

#1

COMPLETE

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 A lot

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 30-45 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Well Being **Mental** Well being

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Meditation Deep meditation

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Candles **Crystals** **Incense** **Center Yourself**
Ground Yourself Grounding and protection, candles, crystals and incense/sage

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional Calm Calmness

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional Relax Mental Physical Calm Sleep

Very calming experience, helps relax kind body and being, I have also been so relaxed that I have fallen asleep.

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Colours Spiritual Positive Vision Going into deep meditative state, seeing lights, feeling calm and having the most beautiful visions

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Bowls Healing Instruments Singing bowls

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Centers Energy Bodies energy centres

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Bells Crystal Singing Bowls Healing Instruments Healing Music Music Music, singing bowls and bells

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Feeling Colours Physical Tempature Vision

Again, deep meditative state, colours, visions change in temperature

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#2

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 2-4 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Focused Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Stress **Mental** Stress

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Positive Experience The way different sounds trigger different areas of the brain.

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Headphones **Quite, Private Space** Try to use headphones and make my area as silent as possible

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax **Emotional** **Mental** **Calm** Definitely more relaxed and a calmer mindset

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive It has always been positive in my experience

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Chakra Unblocked **Chakra** **Positive** Focusing attention to certain areas (chakras) and allowing them to be opened and release tension

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Wind Chimes **Bowls** **Healing Instruments** I am a huge fan of bowls and chimes

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Interesting**Energy Centers****Knowledgeable**

A system of energy centers through your body. The cores of pivotal centers

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments**Crystal Singing Bowls**

Bowls

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Not Applicable

I prefer spa sounds types of music

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting Consider sound to vibration healing for those with hearing loss

#3

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1

Woman

What gender are you?

Page 3

Q2

65+

How old are you?

Page 4

Q3

A lot

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

How long have you been practising meditation?

72 Years 72 years

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

45-60 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Chanting

Sound Healing

Movement, chanting , focused and sound . The whole day is a meditation.

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

All Meditations Mentioned

All of the above

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Healing

To heal all

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Healing Instruments

Flute

Singing Bowls

Gong

Singing bowls ,gong and flute live.

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Other (please specify):

In-Person

In person tried on line not for me.

Page 13

Q12

Which method of delivery do you find to be the most effective?

In-Person

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Not Applicable

Blanket

I don't participate in on line healing

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Not Applicable Health and healing.

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive **Physical** **Spiritual** Just can put you on a different plane or feel restored and energised. Only giving short answers or I'd be here all day 😊

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Tibetan bowl **Crystal Singing Bowls** **Positive**
Healing Instruments To many to say . All are memorable on there own way even of you just play the bowls yourself

Page 18**Q17**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

No

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Respondent skipped this question

Page 20**Q19**

Are you familiar with the chakra system?

Yes

Page 21

Q20

What is your definition of the chakra system?

Spiritual **Knowledgeable** To open each chakra to align so you are in complete awareness of yourself and everything around you. Just become one with the universe. Just be.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Crystal Singing Bowls **Healing Instruments** **Flute** **Gong** **Drumming** Depending on the day . Flute, singing bowls, gong and drum.

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Flute **Healing Instruments** Playing my flute 🎵

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice **Interesting** You just have to look inside of yourself the answer is there . Stop searching just be, the right sounds will come to you

#4

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Page 2

Q1

Man

What gender are you?

Page 3

Q2

55-64

How old are you?

Page 4

Q3

A lot

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

How long have you been practising meditation?

40 Years 40 years

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Balance To get myself in proper balance.

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Reiki**Tuning Forks****Healing Instruments****Crystal Bowls****Singing Bowls**

Reiki, tuning forks, a cd of crystal bowls.

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Not Applicable**Blanket**

Not applicable.

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Physical **Energy** **Relax** I feel relaxed and energized at the same time.

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional **Relax** **Mental** **Physical** **Positive**
Peace I feel less tensed, relaxed and at peace.

Page 17**Q16**

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Tuning Forks **Healing Instruments** **Crystal Singing Bowls** I recommend crystal bowls if you can have it down for you. Otherwise, I suggest tuning forks.

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Centers**Knowledgeable**

They are energy centers that correlate to specific areas of the body.

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Modality**Reiki****Crystal Singing Bowls****Healing Instruments****Healing Music**

I do Reiki on myself daily. Occasionally I'll listen to a cd of crystal bowls and I do tuning forks Occasionally.

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Chakra**Recommendation**

It has to be designated to balance the chakras otherwise you will defeat your purpose. Steven Halpern has some good ones.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice **Interesting** Although it does help. You still need to work on yourself. Such as: letting go of things and forgiveness. Just to name a few.

#5

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Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1**Non-Binary**

What gender are you?

Page 3

Q2**35-44**

How old are you?

Page 4

Q3**Moderate**

What is your level of experience with meditation?

Page 5

Q4**4-6 years**

How long have you been practising meditation?

Page 6

Q5**Yes**

Do you practice the art of meditation on a regular basis?

Page 7

Q6**20-30 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mantra Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Prefer not to say**

What was your primary motivation for practising sound healing?

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Vibration

The vibration

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Not Applicable**Blanket**

During morning chores

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional**Peace****Energy****Positive Experience**

Peace and more positive energy

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional**Positive****Mental**

It's an amazing feeling and helps to let go of anything that is not good enough to stay.

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

YouTube I am rich daily affirmation school YouTube affirmation as they help.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Interesting**Knowledgeable**

It's the mechanism in built and should be activated for overall wellbeing

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Not Applicable

I am rich daily affirmation school affirmation to reprogramming mind

Page 24

Q23**No**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Respondent skipped this question**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**Please specify:****Not Applicable**

Yes it does help

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No aa of now

#6

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 **Woman**

What gender are you?

Page 3

Q2 **35-44**

How old are you?

Page 4

Q3 **A little**

What is your level of experience with meditation?

Page 5

Q4 **4-6 years**

How long have you been practising meditation?

Page 6

Q5 **No**

Do you practice the art of meditation on a regular basis?

Page 7

Q6 **None of the above**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**I do not practice meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Relax **Healing** Healing and relaxation

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Spiritual **Vibration** **Energy** The feeling of the vibration and the clearing of unwanted energy that it does.

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Not Applicable **Blanket** This doesn't fit for me as not done online.

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax **Pain Relief** Relaxation.

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive **Relax** **Mental** Just very relaxed.

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Vibration **Negative** **Positive** I forgot my mat and spent two hours lying on a thin blanket on a freezing cold marble floor. But the vibration was amazing.

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

In-Person **Gong** **Shamanic Drumming** **Delivery Method** In person with either a shamanic drum or the large gongs.

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Interesting **Energy Centers** **Knowledgeable** **Energy** The chakra system is a number of energy centres in the body. Each centre regulates energy connected to certain aspects of a person. The centres can become blocked or sluggish or overactive and need clearing from time to time so we can be in optimal health.

Page 22

Q21

No

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

No

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Reiki **Modality** I do Reiki, along to healing music.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

☒ Not Applicable ☐ No

#7

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 **Woman**

What gender are you?

Page 3

Q2 **35-44**

How old are you?

Page 4

Q3 **A lot**

What is your level of experience with meditation?

Page 5

Q4 **4-6 years**

How long have you been practising meditation?

Page 6

Q5 **No**

Do you practice the art of meditation on a regular basis?

Page 7

Q6 **4-10 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Prefer not to say**

What was your primary motivation for practising sound healing?

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Physical **Relax** Relaxing

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive **Relax** **Mental** Relaxing, and can be mentally clearing

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

No

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Interesting **Knowledgeable** **Energy** Energy centers in the body. The primary ones are along the spine. There are others around the body like in the palms of the hands.

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**No**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

☒ Not Applicable ☐ No

#8

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 6 months - 1 year

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Reiki

Positive Experience

Spiritual

Modality

I felt drawn to Reiki and meditation. I have found it really helps me & others I have helped.

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Spiritual

Vibration

Energy

Everything, I have learnt over time everything is energy & vibrations

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Quite, Private Space

Comfortable

Just find a relaxing place where you won't be disturbed.

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax **Emotional** **Calm** I feel relaxed & calmer

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Mental **Positive** **Physical** It has been great and very positive both mentally & physically I have noticed the difference.

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Chakra Unblocked **Chakra** **Positive** **Frequency** I listen to different frequencies for different things. Something very recently I have learnt. I did a Chakra meditation & it was amazing the sounds relating to different chakras & I could feel it working on each one. Very positive experience.

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Healing Frequency **Any Sound Healing** I would recommend it all.
Each sound frequency has a different effect.

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21**Q20**

What is your definition of the chakra system?

Energy Stations Energy Energy stations/points in our body.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23**Q22**

Could you please share what type of sound healing modality you use to balance your chakras?

Online YouTube I use YouTube and follow a guided meditation to balance the Chakras.

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25**Q24**

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26**Q25**

Could you please share an example of your experience, if any, with healing music?

Please specify:

Chakra Feeling Meditation Emotional Focused

Mental Calm Physical During a chakra cleaning meditation I could really feel the different chakras and some parts were so intense I felt slight a tightening sensation but really enjoyed it. Felt very relaxed, calm and focused after.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting It really works!

#9

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Saturday, March 20, 2021 2:23:51 PM
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Page 2

Q1 **Woman**

What gender are you?

Page 3

Q2 **25-34**

How old are you?

Page 4

Q3 **Moderate**

What is your level of experience with meditation?

Page 5

Q4 **1-2 years**

How long have you been practising meditation?

Page 6

Q5 **No**

Do you practice the art of meditation on a regular basis?

Page 7

Q6 **30-45 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Transcendental Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Stability **Mental** **Self Growth** Mental health stability, self growth

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Healthy Food Diet check: eating as natural good as possible.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional**Motivation****Mental**

Happiness, stability both mental and emotional. Determination to work, inspired.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

Positive, highly effective

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

No

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Spiritual **Physical** **Energy Points** **Knowledgeable** **Emotional** **Mental** **Energy** Energy points in outer body responsible for all out mental, emotions, physical and spiritual responses.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Modality **Reiki** Reiki

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

No experince of healing music to share

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#10

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 2-4 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Emotional

Energy

Spiritual

Physical

Understand

that sound frequency can impact physical and emotional energies

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Mental

Meditation

Focus

Feels good and it's a way to focus meditation

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Prayer

Clear Mind

Deep Breath

I take a few deep breaths and clear my mind. Say a prayer

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Energy

Mental

Optimistic

Improved Mood

Physical

Emotional

Joy

Lighter mood, joyful, optimistic and energetic

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

Physical

Spiritual

Sensations of warmth and otherworldliness

Page 17**Q16**

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Personal Choice

Suitability

I think various modalities are appropriate for different people so I recommend people try several

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21**Q20**

What is your definition of the chakra system?

Physical **Knowledgeable** **Energy** **Emotional** Chakras are where our emotional and physical energies coalesce.

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23**Q22****Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24**Q23****Yes**

Have you ever used healing music to help balance your chakras?

Page 25**Q24****Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26**Q25****No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Healing Instrument I wonder if the healing is a partnership between the music and individual- with different needs answered by different sound frequencies

#11

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Last Modified: Saturday, March 20, 2021 3:07:31 PM
Time Spent: 00:14:34

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 A lot

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 30-45 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Focused Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**I have not practised sound healing**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Respondent skipped this question**

What was your primary motivation for practising sound healing?

Page 11

Q10**Respondent skipped this question**

What aspect of sound healing appeals to you?

Page 12

Q11**Respondent skipped this question**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Respondent skipped this question**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Respondent skipped this question**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

Respondent skipped this question

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Page 16

Q15

Respondent skipped this question

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16

Respondent skipped this question

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Respondent skipped this question

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Interesting **Medical** **Knowledgeable** **Energy** The chakra system governs the body and the auric field. Any imbalances or illness can be traced to the chakra system

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments **Crystal Singing Bowls** Crystal bowl

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Spiritual **Crystal Singing Bowls** **Feeling**
Healing Instruments Astral travel with crystal bowl music

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#12

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Saturday, March 20, 2021 3:25:37 PM
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Time Spent: 00:08:48

Page 2

Q1

Woman

What gender are you?

Page 3

Q2

65+

How old are you?

Page 4

Q3

Quite a bit

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

How long have you been practising meditation?

50 Years 50

Page 6

Q5

No

Do you practice the art of meditation on a regular basis?

Page 7

Q6

None of the above

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Healing Music Whole tones, healing music and hemi-sync

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Calm **Emotional** **Vibrations** Calming, vibrational healing, use of frequencies

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Frequency Use of frequencies

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Blanket **Calm** **Relaxed** Just to feel calm and relax

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Not Applicable Hard to say

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Energy **Positive** **Spiritual** I go in work with light, I feel the energy

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

No relatable experience to describe

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

No

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Respondent skipped this question

Page 20

Q19

Are you familiar with the chakra system?

