



*Colour of Sound Institute*

**ON-LINE LEARNING PROGRAM**

**Certificate in Sound Therapy  
(C.ST)**



**Welcome Handbook**

## **WELCOME!**

Thank you for ordering this Certificate in Sound Therapy (C.ST) Distance Learning Program from us. Welcome to our Program and our community of students, practitioners and trainers. It is our intention that you fully enjoy the journey of learning, developing and growing as you read the eBooks, listen to therapeutic sounds and complete the exercises in the accompanying Workbooks.

The purpose of this Handbook is to outline how this course is structured and to suggest how you can most easily and effortlessly progress rapidly through the course so that you can confidently apply the skills and knowledge that you learn to successfully transform and heal yourself, plus your family and friends.

You may well be doing this distance learning course with the intention of building a business as a fully qualified, professional Sound Therapist and even as a Master Practitioner and Trainer. This course will lay solid foundations to ensure your success in your new venture.

Sound Therapy has a unique role to play in these times. As we move more fully into the process of change triggered by the heightened vibrational frequencies of the shifting energies that are growing in intensity around 2012, sound therapy enables us to ground ourselves in the new energies; to align our selves with our Highest Self, and be of immense service to those around us; our family, friends and colleagues.

With Sound Therapy we lift our own vibrational structure whenever we feel challenged, and in doing so, we remain open, positive, healthy, compassionate and courageous in the face of change. By tapping into the wisdom and practices of ancient mystics and integrating the findings of quantum physics and epigenetics, Sound Therapy is emerging as a powerful medicine and is rapidly growing in popularity as a healing modality.

This course gives you the opportunity to stretch beyond the bounds of your habitual patterns to embrace a new vision for living on this planet; one that is filled with hope, passion, peace, joy and love.

Thank you again for joining us, and we look forward to being with you on this exciting journey.

## **HOW THIS COURSE IS STRUCTURED**

This Sound Therapy distance learning course is delivered in 12 modules. Each Module is made up of one eBook and one Workbook with exercises to complete and questions to answer. In addition, there is an audio or video file for you to listen to and view. You will receive access to our members' area, called the Customer Centre on our website, and each week a new Module will be posted for you to download. On week 13, you will be able to access the exam paper which you are required to complete and return, together with a recording of you giving a Sound Therapy session with a client. We will give more information about the exam and recording process nearer the time.

You are required to pass this assessment process in order to get the Certificate in Sound Therapy (C.ST) and be eligible to move onto Level 2 of our training: the Diploma in Sound Therapy (D.ST). You are under no obligation to purchase any additional courses in this Distance Learning Programme.

To most easily and effortlessly progress through this Course, we suggest that you allocate a minimum of 6 hours of your time for each Module. This will enable you to read the eBook and do the exercises in the Workbook. You may wish to do additional reading and listening.

To be effective as Sound Therapy practitioners, we need to develop our capacities to listen to inner and outer sounds; to expand our awareness of the impact on mind, body and spirit that these sounds bring, and to ground our reading of theory into daily practice.

So we suggest that you begin by reading each Module as it becomes available to you, maintain a daily journal of your sound therapy journey, and then move onto other listening, playing and writing exercises in the Workbooks.

## **QUALIFICATION**

When you have successfully completed all 12 Modules, you will be awarded a Certificate in Sound Therapy (C.ST).

This entitles you to practice Sound Therapy with your family and friends. At this stage you are not qualified to get professional insurance and work as a Therapist with clients drawn from the general public.

We suggest, if you intend to become a professional Sound Therapist with our Diploma course, that at this stage you take out an insurance policy as a Student Practitioner of Sound Healing. A high quality, low-cost Insurance provider is [Balens](#). Further details can be provided on request.

We imagine that you will find this Course so enjoyable and stimulating that you will want to progress onto the Diploma level of training with us, and thereby deepen and heighten your consciousness, awareness and capacity to facilitate profound healing for life on this planet.

Please read the rest of this Handbook and then move onto the eBook for Module 1.

## **ABOUT THE COLOUR OF SOUND INSTITUTE**

The Colour of Sound Institute is a specialist Sound Therapy professional training organisation that was founded by Rachael Burnett in 2003 after many years of professional practice. The Principal and main teacher / tutor of the Colour of Sound Institute is Tony Nec. Tony is an experienced Sound Therapy practitioner and teacher with a wealth of knowledge, experience and understanding of sound therapy. Tony has spent many years working with sound therapy and is deeply committed to its research, training and development as a complementary and holistic therapy. Tony believes in Sound Therapy's enormous positive potential as a holistic therapeutic system. He is also a qualified coach and shiatsu practitioner. For more information, please see [his website](#).

The British Complementary Medicine Association (BCMA) has assessed and approved our Sound Therapy training courses. The Colour of Sound Institute is on the BCMA register of approved Independent schools and colleges. The institute is affiliated with the British Complementary Medicine Association which is one of the leading bodies representing complementary medicine. This gives our students and practitioner's added assurance that they are working in partnership with an organisation that prides itself on excellence.

