

## **Simon interviews: Christel Wagener – Sound healer**

### **PRACTICAL SESSION**

Christel: So, let's get comfortable. I make sure you will not be disturbed in the next 10 to 15 minutes.

Simon: OK

Christel: Find a comfortable position and just close your eyes. We'll take a nice long deep breath in. And let that go. And now a nice long deep breath in. Last time. Maybe you feel the air that comes in is a little colder than the air that gets out. Feel like the air brings oxygen to all your cells in your body. Now take a little moment to focus on your hearts pace and within this hearts pace give birth to a smile, a bright beautiful smile. And make it grow so that it can fill your whole body, all your organs, all your cells receive this beautiful bright smile. And then grow it even bigger to fill the room you're in and the building you're in, the city where you are living, the country, the whole world and bring that smile into the universe until it fills all space in the universe. From that space just stay open and receive the sounds...

(BELL RINGING.....AND LOTS OF UNUSUAL SOUNDS)

...and now it's time to come back into your body. You can move gently your toes and fingers and stretch, and when you feel ready you can open your eyes and take a nice long deep breath in and if you want you can chant with me.

(CHANTING WITH CHRISTEL)

End.