



Sacred Sound Healer Certification

Full Program Syllabus

Unit 1: Exploring Vibration & Coherence to Regulate Energy & Transform Emotional Blocks Through Sound

SCIENCE & THEORY TEACHING SESSIONS

Understanding Vibration and Using Sound and Voice for Healing With David Gibson (July 6, July 13, July 20, July 27, August 3, August 10, August 17, August 24)

In these sessions, you'll explore:

- How **vibration is the basis of all reality** — and how the laws of physics guide the Universe
- **How the body operates** physically, mentally, emotionally, and spiritually
- How sound works through **the laws of physics**
- How to use **tuning forks** properly
- How to confidently use your voice to **express yourself**
- How to **access peace and stillness** through sound — to heal yourself and others

PRACTICAL APPLICATION SESSIONS

Your Big Voice With Brothers Koren (July 8, July 15, August 5, August 12)

During these sessions, you'll explore:

- How to **create safe spaces** for your voice and others'
- Trusting that **your voice has you**, so you can hold reflective space for other voices
- The **7 principles of voice leadership**

- Creating powerful positive flow states with your voice... along with practicing daily voice meditations, activations, and warm-ins
- Cultivating **lasting whole-body health** through the healing power of your voice
- Tools and techniques, including:
 - The **4 main types of Voice Yoga practices**, created by the Brothers Koren
 - **Vocal Flows**— practices intended to produce a sense of joy, facilitate freedom of expression and liberation in the voice, and release serotonin in the brain
 - **Voice Activations**— vocal practices intended to increase vitality, embodied joy, and endorphins in the brain
 - **Voice Meditations**— practices intended to create spaciousness, coherence, peace, and ease in your awareness
 - **Voice Warm-Ins**— practices that create immediate connection to Self and to others, facilitating a sense of belonging and community with the collective voice

Unit 1 Classes & Sessions:

- **Monday, July 6 - Unit 1, Class 1 - Science & Theory** with David Gibson:
Laws of Vibration
- **Wednesday, July 8 - Practical Application 1, Session 1** with Brothers Koren:
Creating a Safe Space for Transforming Inhibition & Voice Trauma
- **Monday, July 13 - Unit 1, Class 2 - Science & Theory** with David Gibson:
Harmonic Structure of Sound
- **Wednesday, July 15 - Practical Application 1, Session 2** with Brothers Koren:
Voice Leadership for Sound Healing
- **Monday, July 20 - Unit 1, Class 3 - Science & Theory** with David Gibson:
Frequencies and Hierarchy
- **Wednesday, July 22 - Integration Session** with Fred Johnson
- **Monday, July 27 - Unit 1, Class 4 - Science & Theory** with David Gibson:
Discover the Frequency, Notes & Timbre of Each Chakra — Raising Your

Energy Body Vibrations

- **Wednesday, July 29 - Practice Pod**
 - **Monday, August 3 - Unit 1, Class 5 - Science & Theory** with David Gibson: Brainwave Entrainment
 - **Wednesday, August 5 - Practical Application 1, Session 3** with Brothers Koren: Voice Doses for Mental & Emotional Health
 - **Monday, August 10 - Unit 1, Class 6 - Science & Theory** with David Gibson: Transform Emotions Into Pure Harmony — Releasing Emotional, Energetic & Physical Blocks
 - **Wednesday, August 12 - Practical Application 1, Session 4** with Brothers Koren: Learning to Coax the Best Voice of Your Life
 - **Monday, August 17 - Unit 1, Class 7 - Science & Theory** with David Gibson: Voice Healing
 - **Wednesday, August 19 - Integration Session** with Fred Johnson
 - **Monday, August 24 - Unit 1, Class 8 - Science & Theory** with David Gibson: How to Play Sound Healing Instruments
 - **Wednesday, August 26 - Practice Pod**
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Unit 2: Understanding the Physics of Sound & How It Shapes Matter, Energy & Consciousness

SCIENCE & THEORY TEACHING SESSIONS

Exploring Sound Light and Biofield Science for Quantum Sound Healing

With John Stuart Reid (August 31, September 7, September 14, September 21, September 28, October 5, October 12, October 19)

During these sessions, you'll learn:

- About the **creative power of sound** in the Universe — and its role in the creation of life
- The nature of sound, the nature of light, the **relationship between sound and light**— and how this knowledge applies to healing

- How **the body creates bioelectricity** from water via sound and light... key ingredients in healing
- Essential sound-healing insights that can **enhance personal health and healing**
- How to share your deep, foundational insights in your **professional practice**— for facilitating client healing, both virtually and in-person
- **Tools and techniques** for:
 - Interpreting deeper aspects of your chosen therapeutic modality with newly acquired knowledge
 - Applying the knowledge gained to working with crystals, as well as quantum approaches to healing

PRACTICAL APPLICATION SESSIONS

Drumming for Sound Healing With Christine Stevens (September 2, September 9, September 30, October 7)

During these sessions, you'll:

- Discover the **6 areas of research** on using drumming for healing in the body, mind, and spirit
- Learn the 3 keys to **creating and playing healing rhythms**
- Discover the 3 types of drums and identify your personal favorite
- Explore **drum massage** techniques
- Learn 3 ways to *play the heartbeat*, adding **rattles and found sound** (nature-made instruments)
- Become properly trained on the **Ethics and Professional standards** of facilitating this work

Unit 2 Classes & Sessions:

- **Monday, August 31 - Unit 2, Class 1 - Science & Theory** with John Stuart Reid: The Creative Power of Sound in the Early Universe
- **Wednesday, September 2 - Practical Application 2, Session 1** with Christine Stevens: The Science of Drumming
- **Monday, September 7 - Unit 2, Class 2 - Science & Theory** with John Stuart Reid: The History of Sound, Light & Music Therapies
- **Wednesday, September 9 - Practical Application 2, Session 2** with Christine Stevens: 3 Keys to Creating & Playing Healing Rhythms

- **Monday, September 14 - Unit 2, Class 3 - Science & Theory** with John Stuart Reid: Foundations of Electricity, Magnetism, Electromagnetism & Bio-electricity
- **Wednesday, September 16 - Integration Session** with Fred Johnson
- **Monday, September 21 - Unit 2, Class 4 - Science & Theory** with John Stuart Reid: The Physics of Sound
- **Wednesday, September 23 - Practice Pod**
- **Monday, September 28 - Unit 2, Class 5 - Science & Theory** with John Stuart Reid: Psychoacoustics: The Perception & Sensations of Sound
- **Wednesday, September 30 - Practical Application 2, Session 3** with Christine Stevens: Drum Massage Techniques & 3 Ways to Play the Heartbeat
- **Monday, October 5 - Unit 2, Class 6 - Science & Theory** with John Stuart Reid: Principles & Laws of Cymatics, and the Science of Sonocytology
- **Wednesday, October 7 - Practical Application 2, Session 4** with Christine Stevens & Lisa Rafel: ETHICS and Professional Standards with Christine Stevens and Lisa Rafel
- **Monday, October 12 - Unit 2, Class 7 - Science & Theory** with John Stuart Reid: The Role of Consciousness & Intention in Healing With Sound
- **Wednesday, October 14 - Integration Session** with Fred Johnson
- **Monday, October 19 - Unit 2, Class 8 - Science & Theory** with John Stuart Reid: Principles of Quantum Healing, Sonic Crystal Healing and Biofields
- **Wednesday, October 21 - Practice Pod**

Unit 3: The Science of Frequency Medicine’s Role in Activating the Body’s Natural Healing Processes

SCIENCE & THEORY TEACHING SESSIONS

Applying the Science of Frequency Medicine to Support the Body’s Natural Healing With John Stuart Reid (October 26, November 2, November 9, November 16, November 23, November 30, December 7, December 14)

During these sessions, you’ll explore:

- The **biological mechanisms** that underpin *photobiomodulation*— and its application in therapeutic practice to support the body in healing a wide range of medical conditions
- The biological mechanisms by which sound therapy triggers the **body's innate healing processes**
- The biological mechanisms by which **music medicine** triggers a cascade of hormones that supercharge the immune system
- A **great depth of knowledge** that can enhance personal health and healing
- Effective ways to **share deep biological insights** with clients, colleagues, and medical doctors to help advance natural, drug-free healing in one's own practice and in integrative and mainstream medicine
- **Tools and techniques** for:
 - Directly applying this knowledge in your practice to enhance the therapeutic value of sound therapy and music medicine
 - Conversing with clinicians in a way that uses appropriate language to describe medical aspects of your work

PRACTICAL APPLICATION SESSIONS

The Medicine of Music With Barry Goldstein (October 28, November 4, November 25, December 2)

During these sessions, you'll explore:

- The science behind *heart coherence*— and how music, sound, and vibration can help you navigate, shift, and upgrade your energy, your health, and your life
- The power of gratitude through the experiential *Heart Song* breathing process and coherence breathing techniques — for enriching your quality of living and cultivating a new type of inner listening
- The 4 major ways music engages the brain— and how to apply them to manage your energy more effectively
- A deep dive into brainwave frequencies— discovering technologies and methods for improving focus, creativity, and sleep patterns
- A unique flow state using music and rhythm as catalysts for creation
- Music as a tool for moving through creative blocks and excuses— and as a bridge to achieve any desired mood or state
- *Musical nutrition* for increasing your physical, mental, emotional, and

spiritual wellbeing

Unit 3 Classes & Sessions:

- **Monday, October 26 - Unit 3, Class 1 - Science & Theory** with John Stuart Reid: The Healing Power of Light Frequencies
- **Wednesday, October 28 - Practical Application 3, Session 1** with Barry Goldstein: The Role of Music in Heart Coherence
- **Monday, November 2 - Unit 3, Class 2 - Science & Theory** with John Stuart Reid: Sound Frequencies for Pain Mediation
- **Wednesday, November 4 - Practical Application 3, Session 2** with Barry Goldstein: Biohack Your Brain Using Music
- **Monday, November 9 - Unit 3, Class 3 - Science & Theory** with John Stuart Reid: Nitric Oxide Stimulation & Its Role in Healing
- **Wednesday, November 11 - Integration Session** with Fred Johnson
- **Monday, November 16 - Unit 3, Class 4 - Science & Theory** with John Stuart Reid: Oxygen's Role in Healing: How Oxygen Binding is Powered by Sound
- **Wednesday, November 18 - Practice Pod**
- **Monday, November 23 - Unit 3, Class 5 - Science & Theory** with John Stuart Reid: Vagus Nerve Stimulation
- **Wednesday, November 25 - Practical Application 3, Session 3** with Barry Goldstein: Utilizing Sound as a Catalyst to Amplify Creativity
- **Monday, November 30 - Unit 3, Class 6 - Science & Theory** with John Stuart Reid: Binaural Beats & the Heterodyne Phenomenon
- **Wednesday, December 2 - Practical Application 3, Session 4** with Barry Goldstein: Becoming the DJ of Your Life
- **Monday, December 7 - Unit 3, Class 7 - Science & Theory** with John Stuart Reid: The Healing Power of Gongs, Tibetan Bowls, Crystal Bowls, Harps, Drums & the Didgeridoo
- **Wednesday, December 9 - Integration Session** with Fred Johnson
- **Monday, December 14 - Unit 3, Class 8 - Science & Theory** with John Stuart Reid: The Future of Frequency Medicine
- **Wednesday, December 16 - Practice Pod**

Unit 4: How Sound Healing & Higher Consciousness Can

Facilitate Transformation for Yourself, Others, and the Planet

SCIENCE & THEORY TEACHING SESSIONS

Designing Sound Healing Sessions and Accessing Higher Consciousness

Through Sound With David Gibson (January 4, January 11, January 18, January 25, February 1, February 8, February 15, February 22)

During these sessions, you'll:

- Learn how to perform sound-healing treatments and **sound baths** (concerts)
- **Access Universal Love** and Oneness for yourself and your clients
- Learn how to design a **treatment plan** based on your clients' specific issues
- Gain an understanding of what **higher consciousness** really is — and how to use sound to access it
- Learn how to conduct a **voice healing**
- Perform a **sound-healing session** on yourself and someone else using a variety of sound-healing instruments
- Explore how to set up your own **sound-healing practice**

PRACTICAL APPLICATION SESSIONS

Heal Your Ancestral Lineages with Biofield Tuning

With Eileen McKusick (January 6, January 13, February 3, February 10)

In these sessions, you'll explore:

- Learn about the biofield anatomy map, what the biofield is, and **where specific ancestral information can be accessed**
- Improve your health and access your greatest potential by gaining a greater understanding and access to **the “music” your ancestors passed on to you** genetically and energetically
- Receive **biofield tuning sessions on your ancestral rivers and preconception zone** — healing your maternal and paternal lines forward and backward in time and clearing the inherited noise out of your signal
- **Experience your DNA as flowing music** instead of fixed chemistry

- **Explore your ancestral “miasms”** — the distortions present in an ancestor due to their passed-down pattern of trauma that predisposes you toward illness

Unit 4 Classes & Sessions:

- **Monday, January 4 - Unit 4, Class 1 - Science & Theory** with David Gibson: Designing Sound Baths and Treatments
- **Wednesday, January 6 - Practical Application 4, Session 1** with Eileen McKusick: Tuning the Ancestral Zones of the Biofield to Lift Unhealthy Inherited Patterns and Elevate How You Look and Respond to the World
- **Monday, January 11 - Unit 4, Class 2 - Science & Theory** with David Gibson: Sound Physiology
- **Wednesday, January 13 - Practical Application 4, Session 2** with Eileen McKusick: The Maternal Line
- **Monday, January 18 - Unit 4, Class 3 - Science & Theory** with David Gibson: Healing all Issues with Sound and Vibration
- **Wednesday, January 20 - Integration Session** with Fred Johnson
- **Monday, January 25 - Unit 4, Class 4 - Science & Theory** with David Gibson: Concert Pitch and Tuning Systems
- **Wednesday, January 27 - Practice Pod**
- **Monday, February 1 - Unit 4, Class 5 - Science & Theory** with David Gibson: Healing Modes
- **Wednesday, February 3 - Practical Application 4, Session 3** with Eileen McKusick: The Paternal Line
- **Monday, February 8 - Unit 4, Class 6 - Science & Theory** with David Gibson: Holding Frequency in the Face of Adversity/Challenges/Chaos
- **Monday, February 8 - Special Live Session** with ISTA Representative
- **Wednesday, February 10 - Practical Application 4, Session 4** with Eileen McKusick: Reflections, Questions & Group Spot Tunings
- **Monday, February 15 - Unit 4, Class 7 - Science & Theory** with David Gibson: The Sound of Love 1 — Healing Yourself, Others & the Planet Through Sound
- **Wednesday, February 17 - Practice Pod**
- **Monday, February 22 - Unit 4, Class 8 - Science & Theory** with David Gibson: The Sound of Love 2 — Access Universal Love Through Sound
- **Wednesday, February 24 - Integration Session** with Fred Johnson