Yes

Page 21

Q20

What is your definition of the chakra system?

Energy Source **Energy** Energy source,

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Music **Healing Music** I have some cds that aim at chakras with music

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Reiki **Energy** **Modality** I work with more than one way, do reiki and sending energy as well as sound

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

☒ Not Applicable ☐ No

#13

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 A lot

What is your level of experience with meditation?

Page 5

Q4 Other (please specify):

How long have you been practising meditation? 25 Years 25+ yrs

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 More than an hour

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Solfeggio Frequencies

Reiki

Sound Bath

Healing Music

Singing Bowls

Reiki Sound Bath Healing

Music Singing Bowls Solfeggio Frequencies

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Healing

Energy

Spiritual

To add another layer of healing to energy healing

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Meditation

Healing

Easy to have playing in the background whilst going about you're daily routine. Can meditate during the sound healing if you want to, but not essential.

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Comfortable Incense Relaxed Soft Lightening

Quite, Private Space Meditate First Sometimes I just

let the sound healing run whilst I'm going about my day. Other times, I'll light incense, close the curtains, and consciously relax into meditation, and immerse myself in the experience.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Energy Calm Pain Relief Improved Mood

Physical Emotional Spiritual Release tension,

particularly neck and shoulders. Deep sighs as pent up energy is released. Calmer. Better mood/good mood enhancer.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional Clarity Mood Improvement Mental

Positive Calm Enhances meditation, particularly if I'm

struggling to quieten my mind myself. I feel myself 'unlinking' during, and feel I walk straighter and taller after. Definitely a positive mood enhancer. Calms the chatter of the mind.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive Tibetan bowl Mental Healing Instruments

Modality Clarity Gong Physical Gong Bath

Crystal Singing Bowls Relax A session that was a

combination of crystal bowls, Tibetan Singing Bowls and gongs. Incredibly powerful. Deep, deep relaxation physically and at the same time mentally incredibly alert.

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Tuning Forks **Crystal Singing Bowls** **Energy** **Centered** **Healing Instruments** **Chakra** Crystal Bowls and tuning forks.
Balances chakras and energy field.
Feels very harmonious and centred afterwards. Great for when life knocks you off kilter.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Spiritual **Physical** **Knowledgeable** **Energy** **Energy Vortexes** 7 main chakras in the physical body and an additional 5 chakras in the energy body; each a spinning vortex drawing in light energy from the Universe/Source. Connecting the spiritual to the physical body.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments **Crystal Singing Bowls** Crystal bowls.
Solfeggio frequencies
Reiki music and chants

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Cure**Chakra****Feeling****Grief****Emotional****Mental****Physical**

After my cat died suddenly, the grief was so intense I felt physical pain in my heart and solar plexus. Sound healing helped me to release this pain and grieve normally.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting I believe the vibrations of different sounds and tones literally have an effect on our physical, mental and emotional self, by affecting our vibration. The range and combination of sounds/tones is infinite and I believe the possibility of healing with sound enormous.

#14

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Last Modified: Saturday, March 20, 2021 4:42:01 PM
Time Spent: 00:17:26

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 A little

What is your level of experience with meditation?

Page 5

Q4 6 months - 1 year

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Focus**Mental**

Helps focus my mind

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Mental**Clarity**

I find it easier to clear my mind

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Personal Time

Usually when everyone is in bed and house is quiet,

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax **Mental** **Sleep** Easier to go to sleep, feel very relaxed

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive Mine so far as all been positive, I prefer this way

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Colours **Spiritual** **Positive** It's just the listening, and seeing colours,

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Healing Frequency I listen to different hzr music and have recommended this to friends.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Interesting**Knowledgeable**

Different colours for each chakra, each chakra can resemble problems in body if they are blocked

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Hz**Frequency**

Again using different Hertz for each chakra

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Physical**Chakra****Feeling**

Could you please share an example of your experience, if any, with healing music?

Listening to sound for third eye chakra, I can now feel pressure there and a clearing.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting I just love sound healing, I find this the best form for me

#15

INCOMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Saturday, March 20, 2021 4:35:30 PM
Last Modified: Saturday, March 20, 2021 4:47:49 PM
Time Spent: 00:12:19

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 A little

What is your level of experience with meditation?

Page 5

Q4 Less than 6 months

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 More than an hour

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Transcendental Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Mental **Depression** **Anxiety** **Pain** **Physical** Anxiety
depression and pain

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Mental **Meditation** **Clarity** Able to put myself into a
deeper more meaningful and aware meditation by far

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Subconscious

Clear Mind

Comfortable

Headphones

Lying Down

I get comfortable in a laying position and wear headphones. I completely shut down my thinking brain and take in the music sub consciousness

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional

I have experienced my higher self.

Understanding how I treat myself. We treat our children and loved ones with encouragement and love, yet treat ourselves poorly and expect a good outcome and successes. If we treated our children that way they would fail, yet we are lost why we fail ourselves when we treat ourselves with discouraging comments.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Anxiety

Relax

Cured

Mental

Mindfulness

Positive

Depression

Positive. My anxiety and depression are almost completely gone. It was very severe. Now I'm relaxed and mindful

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive

When I was able to feel my higher self in a way that was taking care of my human self. I experienced duality in a whole other light. I saw myself as someone I was nurturing and loving from a higher prospective. Understanding I had come so far and not to be hard on myself. It stays with me every day and I'm able to help others also understand this

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Yes

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

YouTube **Theta** **Healing Technology** **Frequency** **Binaural Beats** I listen to Shaman Oaks on YouTube. But it's basically binary beats or theta.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Energy** Energy systems that hold different feelings and emotions. When you are able to clear these it makes your body function at the highest levels

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Online **Frequency** **Healing Technology** **Guided Meditation** **Binaural Beats** **Theta** I listen to a few different guided meditations with binary or Theta

Page 24

Q23

Respondent skipped this question

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Respondent skipped this question

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Respondent skipped this question

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

#16

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Saturday, March 20, 2021 4:35:59 PM
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Time Spent: 00:15:00

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 4-6 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Visualisation I do a visualization and then clear my mind.
Sometimes I am aware of things around me and sometimes not. I don't know what this kind of meditation is called.

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Healing Frequencies **Tuning Forks** **YouTube**
Singing Bowls Healing frequencies on youtube, playing a crystal singing bowl, therapy with tuning forks.

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Medical Condition To treat a medical condition and to promote good health.

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Not Applicable Any or all.

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Other (please specify):

In-Person Gone to a practitioner but mostly I do it myself at home.

Page 13

Q12

Which method of delivery do you find to be the most effective?

I don't have a preference

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

No Coffee **Relaxed** Make sure I am relaxed, don't drink too much coffee.

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Positive Experience Feeling of well being.

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Prefer not to say

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

No relatable experience to describe

Page 18**Q17**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Yes

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Tuning Forks **Crystal Singing Bowls** **Healing Instruments** **Vibration** **Healing Frequency** Tuning forks, crystal bowl, healing frequencies. Help to raise your vibration.

Page 20**Q19**

Are you familiar with the chakra system?

Yes

Page 21

Q20

What is your definition of the chakra system?

Energy Centers**Knowledgeable****Energy**

Seven major energy centers in the body plus many other ones in and around the body.

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments**Crystal Singing Bowls**

Crystal bowl.

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Chakra**Feeling****Frequency****YouTube****Mental** I

frequently listen to frequencies on You Tube to tune up all chakras or to focus on a specific one.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

☒ Not Applicable ☐ No thank you

#17

COMPLETE

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Page 2

Q1

Man

What gender are you?

Page 3

Q2

45-54

How old are you?

Page 4

Q3

Moderate

What is your level of experience with meditation?

Page 5

Q4

6 months - 1 year

How long have you been practising meditation?

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

10-20 minutes

On average, how much time would you spend meditating
on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Physical

Back Pain

back pain

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Vibration

Interesting

Water

Frequency

Spiritual

Energy

Evreyting is Energy, Vibrations and Frecuency, and if we are 70% water and listen to some sound that makes water vibrate then all whole body vibrates, and when we find the right frequency healing start to happen.

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Online**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Relaxed just sit and listen, the music takes you to other level, close the eyes and relax.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Calm **Peace** **Pain Relief** **Physical** **Relax**
Emotional pain relieve, relax, calm, peace and some times the pain goes away complete, when that dont happen is because we need more therapy music session.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional **Relax** **Clarity** **Mental** **Positive** **Calm**
relaz, calm, healthy, clean your mind

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Tibetan bowl **Healing Instruments** **Positive** When I heard the first time Tibetan bowl singing I meditate like for 15-20 min that's what I tough and when open my eyes 80 min has been passed, and during that time I don't fill my head, from neck to top I was weightless

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Yes

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Patient Specific

Personal Choice

Tibetan Signing Bowls

Healing Instruments

Drum Tongue

Suitability

Gregorian chants

drum tongue, tibet singing bowls, Gregorian chants but is different for every person the same a fruit preference, that doesnt mean one fruit is better than other everyone has preferences.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable

Energy

Wheels

wheel of energy, or circle (ball) of energy

Page 22

Q21

No

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Not Applicable your question are too long you should reduce no more than 6 max 10, even me that i like get tired...

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable questionnaire too long should be 6 main questions no more than 10...

#18

COMPLETE

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 Other (please specify):

How long have you been practising meditation? 35 Years 35 years

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 45-60 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**I have not practised sound healing**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Respondent skipped this question**

What was your primary motivation for practising sound healing?

Page 11

Q10**Respondent skipped this question**

What aspect of sound healing appeals to you?

Page 12

Q11**Respondent skipped this question**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Respondent skipped this question**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Respondent skipped this question**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

Respondent skipped this question

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Page 16

Q15

Respondent skipped this question

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16

Respondent skipped this question

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Respondent skipped this question

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Spiritual **Knowledgeable** **Interesting** **Emotional** **Energy** There are 7 main chakras or energy wheels in our body, each governing a specific life area. Having a balanced chakrasystem is needed for good health and spiritual and overall wellbeing

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Binaural Beats **Healing Technology** **Online** Binaural meditation music.

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Chakra **Dance** During some of my chakra therapy training we used to dance to different types of music per chakra

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Stress Relief

Mental

Interesting

Mental wellbeing, stress relief

#19

COMPLETE

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Emotional

Positive Experience

Clearing my body

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

I have never experienced any therapeutic benefits during or after a sound healing session

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Mental

Negative

Physical

Negative mentally and physically

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

No relatable experience to describe

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

No

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Respondent skipped this question

Page 20

Q19

Are you familiar with the chakra system?

Yes

Page 21

Q20

What is your definition of the chakra system?

Respondent skipped this question

Page 22**Q21****No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23**Q22****Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24**Q23****Yes**

Have you ever used healing music to help balance your chakras?

Page 25**Q24****Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26**Q25****No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27**Q26**

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable .

#20

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:07:22

Page 2

Q1 **Woman**

What gender are you?

Page 3

Q2 **55-64**

How old are you?

Page 4

Q3 **A lot**

What is your level of experience with meditation?

Page 5

Q4 **6-10 years**

How long have you been practising meditation?

Page 6

Q5 **Yes**

Do you practice the art of meditation on a regular basis?

Page 7

Q6 **20-30 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Prefer not to say**

What was your primary motivation for practising sound healing?

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Physical **Mental** **Relax** Total relaxation

Page 16

Q15

Prefer not to say

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16

Please relate your most memorable experience:

Can you please relate your most memorable experience of a sound healing session?

Sleep **Mental** **Emotional** Falling to sleep

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Not Applicable Nope

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

Respondent skipped this question

What is your definition of the chakra system?

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Not Applicable ???

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Mental

Relaxation

Feeling

Total relaxation

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

☒ Not Applicable ☐ No

#21

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 25-34

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 2-4 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

☐ Calm☐ Emotional☐ To promote calmness

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

☐ Emotional☐ Vibration☐ Calm☐ Calming vibrations

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

☐ Not Applicable☐ Blanket☐ Not applicable

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax**Mental****Clarity**

Feeling more intuned and relaxed

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive**Mental**

Very relaxed and at peace

Page 17

Q16**No relatable experience to describe**

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17**Yes**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Any Sound Healing Any

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Physical**Knowledgeable****Emotional**

Different chakras represent different physical and emotional aspects of oneself

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments**Crystal Singing Bowls**

Crystal sound bowls

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Sound Bath**Modality**

Sound baths

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#22

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 **Man**

What gender are you?

Page 3

Q2 **55-64**

How old are you?

