

## Final Report

Being a mentor to Courtney on her sound healing journey has been an incredible experience. We first met at The Bridge, where we had a heartfelt conversation about her “why”-her deep desire to work with sound therapeutically. From there, we explored different instruments like crystal and Himalayan singing bowls, buffalo drum, chimes, and ocean drum, discussing the unique benefits each one offers. I facilitated a sound healing session for her to witness the transformative power of sound firsthand, and seeing her reaction was powerful.

In our second session, we focused more on the singing bowls and the beauty of Courtney’s voice. We talked about how the human voice is one of the most powerful sound healing instruments, and as a singer, Courtney was excited to explore how she could incorporate her voice into her sound healing practice. I even had the honor of gifting her a Himalayan singing bowl to support her on this journey. By our third session, we planned our *Soul Chakra Sound Healing* event at the Free Center, which took place on Friday, September 6th, from 6-8 pm. Courtney led her first sound healing event with grace, and we all enjoyed a delicious plant-based meal from ION Restaurant afterward. Watching her blossom into a sound healer has been truly rewarding. Special thanks to the CT Teaching Artist Hub for the opportunity to work with Courtney through this mentorship grant.

Sincerely,

**Kelvin Young**