



The Intuitive Healing Voice Course

with Dominique Oyston

PRE-SESSION GROUNDING PRACTICES

Grounding, embodying and earthing. Your body is the container for your vibrational work. You'll notice that I have included quite a few grounding exercises. Staying grounded in your body during any healing session is very important and needs to be built in as a practice so your body understands this action and can respond in session. You may also have your own grounding exercises that already work for you and that you can explore adding sound to.

Earth point & individuality /essence point. The extended centerline sounding.

The extended centerline can be used for strong grounding and a sense of being the embodied channel between Heaven and Earth. It also is useful anytime you may feel uncentered or need confirmation including during a Sound Healing session.

- Contact the Earth Point, approximately 40 centimeters below your root chakra, in a sitting position.
- The earth point is a vortex of gathering point for the deepest energy of your grounding, earth power and stamina. It affirms your belonging to Mother Earth. It is an extension of your root chakra energy into the earth itself and further stabilizes the wisdom received from the earth.
- Now contact the Individuality/Essence Point approximately 40 centimetres above the crown chakra. It is a vortex that signifies the essence of who we are. It is the first point that comes into manifestation before a child is born and also where our energy gathers as an essence when we die. It is a point for gathering the essence of our cosmic energy and our potentials.
- Practice the breathing into the extended centerline, that is including the individuality point and the earth point. When you are ready add sounding the extended centerline in harmonious tones. Let the centre energy guide you. Focus on harmonising and flow.
- Now be the centerline and reside in silence, listening. Receive.

TREE exercise

Visualise a tree, that you stand towards or place yourself in front of it.

- On an inhaling breath, pull in the energy from the roots of the tree and bring it with your breath up to your root chakra. Let it move in the front of your body the whole way to the crown and extend above the crown connecting with the crown of the tree. Now on the exhaling breath, pull the crown energy from the tree downwards and circulate it into your body, now touching the back of the body, closing connecting with the roots of the tree.



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- When you have the breath circulation down, match the energy with sound frequencies to further embody your grounding. In the sounding process you may alter the breath and make several inhaling and exhaling breaths on the ascending and descending movement.
- A further deepening grounding process and an exquisite, rooted sensation that amplifies belongingness, is to circulate breath and sound through your energetic tree. For example: you could inhale from the roots of the tree to your root and then further up to the pineal chakra. On the exhaling breath you could project the breath into the tree from your pineal chakra, then circulate it down the trunk inside the tree itself to the roots. On the inhaling breath again pull in the root energy from the tree and circulate it into own body until pineal.
- Then rinse and repeat or try another variation. You may thereafter do the same procedure but now originating from another part or chakra area in your body. The same procedure can be practiced with all the chakras.
- An alternative version is to do the practice standing with your back/spine towards the tree. This gives you a stronger connection and healing to your spine. Follow the same principles as above.

Turtle exercise

This exercise can be used for setting clear boundaries and for protection.

- Spread your legs wide, feet parallel, while opening your arms and bringing them to the side. Thereafter bend your arms in an inward movement, as you bring your knuckles to the temples. Simultaneously make a forward -bend of your back, keeping the sacrum/lower back area straight. You now look like a turtle!
- Start breathing deeply into the belly, pulling in earth energy from your feet as you make circular movements with your knuckles around the temples. Start sounding the energy.
- Practice as long as needed. You may step out of the position for a moment by gathering your feet together before taking a new round.
- You may also move into a version of Child Pose on the ground with your hands out in front of you like paws. Feel like your back is a protective turtle shell from which you can peek out and sound, then draw your head back in again.



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The HAKA exercise

- Stand with feet shoulder-width apart, bent knees, arms straight to the side with open palms. Now start to breathe deeply as you focus on pulling in the energy from the earth on an inhaling breath. At the same time contract all your body muscles while making a fist with your hands.
- Then release on the exhaling breath all the body's tension.
- Repeat three times and thereafter tap your chest area with closed palms while making sounds. Let the tapping extend to the entire body.
- Practice this exercise as long as needed.