Page 4

Q3 **A lot**

What is your level of experience with meditation?

Page 5

Q4 **6-10 years**

How long have you been practising meditation?

Page 6

Q5 **Yes**

Do you practice the art of meditation on a regular basis?

Page 7

Q6 **20-30 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Healing healing

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Healing healing

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Not Applicable **Blanket** just do it

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Positive Experience better than before

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive positive

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive better than before

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

432Hz **Frequency** **528Hz** sound bowls 520 Hz 432 Hz ans many others

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Not Applicable no definition, chakras are chakras

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Not Applicable see question 20... or 19

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Not Applicable see question

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable no

#23

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 6 months - 1 year

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Negative Energy **Spiritual** To raise my vibration and to help get rid of negative energy

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Healing The healing aspect

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Youtube I usually play sound healing from you tube while I fall asleep

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental**Positive Experience****Depression**

I am feeling more positive in my daily life and feel I can now start lowering the dosage of my anti depressants

Page 16

Q15**Prefer not to say**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16**No relatable experience to describe**

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17**Yes**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

On-Line**Music****Delivery Method**

Online music

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable**Mental & Physical**

Your chakras need to be in alignment for mental and physical benefits

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments**Tibetan Singing Bowls**

Tibetan singing bowls

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#24

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1

Woman

What gender are you?

Page 3

Q2

65+

How old are you?

Page 4

Q3

A lot

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

How long have you been practising meditation?

35 Years Over 35 years

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Visualization Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Mental**Spiritual****Physical**

Family members with healing needs, physical, mental & spiritual.

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Emotional**Healing****Mind-Body**

The way sounds affect the body, mind, mood. Incorporated with loving healing words, even more powerful.

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Physical **Blood Pressure** **Mental** **Anxiety** Lowered blood pressure, anxiety gone, feeling of lightness

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Vibrations **Positive** **Physical** I believe vibration affects the body by bring balance, where it can heal. My mom healed from kidney failure from a combo of guided meditation, music, and positive affirmations...mostly by belief.

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Physical **Positive** **Mental** **Relax** I felt vibrations and tingling, then a warm glow feeling, and a feeling of total relaxation.

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Sound Bed **Healing Instruments** **Vibration** I was on a sound bed, hooked up so the body felt the vibration, different types of music used, some were just sounds.

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Mental & Physical** **Interesting** **Meridians** **Medical** **Emotional** **Energy** The bodies energetic corridor. The chakra system moves energy from each chakra to the meridians and out to minor chakras. The chakras are associated with the Endocrine system, each pertaining to organs and bodily functions(mental, emotional and physical). When they become effected by negativity, it can alter the chakra's health and performed.

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Wind Chimes **Healing Instruments** **Crystal Singing Bowls** Singing bowls and chimes.

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

☐ Not Applicable ☐ No

#25

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Saturday, March 20, 2021 7:13:24 PM
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Time Spent: 00:15:10

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 None of the above

On average, how much time would you spend meditating on a typical day?

Page 8

Q7 **I do not practice meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8 **Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9 **Other (please specify):**
Mental Mental health

What was your primary motivation for practising sound healing?

Page 11

Q10 **Please specify:**
Emotional **Calm** Calms me down

What aspect of sound healing appeals to you?

Page 12

Q11 **Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12 **I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13 **Please specify:**
Tones I just play different hz's according to what is supposed to help, unfortunately I am not able to practice as much meditation as I would like.

How do you prepare yourself for an online sound healing session?

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional**Calm**

It calms me down

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional**Mental****Physical****Positive****Calm**

Mentally and physically it calms me down. I have a lot of anxiety

Page 17**Q16****No relatable experience to describe**

Can you please relate your most memorable experience of a sound healing session?

Page 18**Q17****No**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18****Respondent skipped this question**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20**Q19****Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable**Energy**

Different sections of the body that energy flows through

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#26

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:08:51

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 More than an hour

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Mental

Physical

Migraines

Recurring Migraines and CPTSD

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Positive Experience

it is effective

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Center Yourself

Prayer

Pray and center myself

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Physical **Migrane** **Mental** **Anxiety** Less anxiety, less common migraine attacks, but once a migraine does start, it doesnt help.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

interesting **Positive** I have found peace and been able to share this healing with others because it is noninvasive. Positive music is key, negative lyrics are damaging.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive I volunteered for a live music venue, and found especially the drums to be healing.

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

In-Person **Delivery Method** I would definitely recommend live music or to learn to play it yourself.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Interesting The string of lights within all of us.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Music **Hz** **Frequency** I choose healing modes with specific hz, or have a few favorite artists that definitely help such as Remedy Drive.

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

YouTube I am grateful for all the choices available on youtube.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice **Interesting** That there is negative music to be aware of too. I turned off regular TV because constant advertising jingles were so negative. Especially for kids.

#27

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:12:37

Page 2

Q1**Man**

What gender are you?

Page 3

Q2**55-64**

How old are you?

Page 4

Q3**A little**

What is your level of experience with meditation?

Page 5

Q4**4-6 years**

How long have you been practising meditation?

Page 6

Q5**No**

Do you practice the art of meditation on a regular basis?

Page 7

Q6**10-20 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**I have not practised sound healing**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Respondent skipped this question**

What was your primary motivation for practising sound healing?

Page 11

Q10**Respondent skipped this question**

What aspect of sound healing appeals to you?

Page 12

Q11**Respondent skipped this question**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Respondent skipped this question**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Respondent skipped this question**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

Respondent skipped this question

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Page 16

Q15

Respondent skipped this question

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16

Respondent skipped this question

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Respondent skipped this question

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Interesting

Knowledgeable

You have levees in your body that when opened release a state of higher consciousness

Page 22

Q21

No

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Mental

Relaxation

Feeling

Could you please share an example of your experience, if any, with healing music?

My wife and I listen to peaceful meditation music to relax and let the worries of the day drain away.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice**Interesting**

Music does calm the nerves and is relaxing.

#28

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:12:53

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 A lot

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 30-45 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Prefer not to say**

What was your primary motivation for practising sound healing?

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

State of Mind

Emotional

Relax

Mental

It can alter

my mood, state of mind and induce relaxation

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Quite, Private Space

Comfortable

Make sure I have somewhere comfortable and quiet... prepare any music or visual props as necessary

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental

Anxiety

Emotional

Stress Relief

Sleep

Reduced stress. Alleviated anxiety symptoms. Slept better

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Relax

Energy

Mental

Physical

Positive

I have only had positive effects. I go into a deep relaxed state and feels.sense of well being. I feel energised after the sessions

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Colours

Spiritual

Positive

Seeing bright colours in my minds and feeling euphoria

Page 18**Q17****Yes**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Healing Frequency

tonsillitis

Drumming

Healing Instruments

Royal rife healing frequency for overhaul health.. it's alviated flu, depression, joint pain, tonsillitis... also drumming seems to release fwwlinga of stuckness

Page 20**Q19****Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable**Energy**

It is a system of energy points in the body that correspond with the internal organs

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Mental**Improved Mood****Feeling**

I listen to angelic

Could you please share an example of your experience, if any, with healing music?

Reiki music. It lifts my mood

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

☒ Not Applicable ☐ No

#29

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Saturday, March 20, 2021 8:08:00 PM
Last Modified: Saturday, March 20, 2021 8:15:15 PM
Time Spent: 00:07:15

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 2-4 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 4-10 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Positive Experience Intro class

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

No Prep None

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Physical **Relax** Deep relaxation

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive **Relax** **Mental** Positive. Relaxing.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Healing Instruments **Crystal Singing Bowls** Bowls

Page 18

Q17

No

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Energy hot spots

Page 22

Q21

No

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

No

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Crystal Singing Bowls

Tibetan Bowl

420Hz

Drumming

Healing Instruments

Bowls.

Drumming. 420 htz.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#30

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Saturday, March 20, 2021 8:11:43 PM
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Time Spent: 00:17:27

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 30-45 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Spiritual Lift up my spirit

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Healing Instruments**Music****Voice**

Words- music of the instruments

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Online**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

No Prep

No special preparation

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental

Anxiety

Calm

Physical

Emotional

Reduced heart rate and anxiety Less thoughts in mind

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Clarity

Stress Relief

Mental

Physical

Positive

Physically - body became lighter - less weight Mentally - reduced Mind clutter / chatter

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Healing Instruments

Bhajans

Frequency

528Hz

Kirtans

Bhajans and Kirtans and any music which is 528 Hz

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Energy** It is the vital 7 energy points within our body- mooladhara is the root chakra, sacral or svadhishtana chakra, Solar plexus or Manipura chakra, heart chakra is anahata, throat chakra is Vishuddhi Third eye or Ajna chakra, crown chakra or Sahasrara

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments **Chanting** Sound of Aum and Sound of Soham

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

No experience of healing music to share

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Shamanic Drumming

Healing Instrument

Modality

Interesting

Sound of drums is therapeutic

Like the shamanic drumming

Also, the sound of waterfall- water fountains at home

#31

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Saturday, March 20, 2021 8:37:54 PM
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Time Spent: 00:06:06

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 1-2 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Visualization Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**I have not practised sound healing**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Respondent skipped this question**

What was your primary motivation for practising sound healing?

Page 11

Q10**Respondent skipped this question**

What aspect of sound healing appeals to you?

Page 12

Q11**Respondent skipped this question**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Respondent skipped this question**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Respondent skipped this question**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

Respondent skipped this question

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Page 16

Q15

Respondent skipped this question

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16

Respondent skipped this question

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Respondent skipped this question

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy **Energy Boosters** Energy boosters

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Energy **Music** **Healing Music** Music for cleansing energy

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Colours The music helps you dive in the cleansing process and i saw colours.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#32

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 1-3 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Visualization Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**I have not practised sound healing**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Respondent skipped this question**

What was your primary motivation for practising sound healing?

Page 11

Q10**Respondent skipped this question**

What aspect of sound healing appeals to you?

Page 12

Q11**Respondent skipped this question**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Respondent skipped this question**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Respondent skipped this question**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

Respondent skipped this question

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Page 16

Q15

Respondent skipped this question

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16

Respondent skipped this question

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Respondent skipped this question

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Interesting**Knowledgeable**

Allowing the things society taught us is normal to be released.

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**No**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Respondent skipped this question**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#33

COMPLETE

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 25-34

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 1-2 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 4-10 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Movement Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

☐ Calm☒ Emotional

calming my mind

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

☐ Mental☒ Meditation

a simple way to feel immersed in the mediation

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional **Clarity** **Mental** **Calm** clarity of thinking and a calm mindset

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Mental **Positive** **Physical** always positive both physically and mentally.

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Harp **Healing Instruments** **Positive** yin yoga and yoga nidra with a harp being played in the background. it was an ethereal experience. I enjoyed that it was just one instrument and not too chaotic with different types of sounds.

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Depression **Not Applicable** **Mental** i don't have a specific recommendation

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Pools**Energy**

energy pools in the body that can be used to channel energy and create with

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Voice/Mantra

using the chakras sounds in a vocal mediation form

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable no i don't

#34

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Focused Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**I have not practised sound healing**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Respondent skipped this question**

What was your primary motivation for practising sound healing?

Page 11

Q10**Respondent skipped this question**

What aspect of sound healing appeals to you?

Page 12

Q11**Respondent skipped this question**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Respondent skipped this question**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Respondent skipped this question**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

Respondent skipped this question

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Page 16

Q15

Respondent skipped this question

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16

Respondent skipped this question

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Respondent skipped this question

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Centers**Energy**

Energy centres

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**No**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Respondent skipped this question**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#35

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:32:13

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 25-34

How old are you?

Page 4

Q3 A lot

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 45-60 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Emotional

Fear

subconscious

Spiritual

Releasing

fear and other subconscious blockages

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Emotional

Voice/Mantra

Healing

Chakra

Physical

Mental

Chants

Chakra Balancing

That certain frequencies, notes, mantras/chants can target and penetrate chakras. Healing the physical, mental and emotional bodies from The inside out.

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Essential Oils

Candles

Crystals

Soft Lightening

Center Yourself

Quite, Private Space

Salt Lamps

Ground Yourself

I prep my space. I ground and protect myself and my space. I ensure I have soft lighting. Salt lamps and candles. I use essential oils in my diffuser and use crystals to complement the healing.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental

Relax

Spiritual

Stress Relief

Clarity

Positive Experience

I have felt instant relaxation. I felt a release of tension, I felt freedom and received guidance or insight on issues I had been worried about. I felt transported through different dimensions and worked through timelines. I had a different outlook and saw situations in a more positive light. I greatly decreased my stress levels.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

My experience was hugely positive. I always enjoy them and look forward to the benefits once we can go to work shops again

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Confidence

Positive

Mental

Realising how little I really need. A feeling of detachment and freedom. It gave me huge confidence. It was a journey meditation with sound healing and shamanic drumming

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Yes

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Guided Meditation **Bowls** **Healing Instruments** **Vibration** **Chakra** I liked guided meditations with singing bowls. I could physically feel the vibrations penetrate each energy centre

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Centers **Knowledgeable** **Energy** **Wheels** There's 7 main chakras. These are energy centres which are all connected. Spinning wheels or disks of energy or light

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Modality **Reiki** **Crystal Singing Bowls** **Healing Instruments** **Sound Bath** I always use reiki myself but incorporate healing sounds and music. I enjoy attending sound baths. I meditate with singing bowls.

