gifts these sounds have to offer you.

Some of the sounds or vocal passages may sound similar to healing music from traditions around the world. This is not intentional. Misa's healing sounds come from her inspiration and the sounds that are universal to us all.

When Using the Sound Medicine

Listen from the beginning through to the very end, until you hear the wind blowing. Turn off the telephone, sit or lie comfortably, close your eyes, and breathe gently. Feel the sounds as you hear them. Rest in sounds that bathe you and unravel the tired, broken places inside. Rejuvenate in sounds that massage you to your bones – and even your soul.

“I had chronic pain for years. When even pain medication wouldn't help, Misa would sing to me and my pain level would go down 70% within 2 hours. She is a miracle worker.” - Ariann Thomas, Sedona, AZ

Frequency of Use

Get your calendar out and mark the dates. If you feel some urgency in your healing, listen once every day for 6 days. Take a day off and begin again until you are free from pain or sense it is time for a new Medicine Song. If you are not feeling urgency, it is recommended you listen to this CD once every five to six days. Sounds tend to linger in your cells fairly strongly about that long. Be sure to read the next section about Herxheimer reaction.

Potential of Detoxing

You can listen as frequently as 3 times per day; however, be aware that while it is likely to speed up your healing process, it may take you into a healing crisis first in which your body detoxes.. This causes a temporary increase in symptoms. If this happens, drink lots of fluids and rest. It means the sounds are working. Here is a good article about detox reaction or the Herxheimer reaction:<http://www.falconblanco.com/health/crisis.htm>. Most of all, listen to and follow your intuition about frequency of use.

Hopefully, one CD will be enough (often that is the case); however some serious conditions require more than one Medicine Song to achieve complete freedom and health. Your own intuition may tell you if you need another CD. Or you will find you suddenly stop using the CD you have. If you are not sure, I am available for free consultation. I won't sell you anything you don't need, but I will encourage you to do what you know is right for your healing journey.

Keep a Record of Your Progress

Immediately after the session, write down anything you experienced – seeing colors, feeling, tingling, being more relaxed – details of your experience. Energy healing can sometimes be very subtle, but changes are occurring, and you may start having insights and healing awareness up to a week after listening. Taking notes can help you become more in-tuned with the daily alterations that are taking place.

Keep an Open Mind

Most of all, remain open to your full and complete healing in a gentle and loving way. In many cases, the sounds help you achieve complete healing. At the very least, it can help you focus on your healing, become an active participant in your journey, and reduce the amount of pain or discomfort you are experiencing.

"I am really doing so much better. This past Saturday was the first time in almost 2 years that I can remember NOT being in constant pain in my neck and shoulders .I really think the combination of the physical therapy and sound therapy meditation is finally paying off." - Terri Ranck, Lubbock, TX

"At the first sign of cold or flu, I pull out the sound medicine. I have friends who were sick for weeks, while I healed within a matter of days. Since I have been using this set during flu season, I don't get sick any more."
-Ariann Thomas, Sedona, AZ

You Are Ultimately the Healer

A Sound Medicine Practitioner hears the frequencies that help you reinstate health, reinforcing your own intention to heal. So be as clear in your intention as you can be.

If You Like the Immune Builder Sound Medicine...

Then consider strengthening your response to unwanted viruses by adding a Virus Defense Kit. This powerful and proven combination of Sound Medicine and Energy Symbols successfully wards off the strong viruses we encounter today. The energy medicine in this kit literally teaches your DNA what to do when a virus approaches your body. Discover more at <http://empoweredspirit.com/VirusProtectionFreeFromFear.htm>

Misa has been singing sacred songs since she was a child. It is her privilege to bring you sound medicine for your journey of health and vitality. If you have questions, would like to share your experience with her, or want to learn more about her work visit her site at Self-HealingSecrets.com

Warning: The information provided here is not for the purpose of medical diagnosis, prevention or treatment of any disease or condition. Anyone with serious symptoms is advised to seek professional medical health care attention. The parties to this product disclaim all responsibility for any health or medical condition, result, aggravation, or neglect that may occur as a result of using this product. The makers of this product fully believe in all the statements made in connection with each and every element of the product. Satisfaction is guaranteed. Guarantee is limited to the refund of the purchase price. **Do not use while driving.**