

## Individual Vibrational Alignment Session with Gentle Thunder

In a private individual session, you and I co-create sacred space, set intentions and allow the journey to unfold. I play music that is “soul specific” for you by tuning in to your essence. Through the music I am intuitively guided to play, a unique nurturing harmonic field is created that reflects your soul’s essence and recalibrates your energy. Even when I play songs I have recorded on my CDs, I will play a version that is just for you. I record the session so you have it to listen to again if you choose.



For the session, you dress in comfortable clothing and lie on a massage table with your eyes closed, focusing on your breath. I play a vast array of extraordinary Native American flutes, grand hammer dulcimer and light percussion. You simply breathe deeply as you release all that no longer serves you while allowing your body's intelligence and your highest source self to utilize the harmonic field created. This opens a space for all levels of the body (physical, emotional, mental and spiritual) to relax, release, recalibrate, restore and realign.

Please allow 2+ hours for a session. The actual musical portion of the session is approximately 1.5 hours and the remaining time is needed for setting our intentions and spaciousness for completion. Please arrive free of any alcohol or substance use, scents, essential oils, cologne or perfume.

Knowing that human bodies are comprised of over 75% water, the harmonics actively resonate in your body for the next 48 hours after the session deepening the restructuring. Creating a nurturing environment for yourself post-session supports integration and the strongest foundation possible. I highly recommend quiet time rather than lots of activity or demands on you by other people, a break from technology (TV, computer, cell phone) and ideally time in nature to integrate.

Everyone has their own unique experience! A few common benefits others have experienced include: more alignment with who you authentically are; peaceful, strengthened connection to your heart and inner guidance; clarity and lightness from the release of old energy and physically manifested blocks.

Individual sessions are \$200 (in person or via the phone worldwide). Please contact me with any questions or to book your session.

Blessings and love on the winds,  
*Gentle Thunder*

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