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Chakra

Feeling

Voice/Mantras

Frequency

Binaural Beats

Shamanic Drumming

420Hz

Mental

Healing Instruments

Shamanic drumming. Different frequencies for each chakra. Binaural beats while meditating. Chanting mantras and singing at moon circles. My favourite experience was a shakti warrior dance. Very empowering!

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice

Interesting

Anxiety

Depression

It can instantly uplift ones mood. It can help with anxiety and depression. It heals deeply and should be available on all health insurance plans or on the medical card. We need to start healing the root of people's problems not treating symptoms

#36

COMPLETE

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Page 2

Q1 **Woman**

What gender are you?

Page 3

Q2 **55-64**

How old are you?

Page 4

Q3 **Quite a bit**

What is your level of experience with meditation?

Page 5

Q4 **6-10 years**

How long have you been practising meditation?

Page 6

Q5 **No**

Do you practice the art of meditation on a regular basis?

Page 7

Q6 **20-30 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Walking Meditation

Walking meditation in nature

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Sound Bath

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Stress

Healing

Mental

Stress relief and healing

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Healing Instruments

Cleansing

Spiritual

Singing Bowls

Relax

Mental

Singing bowls is relaxing and cleansing

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Online

Page 13

Q12

Which method of delivery do you find to be the most effective?

Online

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Lying Down

Comfortable

Relaxed

Relax, lay down, be comfy

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax

Centered

Balanced

More relaxed, balanced, centered

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

Spiritual

Soothing and helps meditation

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Creativity

Spiritual

Mental

Positive

Vision

Creativity and visions

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Bamboo Flute

Healing Instruments

Crystal Singing Bowls

Crystal bowls, bamboo flutes

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy System **Energy** Energy system helping body, mind, spirit

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments **Crystal Singing Bowls** Aura crystal bowls

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Recommendation **Not Applicable** Sound is said to be best but also use essential oils and stones

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable Love it

#37

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Saturday, March 20, 2021 10:44:27 PM
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Time Spent: 00:05:59

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Guided Meditation

Guided meditation

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Relax

Mental

Balance

Deeply relaxing and balancing

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Transformational

Deeply transformational

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax**Mental****Anxiety**

Release of anxiety and deep relaxation

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

Positive on all levels

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Sound Bath**Modality**

Sound bath is the most comprehensive in my opinion

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Energy** Energy collection and dispersion system

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Sound Bath Sound bath

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Chakra **Balanced** **Sound Bath** Sound bath balancing chakras

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#38

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 Other (please specify):
25 Years Approx. 25 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 45-60 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mantra Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Emotional

Liberating

Vibrations

Transformation

Calm

Healing

I like to allow sound vibrate through me healing, liberating, calming, transforming.

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Transformation

Emotional

Transformational

Power of sound, that just by sound can have so much transformation.

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Center Yourself

Same Prep

Meditate First

If online

then the same as 1:1, prepare my space to feel comfortable and don't be disturbed, before doing a short meditation to tune myself on session.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Energy

Mental

Anxiety

Physical

Spiritual

Migrane

Headache healing, reducing anxiety, feeling smooth flow of energy in whole body.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Energy

Mental

Positive

Physical

Only positive, I

feel more energy after session, empowered.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Spiritual

Oneness

Positive

Feeling oneness with all.

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Other Instruments

Bowls

Healing Instruments

With singing bowl and other musical/non musical instruments.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy System **Energy Centers** **Knowledgeable** **Energy** Energy system where each energy centre has it own meaning and create wholeness.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Guided Meditation **Healing Instruments** **Crystal Singing Bowls** I like crystal bowl sounds or guided chakra meditations

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Frequency

Interesting

Healing music with different frequencies where each of frequency has a different role.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable Thank you! No, I haven't other ideas.

#39

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:02:54

Page 2

Q1 **Woman**

What gender are you?

Page 3

Q2 **25-34**

How old are you?

Page 4

Q3 **Moderate**

What is your level of experience with meditation?

Page 5

Q4 **1-2 years**

How long have you been practising meditation?

Page 6

Q5 **Yes**

Do you practice the art of meditation on a regular basis?

Page 7

Q6 **10-20 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**I have not practised sound healing**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Respondent skipped this question**

What was your primary motivation for practising sound healing?

Page 11

Q10**Respondent skipped this question**

What aspect of sound healing appeals to you?

Page 12

Q11**Respondent skipped this question**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Respondent skipped this question**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Respondent skipped this question**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

Respondent skipped this question

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Page 16

Q15

Respondent skipped this question

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16

Respondent skipped this question

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Respondent skipped this question

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Spiritual **Energy Centers** **Energy** Energy centres, doors to astral plane

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#40

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1

Woman

What gender are you?

Page 3

Q2

55-64

How old are you?

Page 4

Q3

Quite a bit

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

20 Years 20 years

How long have you been practising meditation?

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Mental **Healing** **Vibrations** **Spiritual** **Relax** To heal
,to relax ,to rise my vibration xxx

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Uplifting **Strengthening** **Release** **Balance** Uplifting
Balancing Releasing Strengthening

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Candles **Comfortable** Light candles ,create
ceromany,warm comfortable surroundings

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax **Emotional** **Peace** I feel relaxed , rejuvenation ,at peace ,re energised

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional **Positive** **Calm** **Spiritual** A release ,a calmness ,a magic ,a connection

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Spiritual **Emotional** **Peace** **Oneness** **Positive** At peace xx at oneness

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Energy **Drumming** **Healing Instruments** **Classical Music** Angelic music for healing

Drumming for releasing and strength

Classical for uplifting energy xxx

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Energy** They are the magic buttons that hold all our energy fields together

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**Please specify:**

Could you please share an example of your experience, if any, with healing music?

Intention It's more the intention

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice**Personal Choice****Interesting**

Listen to wot feels right ,it's not a right size fits all

#41

COMPLETE

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Time Spent: 00:10:41

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 4-6 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Recommendation It was introduced at my yoga studio and I really enjoyed it.

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Frequency The different feelings that come up with various instruments and frequencies.

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Lying Down **Comfortable** We lie down comfortably.

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax**Emotional****Calm**

Feeling relaxation and calm.

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive**Relax****Mental**

It is relaxing and provides a feeling of well being.

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive

A feeling of my skin following the sound of an instrument as it moves around the room. I had this sensation with one particular instrument.

Page 18**Q17****Yes**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Other Instruments**Modality****Sound Bath****Delivery Method****In-Person**

Sound bath with an in-person musician playing various instruments.

Page 20**Q19****Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Centers **Energy** Energy centers in the body

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Sound Bath **Healing Music** **Online** **YouTube** Sound baths that specifically target the chakras or healing music from YouTube that targets the chakra system.

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Mental **Well Being** **Emotional** **Feeling** An overall feeling of well being after the targeted music.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#42

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Visualization Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**I have not practised sound healing**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Respondent skipped this question**

What was your primary motivation for practising sound healing?

Page 11

Q10**Respondent skipped this question**

What aspect of sound healing appeals to you?

Page 12

Q11**Respondent skipped this question**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Respondent skipped this question**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Respondent skipped this question**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

Respondent skipped this question

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Page 16

Q15

Respondent skipped this question

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16

Respondent skipped this question

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Respondent skipped this question

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable**Wheels**

The wheels of our body, mind and soul. Essential for wellbeing

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**No**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Respondent skipped this question**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable interested to learn more about it

#43

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Sunday, March 21, 2021 1:27:05 AM
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Time Spent: 00:09:30

Page 2

Q1

Woman

What gender are you?

Page 3

Q2

65+

How old are you?

Page 4

Q3

A lot

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

How long have you been practising meditation?

20 Years 20 plus

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

30-45 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Visualization Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Positive Experience

A friend was learning the digideroo

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Healing Instruments

Singing Bowls

Crystal Bowls

crystal bowls

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Comfortable Clothing

Comfortable

same as I do at home.....center myself, barefoot feet on the floor, palms on lap open

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental **Emotional** **Peace** **Focus** more focused and peaceful

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional **Mental** **Focus** **Positive** **Calm** calmness and focus

Page 17**Q16**

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18**Q17**

No

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Meridians **Knowledgeable** energy points on the meridians

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice **Personal Choice** **Interesting** whatever one is attracted to

#44

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 4-6 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Healing

Balance

For self healing and balancing

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Spiritual

Mental

Relax

Profound shifts and relaxation

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Deep Breath

Quite, Private Space

Relaxed

Create a space where I won't be disturbed. Relax and breathe.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Physical **Emotional** **Mental** **Pain Relief** Easing of discomfort in the physical, emotional and mental layers.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional **Energy** **Vision** **Spiritual** **Positive**
Calm During the sound healings I have experienced movement of the energy flowing through my body and journeys, seeing colours and visions, receiving messages. At the end of the healings I feel more relaxed and calm, peaceful.

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Voice/Mantra **Crystal Singing Bowls** **Healing Instruments** **Healing Technology** **Drumming** **Binaural Beats** **Didgeridoo**

Binaural beats. Crystal bowls. Drumming, voice, didgeridoo. I would recommend to experience many and varied forms of sound healings.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy System **Knowledgeable** **Eastern** Energy systems

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments **Crystal Singing Bowls** Crystal bowls

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Balanced **Feeling** **Emotional** **Mental** **Calm**
Calming and balancing

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable Not really

#45

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 4-10 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Not Applicable

Combination of all

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Healing Frequencies

Singing Bowls

Singing bowls and frequency based music

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Focus

Relax

Mental

Healing

Healing, focus, relaxation, depends on the moment

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Spiritual

Emotional

Music

All of it. Music speaks to my soul, reaches beyond thought into feeling and beyond

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Both Methods

Page 13

Q12

Which method of delivery do you find to be the most effective?

I don't have a preference

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

No Prep

I don't, or depends on the situation

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

☒ Mental☐ Peace☐ Focus☐ Relax☐ Emotional☐ Clarity

Too many to list. Relax, peace, mindfulness, concentration, focused, emotional release

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

☒ Not Applicable☐ Hard to describe

Page 17**Q16**

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

☒ Any Sound Healing

All, any,

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Energy** Energy centers of the body connected to the physical plane

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Tones **Frequency** Frequency or tone specific

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Frequency **Chakra** **Balanced** A meditation audio that transitions through chakra specific frequencies to balance me

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

☒ Not Applicable ☐ No

#46

INCOMPLETE

Collector: Social Media Group Post (Facebook Link)
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Last Modified: Sunday, March 21, 2021 1:52:38 AM
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 4-10 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Emotional

Healing

Balance

Emotional healing

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Emotional

Tones

Sleep

Mental

The soft tones, it helps me sleep

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Online**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Comfortable

Relaxed

Relax and get comfortable

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental**Emotional****Sleep**

Good sleep, lightness

Page 16**Q15****Prefer not to say**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17**Q16****No relatable experience to describe**

Can you please relate your most memorable experience of a sound healing session?

Page 18**Q17****Yes**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

YouTube

You tube

Page 20**Q19****Yes**

Are you familiar with the chakra system?

Page 21

Q20

Respondent skipped this question

What is your definition of the chakra system?

Page 22

Q21

Respondent skipped this question

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

Respondent skipped this question

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Respondent skipped this question

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Respondent skipped this question

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

#47

INCOMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Sunday, March 21, 2021 1:56:44 AM
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Time Spent: 00:13:18

Page 2

Q1 Prefer not to say

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 4-6 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Deep Meditation **Energy** **Spiritual** It facilitates deep mediation, aids in releasing energies

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Healing Instruments **Singing Bowls** **Drums** **Gong**
Drumming, gongs, bowls

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental **Focus** **Emotional** **Stress Relief** **Sleep** Able to sleep, less stress, focused

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive **Spiritual** During a shamanic drumming, I felt the sensation of traveling outside myself, fully aware of where I was.

Page 17**Q16**

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Shamanic Drumming **Gong** Gong bath or shamanic drumming

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

Respondent skipped this question

What is your definition of the chakra system?

