



## Manhattan Sound Circle Guidelines

### History

These Guidelines are based on 2 years of hosting sound circles within the NYC region as well as several years of hosting sound circles in the Boston area, back when our organization was called: The New England Sound Healing Research Institute, (NESHRI). Over the years a format quite naturally emerged which was organic, sacred, and led by spirit rather than personalities.

We wish to share the wisdom learned from this practice with the NYC community and rest of the world. Feel free to try out these guidelines within your own local sound circles!

Harmonic Blessings,  
Ben Sheppard – Director of Knowledge Management, The Sound Healing Network

### Who We Are

We are the New York City Regional Chapter of the Sound Healing Network (SHN), a 501(C)3 non-profit organization project of Spectrum Arts and Education for Peace, inc., a community based organization dedicated to world peace. Visit the main SHN website at: [www.SoundHealingNetwork.org](http://www.SoundHealingNetwork.org) to learn more.

### Guidelines

- ⑥ This is an intuitively guided circle. Everyone is invited to listen to others who are playing and sounding and to follow their inner guidance as to what and how they wish to contribute musically and energetically. This being said, it needs to be understood that it is not appropriate to "conduct" or try to induce others in the Circle to follow musical directions. Although the end of the circle usually comes to a close quite naturally within the time allocated as if by magic, we leave it up to the Facilitator to be sensitive as to when the Circle needs to close and will gently do so in a way that is respectful to the energy of the group. We invite Circle participants to respect their own inner guidance and not to interfere with anyone else in the group in terms of their musical contributions.
- ⑥ The intention of the Circle is for healing, insight, and transformation, and participants are invited to receive healing energy from the group by just asking to receive it and/or standing or lying down in the middle of the Circle. Nonetheless, it is important to respect the space of each individual who has asked to receive healing energy by asking their permission before touching or doing energetic work on them directly. This can be done by asking them quietly. Each one of us carries a unique energetic code that may not always interact favorably with someone else in the circle. In addition, those receiving healing work may feel vulnerable and/or hypersensitive to certain types of energy and so their space needs to be respected. For this reason, every person who asks for healing work should be asked permission before any group member works on them individually. This should be done before the sounding begins since many may be in deep meditation during the session.



# The Sound Healing Network

An International Community of Sound Healers  
[www.SoundHealingNetwork.org](http://www.SoundHealingNetwork.org)

- ⑥ We invite Circle participants to feel free to experiment with other types of sound by stepping outside of the modalities they would normally be drawn to. For example, singers might want to consider playing an instrument for at least part of the time, or percussionists might want to consider singing or playing a wind instrument. Stepping out of our individual comfort zones allows Spirit to come in in new ways. We also invite participants to spend as much time listening and meditating as playing. The Circle is usually large enough for different groups to take over if one or two of us decide to go into silence. The silence in between the notes is just as important as the notes themselves. This creates harmony and it is important in the healing process.
- ⑥ These guidelines are submitted respectfully and are intended to help those who are new, as well as those who have been with us for a while, in refining the intention and effectiveness of the Circle. They were agreed upon by the facilitators of the group and are a work in progress. If you are holding sound circles in your area and have discovered other things that you would like to share with us, please let us know what is working for you! Your comments and suggestions are welcomed and will be considered for inclusion by the New York SHN Planning Group. Our planning group is made up of regular paid subscription members of the Sound Healing Network within the New York Area.
- ⑥ Our intention is to keep the Circle as open and as free from restrictions as possible, while at the same time providing a structure that is safe and nurturing for all participants.

May beautiful, healing, insightful, and transforming sound currents wash over you and fill your soul with peace and renewed energy for life!

The Planning Group of the New York Regional Chapter of: The Sound Healing Network.