

# MANTRA HEALING SERVICE



With Practitioner , Sound Healer and Teacher:

## Raoul Bedi, BASc

- Opens the Breath and Voice
- Brings Peace, Joy and Mental Clarity
- Relieves Stress and Reduces Anxiety
- Powerful Tool for Self Healing
- Positive Life Transformation and More !

In Sanskrit “Jharra” literally means “sweeping “ . It is an ancient healing service that is usually performed with peacock feathers while a mantra (sacred prayer or sound formula) is being repeated internally or externally or in combination. The body and “aura” of the client is symbolically “swept clean” with the feathers using a constant rhythmic motion and passing from head to foot.

While “Jharra” is being performed outwardly on the client , the constant ,clear and unbroken inner sounding of the mantra by the Sound Healer vitally empowers and completes the circle of intent and healing transmission. In this particular method, other factors are secondary to this sacred repetition of healing syllables.

For the client’s part, a receptive “**attitude of gratitude**” is helpful . The client may be briefly asked where they wish to focalize energy and intent but the overall intent is to provide an equal and thorough energy clearing then boosting of the ENTIRE body and auric field .

During the session the client may experience a variety of tingling sensations and/or lightness or even an emotional release. All these phenomena are temporary and transitory. The client may be asked to remain relaxed but attentive while taking full deep yogic breaths. The eyes are usually kept closed for most of the session.

A typical session may run from 10 minutes (if only a localized body part is focussed on ) to 40 minutes . If convenient, please wear loose, clean clothing made of natural materials i.e no synthetics and also no animal products. Certain animal and/or synthetic products decrease the ability of the auric field to imbibe the healing frequencies and energies that naturally flow. The client will usually lie on the floor or on a massage table or even a couch . Midway through the session the client will be asked to turnover so the unexposed side of the body may be “swept” ,cleared and energized . If neither is available or practical the healing service can also be performed sitting on a chair.

**About the Practitioner :** Raoul Bedi was initiated into the sacred sound healing practice at the foothills of the Himalayas in October 1987. In addition , he has been trained in a variety of other supportive healing modalities including Ayurveda , Yoga & Meditation , Conscious Breathing, Body Electronics, Pranic Healing, Solar Gazing and Raw Food Nutrition. Now available for private sessions in Greater Vancouver .

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