

Full Body Sound Healing Sequence

Jim Donovan M.Ed.

Always listen to your body. Take breaks as needed.

The sound	Vowel pronounced like the word:	
Uhhm	fun	Reproductive
Oom	room	Belly
Ohhm	home	Solar Plexus
Ahhm	calm	Heart/Lungs
Iyym	fine	Throat/Voice
Ayym	aim	Forehead
Eeem	jeep	Top of head

Full Body Releasing Sequence

Round 1	Round 2	Round 3
Uhhm	Huhhm	Shuhhm
Oom	Hoom	Shoom
Ohhm	Hohhm	Shohhm
Ahhm	Hahhm	Shahhm
Iyym	Hiyym	Shiyym
Ayym	Hayym	Shahayym
Eeem	Heem	Sheem

Visit jimdonovantrainings.com to learn more.