

Inner Peace Individual Sessions

Poet Kahil Gibran writes *“Music is the language of the Spirit. It opens the secret life, bringing Peace, abolishing strife.”* We all seek inner peace, that sense of being calm, centered, free of the racing thoughts, free from the agitation that is a times a byproduct of life. Our soul longs for a space where we can just Be, to breathe, to rest and be a peace with ourself.

Sufi mystic and musician helps give us a direction to recovering our inner peace when he writes *“To obtain Peace, what one has to do is to seek that Rhythm which is in the depth of our being”*.

For eons music has been valued for its restorative ability to “Peace” us back together. During an individual session you will hear the soft music and frequencies of the resonating Celtic Moon Pan drum, Energy Flow chimes, Freenotes wings and Asteroid tuning forks which will support bringing your body, mind, emotions and spirit back to your natural state of Inner Peace and Harmony, restoring the Peace *“which is in the depth of our being.”* Paramahansa Yogananda tells us that *“Peace emanates from the Soul and is the Sacred Inner environment in which true happiness unfolds.”* The intention of each session is to help return you to your natural state of harmony and to your center of inner Peace and restore the happiness that is a natural consequence of inner Peace.

Hazrat Inayat Khan *“Now if I do anything, it is to tune souls instead of instruments; to harmonize people instead of notes. If there is anything in my philosophy, it is the law of harmony: that one must put oneself in harmony with oneself and with others. I have found in every word a certain musical value, a melody in every thought, harmony in every feeling...”*

Monthly Themes

- Jan: Into the Light of Peace
- Feb: Warmth of Peace
- April: Peace, the Calm Harbor
- May: Holding onto your Peace
- June: Grounded in Peace
- July: Into the Heart of Peace
- Aug: Breathing Peace
- Sept: Held in the Arms of Peace
- Oct: Peace of Mind
- Nov: The Stillness of Peace
- Dec: Centered in Peace