

Ernesto Hernandez Olmos

Native Sound Healing

Ancient Vibrational Healing Practices

Native Sound Healing is an excellent tool for clearing emotional and physical pain through vibrational techniques of voice and ancestral musical instruments.

Sound healing has been used for centuries and holds powerful sacred healing qualities. Sound holds a universal language that can be used to harmonize one's inner being, expand consciousness, and promote connection with sacred sources of life. Learn of the scientific connections these ancient ways possess.

Clients and communities are exposed to high stress factors: risk of violence, working multiple jobs, immigration and deportation anxieties, and disruptive changes in families and communities. Native Sound Healing is intended to help people with high risk factors by using indigenous "cultural tools".

Native Sound Healing uses holistic and traditional cultural practices of creating a ceremonial space to help people find new ways to reduce stress, strengthen community bonds, and promote inner peace. These practices are rooted in ancient and holistic ways of living, bringing together sound, mindfulness, and traditional spiritual healing techniques. Together these experiences can serve as a road map for participants to recover balance and reconnect with all their relations.

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"Turn into Peace Circles" project is for East Bay communities