Page 22

Q21

Respondent skipped this question

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

Respondent skipped this question

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Respondent skipped this question

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Respondent skipped this question

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

#48

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1

Woman

What gender are you?

Page 3

Q2

55-64

How old are you?

Page 4

Q3

Quite a bit

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

How long have you been practising meditation?

25 Years 25

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Focused Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Guided Meditation

Spiritual

I combine sound with guided meditation

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Healing Instruments

Gem Bowls

Gem bowls

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Not Applicable

Blanket

N/a

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

[Expansion](#)[Mental](#)[Clarity](#)[Expansion](#)

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

[Expansion](#)[Positive](#)[Spiritual](#)[Expansion of](#)[consciousness and physical healing](#)

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

[Positive](#)[Cathy Blair playing 30 gem bowls](#)

Page 18

Q17

No

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable Energy Energy centers

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments Gem Bowls Gem bowls

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Healing Instruments Gem Bowls Gem bowls

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#49

COMPLETE

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 2-4 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Healing

Balance

To aid in healing and balance.

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Headphones

Comfortable

I get comfortable and put on headphones.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional**Calm**

Mostly just a calmness

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional**Positive****Calm**

Sound healing has been positive and calming.

Page 17

Q16**No relatable experience to describe**

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17**No**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18**Respondent skipped this question**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Energy** The body's network of energy channels that keep spiritual, mental, emotional, and physical health in balance.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Modality **Reiki** Reiki

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Calm **Emotional** **Balanced** **Feeling** Healing music helps me feel calm and balanced.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

☒ Not Applicable ☐ No

#50

COMPLETE

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Page 2

Q1**Woman**

What gender are you?

Page 3

Q2**65+**

How old are you?

Page 4

Q3**Quite a bit**

What is your level of experience with meditation?

Page 5

Q4**2-4 years**

How long have you been practising meditation?

Page 6

Q5**Yes**

Do you practice the art of meditation on a regular basis?

Page 7

Q6**10-20 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

☐ Calm☐ Emotional☐ I enjoy it keeps me calm

What was your primary motivation for practising sound healing?

Page 11

Q10

Please specify:

☐ Positive Experience☐ Not sure just enjoy

What aspect of sound healing appeals to you?

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Physical **Relax** Pure relaxation o

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive **Relax** **Mental** Relaxed

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Reiki **Emotional** **Modality** **Calm** Reiki calming

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Energy

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Singing Bowls **Healing Instruments** Bowles

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

No experince of healing music to share

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice Try it relax

#51

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Page 2

Q1**Man**

What gender are you?

Page 3

Q2**25-34**

How old are you?

Page 4

Q3**Quite a bit**

What is your level of experience with meditation?

Page 5

Q4**6-10 years**

How long have you been practising meditation?

Page 6

Q5**No**

Do you practice the art of meditation on a regular basis?

Page 7

Q6**4-10 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Vipassana Vipassana

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Sound Bath

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Vibrations Exploring the effects of Vibration on the human body

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Healing Instruments **Singing Bowls** **Gong** Acoustic music....only vibes. The Singing Bowls and gongs create a real "out of time and space" place

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Both Methods

Page 13

Q12

Which method of delivery do you find to be the most effective?

In-Person

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Not Applicable **Blanket** The set up of instruments and camera and mic

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Creativity

Mental

Pain Relief

Physical

Relax

Emotional

Spiritual

Clarity

Visions

Sleep

Deep

relaxation, pain relief , better sleep , muscle relaxation, visions , Blood pressure release, mind clarity , creativity ,...

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Mental

Positive

Physical

Mentally and physically

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive

Each one is unique , and memorable in its own way

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Bowls

Mental

Gong

Healing Instruments

Relax

Didgeridoo

Singing bowls Sound Massage are great to work on deep relaxation.

Gong baths are great for "strong" experiences

Didgeridoo are great to feel the body

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Points

Knowledgeable

Energy

Energetic points

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**No**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Respondent skipped this question**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Chakra

Meditation

Feeling

All chakras pen while we meditate. feeling the impermanence of every moment is great with healing music. being in the now

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable no

#52

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1

Prefer not to say

What gender are you?

Page 3

Q2

55-64

How old are you?

Page 4

Q3

A lot

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

How long have you been practising meditation?

46 Years 46 yrs

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

30-45 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Not Applicable Various

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Healing Music **Singing Bowls** Healing music, singing bowls

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Music Music opens the heart

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Not Applicable All types

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Both Methods

Page 13

Q12

Which method of delivery do you find to be the most effective?

I don't have a preference

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Meditate First Meditation

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Love**Emotional****Peace**

It varies, though there is always a feeling of peace and love.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Mental**Positive****Physical**

It is always positive both physically & mentally.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive

When they make me dance.

Page 18

Q17**Yes**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Patient Specific**Personal Choice****Suitability**

It would depend on the person and what they like as to what I would recommend.

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Centers **Knowledgeable** **Energy** Energy centers of the body

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Singing Bowls **Healing Instruments** Singing bowls

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Mental **Emotional** **Feeling** It clears all thoughts and opens my heart to love and healing

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#53

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Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Relax

Mental

Chakra Balance

Relaxation

Simultaneous to chakra cleansing

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Spiritual

Immediate check out of brain and massage of soul

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

No Prep

None needed. The sound will travel to support whatever areas can use the help?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Physical **Pain Relief** **Relax** Relaxation, physical body healing and overall sense of well being afterwards

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Sound Bath **Healing Instruments** **Modality** **Spiritual**
Voice/Mantra **Positive** **Singing Bowls** Always only positive. For mind body soul alignment. I enjoy sound baths or just one singing bowls, mantra singing, kirtan...

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Gong **Healing Instruments** **Crystal Singing Bowls**
Positive A symphony of singing bowls and gongs in a laying meditation for 2 hours in an evening where the entire process was a non-stop goosebump massage. Wonderful. Magical. Other worldly. Spent 100% of the time in a 5D space ☺

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Voice/Mantra **Meditation Mind States** Mantra singing is very powerful and a means to access meditation mind states for those who find silence challenging.

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Interesting **Knowledgeable** **Energy** Energy wheel centres -7 points within the body, many that extend above and below as well - that spin and wield and control energy flow throughout. Aligned and open chakras allow for unhindered flow of energy from above and from below. Intricate organization of energy within each of us and which connects us to the conscious collective, which breathes prana life force into us all. ☐

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Tingsha **Tuning Forks** **Singing Bowls** **Healing Instruments** Singing bowls placed on donuts and balanced on the body at each chakra point. Also tuning forks and tingsha

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Voice/Mantras

Frequency

Recommendation

Kieran

chanting of repeating Sanskrit mantras is beautiful. I listen/participate often in mantras sung 108 times, with live music by artists like Deva Premal. I attend kirtans as often as possible. I have lots of CDs attuned to frequencies for support to cleanse each chakra.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Voice/Mantra

Modality

Interesting

Mantra ॐ om is very powerful. I start my classes (I teach preschool) with a grounding and cleansing singing of om daily. The effect on the whole class is palpable.

#54

COMPLETE

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 2-4 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 4-10 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Emotional **Relax** **Mental** **Joy** Joy relaxation

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Emotional **Calm** Calmness

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Comfortable Seating **Quite, Private Space** **Blanket**
Quiet space, blanket, comfortable seating

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax **Emotional** **Joy** Biggest benefits were ecstatic joy and deep relaxation

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional **Cancer** **Grounded** **Positive** **Calm** It kept me very calm and grounded during a cancer journey

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive **Healing Instruments** **Modality** **Sound Bath**
Gong **Gong Bath** **Crystal Singing Bowls** After my first sound bath, I became obsessed with the crystal singing bowls. I was like Gollum in Lord of the rings and his precious ring. They affected me so strongly, we now have our own sound healing store selling crystal singing bowls gongs Himalayan bowls and so many other instruments.

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Yes

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Personal Choice **Bowls** **Crystal Singing Bowls** **Flute** **Healing Instruments** **Shakers** **Himalayan Singing Bowls** **Suitability**

I would recommend people choose the sounds that they like best. some people prefer crystal bowls some prefer Himalayan metal bowls, others the gong, flute or shakers. As I tell everybody in our store, you do what you like best.

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Western **Eastern** **Knowledgeable** **Interesting** **Energy** An ancient Eastern philosophy that's been hijacked by Western marketing people touting see is your root chakra. A root chakra could be any musical note, not just a c note. We're all different and should be able to find a note that resonates with us instead of the western philosophy of a magic pill.

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Interesting

Chakra

Relaxation

Feeling

Crystal Singing Bowls

Mental

Healing Instruments

The music, regardless of the notes when you used in the sound practicing field relax me, and then I could do the mental work of clearing a chakra if I wanted to. I could use the same note for all the chakras. It's being in the relaxed state, which I've gotten to through the sound of the crystal singing bowls that allows me to work on my chakras

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice

Personal Choice

Interesting

Just that every single person is unique so each person has to choose for themselves what instruments and what notes will work for their expected outcome.

#55

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 A lot

What is your level of experience with meditation?

Page 5

Q4 Other (please specify):
15 Years About 15 or 16 years.

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Mindfulness I do all, but mostly they are guided meditations. Occasionally, I will practice mindfulness.

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Binaural **Theta** **Healing Music** I listen to all of them. I also like the binaural and theta beats.

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Anxiety **Stress Relief** **Mental** They help me with anxiety and stress. I also found I feel more motivated and positive.

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Alpha **Beta** **Theta** **Frequency** If I have to pick one, Then binaural, Alpha, and theta beats.

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Online

Page 13

Q12

Which method of delivery do you find to be the most effective?

I don't have a preference

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Lying Down I lay down and just listen.

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Motivation

Creativity

Anxiety

Mental

Emotional

Stress Relief

Clarity

It helps relieve anxiety and stress.

Promotes motivation, inspiration, creativity, able to think more clearly, and that's it I think.

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Individualism

Negative

Positive

I have had both.

Mostly positive. There have been a few that felt negative. My theory is that even though we're all made the same we are wired differently, so some people may need a different type of sound healing.

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive

Feeling really joyful and relaxed.

Page 18**Q17****Yes**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Modality

Theta

resonance

Chakra

Sound Bath

Healing Technology

Frequency

Binaural Beats

alpha

I would recommend trying them all and seeing which one resonates with you. However I would definitely suggest a sound bath and anything with alpha, binaural, and theta waves. The sound bath aligns your chakras and gives can make the recipient feel more relaxed. The theta, alpha, and binaural beats have been scientifically proven to show positive effects on the brain.

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable**Energy**

Chakras are the colors of energy that can resonate in all things.

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Various

I use different ones. I'm always trying out new ones.

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Mental

Relaxation

Feeling

Yes it makes me feel relaxed.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice

Interesting

When people are starting out they should keep it short. Same with meditation. It's been scientifically proven more than 15 minutes can have ill effects on the mind for beginners, and those with mental illness.

#56

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 2-4 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Emotional

Self Realisation

Greif

The death of my grandson...brought me to a new realization of death and dying

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Emotional

Positive Experience

the positive effects it has on my emotions

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Not Applicable

Blanket

5 minutes

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Positive Experience It isn't just the sound healing that gave the therapeutic benefits it was a combination

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Negative **Positive** Both

Page 17**Q16**

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Tuning Forks **Bowls** **Rainstick** **Healing Instruments** **Chakra** **Drumming** Chakra tuning forks, sound bowls, rain sticks and drumming are my favourites

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable It is our life system

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Tuning Forks **Healing Instruments** Tuning forks

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Emotional **Feeling** **Freedom** It is a feeling of lightness and freedom

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#57

COMPLETE

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Prefer not to say**

What was your primary motivation for practising sound healing?

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Music

The musical quality

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Lying Down

Nothing, other than lying down

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional **Calm** Calmness

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional **Calm** **Mental** Restoration physically, mentally, emotiinally. Calming

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Tuning Forks **Healing Instruments** Tuning forks, sinesmusic.com

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

Respondent skipped this question

What is your definition of the chakra system?

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Tuning Forks

Healing Instruments

Tuning forks, sinesmusic.com

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

No experince of healing music to share

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting You can feel your body react physically to the sound

#58

COMPLETE

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Page 2

Q1**Woman**

What gender are you?

Page 3

Q2**55-64**

How old are you?

Page 4

Q3**Moderate**

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

20 Years 20 years

How long have you been practising meditation?

Page 6

Q5**No**

Do you practice the art of meditation on a regular basis?

