

Christine Laria – Spiritual Teacher, Claire-Sensory Guide, and Sound Healer

In this episode:

- Christine shares that there's more to life than just learning the theories of sound and music. She discovers that in imparting her knowledge, she must also be a guide so that students can explore the amazing healing power of music.
- She discusses the life-changing effects of sound therapy to various situations that revolve around emotions of grief or anger. She also illustrates how sound therapy has provided people with physical relief and solutions that even science is now exploring.
- Listen to how the magic and power of sound brought mental clarity and personal empowerment to Christine that allowed her to thrive in her business.
- You never want to miss hearing Christina singing her heart out as she illustrates why tones and melodies bring impact to one's conversation and letting one's personality come out.

Christine Laria is a spiritual teacher, clair-sensory guide, and sound healer. Her passion is guiding people to live beyond the story of their personality into the full power of their presence. She lives on the big island of Hawaii where she owns Laria Crystal Sound, a gallery of Alchemy Crystal Singing Bowls as well as a Conscious Life Coaching practice.

In her many lifetimes in this one, she has played the roles of daughter, mother, grandmother, dancer and dance teacher, classical soprano, university music professor, choral and orchestral conductor, Carnegie Hall soloist, author, nationally televised CBS Special music director, coach, photographer, and mermaid.

Quotes from this episode:

"What I discovered was that I could teach technique all day long, but what really frees the person in their craft and in their art was their self-concept." – Christine Laria

"Our voice is so intimate to who we are. Our body is our instrument." – Christine Laria

"If judgment is going to make us stronger, better people, and do great things in the world, it would've worked by now." – Christine Laria

"My relationship with my voice guided me to the deepest relationship with myself." – Christine Laria

3 Pearls of Wisdom:

1. "The greatest beauty is in the uniqueness of you."
2. "Every single challenge or the idea you have of yourself, if left then, is actually here to serve you as your master guide to bring you to your full empowerment."

3. "It's always good not to take yourself so seriously."

Timestamp:

09:56 – 11:15 – Christina shares her own healing experience with sound therapy and how it guided her to embrace gifts that she was not able to unlock before.

Resources:

Chelle Johnson – Spiritual Teacher, Claire-Sensory Guide, and Sound Healer

Website: <https://christinelaria.com/>

Website: <https://lariacrystalsound.com/>

Facebook: <https://www.facebook.com/christine.w.elder>

Instagram: <https://www.instagram.com/christinelaria/>

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