



Awakening
the Divine Self

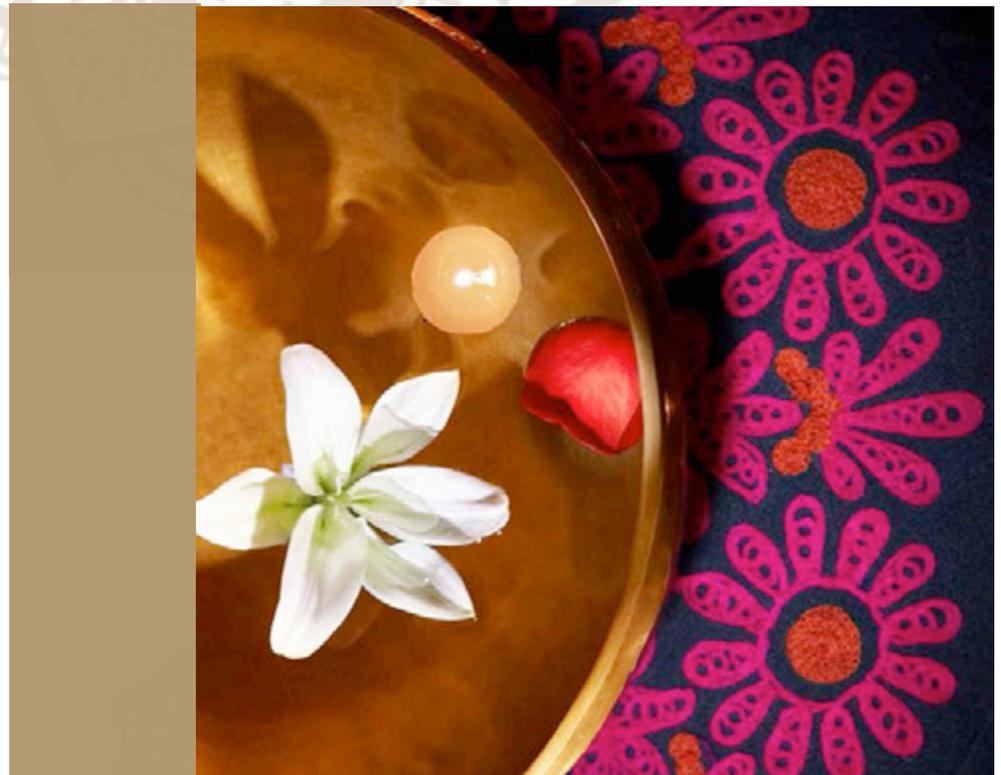
SHARE THE HIMALAYAN SINGING BOWL EXPERIENCE Shuniya Tibetan Sound Healing

A Marriage of Spiritual Practices

Master Healers Dr. Tim Frank and Pamela Lancaster are the foremost educators of traditional ceremonial healing treatments. Pamela spent years training and mastering The Sacred Tibetan Bowl protocols of the Atma Buti lineage, while Tim's Native American and Shamanic practices of his family combined with Naturopathic Medical modalities are profound and life changing. Together, through their company Awakening the Divine Self, they strive to weave these ceremonial experiences into their trainings to bring healing to mind, body and spirit.

After years of providing these services as practitioners they now share their insights and healing ceremonial treatments around the world as trainers/mentors.

Find more info about Pamela Lancaster and Dr. Tim Frank's offerings and teaching schedule at www.awakeningthedivineself.com.



Enhance mind, body and soul.
Provide your clients with the next
must-have Spa offering:
The authentic
Himalayan Singing Bowls Spa Experience

"Pamela has taken the Sacred Healing Heart songs used with the Himalayan singing bowls and created a true rebirthing of the soul. The groundbreaking floating sound therapy session is receiving international attention for its profound healing properties."

