



The Alexander Method® of Vibrational Sound Therapy

**Take the Quantum Leap that WILL Rapidly
Improve ALL Areas of Your Life.**

If you have found results from yoga, meditation, massage or Reiki AND if you are ready for the next intense, captivating adventure, you will want to experience *The Alexander Method® of Vibrational Sound & Energy Therapy*.

"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration." -Nikola Tesla

Quantum Physics has proven that every person, every creature, every piece of nature and everything in the universe is a combination of energy and vibration. EVERYTHING has a certain vibrational resonance and it's that rate that determines the experiences we have in each area of our lives. Quite simply, the higher your vibration – the better your health and your life!

We are often told that positive thoughts will keep us in a higher state of vibration. That is true, but sometimes difficult to practice or maintain due to life circumstances.

What if by learning how to use the correct sound and vibrational attunements you can more easily raise and maintain a higher vibrational frequency rate? This will allow you to bring and keep your body, mind and spirit in perfect balance and alignment with its higher frequencies where better health, life circumstances, synchronicities, and connection to a higher intelligence become your normal way of being and not just a fleeting thought.



What if you could find a way to help yourself and others quickly:

- ✓ Release stress and enter deep states of relaxation
- ✓ Reduce depression, anxiety, and panic
- ✓ Reduce addictions
- ✓ Create brain and heart coherence
- ✓ Reduce perimenopausal and menopausal symptoms
- ✓ Increase physical energy level
- ✓ Lose weight
- ✓ Reduce blood pressure
- ✓ Improve mental concentration and clarity
- ✓ Sleep more soundly and have vivid dream experience
- ✓ Reduce arthritis, back, and other chronic pain
- ✓ Develop and refine sonic, intuitive, and clairvoyant abilities

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 back balance and alignment which is then quickly reflected in all areas of one's life!

The Alexander Method® is the only nationally-accredited program of its kind dedicated to continuous review of the latest scientific findings and research. This helps keep certified practitioners current and informed in all aspects of the science that enhances and permeates this modality. It is not aligned with any religion or spiritual tradition. Instead, it is based on science, research, and years of clinical experience.

For more information on ***The Alexander Method®***, please visit
www.LisaAlexander.com