

# SOUND WAVES INNER MYSTERY SCHOOL CURRICULUM LEVEL ONE

For more information visit the site at:  
<https://markstantonwelch.net/Sound-Waves-Inner-Mystery-School-Portal.html>

## Curriculum for Level One

### A. Sound and Vibration Block

1. Sound Healing History
2. Practitioners
3. Nature of Sound and Healing
4. Physics of Sound and Healing
5. Esoterics of Sound and Healing
6. Cymatics
7. Frequency
  - a. Plants
  - b. Organs
  - c. cells
  - d. Chakra
8. Vibration
  - a. nature of
  - b. physical body
  - c. energy bodies
  - d. Nature
9. Sacred Geometry
10. Pitch
11. Intervals
12. Major and Minor Keys and healing
13. Hearing

### B. Voice Block

1. Breath
  - a. Techniques
2. Vocal Mechanism
3. Vowels and Consonants
4. Voice Placement and Body resonance
5. Toning
6. Vocal Harmonics
7. Phonetics/Seed Sounds
8. Language
9. Power words
10. Disempowering words
11. Clearing
  - a. Pitch

- b. Breath
- c. Sustain
12. Drone
13. Emotion

### C. Chakras

1. Nature of
2. Qualities of aligned and non aligned
3. Spiritual Hierarchy
  - a. Elements/Elementals
    1. Earth
    2. Water
    3. Fire
    4. Air
    5. Space/Ether
  - b. Nature Spirits
  - c. Animals and Totems
  - d. Guides
  - e. Elohim and Angels
    - Root: Purity/Astrea
    - Sacral: Arcturus/Victoria
    - Solar Plexus: Peace/Aurora
    - Heart: Heros/Amora
    - Throat: Hercules/Amazonia
    - Third Eye: Cyclopea/Virginia
    - Crown: Apollo/Lumina
  - f. Archangels
    - Root: Gabriel/Hope
    - Sacral: Zadkiel/Amethyst
    - Solar Plexus: Uriel/Aurora
    - Heart: Chamuel/Charity
    - Throat: Michael/Faith
    - Third Eye: Raphael/Mary
    - Crown: Jophiel/Christine
    - Others
  - g. Ascended Masters
    - Root: Serapis Bey
    - Sacral: St Germain
    - Solar Plexus: Lady Nada
    - Heart: Paul the Venetian
    - Throat: El Morya
    - Third Eye: Hilarion

Crown: Kuthumi  
Overseer: Metatron  
Others

h. Higher Self

4. Quick Chakra Tune Up
  - a. Tones and Drones
  - b. Songs
5. Mantra
6. Chant
7. Sung Mantra
8. Proclamations
9. Empowerments
  - a. Fiats
  - b. Decrees
  - c. Invocations
  - d. Call Ins
  
10. Affirmations
  - a. Nature of/qualities
  - b. Create own
11. Extensive Chakra Tune Up (Cds)

#### **D. Energy Block**

1. Flow
  - a. Meridians and acupressure
  - b. EFT
  - c. Morter march
  - d. Five Tibetans
  - e. Kundalini Yoga
  - f. Tai Chi Chuh
  - g. Mudras
  - h. Chi Gung
  - i. Yoga Asanas
  - j. Nada Yoga
2. Expression
  - a. Grounding
  - b. Clearing
  - c. Donna Eden Exercises
  - d. Do In
  - e. Movement
  - f. Improvisation
  - g. Dance
  - h. Intentional Movement
    1. Sacred Geometric shapes
    2. Atlantean Ritual
  - i. Spiritual Community Dancing

#### **E. Singing Block**

1. Mechanics of
2. Voice Exercises
3. Rhythm
4. Key
5. Pitch
6. Meter
7. Melody
8. Harmony
9. Songwriting
  - a. Words/lyrics
  - b. Intentional Songs
    1. Healing
    2. Empowering