

## **Qigong Connection April 20, 2013**

### **Presentation by Andrea Sullivan, ABT, NCTMB**

#### **Six Healing Sounds: a transformational way to heal the body**

On April 20, 2013 Andrea Sullivan, Shiatsu and medical qigong practitioner, will share her wisdom and expertise on the transformational healing of sounds and the 6 Healing Sounds meditation.

Andrea began doing qigong and meditation as a child with her father, who, like her mother was a strong believer in qigong, herbal medicine, and acupuncture. Growing up with a deep appreciation for holistic medicine, with aid of her parents and their teachers, Andrea broadened her studies of qigong, Tai Chi, and Traditional Chinese Medicine. In 2005 she graduated as a Shiatsu practitioner and continued her studies of medical qigong and meditation with Sarina Stone.

In 2006 Andrea traveled to Chiang Mai, Thailand to study with Sarina Stone's teacher, Master Mantak Chia. She was certified as a Universal Healing Tao Instructor in several areas including traditional Taoist meditation, medical qigong, and CNT (Chinese abdominal massage.)

Andrea says, "I love what I do and am continually learning and inspired by my clients and students. It has become clear to me, through my studies and practice, identifying ailments and restoring health arises from understanding and purifying the emotions stored in the body. Emotions are beyond words and are the primal language of the body."

Andrea will share with us the particular transformational properties of sound as a way to heal the body. We will learn how sound heals by chanting mantras and singing, and through the 6 Traditional Sounds meditation. With the vibration of sound we can dramatically change the health of internal organs by venting, cooling and preserving them. Each organ is exercised with movements that stretch the meridians, while, at the same time, we visualize the element, its color and the effecting emotion. We sing sacred chants with specific intention to activate particular glands and thus send blessings deep into the body to transform the organs back to their greatest vitality.

Andrea Sullivan teaches at Centerpoint Massage and Shiatsu Therapy School and Clinic, where she is both a Shiatsu and medical qigong teacher and a practitioner. She can be reached at 651-230-1629 or via e-mail at [phoenix\\_hht@yahoo.com](mailto:phoenix_hht@yahoo.com). She invites you to visit her website at [www.phoenixhealinghands.com](http://www.phoenixhealinghands.com).