

SATURDAY SEPTEMBER 20TH
10 AM TO 6PM
455 LITTLE NOYAK PATH, WATER MILL, NY

A WORKSHOP WITH SHULAMIT ELSON SOUND PRAYER ®
HOW TO USE SACRED SOUNDS TO AWAKEN YOUR HIGHER SOUL
ENHANCE CREATIVITY AND FIND INNER PEACE

In this experiential workshop, participants will learn and practice the following four selected sacred sounds affiliated with the emanations of the Tree of Life.

For connection to spirit and to our higher nature
For the heart's longing and for our relationships
For centering, peace and for reconciliation
For grounding, physical health, and vitality

These sacred sounds are derived from ancient mystery teachings and form the basis of a profound meditation known as Sound Prayer. Sound Prayer draws upon ancient wisdom, bringing spiritual awakening and healing.

In the course of the workshop, participants will practice and experience the empowering benefits of these meditations, which are accessible to all through the heart's intention.

The basis for this meditation as well as an understanding of our soul nature can be found in s described in Shulamit's groundbreaking book:

Kabbalah of Prayer
Sacred Sounds and the Soul's Journey

Interwoven with the experience and practice of sacred sound, there will be teachings and discussion on the following topics:

The ancients understood that God used certain sounds with specific vibrations to create the Universe and that these sacred vibrations underlie all existence. Modern science as exemplified by superstring theory concurs, postulating that everything that exists is composed of vibrating strings. Incredibly, each of us has the ability to benefit from these sacred vibrations by using special sounds made with our own voices.

During this day with Shulamit, you will discover how you can use these sounds to help awaken your Higher Soul. According to the Kabbalah, our Higher Soul already knows everything we need to know about our personal destiny on earth, our own unique and individual reason for being here and our connection to all that is. It is through our Higher Soul that we open the gates to genuine happiness, freedom from fear and personal fulfillment. Most of us, however, are unaware of this hidden part of ourselves, which lies quiet and dormant until we are guided through intention, yearning, discipline and effort to awaken it.

All attendees will participate in an extraordinary *Symphony of Souls* ®, joining voices to send healing vibrations to ourselves, our loves ones, to those with whom we have difficulty, and to the larger community of which we are a part. As we intone together, we gain powerful insights into the causes of sorrow, and to the path to freedom from fear and loneliness.

Fee: US\$ 150 per person (space is limited, please reserve early)

Checks payable to: SoulSongs, mail to: POB 35 High Falls NY 12440

Credit Card Payments accepted.

Kindly RSVP to Shulamit@SoundPrayer.com or call 845-687- 7783

*****please bring your own lunch, cold beverages will be provided*****

Biography

Shulamit Elson teaches the spiritual path of the heart to students worldwide in the SoulSongs School, and is a pioneer in the use of the sacred sounds of the Tree of Life, for prayer, spiritual development and healing. She has presented her work in such diverse venues as the Capitol Building in Washington, DC, the Auroville Healing Center in Pondicherry, India, and at learning centers throughout Europe, Israel and the United States.

Shulamit is the author of the highly acclaimed book *Kabbalah of Prayer ~ Sacred Sounds and the Soul's Journey* (Lindisfarne Books 2004), and *Brooklyn Bodhisattvas, A Book of Visions and Kabbalistic Poetry* as well as the two audio CDs *Beyond Words ~ The Sounds of the Kabbalah*, and *Vibration ~ Shulamit and the Drepung Gomang Buddhist Monks*.

Her web site is: www.SoulSongs.com

Shulamit was born in Brooklyn, NY and now resides in upstate New York where she is the Director of *SoulSongs*, The Center of Sound Prayer and the spiritual director of The Great Octave Foundation, a not for profit organization dedicated to promoting the use of sacred sounds to seekers as well as to the victims of armed conflict and genocide. She is a graduate of New York University and has a MA in History. Shulamit is available in the Hamptons in order to bring her Teachings to the East End of Long Island.