

## WORLD SOUND HEALING DAY 2023

Join tens of thousands of people throughout the planet as they join together on February 14, 2023 for the 21<sup>st</sup> Annual World Sound Healing Day [www.worldsoundhealingday.org](http://www.worldsoundhealingday.org) This is a day to send a “Sonic Valentine” to the Gaia Matrix—the field of consciousness of our planet Earth.

### *What is World Sound Healing Day?*

World Sound Healing Day is a time when thousands of people throughout our planet create sounds filled with gratitude and love and project them onto Mother Earth in order to raise the vibrations of all living beings in love and light through Sound. **This sound can be a tone, music, song, poem, even silent sound—as long as it is created with the intention of compassion and love and healing**, and the sounds will resonate with all others to create a powerful shift in planetary consciousness on February 14, 2023.

There are always hundreds of events on World Sound Healing Day. You can find them on the Events Portal on [www.worldsoundhealingday.org](http://www.worldsoundhealingday.org) Last year, events were broadcast from dozens of different countries, and included Grammy musicians, Tibetan monks, chamber orchestras, sacred kirtans, individual performers, vocal groups, sound and energy healers and numerous other spiritual teachers, conscious musicians and people, groups and organizations dedicated to peace and planetary consciousness.

### *To Experience an Event:*

To do this, go to [www.worldsoundhealingday.org/current-events](http://www.worldsoundhealingday.org/current-events) and select an event that you would like to participate in. There will literally be hundreds of possible events occurring, so ***you might go and investigate which events resonate most deeply with you.***

### *To Create an Event:*

If you would like to create an event, go to [www.worldsoundhealingday.org/current-events](http://www.worldsoundhealingday.org/current-events) **This sonic creation can be a tone, music, song, poem, even silent sound—as long as it is created with the intention of compassion, gratitude, love and healing.** These sounds will resonate together with all others to create a powerful shift in planetary consciousness on February 14, 2023.

### *Why World Sound Healing Day:*

Science has validated what the spiritual traditions have known for millennia—that through the power of prayer and meditation we can literally interface with the field of the Gaia Matrix—Our Mother Earth. Data that shows events of high compassion are measurable and indicate significant positive global changes Intentionalized sound as created by participants of World Sound Healing Day is quantum in nature and has the ability to interface with the very field of our planet. By adding the element of intentionalized sound, we can enhance and amplify this extraordinary power and help co-create a new reality of being—being in a state of Oneness—kindness and compassion.

Take part in this glorious day of Planetary Awakening and sound together with others throughout the world in order to manifest Global Harmonization. Go to: [www.worldsoundhealingday.org](http://www.worldsoundhealingday.org)

*The purpose of World Sound Healing Day is to:*

- 1). Heal Our Planet!*
- 2). Heal Our Waters!*
- 3). Raise Our Consciousness!:*

We heal the planet, we heal ourselves. We heal ourselves and we heal the planet. We can make a difference.