

# SOUND FOR YOUR HEART



Join Deena Rahill, founder of HI Mindfulness Forums, for monthly Virtual Crystal Bowl Vibrational Healing from the Elliott Museum's Theater. Experience an hour of the pure bliss of sound vibration. Research has shown that it is the most accessible healing practice that allows us to experience inner calm and deep relaxation. Make time for yourself to get beyond your body and disconnect from your environment. Allow yourself to transcend to the world of sound and vibration.

Sound Vibration healing (alternately known as sound meditation, sound bath, or sound therapy) helps slow down the heartbeat, calm and harmonize brain activity, and invite a meditative state where healing can occur.

During the event, participants are invited to get comfortable by sitting or lying down, surrendering to all the sounds while finding a rhythmic breathing pattern that is comfortable for the participants. You will come away with a clear mind, elevated mood, improved creativity, and a deeper appreciation for the wonder of sound.

We strongly recommend this event for people who have trouble meditating or quieting their minds, or feel like they just "can't get there." This experience is a powerful moment for you to unwind yourself, raise your consciousness, and enter a blissful, mindful, and pleasant state of well being.

## Meditation Schedule

**Dates:** Tuesday: October 6, 2020

**Time:** 2-3 p.m.

**Virtual:** From the Theater of The Elliott Museum, 825 NE Ocean Blvd, Stuart, FL 34996

**Location:** Join the livestream at <https://www.facebook.com/deena.rahill>

**YouTube Channel:** Deena Rahill

**Hi Mindfulness Forums**  
**825 NE Ocean Blvd., Stuart FL 34996**  
**786-488-7782**