Page 7

Q6**4-10 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Visualization Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Positive Experience**Spiritual**

Sound is the most powerful way i have ever experienced to contact my soul and the silence in me

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Transformation

Transfortmation, purificato, nurture, accesso to differente state of mind, relax, deep contact with the soul and the universe

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Candles

Quite, Private Space

Dark Space

Incense

I create a special moment for me, soft light, incense, silence

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental

Pain Relief

Vitality

Physical

Emotional

Clarity

More energy, less thoughts, vitality, less physical problems

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Not Applicable

It's a totale experienced, every time different

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Healing Instruments

Modality

Gong

Gong Bath

Positive

The first gong bath i received chanded my life

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Competent Practitioner With competente sound healer

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Energy** Energetic centres that organize the vital energy

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Tuning Forks **Singing Bowls** **Healing Instruments** **Gong** Gong singing Bowls tuning fork among many other

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Recommendation

Jinathan goldman

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Advice

Interesting

Become a sound healer

#59

INCOMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 1-2 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 45-60 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Trauma **Healing** **Mental** Healing trauma

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Healing Self healing

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Water **Quite, Private Space** **Comfortable** Drink a glass of water then be alone and comfortable in a quiet space.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax

Mental

Stress Relief

Feeling more relaxed and better able to cope with everyday stress.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

Relax

Mental

Relaxing Healing

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

On-Line Positive

Positive

I could feel my healer "touching" below my heart while doing online healing.

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Reiki Emotional Modality Calm Reiki

Feelings of calm and healing are experienced.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Not Applicable Your "make up"

Page 22

Q21

No

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Reiki Balanced Modality Emotional Mental I try to do reiki once a week to keep myself balanced and able to cope.

Page 27

Q26**Respondent skipped this question**

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

#60

COMPLETE

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Page 2

Q1

Woman

What gender are you?

Page 3

Q2

45-54

How old are you?

Page 4

Q3

Quite a bit

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

How long have you been practising meditation?

Over 10 Years Way over 10 years

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Healing **Spiritual** Healing effect Unblocking parts of the body and helping one to connect to their higher self

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Healing Instruments **Singing Bowls** Singing Bowls

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Not Applicable **Blanket** I don't DO online but I RECEIVE online

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Physical **Connected** **Spiritual** **Oneness** Shivers all over, feel clearer in the body and more connected to Source star

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Energy **Positive** **Spiritual** I have recently experience a Divine healing by Shanti Healing - by 2 beautiful intuitive souls who also tuned into nature and collaborated with the sounds of the wind and energy changes, intuiting the people around also and what was needed.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive As above

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Other Instruments **Bowls** **Modality** **Shanti Soundbath** **Healing Instruments** **Bhajans** **Healing Technology**

Handmade Drums **Didgeridoo** **Guitar** **Gas Bottle** Shanti Soundbath, by Michelle & James Byrne with so many diverse instruments, including singing bowls, digeridoo, guitar, gas bottle drum handmade, and so many other instruments.

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable It is an old matrix we now need to collapse and clear...
Working on this now via Healers Rising, Caitlin Dianna

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**No**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Chakra

Not Applicable

It is a false matrix. We actually have 12 dimensions in our bodies.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable

No thank you

#61

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 25-34

How old are you?

Page 4

Q3 A lot

What is your level of experience with meditation?

Page 5

Q4 2-4 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 More than an hour

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Sound Healing Music meditations

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Voice **Singing Bowls** One on one sound healing using the voice

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Spiritual Combining my spiritual ideals with my musical background

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Vibration **Healing** **Voice** The fact that vibrations can heal and we carry our voice with us all the time to use it for healing.

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Both Methods

Page 13

Q12

Which method of delivery do you find to be the most effective?

I don't have a preference

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Center Yourself Do 30mins heart centering meditation beforehand.

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental **Calm** **Focus** **Physical** **Emotional** **Clarity**

Healing of sciatica, clear mind and focus, calming down of emotions.

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive Has always been positive.

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Physical Healing **Physical** **Positive** A release of tension in my hips and no more pain after that for 6months

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Patient Specific **Competent Practitioner** **Suitability** To practice sound healing for yourself, because you know your body best, with the guidance of a qualified practitioner to get feedback and learn to see the blind spots.

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21**Q20**

What is your definition of the chakra system?

Knowledgeable **Energy** A system of energy centres that are formed in our body. Each with a specific nuance relating to our being (vitality, love etc).

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Voice/Mantra Voice

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Chakra Focus on one chakra with the support of the music.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable /

#62

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 25-34

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 1-2 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 4-10 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Movement Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

PTSD **Mental** Ptsd

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Frequency The way the body physically responds to different frequencies

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Meditate First **Quite, Private Space** **Clear Mind**
Comfortable Finding a quiet space, find a comfortable position, meditate to open my mind, and press play

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax **Mental** Relaxation, if the healing calls for it. Or a surge of thoughts and feelings coming to the surface for acknowledgement and release

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

interesting **Not Applicable** **Positive** Like meditation, it is a tool that enables you to connect and understand yourself more fully. It does not do the work for you, but rather highlights the work that needs to be done and gives you a 'safe space to do it.

Page 17**Q16**

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Wind Chimes **Personal Choice** **Emotional** **Healing Instruments** **Peace** **Delivery Method** **In-Person**

Himalayan Singing Bowls **Suitability** In person, Himalayan singing bowls, or wind chimes. It's a personal preference, I feel the softer the sound, the more peaceful you feel.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Western **Knowledgeable** **Energy** They are energy centres which store memory and information, and are representatives of the westernized 7 intelligences

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Shamanic drumming **Nature Sounds** **Healing Instruments** Shamanic drums are my go to for the root chakra. Usually forest sounds or ocean for the heart and throat chakra.

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Mental

Cure

Interesting

Again, on its own is not effective but I combine healing music with yoga to facilitate the release. I was driven by PTSD, which now 2 years later is a non issue.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable

None

#63

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 2-4 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Focused Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

☐ White Noise☐ Nature Sounds White noise, bird, waves, rain sounds

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

☐ Mental☐ Sleep Sleep

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Online**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

☐ No Prep I dont

How do you prepare yourself for an online sound healing session?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental**Emotional****Sleep**

Better sleep

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

Good

Page 17

Q16**No relatable experience to describe**

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17**Yes**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Emotional**Sleep****Mental**

Sleep- if they can't sleep

Page 20

Q19**No**

Are you familiar with the chakra system?

Page 21

Q20

Respondent skipped this question

What is your definition of the chakra system?

Page 22

Q21

Respondent skipped this question

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

Respondent skipped this question

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

No experince of healing music to share

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#64

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 4-6 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 4-10 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Peace

Mental

 Peaceful state of being

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Emotional

Peace

 That I dont have to work at it to achieve a peaceful feeling

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

No Prep

 No prep

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional **Calm** Sense of calm and in person takes me almost out of body and I can fully engulf myself in presence

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

overwhelming **Positive** **Mental** The sounds were so overwhelming that I felt disoriented but I liked that because it stopped my thoughts

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Vibration **Positive** I felt like I was floating and couldn't discern where my body was, I was totally engulfed in the sound as if I became part of the vibration

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

In-Person **Delivery Method** In person is best so you can not be distracted

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable**Energy**

A group of energy points/areas that correspond to a color and basic needs of the body

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**No**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**Please specify:****Not Applicable****See previous responses**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Negative**Interesting**

At one session, the instructor spoke and that ruined the experience for me. It was an interruption and then she'd be quiet for a moment only to speak again which pulled me out of the peaceful state. Then I began to anticipate her voice and stopped enjoying the experience so I never went back again.

#65

COMPLETE

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Time Spent: 00:21:16

Page 2

Q1

Woman

What gender are you?

Page 3

Q2

65+

How old are you?

Page 4

Q3

A lot

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

How long have you been practising meditation?

40 Years 40 years

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

30-45 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Emotional

Centering

Mental

Grounding

Relax

Relaxation, centering, and grounding

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Vibration

Feeling vibration in the body

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Center Yourself

Ground Yourself

Center and ground myself. Saturate the space with sound.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax **Emotional** **Patience** **Centered** Greater relaxation. Feeling of coherence in my mind-body connection. Greater sense of patience. Being in flow

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive **Relax** **Mental** Positive experience leading to greater relaxation.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive Practitioner was competent, organized space conducive to receiving. Variety of sound sources well integrated. Felt transported out of body for larger view of life patterns.

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Tuning Forks **resonance** **Competent Practitioner** **Healing Instruments** Use of tuning forks in hands of competent practitioner to bring coherent resonance to the body.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Subtle Energy **Energy** Chakras are a series of points along the torso, head and neck of the body that serve as major entry and exits for subtle energy. There are 7 major chakras but numerous minor ones on the body.

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Tuning Forks **Frequency** **Schuman Resonance** **Fibonacci frequencies** **Healing Instruments** Tuning forks in Schuman resonance, Fibonacci frequencies, and a few others.

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Recommendation Carlos Nakai, Steven Halpern

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting

Healing benefits of integrating practices in your life on a regular basis.

#66

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1**Man**

What gender are you?

Page 3

Q2**55-64**

How old are you?

Page 4

Q3**Moderate**

What is your level of experience with meditation?

Page 5

Q4**4-6 years**

How long have you been practising meditation?

Page 6

Q5**Yes**

Do you practice the art of meditation on a regular basis?

Page 7

Q6**4-10 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Breathing Breathing

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Healing Music Just music in general

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Positive Experience Impact on myself

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Spiritual The cosmic truth of what it represents

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

No Prep I don't

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

☒ Emotional☐ Energy☒ Improved Mood

☐ Change in mood and energy

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

☒ Not Applicable

☐ It's very unspecified in my personal experience but I am a strong believer because whatever the impact is, I feel it strongly

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

No relatable experience to describe

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

No

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Respondent skipped this question

Page 20

Q19

Are you familiar with the chakra system?

Yes

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Energy** Places of concentrated energy passage

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Music **Healing Music** Composing, practicing, playing or listening to actual music

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#67

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:30:39

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 1-2 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 4-10 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Relax

Mental

It give me a great sense of relaxation and I find extremely effective

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Healing Instruments

Singing Bowls

Crystal Bowls

I love the crystal bowls and using protocols for healing

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Meditate First

Lying Down

Comfortable

I like to make sure I'm ready a good 20 mins before hand, do a short meditation and then settle down in a comfortable position, ready to start

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Relax

Spiritual

Centered

I can be very relaxed but lucid. I can really connect with myself

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional

Positive

Physical

I have only had positive effects both physically and emotionally.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Physical

Spiritual

Positive

Vision

Involuntary movements of muscle. But I also get clear visions of my intention come up out of nowhere.

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Yes

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Relax

Individual Session

Mental

I think sound baths are great for general relaxation but 1:1 session are better for sorting out the real things that need addressing

Page 20**Q19****Yes**

Are you familiar with the chakra system?

Page 21**Q20**

What is your definition of the chakra system?

Knowledgeable **Energy** **Emotional** Energy centers for specific area of the body that relate to not only that area but also other emotions, functions etc

Page 22**Q21****Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23**Q22**

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Instruments **Voice/Mantra** **Crystal Singing Bowls** I love crystal bowls so play each note through the octave but us mantras too

Page 24**Q23****No**

Have you ever used healing music to help balance your chakras?

Page 25**Q24****Respondent skipped this question**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Mental

Emotional

Feeling

I use it to aid concentration and sleep

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable

No

#68

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:09:24

Page 2

Q1**Woman**

What gender are you?

Page 3

Q2**35-44**

How old are you?

Page 4

Q3**Moderate**

What is your level of experience with meditation?

Page 5

Q4**6 months - 1 year**

How long have you been practising meditation?

Page 6

Q5**Yes**

Do you practice the art of meditation on a regular basis?

Page 7

Q6**10-20 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Sound Healing

Sound healing meditation focused on breathing.

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

All Meditations Mentioned

All of the above.

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Well Being

Mental

Vibrations

Spiritual

Energy

To

promote wellness and raise energy vibrations.

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Emotional

Calm

Mental

It's calming and helps to empty your mind of clutter.

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Online

Page 13

Q12

Which method of delivery do you find to be the most effective?

Online

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Lying Down

Youtube

Put on YouTube and lie on the floor.

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional **Calm** **Improved Mood** Enhanced mood, calmness of mind.

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional **Positive** **Calm** It's calming.

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Reiki **Modality** **Positive** Sometimes I see visions if I've been doing it consistently, similar to what I experience during reiki.

Page 18**Q17**

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Tibetan Singing Bowls **Healing Instruments** Tibetan healing bowls

Page 20**Q19**

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Centers **Knowledgeable** **Energy** Energy centres within the body.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Online **YouTube** YouTube videos

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

YouTube **Emotional** **Feeling** **Improved Mood** I find the music I want to play on YouTube, lie on the floor and meditate for between 15-30 minutes. Regular practice is very beneficial, enhanced mood and a decluttering of the mind.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#69

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:27:36

Page 2

Q1 **Man**

What gender are you?

