

SOUND FOR YOUR SOUL



Join Deena Rahill, founder of HI Mindfulness Forums, for weekly 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 a clear intention (which is an art of a focused and coherent mind) coupled with an elevated emotion such as joy, gratitude, freedom, and compassion (which is a function of the heart), changes people's state of being. 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 (often known as sound healing or sound bath) is the practice of listening to soothing sounds to reach profound relaxation. It's an invitation into an opportunity to disconnect from your busy life and external stimuli, allowing your healing to take place.

During the event, participants lie down (please bring a yoga mat, blanket, pillow and wear comfortable clothes) and are bathed head to toe in sound vibration — it's an ethereal experience. You will come away with a clear mind and deeper appreciation for the wonder of sound.

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

Meditation Schedule

Dates: Tuesday: July 7, 14, 21, 28

Time: 2-3 p.m.

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

Location: <https://www.facebook.com/deena.rahill>

YouTube Channel: Deena Rahill

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