

★ Jouleeyah ★

Music



Most of my music can be just listened to as is and it will send you healing vibes in a very general way - just for the mere fact that my instruments are tuned to 432HZ.

You can listen to my healing music while being creative, while cleaning the house or while taking a walk. Or you can go deeper and meditate.

A 432HZ tuning corresponds with the movement, rhythm and natural vibration of the universe making it easy for you to relax, to meditate and to find inspiration.

The universe is all about LOVE and ONENESS. While listening to my healing

music you deeply connect with your heart chakra. This helps you to find support for your connection between the Earth and the Sky, your lower chakras and your upper chakras, your physical dimension and your Divinity, your material world and your spirituality.

Receiving this kind of support creates safety, flow and ease.

Each song focuses on supporting your healing and transformation through the lyrics that I wrote, or the (Kundalini Yoga) mantras that I sing, or through connecting with one of your chakras and with the sounds of nature (bees, frogs, birds, trees, water). And I sometimes sing using light language. Light Language is a form of sound healing that picks up information from the other realms.

In addition to the heart chakra my songs also support certain chakras through the keys and the rhythm they were written in.

Note: An easy way to meditate with my songs is to listen to them while sitting in easy pose - with your spine straight, your shoulders dropped, muscles around your eyes relaxed, jaw unclenched. Put your left hand onto your heart chakra and your right hand onto your left hand. Take four deep breaths in and out. And then close your eyes and listen to the song or sing together with me.

If you'd like to receive healing and guidance from my Spirit Guides and me as related to your physical health or your relationships or your career, contact me for a **Free Discovery Session:**

Contact

Please note that my healing work is not a replacement for medical, naturopathic or therapeutic diagnostics or treatment.

Smiles,

★ **Jouleeyah** ★

Spiritual Healer | Healing With Spirit Guides

<https://jouleeyah.com>