Page 3

Q2 **45-54**

How old are you?

Page 4

Q3 **A lot**

What is your level of experience with meditation?

Page 5

Q4 **2-4 years**

How long have you been practising meditation?

Page 6

Q5 **Yes**

Do you practice the art of meditation on a regular basis?

Page 7

Q6 **More than an hour**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Not Applicable

My own

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Reiki

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Energy

Spiritual

It is a undiscovered as far as I'm concerned greatest healing modality that we have. When we accept that we are energy+meat we (medical) will change.

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Emotional

Voice/Mantra

Chakra

Chakra Balancing

Hz, mantra, feminine voice in angelic tone. Chakras can be matched with hz and emotions with voice.

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Both Methods

Page 13

Q12

Which method of delivery do you find to be the most effective?

Online

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Headphones

Music

Energy

Tones

I purchased good quality over ear headphones. I feel what is needed by my energy and feelings then apply appropriate tones/music etc.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Chakra

Pain Relief

Physical

Emotional

Migraine

Amazing. From chakras aligning with endocrine to heal what glands corresponds. Forms craps freeing to headaches and sorrows from now and past.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

YouTube

Positive

I started with YouTube and meditation playing around then expanded to apps and creating my own play list.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Enlightenment

Positive

Enlightenment

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Personal Choice **Other Instruments** **Schumann Resonance** **Mental** **Breath** **432Hz** **Relax** **Frequency** **Suitability** Start with a Schumann resonance possibly scale. 432 maybe then pick what type is preferred (instrument etc). Play around relax 30 min everyday learn to breath they correlate.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy System **Knowledgeable** **Energy** Our connection with our spirit and energy system. Our root operating system broken up into different segments each one
Representing a color and energy type that corresponds to the human being makeup.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Frequency **Healing Instruments** **Piano** **Violin** **528Hz** Usually 528 hz piano or violin 60 min.

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Interesting

Emotional

When we realize what we really enjoy for music without interference from others opinions we find that the music taps into our emotional body and if tear are brought let them flush as well as laughter.
Energy=music=healing=energy

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting

I believe music is one of the greatest untapped healing modalities that the human race has available to them.

#70

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:16:07

Page 2

Q1

Woman

What gender are you?

Page 3

Q2

65+

How old are you?

Page 4

Q3

Quite a bit

What is your level of experience with meditation?

Page 5

Q4

Other (please specify):

How long have you been practising meditation?

35 Years 35 years

Page 6

Q5

Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6

45-60 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Vibrations Body absorbs vibrations and body systems are affected

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Not Applicable all

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental **Calm** **Peace** **Emotional** **Clarity** Perception improved ,clarity of ,concept, calm,contentment.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive positive positive positive all ways

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Not Applicable no

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Reiki **Tuning Forks** **Music** **Bowls** **Modality** **Healing Instruments** Reiki, bowls,tunin forks,music

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Energy Vortexes** enery votexes in body

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Voice/Mantra ummin

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Not Applicable no

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable no

#71

COMPLETE

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 A lot

What is your level of experience with meditation?

Page 5

Q4 Other (please specify):

How long have you been practising meditation? 50 Years 50+yrs

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Sound Healing Voice healing meditation

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Healing Music

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Recomendation Mother is Reiki Master

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Meditation lead you to meditate

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

In-Person

Page 13

Q12

Which method of delivery do you find to be the most effective?

In-Person

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Same Prep **Comfortable** Same with in person

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental**Clarity**

Clarify your mind

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Emotional**Mental****Positive****Calm****Insomnia****Sleep**

Calm down nerves Cure insomnia

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive

Floyd on the warm bath

Page 18

Q17**Yes**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Voice/Mantra

Voice healing. Most effective because voice has intimate sound

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable Body fundamental system

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Voice/Mantra Voice vibration system

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Not Applicable Mind trip to the ocean

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting Self discovery

#72

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 1-2 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 45-60 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Reiki**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Prefer not to say**

What was your primary motivation for practising sound healing?

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional**Peace****Mental****Anxiety**

Peace and a lowering of anxiety

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Prefer not to say

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

No relatable experience to describe

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

No

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Respondent skipped this question

Page 20

Q19

Are you familiar with the chakra system?

Yes

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable Body and soul balance

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Singing Bowls **Healing Instruments** Sound bowl

Page 24

Q23

No

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

No experince of healing music to share

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#73

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 1-3 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Tones **Humming** 1. Listening to binaural beats 2. Toning and humming 3. Listening to tones 4. Emotional release therapy

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Emotional **Healing** **Mental** To help me focus and get my work done. To heal emotional issues.

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Positive Experience 1. I can do it while I do other things
2. It actually helps me.

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**Online**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Consultation **Frequency** I choose the frequency I think I need that day. Or if I am working with a practitioner, I discuss what is going on with me first. Then they muscle test for frequencies.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental **Peace** **Focus** **Pain Relief** **Physical**
Emotional Increased focus Emotional therapy Feeling of peace Hastened the healing of injuries.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive I am so in awe of sound healing. I cannot believe how well it works!

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Any Sound Healing **Practitioner** Any. I would recommend working with a practitioner first though.

Page 20**Q19****Yes**

Are you familiar with the chakra system?

Page 21**Q20**

What is your definition of the chakra system?

Past Life **Knowledgeable** **Energy** Chakra system includes 12 vortexes of energy. This system stores information about all of our lifetimes.

Page 22**Q21****No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23**Q22****Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24**Q23****No**

Have you ever used healing music to help balance your chakras?

Page 25**Q24****Respondent skipped this question**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Not Applicable I wouldn't say that I have purposely used sound to balance chakras, but may have done so inadvertently.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting No. I just know it works from personal experience.

#74

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:11:15

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 A lot

What is your level of experience with meditation?

Page 5

Q4 Other (please specify):

How long have you been practising meditation? 15 Years 15 years

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Sound Healing

Sound Meditation Breathing and walking meditations

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Reiki

Sound Bath

Reiki Sound Bath Healing Music Mantra singing

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Relax

Mental

Healing

Relaxation Focus/Clarity Healing

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Meditation

Music

the ease, just lying down and receive, not having to do anything. perfect combination of just being, meditation and music

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Both Methods

Page 13

Q12

Which method of delivery do you find to be the most effective?

I don't have a preference

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Water

Comfortable

Headphones

Comfortable Clothing

Lying Down

Quite, Private Space

creating a sacred space

headphones water comfortable clothing and somewhere comfortable to lie down make sure i'll be undisturbed during the duration of the sound healing session

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental

Centered

Chakra

Pain Relief

Insight

Physical

Relax

Emotional

Spiritual

Stress Relief

Clarity

Oneness

Sleep

profound relaxation better

sleeping the night after feeling lighter (as if a lot of weight has been taken off my shoulders) received ideas or insights during the session sometimes physical pain dissolves feeling of connection to my heart and body

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

like I answered in the previous question.

definitely always positive experiences both mentally and physically. every session is different.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Spiritual

Emotional

Mental

Love

Energy

Physical

Positive

profound healing and releasing a lot of stored energy and pain in the body. afterwards a feeling of lightness, love and euphoria.

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Yes

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Patient Specific **Individual Session** **Suitability** **Modality** **Gong** **Sound Bath** **Group Session** sound bath/gong bath/ sound journey great as a group experience and starter point for somebody who is new to this experience.

sound massage for personalized attention and work directly on the body

sound healing individual session for personalized attention to whatever the person requires in that moment

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Energy** **Wheels** energy wheels in our body, important to keep them free flowing and healthy

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Gong gong bath

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Not Applicable often have it playing in the background while I work

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable no

#75

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Time Spent: 00:10:09

Page 2

Q1 **Man**

What gender are you?

Page 3

Q2 **55-64**

How old are you?

Page 4

Q3 **A little**

What is your level of experience with meditation?

Page 5

Q4 **1-2 years**

How long have you been practising meditation?

Page 6

Q5 **No**

Do you practice the art of meditation on a regular basis?

Page 7

Q6 **4-10 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8

Other (please specify):

Music

Music and imbedded healing frequencies

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9**Prefer not to say**

What was your primary motivation for practising sound healing?

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11

Other (please specify):

Not Applicable

Recorded audio

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Not Applicable It really depends on the frequency combination listened to...

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Negative **Positive** Have felt both positive and negative responses to the various frequencies...

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Personal Choice **Binaural Beats** **Suitability** **Healing Technology** There are so many offerings in binaural beats which is really the way to go. Choice is everything.

Page 20

Q19

No

Are you familiar with the chakra system?

Page 21

Q20

Respondent skipped this question

What is your definition of the chakra system?

Page 22

Q21

Respondent skipped this question

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

Respondent skipped this question

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Feeling

Flush Face

Emotional

Calm

Physical

Just an overall feeling of calm, sometimes a flushing of the face.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting If it was good enough for Tesla to research, thats good enough for me...

#76

INCOMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 2-4 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Healing Music**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Peace

Mental

 I feel music and make me feel peace

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11**Online**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

I have never experienced any therapeutic benefits during or after a sound healing session

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Page 16

Q15

Prefer not to say

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Page 17

Q16

No relatable experience to describe

Can you please relate your most memorable experience of a sound healing session?

Page 18

Q17

No

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Not Applicable To open

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Any Sound Healing Any

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Respondent skipped this question

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26**Respondent skipped this question**

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

#77

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Tuesday, March 23, 2021 8:03:23 AM
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Relax

Mental

Relaxation

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Healing Instruments

Gong

Gong

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Deep Breath

Comfortable

Soft Lightening

Center Yourself

Quite, Private Space

Calm environment

dark space Few deep breaths to centre and find a comfortable position

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental **Calm** **Physical** **Emotional** **Sleep** Better quality of sleep Calmer nervous system

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Prefer not to say

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

No relatable experience to describe

Page 18**Q17**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Yes

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Koshi Chimes **Other Instruments** **Gong** **Healing Instruments** **Didgeridoo** Gong , Koshi chimes, didgeridoo, various instruments

Page 20**Q19**

Are you familiar with the chakra system?

Yes

Page 21

Q20

Respondent skipped this question

What is your definition of the chakra system?

Page 22

Q21

No

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

No

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

No experince of healing music to share

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable -

#78

COMPLETE

Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 Other (please specify):

How long have you been practising meditation? 20 Years 20 years

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8

Other (please specify):

If you have practised any form of sound healing in the past, could you please specify what type?

All Meditations Mentioned All of the above

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Emotional Mental Spiritual Calm Relax
subconscious To calm down, relax and connect to my subconscious

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Emotional Relax Calm Mental The relaxation and calmness it brings

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Private Space

Essential Oils

Candles

Comfortable

Comfortable Clothing

Quite, Private Space

Crest a

peaceful space with candles, oils burning, wear relaxing clothes, find a quiet room

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional

Centered

Calm

I feel calmer, more centred and connected to myself

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

Always a positive experience

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Crystal Singing Bowls

Healing Instruments

Guided Meditation

Modality

Sound Bath

Gong

Positive Being taken on a beautiful guided meditation ☺

then going into a soothing sound bath with crystal bowls and gongs

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Yes

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Gong Healing Instruments Crystal Singing Bowls Gong, crystal bowl

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable Energy Energy centres within the body

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Drumming Healing Instruments Gong Gong and sometimes drum

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

YouTube**Online****Modality**

I have 2. One as previously mentioned and another listening to online healing sounds through YouTube

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#79

COMPLETE

Collector: Social Media Group Post (Facebook Link)
Started: Wednesday, March 24, 2021 12:09:45 AM
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Time Spent: 00:33:18

Page 2

Q1 Woman

What gender are you?

Page 3

Q2 65+

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 4-6 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 20-30 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Guided Meditation

Sound Healing

Visualisation

I do

various things, I use craft, reading, gardening, visualisation, guided and healing I prefer on the most hand to do this with music. Oh and QiGong :))

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

alpha

Vibration

Beta

Theta

I have done all the

above plus alpha, beta, theta waves....I found this uncomfortable to begin with, but it now depends on my frame of mind at the time and the vibration the music/sorry sound is vibrating at.

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Mental

Sleep

I like to explore and try new ways. I find it difficult often, to fall asleep, my mind is busy

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Mental

Rejuvenation

Relax

Respite

Relaxation,

respite and rejuvenation - I want to feel good

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Other (please specify):

On-Line

Energy

Both methods. I actually probably prefer it on-line in many ways, perhaps it is because of the energy of others in a live situation

Page 13

Q12

Which method of delivery do you find to be the most effective?

