

Group Sound Healing

with

Nancy Xiong



Hono Bono
Healing ♡♡

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THANK YOU for considering Hono Bono Healing LLC! Nancy is extremely excited to be working with you and your group towards a healing journey.

A little about Nancy: she identifies as a first generation cisgender Hmong American female born to Hmong war refugee parents from Laos. She grew up in northern Wisconsin, attended college at the University of Wisconsin-Madison. She spent the majority of her working professional life out in the Washington, DC/Northern Virginia area attending graduate school, working in student affairs, teaching, advocating and supporting underserved students and victims of domestic violence and sexual assault on campus and in the community at large.

As a new Minnesotan, Nancy works with a non-profit supporting small business and start ups owned by immigrants and refugees in the day time. By night and on the weekends, she is a Reiki Master, energy and sound healing practitioner based in St. Paul, Minnesota. Through her practice, Hono Bono Healing LLC, she infuses Hmong Shamanic healing practices with her services to ensure a heart warming experience for her clients so they can live a life with purpose authentically. As a healing practitioner, Nancy has had the pleasure of working with folks from all walks of life and from across the nation: California to Washington, DC.

Nancy has worked with clients who want to live life contently while working on the following items:

- Improve overall wellbeing
- Increase level of energy
- Lessen pain & the perception of pain
- Lower stress & promote relaxation
- Infertility & womb support
- Gain clarity on purpose of life
- Reduce feelings of lost & kho siab
- Guidance towards one's own path and purpose

Again, thank you for considering Hono Bono Healing LLC and we look forward to working with you!

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GUIDING SCHEDULE & ACTIVITIES

Duration: 1.5 hours

Group:

Date:

Time:

Event Location:

Point of Contact(s):

TENTATIVE GUIDING SCHEDULE

Note: We would like to arrive at least one hour ahead of event time to set up and get acquainted with the space.

5:30PM–6:00PM: Arrive On Site / Set Up

7:00PM: Finish setting up as needed, get grounded

7:30PM–9:00PM: Event: Group Sound Healing Session

- Group Introduction and Connection
- Introduction to Sound Healing
- Set Intentions
- Grounding and Breathing Guided Meditation (Bilingual: Hmong/English)
- Sound Healing Session with Singing Bowls, Chimes, Gongs, Ocean Drums, Vocals
- Release Group Share
- Closing Group Activity

9:00PM–9:30PM: Take Down/Clean Up



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MATERIALS NEEDED FOR SOUND HEALING SESSION

Date:

Event Time:

Event Location:

Hono Bono Healing will bring the following items:

- 5 Yoga Mats
- 5 Blankets
- Singing Bowls, chimes, ocean drum, gong
- Rugs for stage area
- Laptop for music
- Information brochures on sound healing
- Note cards and pens for reflection/journaling time

Non-Technology Items Needed:

- 1 Table - to display information materials
- 5-8 Chairs - have available in case participants may need to sit
- Yoga Mats, Blankets and Pillows are highly encouraged - Hono Bono Healing will bring a few yoga mats and blankets for participants' use. If participants wants to bring their own yoga mats, blankets and pillows, they are welcome to do so.

Technology Items Needed:

- Sound system to project music
- Head held mic to project voice and speaking.
- WIFI

Ideal Room Set Up:

Sound healing is a hands off/non-movement activity. Participants will be sitting or laying down on yoga mats for the majority of the session. An ideal space would be a wide open space.

Please let Nancy know if you have any questions or may not be able to provide some of the items.



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What is Sound Healing?

Sound healing is the therapeutic application of sound frequencies to the body, mind and soul of a person with the intention of bringing them into a state of harmony and health. It is based on the idea that all matter (including the human body) is vibrating at specific frequencies. Disease, illness and pain are thought to be caused by blockages or imbalances in these natural vibratory rates. When these blockages are removed, health and well-being is restored.

Source: Life Changing Energy

Benefits of Sound Healing?

