



The Intuitive Healing Voice Course

with Dominique Oyston

ONE SOUND TECHNIQUE

Sound healing principles for the one sound technique

The One Sound technique is perfect for most of your sound healing sessions with the body. The idea of the One Sound technique is to travel through various layers of blocked and murky energy in order to come to a 'One Sound' soundscape. Each layer tends to have its own distinct soundscape or sounds. This is always interesting. It is as if your sound is 'reading' the body issue and reflecting it in your voice and the sounds that come through you.

Be aware of how deeply you work into a layer. You can over or underdo it. You may encounter off-key sounds. These are called dissonant sounds. Dissonant sounds are very effective to stir up the energy, so you can filter, dissipate and clear through emotional blockages. Dissonant sounds often appear used to unravel and clear the layers.

You can tell if you are doing this correctly by dwelling in the sound scape that feels good to you. You repeat it for an extended time until you feel it is 'done'. The sound will often stop by itself when it is done. Trust your repetitious sounds at any time and that they may keep on changing slightly. It is important to be responsive to the sound rather than habitual and unconscious.

Each soundscape has a message and is a part of the peeling off of layers, penetrating and melting through the shadows & blockages.

Value all the sounds that you are guided to express.

When you don't understand a sound, be with what comes out of you in a gentler way so you can feel the subtlety of what the sound is doing. It is rare that all the layers are dissonant. In fact, it is good to move between dissonance and harmonious soundscapes. As the layers unravel, you will sense moving more deeply into the issue and resolving it with your sounds. If you are working with a client for the first time, introduce the dissonant sounding very gradually as these sounds can be quite provocative to receive.

Step 1: Personal preparation before the Sound Healing session

Use your grounding practice, tune your own body and field, connect with 0-point presence and prayers. Be clear in your intentions.

Step 2: Explaining the Session

- Let your client know what to expect from a sound healing session.
- It's a process of moving into the unknown, which may include uncomfortable, unfamiliar and sometimes 'itchy' and dissonant sounds. The sound healing that will take place can move you very deeply into your inner process and access cellular memories.



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- Ask your client to sense deeper within themselves if they have fears around receiving the sounds.
- Always make sure that they can say 'stop', if needed at any given moment.

Sound Healing is often a kind of co-creation and 'it takes two to tango!' It may support you to create a write-up that your client gets beforehand.

Even if you are just going to add a few toning sounds to your regular healing session, let your client know.

Step 3: Coaching

- Train to give the power back to the client by asking leading questions that facilitate client's own answers. Guide your client into their own body to sense the issues from within.
- Listen with an open heart with acceptance and hold the space with compassion for the client to feel safe.
- When working with sound on the body, cover a maximum of 3 areas in order to work in depth.
- I do not recommend that you work in one area only, as any area worked on needs a complementary energy.
- Assist your client to choose which body parts are relevant to focus on.
- Let the client sense what they need, with open or closed eyes, as you ask creative leading questions to client's inner process. Allow the client to talk about any images, feelings, sensations, colours or memories they may be experiencing in the area.

Examples of questions:

1. Do you recall the root cause of this issue?
2. What was happening in your life when you first discovered the issue/pain/problem?
3. Do you have a sense of why you get stuck here? Or why you keep on having this issue/pain/problem?
4. What might you be escaping from? Now go into your body; where is it exactly?
5. What are you in contact with? (From here you will start your personal guided visualization to get client to feel the issue deeper in the body depending on the individual case.)
6. What are you willing to take responsibility for, or commit to?



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7. Encourage your client to deepen their intelligence around their ability to receive and pull the energy back to themselves. This will support them to own their own reality and power.

Step 4: Setting the Intention Statement

1. It is supportive to speak an intention into the area you are working on before and after the sound. If you are working on more than one area, formulate an intention statement for each area.
2. Formulate the issues in a clear concise sentence for each area you will work with or create one overall issue together with client.
3. Formulate the intention as a positive statement which confirms what the client would like to get out of the session and take responsibility for.