Online

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Personal Time I generally do most of this when I am in bed and everyone else is asleep

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental **Spiritual** **Positive Experience** **Clarity** I like to enjoy the tone, rhythm, variety and possibly the pattern thinking about it. I find following the sound quiets my busy mind and soothes me, I want to say a good session for me is when it soothes my soul. However I haven't explored and thus identified what it is in the sound experience for me that defines and does that. (You have made me think now :)?

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Negative **Awareness** **Mental** I have already explained a positive, a negative for me is I feel it hurts, it grates on my nerves and I am aggravated by the sound. I want to be soothed so I turn it off !

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Mental **Positive** **Relax** I would get taken to a place of total relaxation

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

No

Page 19

Q18

Respondent skipped this question

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Points

Knowledgeable

Energy

Chakras are energy points. We have many and they vibrate at different frequencies. There are 7 that most would relate to if they are aware of them and these are energetically connected to our organs and in turn our emotions and colours. If these chakras, which are said to be vortexes are not flowing freely then our bodily energy or life force I'd affected.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Healing Music

Meditation

I use music as I self heal using reiki.
I use meditations both verbal and non verbal
These are my most regular go to options.

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Not Applicable I am unsure if what I would identify as healing music is the same as you would. I have previously shared

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting All sorts of sound can be healing.

#80

COMPLETE

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Page 2

Q1 **Man**

What gender are you?

Page 3

Q2 **18-24**

How old are you?

Page 4

Q3 **Quite a bit**

What is your level of experience with meditation?

Page 5

Q4 **1-2 years**

How long have you been practising meditation?

Page 6

Q5 **No**

Do you practice the art of meditation on a regular basis?

Page 7

Q6 **10-20 minutes**

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Spiritual Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Spiritual **Balance** **Chakra Balance** to access spiritual states of awareness and to achieve chakra balance

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Spiritual **Mental** **Bliss** **Relax** - the state of bliss and relaxation that is created

Page 12

Q11**In-Person**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Clear Mind **Relaxed** -clearing the mind and being as relaxed as possible

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Mental

Pain Relief

Improved Mood

Physical

Emotional

Stress Relief

Sleep

-clarity, better sleep, less stress, alleviation of pain, better mood, a feeling of rejuvenation

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

Insight

Spiritual

-my experience has only been positive. I feel a state of bliss and ease when receiving the frequencies of sound. It allows me to access states of awareness that can't be accessed in waking life

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Spiritual

Colours

Chakra

Positive

- the sensation of energetic heat in specific chakras of the body, the buzzing or vibrating of the third eye chakra (between the brows), being able to see new colours and perceive new sensations

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Crystal Singing Bowls

Healing Instruments

Holistic Healing

resonance

Chakra

- sound healing from quartz crystal singing bowls. the bowls are tuned to specific chakras. Having a session with the set would allow for holistic chakra healing and balancing. The sounds from the bowl also produce powerful resonance that is readily absorbed by the body

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Energy Centers **Knowledgeable** **Energy** - energetic centres of the body that each have a role

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Singing Bowls - sound healing using quartz crystal singing bowls

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Mental

Emotional

Relaxation

Feeling

- a feeling of

ease and relaxation

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable

Nope

#81

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Collector: Social Media Group Post (Facebook Link)
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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 35-44

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 4-6 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 4-10 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

What primary type of formal meditation do you usually practice?

Other, please specify:

Sound Healing Sound healing

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Sound Bath

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Deep Meditation Sound healing puts me into a deep meditative state quickly

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Frequencies & Tones Frequencies, different tones, different techniques

Page 12

Q11

Have you practised sound healing online, in-person or both methods?

Both Methods

Page 13

Q12

Which method of delivery do you find to be the most effective?

Online

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Lying Down **No Prep** No prep required, lay down and enjoy

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Spiritual**Sleep****Positive Experience**

Straight to sleep after meditating (if not during), sound sleep that night, a feeling of connection with instructors and the universe

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive**Mental****Spiritual**

Puts me in a trance like state, my mind switches off

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive**Intention**

The intentions I set at the beginning came true within the next day

Page 18**Q17****Yes**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Healing Instruments**Crystal Singing Bowls**

Sound Healing Saturday's (Melbourne Australia) is amazing

Page 20**Q19****Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Spiritual **Knowledgeable** **Energy Centers** **Emotional** **Energy** Energy Centre's through the body corresponding to key emotional domains - connecting us to Devine light from the Universe

Page 22

Q21**Yes**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Not Applicable See prev answer

Page 24

Q23**Yes**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Yes**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Not Applicable No

#82

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 6-10 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Recomendation Was told sound healing was as good as doing yoga. Introduced to me as part of Kundalini Yoga course

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Mental **Positive Experience** Passive practice Beautiful experience
Profound feelings during practice

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13

Please specify:

How do you prepare yourself for an online sound healing session?

Quite, Private Space Time private space

Page 15**Q14**

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional **Grounded** **Spiritual** **Calm** Calming
Clearing of unwanted issues Connection to people & planet

Page 16**Q15**

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Anxiety **Relax** **Mental** **Spiritual** **Positive**
Oneness Sense of oneness Deep relaxation Healing
Occasional anxiety with the intensity of the experience

Page 17**Q16**

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Spiritual **Emotional** **Peace** **Oneness** **Positive**
Surreal connection Wholeness Sense of peace Remained in
state of semi bliss for several days

Page 18**Q17**

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

No

Page 19**Q18**

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Respondent skipped this question

Page 20**Q19**

Are you familiar with the chakra system?

Yes

Page 21

Q20

What is your definition of the chakra system?

Energy Fields**Knowledgeable****Energy**

energy fields within the body from base to crown

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22**Respondent skipped this question**

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**No**

Have you ever used healing music to help balance your chakras?

Page 25

Q24**Respondent skipped this question**

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25**No experince of healing music to share**

Could you please share an example of your experience, if any, with healing music?

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting Like the sense of connection it creates within the room.

Some practitioners are more skilled - those that have done sound therapy courses

#83

COMPLETE

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Moderate

What is your level of experience with meditation?

Page 5

Q4 1-2 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 4-10 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8**Sound Bath**

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Trauma **Emotional** **Mental** Suffered personal trauma and was led this way by my own children. It was a case of divine intervention.

Page 11

Q10

What aspect of sound healing appeals to you?

Please specify:

Emotional **Chakra** **Physical** **Pain Relief**
Chakra Balancing Balancing my chakras and alleviating pain related to emotional and physical.

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**I don't have a preference**

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Not Applicable

Listen /Attend the sound healing session.

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Peace

Chakra

Harmony

Physical

Emotional

I had my IUD pop out through the healing of my sacral and solar plexus chakra via sound healing. In addition, also feeling more at peace and harmony with myself and others.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Breathing

Positive

Physical

Mentally - help me visualise better and improve my breathing techniques.

Physically - helped me lose weight and also resulted in my IUD popping out without difficulty.

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Physical

Chakra Unblocked

Chakra

Positive

Every region that was blocked in the stomach/head/body has been addressed accordingly via sound healing.

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Bowls

Healing Instruments

Singing bowls has worked very well for me.

Page 20

Q19

Yes

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Knowledgeable **Wheels** The human body is designed according to these seven wheels/chakras that should be in balance. If they are not then there are blockages in the body and results in illnesses.

Page 22

Q21

Yes

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Could you please share what type of sound healing modality you use to balance your chakras?

Singing Bowls The singing bowls

Page 24

Q23

Yes

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Yes

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Could you please share an example of your experience, if any, with healing music?

Please specify:

Feeling

Emotional

Calm

Stress Relief

Healing Instruments

Wind Chimes

Nature Sounds

String Instruments

Piano

The strings instruments are very calming and help me to reduce stress and invoke self love after a tiring day at work. In the morning, the wind chimes, water gushing, birds chirping and piano music are also very helpful. I listen to these throughout the day.

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting Totally agree that the future of medicine lies in these modalities as practiced in ancient tribes/civilisations. Time to bring these modalities back rather than pumping people with drugs.

#84

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 45-54

How old are you?

Page 4

Q3 A little

What is your level of experience with meditation?

Page 5

Q4 1-2 years

How long have you been practising meditation?

Page 6

Q5 No

Do you practice the art of meditation on a regular basis?

Page 7

Q6 10-20 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7**Mindfulness Meditation**

What primary type of formal meditation do you usually practice?

Page 9

Q8

If you have practised any form of sound healing in the past, could you please specify what type?

Other (please specify):

Sound Bath sound bath is the best I discover from all and my favorite to practice regularly

Page 10

Q9

What was your primary motivation for practising sound healing?

Other (please specify):

Mental **Depression** depression nervous lack of activity

Page 11

Q10**Prefer not to say**

What aspect of sound healing appeals to you?

Page 12

Q11**Both Methods**

Have you practised sound healing online, in-person or both methods?

Page 13

Q12**In-Person**

Which method of delivery do you find to be the most effective?

Page 14

Q13**Prefer not to say**

How do you prepare yourself for an online sound healing session?

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

I have never experienced any therapeutic benefits during or after a sound healing session

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Breathing

Mental

Spiritual

Mindfulness

Positive

positive in every aspect the breathing mindfulness meditation and the sound very effective

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Positive

the 1st time I never felt so good seeing trying this

Page 18

Q17

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Yes

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Gong gong bath

Page 20

Q19

Are you familiar with the chakra system?

No

Page 21

Q20

Respondent skipped this question

What is your definition of the chakra system?

Page 22

Q21

Respondent skipped this question

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23

Respondent skipped this question

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Could you please share an example of your experience, if any, with healing music?

Healing Instruments

Tibetan Bowl

tibetan bowl

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Recommendation

Meditation

mindfulness meditation

#85

COMPLETE

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Page 2

Q1 Woman

What gender are you?

Page 3

Q2 55-64

How old are you?

Page 4

Q3 Quite a bit

What is your level of experience with meditation?

Page 5

Q4 4-6 years

How long have you been practising meditation?

Page 6

Q5 Yes

Do you practice the art of meditation on a regular basis?

Page 7

Q6 30-45 minutes

On average, how much time would you spend meditating on a typical day?

Page 8

Q7

Mantra Meditation

What primary type of formal meditation do you usually practice?

Page 9

Q8

Sound Bath

If you have practised any form of sound healing in the past, could you please specify what type?

Page 10

Q9

Other (please specify):

What was your primary motivation for practising sound healing?

Not Applicable I hate living in New Jersey. If I didn't meditate I'd be in jail

Page 11

Q10

Please specify:

What aspect of sound healing appeals to you?

Healing Instruments **Singing Bowls** **Tambura** **Gong** I use a Tambura, singing bowls and gongs

Page 12

Q11

In-Person

Have you practised sound healing online, in-person or both methods?

Page 13

Q12

In-Person

Which method of delivery do you find to be the most effective?

Page 14

Q13

How do you prepare yourself for an online sound healing session?

Please specify:

Negative On-Line

I don't like on line sound healing

Page 15

Q14

What therapeutic benefits, if any, have you experienced during and/or after a sound healing session?

Please describe the therapeutic benefits you have experienced:

Emotional

Calm

I'm calmer and don't want to smack stupid people in the face.

Page 16

Q15

Could you please describe your experience of sound healing, either positive or negative, both mentally or physically?

Please describe your experience:

Positive

Spiritual

All positive. First time ever I heard dolphins second Morse code

Page 17

Q16

Can you please relate your most memorable experience of a sound healing session?

Please relate your most memorable experience:

Spiritual

Positive

Vision

Had visions of people celebrating in India during Holi

Page 18

Q17

Yes

Would you recommend any type of sound healing modality and/or any particular form of sound healing?

Page 19

Q18

Could you please specify what type of sound healing modality and/or what form of sound healing you would recommend and why?

Gong

Gong Bath. Absolutely fantastic. It affects every cell in your body

Page 20

Q19**Yes**

Are you familiar with the chakra system?

Page 21

Q20

What is your definition of the chakra system?

Spiritual

Energy

Knowledgeable

Mystical

Portals to your soul

Page 22

Q21**No**

Do you use any type of sound healing modality to help you balance your chakras?

Page 23

Q22

Respondent skipped this question

Could you please share what type of sound healing modality you use to balance your chakras?

Page 24

Q23**No**

Have you ever used healing music to help balance your chakras?

Page 25

Q24

Respondent skipped this question

Do you find healing music to be an effective way of balancing chakras?

Page 26

Q25

Please specify:

Feeling

Not Applicable

Euphoria

Intuitive

Spiritual

Could you please share an example of your experience, if any, with healing music?

Emotional

Euphoria a spiritual reset more intuitive

Page 27

Q26

Is there any area left out that you would like to discuss in relation to the therapeutic benefits of sound healing?

Interesting

Chakra

I don't believe each chakra can be specifically affected sound permeates the entire being. Not just one chakra. They all get balanced.