- **Realigning with True Self and Life Purpose**
- **Relaxation of the Body, Mind and Soul**
- **Reduced Muscle Tension and Pain**
- **Improved Circulation, Digestion, and Respiration**
- **Gain Deeper Relaxation, and Ability to Focus**
- **Increased Energy and Vitality**

Source: Life Changing Energy



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THE SEVEN CHAKRAS

AND THEIR MEANINGS



www.color-meanings.com

Sound Healing targets the energy fields around the body known as “chakras.” There are seven chakras of the body. The goal is to have all of the chakras balanced. It is believed that if any of the chakras are not balanced, then life is not balance over all which may result in body aches, anxiety, stress, and unhealthy practices to the body. There may be blocks through out the body and and sound healing will help release and unblock the stagnant energy.



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Partnerships

In 2023, we had the pleasure of providing group sound healing sessions for the following organizations and groups:

- Centre for Asian and Pacific Islanders (CAPI) Senior Group
- Hmong American Partnership
- Hmong National Development Symposium
- MN Hennepin County Healing Circle
- MN Hennepin County Office of Outreach & Community Support
- MN Hmong Gender Justice Coalition
- MN Ramsey County Asian American and Pacific Islander Employee Resource Group
- St. Paul Public Library
- Trans Equity Summit Healing and Aesthetics Space
- Transforming Generation
- Wisconsin Coalition Against Sexual Assault Association



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Testimonials



“Thank you for this new experience. The setting was welcoming, peaceful, and calming. I realized the duration of my thoughts were so conflicted and alarmed.

Once this session was over, peace and calmness came upon me. Thank you. I loved the sound of waves and vocals which enhanced my experience and it was relatable.”

Wonderful and amazing healing experience. It definitely enlightened and confirmed my spiritual beliefs and journey. I felt my mantras coming out and about during this healing session.”

-MyNou Goodman



“It was the best sound bath experience I’ve ever had, considering I’ve gone to many of them. No bias, honestly. It was very emotional, things that came up for me that I hadn’t even thought of came up. My nervous system is a lot calmer now that I’ve received this healing. It was so magical! Keep holding space and creating magic. It was such a deep experience for me.”

-Chandy Vang, Healing Haven & Wellness

"The group sound healing session allowed me the opportunity to focus on my body and its senses. At one point, I began to chant "Om Mani Padme Hum" over and over again. The whole experience and the chanting resonated with my current focus on my health and meditation practices. The sounds of the bowls, beaded drum, verbal guided meditation, and singing made my heart feel pain and yet joy at the same time. It's a very powerful session and I encourage others to definitely attend a session."



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Our Rates

# of Participants	Rate	What does it all include?
3-5	\$500	<ul style="list-style-type: none"> • Approximately one hour and 30 minutes of sound healing • Bilingual (Hmong and English) Guided Meditations • Yoga mats, blankets, smudge spray of space • Group Sound Healing Activities: <ul style="list-style-type: none"> ♥ Group Introduction and Connection ♥ Grounding & Breathing Guided Meditation ♥ Sound Healing Session ♥ Reflection and Group Share ♥ Room Cleansing • Rates includes processing fees, communication, coordination, planning, materials for participants, set up/take down, traveling and mileage within the Twin Cities, MN area • Outside the Twin Cities MN area: transportation, lodging and mileage will be additional.
6-9	\$800	
10-15	\$1,000	
16-20	\$1,500	
21+	Please email Nancy (nancy@nancyxiong.com) for more information.	

Participants are highly encouraged to dress comfortably, bring a pillow and a yoga mat or blanket for the healing session. Participants can sit or lay down during the healing session.



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Thank You

Hono Bono Healing Services

We are based in St. Paul, Minnesota

We offer group sessions, private individual distant and in-person services.

We can travel to you as well. Message us for more information.

- Reiki Energy Healing and Cleansing infused with Hmong Shamanic Rituals (Distant/In-Person)
- Reiki Training: Level I and II (In-Person)
- Intuitive Clarity Reading - Individual & Group Sessions (Distant/In-Person)
- Sound Healing - Individual & Group Sessions (In-Person)
- Spiritual Guidance & Mentorship (Distant/In-Person)
- Spiritual Coaching - Individual (Distant/In-Person)

BOOK A
SESSION TODAY!



*Thank you for choosing Hono Bono Healing.
We look forward to working with you
towards a healing journey!!!*



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