

The mind needs a moment each day  
to be still and rejuvenate the body. ©



### Sound Therapy Benefits

- Reduces stress and anxiety
- Allows for deep relaxation and improved sleep
- Clears the mind and improves concentration
- Aids in the release of undesirable thought structures and habits creating new thought patterns
- Enhances a calm and peaceful state of being bringing about balance, inner peace and harmony

### Client Testimonials

*"I was at peace for the first time in a long time."*

*"It is such a blessing to lay here for an hour with no pain!"*

*"By the end of the session I was totally relaxed and stress-free. What a blessing!"*

*"It was such an immersive experience and I could have easily done another hour just with the gong. Sooo relaxing and energizing at the same time."*

*"I found that I was able to release emotions during the sessions and then leave with a calm feeling. I took the breathing and meditation practices with me as I approached my daily life. By the last session, I realized how far I'd come in my healing journey."*



*Feeling anxious, stressed  
or overwhelmed?*

*Searching for a holistic approach to  
well-being and relaxation?*

*Looking for alternative solutions for  
releasing pain, settling your mind  
or experiencing inner-peace?*

**CALL or go online TODAY  
to schedule your  
Sound Therapy Session!**

*You can look at disease as a form of disharmony.  
And there's no organ system in the body that's not  
affected by sound and music and vibration.  
~ Mitchell Gaynor, M.D.,  
Sounds of Healing*

### Gift Cards Available!



Website



Linktree



Fredericksburg, Virginia

A Sound Body + A Sound Mind + A Sound Spirit = A SOUND YOU!



[www.RaysOfLifeSoundTherapy.com](http://www.RaysOfLifeSoundTherapy.com)



540-379-7930

[RaysOfLifeSoundTherapy@Gmail.com](mailto:RaysOfLifeSoundTherapy@Gmail.com)



Welcome to **Rays of Life**, where an exquisite blend of soothing sound frequencies and vibrations facilitate profound shifts in every level of your body's energy field: physical, emotional, mental, and spiritual. The spiritual aspect encompasses higher consciousness and elevated ways of thinking, fostering moments of peace and relaxation for those burdened by daily stress. Whether you struggle to quiet your mind or simply need a few moments to breathe and unwind, Rays of Life offers a calming and gentle respite.

At the heart of this practice lies Sound Therapy, a beautiful pathway to enhancing your overall well-being and restoring a sense of wholeness. Sound Therapy operates on the fundamental principle that everything in the universe is composed of energy and vibration, including our entire cellular structures. By therapeutically applying vibrations through sound, I create an environment that empowers your body to activate its innate capacity for self-healing.

At Rays of Life, I offer two modalities of Sound Therapy to enrich your healing experience. The first is Vibrational Sound Therapy, also known as Sound Bath Meditations. During these sessions, I guide you through carefully selected meditations while skillfully playing an array of instruments, primarily around your body, inducing a state of deep relaxation. Additionally, I offer the option of experiencing sessions exclusively with my expansive 40" Atlantis Gong, elevating the healing vibrations to new heights.

The second modality I offer is Biofield Tuning. The term biofield refers to our body's electrical system in its entirety, both the electric current that runs through our bodies, and the magnetic field that surrounds it. Biofield Tuning is an extraordinary technique that assesses energy blockages within and around your body. Guided by the resonating frequencies of tuning forks, I facilitate the restoration of correct energy flow, unraveling the barriers hindering your well-being. Biofield Tuning is a specific modality meticulously designed to engage both your conscious and subconscious mind, including the complex tapestry of your memories.

Follow me on YouTube, Facebook & Instagram

To orchestrate the symphony of your healing journey, I employ an extensive collection of sound therapy tools, ranging from crystal singing bowls, Himalayan bowls, chimes, gongs, drums, and an array of other instruments. Each session is uniquely attuned to your energetic needs, ensuring a tailored and transformative experience.

Whether you seek general sessions to nurture your overall well-being or have specific concerns to address, I am here to support you on your path to healing. Sessions can be conducted in-person, at a distance, or even remotely, offering flexibility to suit your preferences and circumstances.



As the founder and a dedicated Sound Therapy Practitioner, I invite you to embark on a restorative journey and join the growing list of satisfied clients who have embraced the holistic approach of Sound Therapy. Take the transformative step and book your session today!

*~ Kimberly*

@RaysOfLifeSoundTherapy



## Offerings

Vibrational Sound Therapy / Sound Bath Meditations:

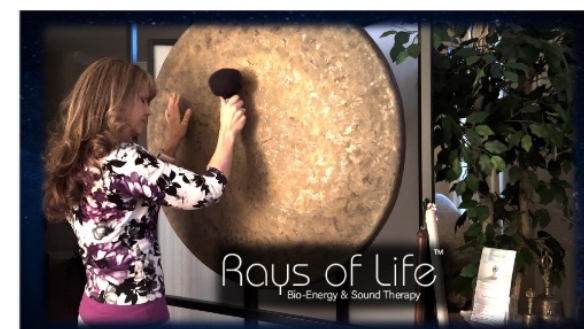
- One-to-One Sound Therapy Session
- Couples Sound Massage
- Sound Bath Immersion (Group Experience)

Biofield Tuning

30, 60 and 90 Minute Session Offerings

Discounted rate available for booking "3-Sessions Package" (Three 1-hour individual sessions)

In-Person & Distance Session Options



**Kimberly V. Dunn**  
Certified Sound Therapy  
& Biofield Tuning Practitioner

Call or Text ~ 540-379-7930