



HMD LECTURE: Thursday, October 15, 2015

How Sound Soothes the Savage Beast

Presented by Karambir Singh Khalsa, MA

This lecture is a discussion of how sound can heal human consciousness. Sound healing is often seen as a new trend in alternative healing, but in reality has been used for centuries. Come and learn about the physiological and psychological benefits of sound healing. Healing bowls will be used to give participants an opportunity to experience how their bodies react to sound healing tools.



Karambir Singh Khalsa is a sound healing evangelist who gives informational talks about the physiological and psychological benefits of sound healing. Karambir also gives cosmic gong baths or group sound healing meditations, individual and couples sound massage sessions, and teaches Kundalini yoga and meditation. Karambir graduated from the Barbara Brennan School of Healing *Europe* (2009, ASBIW 2011), holds a Master of Arts in Transpersonal Psychology from Sofia University in California, and is pursuing a Master of Arts in Clinical Mental Health Counseling at Naropa University in Colorado.