



### Mission

To support people with the restorative power of vibrational sound and to create sacred sound ministries for spiritual communities.

### Vibrational Sound Therapy

The primary goals of vibrational sound therapy or VST are to relieve stress and improve emotional wellbeing. Therapeutic grade Himalayan bowls designed for their vibration and long sustain activate the parasympathetic nervous system and reduce brain wave activity. The bowls are placed on key points on the body to create a sonic massage that is deeply relaxing.



### Benefits of Vibrational Sound Therapy\*

People frequently report:

- Pain relief
- Reduced anxiety and stress
- Increased clarity and energy
- Increased sense of well being

\*Vibrational Sound Therapy does not diagnose, treat or cure any diseases.

*I woke up pain free  
for the first time in  
weeks after Gabriel  
Nelson's sound  
meditation. –  
Sheree Bailey, Atlanta*

Vibrational Sound Therapy naturally compliments other mindfulness techniques and evidenced-based psychotherapy modalities such as cognitive and dialectical behavioral therapies used by psychotherapists and mental health professionals.



### Singing Bowl Classes & Apprenticeship Program

Learn to play the singing bowls! Himalayan and crystal singing bowls are powerful compliments to existing meditation and spiritual practices. GabrielNelson offers a *Train the Trainers* program for psychologists, therapists and yoga/wellness instructors.

The Apprenticeship Program is a 12-month intensive program for those who would like to start a career in sound therapy.

### Sacred Sound Ministries

Sacred sound ministries build community and create inspiring harmonies for a spiritual community to enjoy. They are trained as an ensemble to use Himalayan and crystal singing bowls, chimes and gongs. Sacred sound ministries bless and cleanse sanctuaries before services and events. They create profound sound experiences for congregations during meditations and reflective readings.



*The Sacred Sound Ensemble experienced a phenomenal debut thanks to GabrielNelson. – Rev. Tony Crapolicchio, Trinity Center for Spiritual Living*

### About



GabrielNelson Sears has studied and practiced meditation for over thirty years and is a master-level Usui and Karuna Reiki practitioner. He is a certified Vibrational Sound Therapist through the Vibrational Sound Association and a graduate of the Earthsong Sound Mystery School. In addition to his private practice, GabrielNelson facilitates group sound meditations, teaches classes on vibrational sound and is a guest speaker at numerous venues throughout the United States, Costa Rica and Ecuador.