



The Wing Book

HOW TO CREATE SOUND ESSENCES



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“

Sound is the force that shapes the universe

”

HAZRAT INAYAT KHAN

During a sound therapy session, you can prepare sound essences to give to your client afterwards, helping to reinforce the effects of the work received.

These essences are created during the session, and the method varies depending on the instrument used.

SOUND ESSENCES WITH VOICE



During the session, we will have a glass pitcher of mineral water, which we will place as close to us as possible, so that the frequencies emitted by our voice penetrate the water's atoms and become infused with the frequencies specifically applied to the individual.

Once the session is over, we will transfer the water from the pitcher to a bottle so the client can easily take it with them. Ideally, it should be a glass bottle.



SOUND ESSENCES WITH CRYSTAL BOWLS

Fill the quartz bowls you will be using with mineral water. During the session, as the bowls are played, their vibrational frequencies are transmitted into the water.

At the end of the session, pour the water into a bottle and give it to your client so they can continue supporting the vibrational work beyond the session.

SOUND ESSENCES WITH TIBETAN BOWLS

These essences should not be prepared in the same way as with crystal bowls. Tibetan bowls may contain heavy metals, which can contaminate the water and make it unsuitable for consumption.

Instead, follow the same method used for voice-based sound essences, keeping the water separate from direct contact with the bowls.



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*The correct frequency can
reorganize matter.*

”

ROYAL RAYMOND RIFE

SOUND ESSENCES WITH TUNING FORKS



While your client is gently returning to a normal state after the session, you can prepare a sound essence.

Use a glass jug filled with mineral water and apply the tuning forks used during the session, following the method described in the 528 Hz water activation exercise.

Once the activation is complete, transfer the water into a bottle for the client to take home.

The vibrational effect of sound frequencies in water typically remains stable for approximately fifteen days.



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