

## HELPING VIBES WITH “VIBES”

### Harpist, Healer and Coach Uses Sound to Promote Transformational Healing



We have all heard the sayings and referred to situations as to whether it had “good vibes” or “bad vibes” without realizing the weight and truth of these words. Did you know that your energetic frequency or vibration is the cause behind the effect of conditions you find in your life, whether in health, finance or relationships and that by raising your energetic vibration, you can transform your life? Cheryl Angela is a transformational coach, healer and therapeutic harpist who integrates sound vibration and energy management to help people heal and shift their lives from the inside to the outside through her program *Transform Your Frequency, Transform Your*

*Life*™.

The scientific evidence is mounting on the healing effect of music and its ability to treat numerous physical illnesses to conditions such as post traumatic stress disorder, insomnia and depression. Recent studies with music has proven its ability to normalize blood pressure, heart rate variability, pulse rate, oxygenation levels and skin temperature as well as entraining brain wave activity and helping to release biochemicals into the body, such as endorphins. In her private practice, Angela works with clients one-on-one using sound to address and bring healing to these various conditions. She incorporates sound healing into her coaching program as a means to assist her clients make the shifts in their energy necessary for them to experience tangible success. In addition to her private practice, she performs sound healing concerts, provides therapeutic music to a number of diverse facilities and donates her time and music to enhancing the lives of the developmentally disabled, teenagers, youth and military personnel such as the Wounded Warriors at Camp Pendleton, San Diego.

Angela says, “Every person has their own unique resonance or vibrational tone. By using music we can assist an individual to come back into harmony with themselves, release the stress behind conditions that might be adversely affecting their lives and activate their innate healing power. Every thought, feeling and belief has a different rate of vibration (which is scientifically measurable). Thoughts and feelings of gratitude, love and joy raise our vibrational level whereas fear, anger and guilt lower it. When we learn how to shift and transform these patterns and “stories” we have going on inside, we are able to create health, prosperity, love and happiness that is demonstrated outside ourselves.” This is what Cheryl coaches her clients to do in her program.

Cheryl’s interest in healing, music and the “inner meanings” of life began in childhood. Cheryl was an intuitive child, sensitive to energy and realms beyond the physical. She loved to care, nurture and create and was innately drawn to healing as well as to music. Her lifelong pursuit of these fields has taken her into studying yoga, meditation, quantum physics, energy medicine and many healing modalities including reiki and theta. Cheryl’s passion for music and her chosen instrument, the harp, found the perfect marriage when she encountered the path of therapeutic music and subsequently trained as a therapeutic harpist through the International

Harp Therapy Program. She combines her healing and coaching skills with her therapeutic music abilities to help her clients create holistic transformation. Cheryl says, “All the tools I use with my clients, I have used in my own life to overcome obstacles and challenges and transform my life.”

Cheryl’s music has been described as “thoroughly captivating and transporting”, “angelic and heavenly”, “mesmerizing beyond words” and “touching the most profound center of the heart and soul”. Cheryl often provides live music for yoga classes and plays regularly for workshops at The Chopra Center. She also plays for transformational events such as the workshops of Breakthrough Specialist featured in The Secret, Lisa Nichols, who has described Cheryl’s music as “the most beautiful music I have ever heard.” In 2011, Angela released her debut album, entitled, A Sacred Journey, a CD that addresses each of the seven chakras in separate tracks which in her own words is, “a journey through the seven sacred energy centers into the depth and stillness of our own essence.”

Cheryl currently resides in San Diego. For more information about Cheryl’s music or to purchase CDs, coaching program, bookings and workshops, visit <http://www.cherylangela.com> or call (406) 223 9037.