

Lisa Alexander



Transformational Speaker | Teacher
Healer & Creator of The Alexander Method®

Lisa Alexander

How To Heal, Transcend & Transform Using Sound Therapy

In this enlightening presentation, Lisa delves into the profound potential of sound therapy to heal and transform lives. Starting with the primal connection between sound and our reactions, Lisa guides attendees through an exploration of the historical roots of sound therapy and its relevance in the modern world.

The core of this speech unravels the science behind sound therapy, shedding light on how vibrations and resonance affect our physical, emotional, and energetic states. Lisa vibrates into the neurological impact of sound therapy, illuminating how it influences brainwave patterns and promotes well-being.

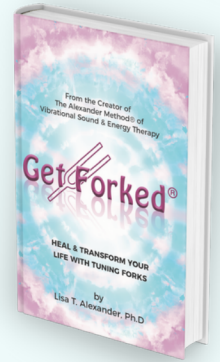
Further exploration shows how sound therapy can facilitate emotional and physical healing, addressing conditions like anxiety, depression, and chronic pain. Lisa also discusses how sound therapy can deepen spiritual connections and foster personal growth.

This speech will introduce various sound therapy techniques and modalities, including singing bowls, gongs, sound baths, and vocal toning. Special attention will be given to The Alexander Method of Vibrational Sound & Energy Therapy and the use of tuning forks for precise and effective healing.

Practical applications of sound therapy in everyday life, such as self-care practices and group healing sessions, will be discussed. Lisa emphasizes how sound therapy can seamlessly integrate with other holistic practices.

Learner Objectives:

- *Understand the fundamental principles of sound therapy, including vibrations, resonance, and their impact on physical, emotional, and energetic well-being.*
- *Explore the various techniques and modalities of sound therapy, with a focus on the effectiveness of tuning forks in The Alexander Method of Vibrational Sound & Energy Therapy.*
- *Discover practical ways to incorporate sound therapy into daily life and recognize its synergistic potential with other holistic practices, leading to a more profound healing experience.*



"Lisa Alexander is a Modern-Day Guru who intelligently bridges the gap between Science and Western and Eastern Spiritual Philosophies."

– REV. KRISTA MCKEON



About Lisa

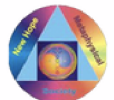
Lisa Alexander's journey is a testament to her determination and passion for wellness and healing. Starting her career as a successful model, actress, and spokesperson, Lisa shifted gears in response to the detrimental health effects she witnessed around her. She began focusing on "green living," earning a LEED AP certification and becoming a Certified EcoBroker and NAR Green Professional. Her expertise led to appearances on major TV networks and media platforms, paving the way for her subsequent explorations into holistic healing and spirituality.

Recognizing her inherent spirit-led abilities, Lisa immersed herself in research on the healing power of sound and energy therapies. Drawing from ancient philosophies, quantum physics, and spiritual teachings, Lisa mastered these modalities, culminating in the creation of the Alexander Method® of Vibrational Sound and Energy Therapy. Now, as a Master Sound Therapist, she conducts workshops and classes, both live and online, training and certifying others in her method, while also providing healing sessions and readings under the guidance of Divine Hierarchy of Light.

Lisa's commitment to transformation and healing extends beyond her therapy sessions. As a Certified Meditation Trainer, she helps individuals achieve calmness and self-awareness, often incorporating physical stretching, silence, breathing techniques, and guided imagery into her meditations. Known for her engaging and experiential approach, she brings humor and solid science into her speaking engagements, all while letting her audience experience sound therapy firsthand. Lisa's ultimate goal, her North Star, is to spread the good vibes and wellness through her program, leaving a lasting impact on those she encounters.



Edgar Cayce's A.R.E.
Association for Research and Enlightenment



To Book Lisa Alexander For Your Next Event, Please Contact:

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