



advanced
practitioner
CONFERENCE 26

The Power of Sound and the Way of the Voice

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Laughter is anti-inflammatory.
Crying is regulating. Hugging is
immunoprotective. Singing is vagal
toning. Dancing is neurogenic.

Joy is a a biological necessity.

Crown

Spirituality, knowing who you are, letting go, enlightenment, awareness.

Live in the
Present
Moment



Time/Space

Om*
Sahasrara

Third Eye

Intellect, brain, open-mindedness, divine reason, bigger picture, trust.

Seek only
Divine
Truth



Light/Dark

Aum
Ajneya

Throat

Self expression, choice, will, follow your dream, faith, trusting life.

Surrender to
Divine Will



Ether

Ham
Vishuddha

Heart

Love, forgiveness (does you good), compassion.

Love is
Divine
Power



Air

Yam
Anahata

Solar Plexus

Personality, self-esteem, gut instinct.

Honor Self



Fire

Ram
Manipura

Sacral

Creativity and sexuality. Power, control, money, relationships.

Honor One
Another



Water

Vam
Swadishtana

Root

Family and social belonging. Safety and security.

All is One



Earth

Lam
Mooladhara





