

Linda Benkowski, certified Atma Buti Sound & Vibrational Therapy II

Sound healing is based on the premise that everything in the universe vibrates and emits its own unique sound frequency, right down to our cells. Our bodies' natural resonance gets thrown off by stress, trauma, physical injury, and illness. The clear vibrations and harmonies of sound healing instruments resonate through our bodies and bring us back into a state of balance.

During a sound healing session with Linda Benkowski, Tibetan bowls, and tuning forks will be used to bring you into a state of deep relaxation, release your blockages, and encourage your energy flow. You may experience warmth, coolness, tingling, lightness, a sense of dreaming or find yourself easily 'dropping' into a meditative state.

Testimonials:

Kathy May 2022

I would highly recommend sound therapy with Linda - it was amazing and so much more than I ever expected.

I felt better than I had in a long time. I was relaxed but yet energized. It's an effective tool for anyone to boost your mind, body & soul.

Julie January and March 2022

After my session with Linda, I felt spectacular. A light freedom which was uplifting to support my daily walk of life on my journey. A clear focus to walk boldly and confidently of my true being.

I would recommend Linda for a sound healing session. I would recommend not only one, two or three sessions, but, a continual practice of experiences for one's life journey of clearing past negative energies into sound positive mental clarity and energy for your daily life. The sound therapy experience will be a health and well-being transformational one.

Cari October 2022

I highly recommend healing sound meditation with Linda ~

While I left the session feeling less grounded than upon arrival, it gave me access to important spirit connections I needed. After a few days of processing all that I experienced, I gained greater insight and understanding about this season of my life.