

The Alexander Method® of Vibrational Sound & Energy Therapy



Every person, every creature, every piece of nature and every physical item is a combination of **energy and vibration**. Everything has a certain vibrational resonance (the rate at which you vibrate) and that rate determines the experiences in each area of your life. **Quite simply, the higher your vibration – the better your health and your life.**

The Alexander Method® of Vibrational Sound & Energy Therapy is based on **Quantum Physics** and other scientific doctrines that prove **all matter vibrates to a precise frequency**. By using the correct sound and vibrational attunements, you can experience deep levels of healing at the molecular level. **The experience brings your body, mind and spirit back into perfect balance and alignment with its higher frequencies.**

I am just like you - a person who has followed the normal course the universe laid out before me – a course that includes both moments of great happiness and deep despair, unexpected and unwelcome challenge and also times of triumph.

However, none of this, and no events in the universe, happens by pure chance...

read more of Lisa's personal story and learn what brought her to seek guides and develop the transformational Alexander Method® at LisaAlexander.com.

Nationally Certified by the Board of Therapeutic Massage and Bodywork

Out of the few certified sound therapy programs available, The Alexander Method® of Vibrational Sound & Energy Therapy is the only Nationally Accredited program that is dedicated to continuous review of the latest scientific findings and research to keep practitioners current.

The Alexander Method® is also the only program in the natural healing arts that incorporates the entirety of the human existence. Current programs address just one or two of the many proven energy systems of the human form. The Nationally Accredited Alexander Method® of Vibrational Sound & Energy Therapy addresses every area of mind, body, spirit and soul, including, but not limited to; the complete chakra system, the human bio-fields, the nadis, meridians, kundalini, bone, tissue, lymph, nerves, DNA, past life blocks, and more. The Alexander Method® affects issues on all levels of being, opening intuitive abilities in client and practitioner alike. In addition, this technique uses only the best medical grade tuning forks to guarantee accurate tones and to assure consistent results.

Visit LisaAlexander.com Today to:

Read frequently asked questions – and answers!

Learn how to register or request a certification program.

Review the ancient teachings of quantum physics that led to vibrational and sound therapy.

See connections of natural sound frequencies to our human chakra system.

Read the complete benefits and services offered within The Alexander Method®.

Discover the science, healing potential and unique draw of exclusive tuning forks.

Read stories of hope and health that may have been written just for you.

What clients are saying about The Alexander Method®...

"If you want the most life-altering and transformational experience of your life, then drop everything you are doing and RUN, don't walk, but run now toward the light of Lisa Alexander." – Linda M.

"It felt other worldly and the amount of positive emotion I felt was unlike anything I've ever experienced. It was truly amazing." –Mackenzie D.

"There is so much more for me to learn and so much more I want to learn. I now know how to protect myself, my crown chakra and my heart chakra; I know how to recognize signs of communication from my angels. I feel like a new person. I feel special." -Lynn M.

"I am more conscientious to be alert to all I do, and not just go through the motions. I try to be more present in all I do. I listen to people more, and what they are saying, I look around at my surroundings, the clouds, nature, music and see signs more. I wake up with a lively step to look for miracles every day and to share with others those good feelings so that I can bring light and love into their lives." - Mary W.

"Being in NYC I have access to many new "things". But even in NYC this is hard to find. I had been to a few other vibrational healers, but when I was vacationing at a spa in the Poconos, I had a tuning session from Lisa. Hers was like something I never experienced before. Because she is also an Intuitive, she works directly with higher intelligence to perform the specific healing that my body and soul was crying out for." -Joe A.

What students are saying about The Alexander Method®...

"I've been in the healing arts for almost 20 years. After I completed Foundational Skills of The Alexander Method® of Vibrational Sound & Energy Therapy, my practice quickly blossomed. I have raised my personal vibrational frequency and am attracting more clients for all of my services! Thank You, Lisa!" - Krista M.

"There are only three certified tuning fork therapies out there and I am certified in all three. I found Lisa's program last because I finally heard about it through the grape vine and then heard her speak at an expo. I can tell you that I wish I had taken her program first, because hers is the best!" - Linda M

"Since experiencing Lisa's healing technique first hand, it has so inspired and changed my life that I am leaving my current profession to train under her to help and inspire others. Lisa is a rock star in the natural healing field. Now that I have achieved Level I Practitioner, the hardest part is waiting for levels II & III." – Mary D.

"I am truly impressed by Lisa as she took something that wasn't there and she created a modality that no one else has before." -Carmine L.

"Once again, I want to express my gratitude for all you do and for giving me the opportunity to experience your work in a personal and creative way. I simply love The Alexander Method® and anticipate using it in behalf of many others to move them into their higher good as they accept the energies that are offered." -Donna

After a TAM session, clients often report:

- *Release of stress
- *Deep relaxation
- *Reduction of depression, anxiety and panic
- *Reduction of addictions
- *Increase in physical energy level
- *Improved mental concentration and clarity
- *A more sound sleep and vivid dream experience
- *Reduction of arthritis, back and chronic pain
- *Development and refining of sonic, intuitive and clairvoyant ability

If you are seeking a new option to break old patterns, contact Lisa Alexander to schedule your transformative session.

Certification in TAM includes:

- *Hours of hands-on, personal training with Lisa Alexander
- *On-going training and support during an intense three-month introductory period
- *Use of the highest-grade tuning forks available and exclusive to TAM
- *Inclusion in a dedicated and exclusive network of TAM practitioners
- *Support to grow a successful practice
- *Extensive, practical manuals at each training level

If you are feeling called to learn and share this modality...listen.

Complete information on becoming a client or a practitioner of The Alexander Method® is available at: LisaAlexander.com