Our teaching method places its emphasis on individual personal development, combined with scientific and spiritual philosophies, unique healing techniques and ancient wisdom of the adept practitioner. Our training courses offer the keys to open up to new levels of learning and perception, combined with practical hands on experience in our comprehensive professional practitioner training system that are accessible to all.

Our experience and expertise in Sound Therapy gives students confidence and are assured by our sincere commitment to professional training standards. All our students receive a high degree of training and support and benefit from working with a training company that is committed to excellence in complementary therapy. We work in partnership with our students giving them the support needed to reach and exceed their goals. We are an organisation that is both recognised and respected as a leader in Sound therapy practitioner training.

## **CONTACT DETAILS FOR DISTANCE LEARNING PROGRAMME**

Principal Tutor:	Tony Nec
Address:	Colour of Sound Institute 12 Polscoe Lostwithiel Cornwall PL22 0HS United Kingdom
Telephone number:	+44 (0)1208 873 974
E-mail address:	<a href="mailto:tony@colourofsound.org">tony@colourofsound.org</a>
Website address:	<a href="http://www.colourofsound.org">www.colourofsound.org</a>

## **FURTHER STUDY**

### **Recommended reading and listening:**

Some students find it helpful to do some extra reading and listening. We would recommend that if it is at all possible that you experience sacred sound in some form or another. We have made some suggestions below that you might find useful although by no means are we suggesting that you have to read or listen to all of these:

#### **Books:**

Music and Sound in the Healing Arts  
The Power of Sound  
The Mysticism of Sound and Music  
Mantra Sacred Words of Power  
Sounds of Healing  
The World is Sound – Nada Brahma  
Sacred Sound  
The Cosmic Octave  
The 7 Secrets of Sound Healing (with CD)  
Tibetan Sound Healing (with CD)  
Vibration Medicine in the 21st Century

John Beaulieu  
Joshua Leeds  
Hazarat Inayat Khan  
Thomas Ashley-Farrand  
Mitchell L Gaynor M.D.  
Joachim-Ernst Berendt  
Ted Andrews  
Hans Cousto  
Jonathan Goldman  
Tenzin Wangyal Rinpoche  
Dr Richard Gerber

#### **CDs:**

Tibetan Singing Bowls  
Medicine Buddha  
Healing Meditation  
Angel of the Earth  
Travelling the sacred sound current

Danny Becher  
Jonathan Goldman  
Kelly Howell  
Craig Pruess  
Deborah Van Dyke

### **Buying Sacred Sound Instruments and resources:**

Sounds Beautiful shop, Glastonbury, UK

[www.colourofsound.com](http://www.colourofsound.com)

The Sounds Beautiful shop (previously called Colour of Sound shop) lies in the heart of mystical and enchanting Glastonbury, UK with its breath-taking Tor, glorious Chalice Wells Gardens and tranquil Abbey ruins.

The shop is an affiliated business with the Colour of Sound Institute.

They sell an extensive and varied range of sound therapy tools and instruments from around the world as well as colour therapy related products including a large range of Aura-Soma products.

**They stock a large selection of sacred sound and related products in the shop and online including:**

- Quartz Crystal and Tibetan Singing Bowls
- Bells, Chimes, Gongs and Harmony Balls
- World Drums including a large selection of Shamanic Drums
- Rhythm and grounding instruments from around the world
- Sound related books, music, DVD's and cards
- Tuning Forks sets, books and CD's
- Australian Aboriginal inspired didgeridoo's, rain sticks and click sticks
- Authentic Native American Drums, Rattles, Herbs, Fans and Feathers

Where applicable, they sell Fair Trade products.



Amazon sells a wide range of books and CDs for sound healing and therapy.

Other specialist suppliers are available on request.

## **BIBLIOGRAPHY**

### **TITLE**

Mantra Sacred Words of Power  
Crystal Bowls & Crystal Balls  
Creating Sacred Space with Feng Shui  
Space Clearing  
Singing Bowl Exercises for Personal Harmony  
Shifting Frequencies  
Healing Sounds  
Healing Mantras  
The Ancient Power of Sanskrit Mantra Volumes I, II and III  
Cymatics  
Messages from Water Volume I & II  
The Healing tones of Crystal Bowls  
Let Light into your heart  
Chakras  
Vibration Medicine in the 21<sup>st</sup> Century  
Music Physician for Times to Come  
The Body Electric

### **AUTHOR**

Thomas Ashley-Farrand  
Ted Andrew  
Karen Kingston  
Denise Linn  
Anneke Huyser  
Jonathan Goldman  
Jonathan Goldman  
Thomas Ashley-Farrand  
Thomas Ashley-Farrand  
Hans Jenny  
Masaru Emoto  
Renee Brodie  
Renee Brodie  
Harish Johari  
Dr Richard Gerber  
Don Campbell  
Robert Becker