(See Client coaching document for further information)

Step 5: Beginning the Session

- Begin by stating the positive intention to the area you have chosen to work with. You may also state it when finished in the area. It is very helpful to place your hand on the area before the sounding process begins which will prepare client to be present in the designated part.
- Begin with **soothing sounds** in the first area chosen, which further prepares the body to receive and become familiar with receiving the sound healing.
- Then let the body tell you which sounds to use: the more intuitive you are able to sense the frequencies of the client in the given area the easier you will be guided in your sound frequencies.
- Work through the layers with your various soundscapes and you will come to a sense of finishing with the 'One Soundscape'

Step 6: The 'One Sound' Soundscape

- Often the sounds that penetrate the layers of the block or issue in the body will have an emotional character current to them. At the end you will come to a non-emotional soundscape that will create a new healing platform, a new foundation for



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client to operate from. The soundscape is a strong sense of matching and being met, a feeling of being strongly connected to Source.

- Sounding the One Sound soundscape gives you a sense of eternity, as if it could go on sounding it forever. It feels so good to sound and to dwell in and is an intensified soundscape.
- Trust your own intuition and your own steps to get more accurate and effective sounds through you. You can't do it wrong when you have clear intention.

Important notes:

- If you feel resistance in an area you might choose to move to another area and then come back to this area you left at a later time. Always finish the area you worked on with soothing sounds and hands-on.
- Remember you can have breaks to integrate the sounds if either you or the client feels this is right. This freedom benefits both yourself and your client. Practice listening.
- If you feel inadequate, or you feel your own stuff come up, simply sit back, relax and breathe deeply into your 0-point for a couple of minutes. You can let your client know there will be silence for a minute. Practice your inner centring and inner focus. You may also ask for the violet vibration protection or make a physical movement that brings you back more strongly to the 0-point energy.
- Practice and get experience with both open and closed eyes.
- If a client has a deep emotional release, that is of course okay and can never be predicted. However, after the initial 'lid has been taken off' encourage client to further contain the energy and passively receive. You can do this with guiding them to the breath.
- If client wants to lie face down, they may do so. In general, a client is less receptive when receiving sound healing lying face down. However, it is a protective position and may be chosen because of unconscious fear arising.

Step 5: Finishing your Soundscape

Always finish an area with the One Sound soundscape for extended time. After this, lay your hands gently but firmly in the area you worked in as a closure.

Remember the importance of breaks, even during the unravelling of the layers process. Always break before proceeding to the next area. When you are ready, move to the next area. You can intuitively choose the order of the areas.



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Step 6: Concluding your Session

Conclude the session by moving your hands and sounds from head to toe, shielding the auric field with a violet colour soundscape to protect client with their new vulnerability and the new transformation that has taken place.

Allow the client to integrate for some minutes.

(In general, do not let your client integrate more than maximum 5 minutes).

Then place your hands gently on the body with the intention of bringing client back to here-and-now consciousness. Firm but gentle touch around the feet and around the shoulders are great areas to support your client to return easily.

Note: Some Sound Healing sessions may take a while to integrate so advise client to take time off after the session. If a client has felt 'nothing' during the session, assure them that everything is okay, and that the integration may take place at a later time during the day or during the night. It helps to give them a grounding exercise to do.

Prepare them to notice any symbols, ideas or feelings that come up over the next few days.

Integration is an important part of the session.

Step 7: After the Sound/Wrapping Up

Always let the client speak first. Your client's personal experiences are most important and of value. Debriefing is important for integration and understanding.

Keep what YOU experienced simple.

Ask yourself what is relevant to share and do not overload the client with information.

You may wish to assign **homework** to take the work further and initiate responsibility. Be creative with the homework and make it simple.

When session is complete, do not socialize to keep energy clear and integrated.

The 'One Sound' Technique is a straightforward but creatively intuitive Sound Healing session to deliver.

If you find yourself drawn to Intuitive Sounding, it is a wonderful tool.