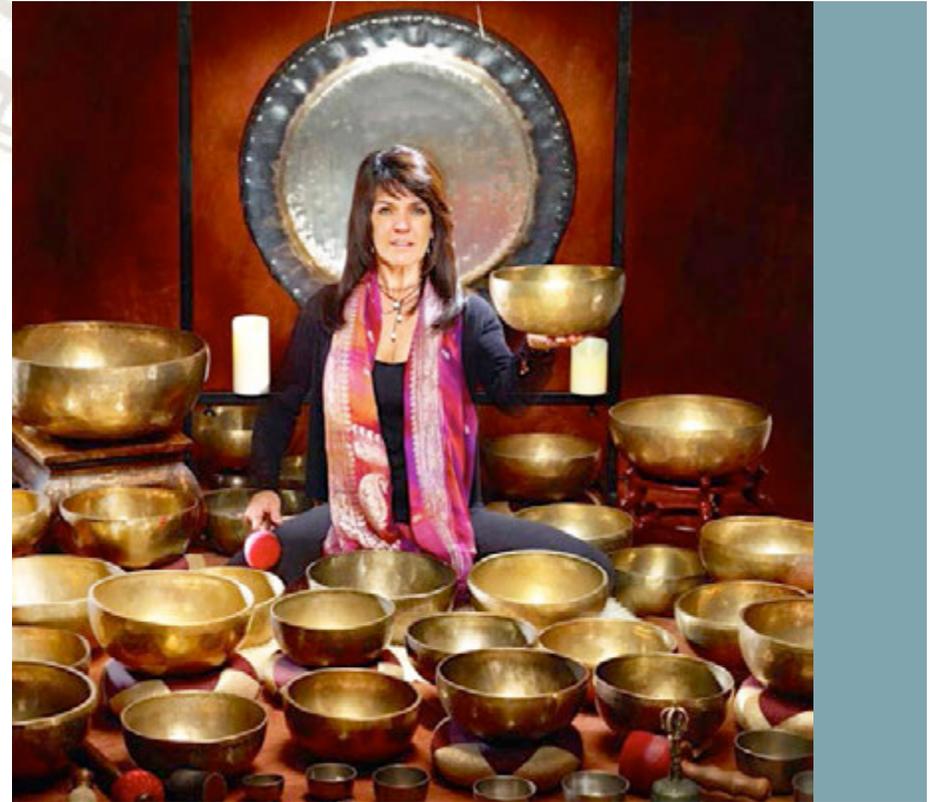
—Mivaval Resort & Spa

ABOUT PAMELA LANCASTER, LMT, OBT.

Pamela Lancaster was initiated into the ceremonial approach to sound healing by the ancient Atma Buti Lineage of Tibetan master Buddhist bowl practitioners. After years training with her master teacher, as well as taking further initiations with sound shamans of Nepal and Tibet, Pamela created the Shuniya Healing Bowl and Tibetan Chakra Balancing Ceremonies and the Himalayan Sound Bath. She has become the foremost teacher and practitioner of this much-revered ancient healing art. Her technique was recently featured on the Dr. Oz show as one of the core "Ancient Secrets to Energy."

In addition to years of apprenticeship and practice, Pamela has become an innovator in developing new ways to utilize and create profound healing experience within a spa setting. Her expertise and meticulously gathered artisan tools have made her a sought-after consultant and trainer in the creation of innovative life-changing spa sound healing environments internationally.

In May, 2015, Pamela and her Shuniya Tibetan bowl ceremonies were featured at the Los Angeles International SPA Association gathering. Her innovative new spa experiences have been touted as the next "must have" treatments for every spa setting. With the blessing of her master teacher and mentor, Suren Shresthra, Pamela and her partner Dr. Tim Frank are dedicated to maintaining the integrity and sanctity of the ancient healing art as it becomes a mainstay treatment of every spa menu world wide.



Once only available at the world's most exclusive resorts, now you can bring this remarkable treatment to your spa.

*"The Himalayan Sound Bath exceeded my expectations! ...
I left feeling clear, calm, open and energized. The
Himalayan Sound Bath created by Pam Lancaster is truly
unique and a must try experience!"*

—Becca Brandes, Aqua Zen Massage Therapist



DISCOVER THE BENEFITS OF SOUND HEALING

Pamela Lancaster uses her unique Shuniya Sound Healing practice to infuse her clients with healing energy in what often becomes a transformative life experience. The Shuniya is the culmination of very specific utilizations of bowls and sound sequences used on and around the body. It has been passed down through the shamanistic monk lineages of the Himalayas.

Pamela's signature Himalayan Sound Bath Ceremony combines the healing qualities of emersion with sound resonance therapy. It is a ceremony of rebirth — the highest expression of self in the womb of your making. The echoing heart songs from the custom made Atma Buti Singing Bowls™ (patent pending) vibrate every molecule of the warm womb-like water within the pool and lull the entire being into deep states of bliss and samadhi.

These forms of Sound Healing have been found to ease stress and have lasting effects in transforming the body's immune system. Complemented with traditional Thai massage elements, Chi Nei Tsang, Shiatsu and Kundalini Yoga, the Shuniya integrated healing ceremony is highly therapeutic. Body energy balances, bringing your spirit into a deeply healing state as well as:

- Reduce stress and regain emotional balance
- Gain insight and clarity, strengthen mental proficiency
- Recover from trauma or loss
- Rest more deeply
- Reduce pain & regain joy in daily living



“The Himalayan Sound Bath created by Master Healer Pam Lancaster (the brains behind the signature Shuniya Sound Ceremony) helps ‘tune your body into its natural state,’ creating emotional, mental, and spiritual balance via the sound that radiates through the water from ancient healing bowls.”

— Mary Bemis, “Insider’s Guide to Spas”

OUR EXCLUSIVE SPA PACKAGE INCLUDES:

- Training in the Atma Buti / Shuniya Sound healing tradition Ceremony
- Seven custom-made, hand hammered, Atma Buti Healing Bowls personally selected for optimal synergistic tuning (322 hertz of set)
- Seven perfect pitch Serenity Bowl Crown Chakra set
- Hand-stitched Japanese silk bowl pillows to insure optimum sound resonance
- Mallets
- Master 20-inch Mother bowl
- Master practitioner Tingsa set
- Planetary-tuned Paiste Gong and stand
- Custom-made patented Atma Buti sound healing table
- Amethyst bio matt
- Entire Sound Healing Room set up

ATMA BUTI HEALING BOWLS

Our Atma Buti Healing Bowls are custom created by master sound healer Suren Shresthra in conjunction with master village artisans of the Nepal region who have been crafting these miraculous healing tools for centuries. Seven precious and semi-precious metals are forged and hand hammered to create a masterpiece for healing. The highest spiritual intention is held by every artisan. As the bowls are cooling the village monks pray for hours, infusing the mantras and heart songs of compassion into every bowl.



Bring this remarkable treatment to your spa.

To inquire about Package pricing and scheduling a training of the Shuniya Sound Healing Ceremony for your spa and or destination resort email Pamela Lancaster or Dr. Tim Frank at pamela@awakeningthedivineself.com or Timfrank@awakeningthedivineself.com.