



The 7 Steps To Freedom

How the vibrational sounds programs work to remove depression

The vibrational sounds programs that are supplied with the 7 Steps to Freedom program are based on ancient knowledge and frequencies and are created using a specific set of Tibetan bells.

Sheila Kennedy has been creating vibrational sound programs since 2004 with her colleague Susan Ormsby and the support of a body of consciousness that Sheila and Susan refer to as the Source of the Healing Sounds, and which is known as Sounds from Source.

Although the results of these vibrational sound programs can appear to be magical, they are not, and both Sheila and Susan share their explanations of the 'sounds' with you below.

So what are the Sounds From Source programs and how can they help me?

Below you will find an explanation of how the sounds work by Sheila and then below that again Susan's explanation – each have different ways of explaining this particular question – so please take the time to read both.

Sheila's explanation

As a holistic practitioner I have long described the body as a 'self-healing mechanism', that given the correct information and the correct frequencies can and will heal itself.

In working with the Sounds from Source programs we have been able to train therapists to provide the means, or the tools to facilitate the self-healing or correction of their clients

The Sounds from Source programs are such a tool. They are designed to assist you with your own self-healing. They are not a magical fix all even though at times their effects may appear magical, they simply are sounds which heal.

The Sounds from Source programs are based on being able to communicate with the cells of the body and are based on the fact that every cell in your body retains memory, and that memory is not just some obscure area of the brain that we access when we want to remember something.

Much thought and research has gone into this belief and understanding over a period of years and the easiest explanation is the issues of scars on the body. As we know everything in our body replace itself over a regular time frame, our skin, hair, bones and so on, including each individual cell.

So if our cells did not retain memory then they would not keep replacing themselves in a scarred version, they would surely replace themselves with new undamaged and unscarred cells?

We are conceived from one single cell, and as that cell multiplies and separate's many times to create the body that we see today, it becomes individual cells for the heart, skin, toes and so on. Now each of those cells retains the memory to become a whole unique body, if we consider cloning for example. Our belief at Sounds from Source is also that the thoughts, feelings and programs from our ancestors are passed down the generic family line and also retained in our cellular structure from that very first cell.

The Sounds from Source programs work to the levels of this very first cell, and instruct the body to release issues that are not of benefit to us easily and effortlessly, including thoughts, feelings, desires, patterns emotions and so much more.

Wishing you Love and Light

Sheila Kennedy

Susan's explanation

I decided to include my own explanation which is more a brief history of how I came to be involved in the sounds and how I explain how they work.

When I first met Sheila, who is an incredibly accomplished healer and energy worker – in several modalities – she was already working with sound and used her tingshaw bells and her healing intention to release anxiety from the cells.

I was fascinated with how she could use sound to release tension from the body and balance the body and so we became fast friends and I would question her as to why something could or seemingly couldn't be done and so on.

Sheila is also a medium and a clairvoyant and would 'bring in' information as we were discussing things. It was during this time that a body of consciousness which we at first called 'The Healing Sounds' and which we now call 'Sounds From Source' made contact with Sheila.

And later on – after much training and teaching from Sheila and much, much effort on my part – I was also given 'my stripes' and was able to have my own communication and contact with Sounds From Source also – although I am by no means a medium or clairvoyant like Sheila. I can intention sounds and play them 'remotely' and I do now have the ability to ask questions and test answers and so on – but direct channelling of information in the way that Sheila does is way out of my league.

Over the years since we first made contact with Sounds From Source – Sheila has downloaded an incredible amount of information.

What you find on this site and the academy site barely scratches the surface of the information we have – but we realise that we must bring it the world in a way that people can understand, absorb and cope with. And so more and more sounds, information, courses and practitioner programs will become available as we go further into the future.

So what are the sounds and how do they work?

When we first started working with the sounds, Sheila would download what we called ‘protocols’ which we now refer to as ‘programs’ – which were basically written instructions containing vibrational healing energy from Sounds From Source to assist the ‘person’ to release what was not useful and accept in turn positive vibrational balancing energy – simplistic explanation I know – but basically that is what they do.

The power and refinement – energy wise of the sounds has increased over the years, just recently we seem to have moved up yet another level as well, with Sheila’s connection being so refined – that the newer sounds are a straight download of vibrational energy and so are shorter in recorded length but exponentially more powerful in every way.

These are indeed exciting times.

Cheers,

Susan

www.soundsfromsource.com