



Welcome to the August Newsletter for Wind Willow Consortium!

Upcoming Events

Save the Date!

Wind Willow Consortium
at the
Portage District Library

Saturday each month at 10:30am

September 13

November 22

December 13

Registration required on the
PDL website



your monthly moment of peace...



BRAND NEW! Wind Willow Consortium has started a YouTube page! We have begun sharing videos of relaxing musical offerings for you to enjoy. We're excited our community will be able to access stress reducing sound immersion clips at anytime. If you want to be notified when new videos are available, make sure to subscribe!

[Subscribe to WWC YouTube Channel](#)

Sound Lessons

A Sound Reflection

By Deanna Bush

I remember as a young girl, sitting in my little red wagon with my new cassette tape recorder (I got it for my birthday!) in the backyard. I sat there at least an hour at a time finding things that would make noise so I could record then listen to it. I got such a

recorder! Little did I know then, the impact sound would have on my life and overall wellbeing now. You see, I reunited with sound a number of years ago (I've lost track!), no longer a young girl but a grown woman. The circumstances weren't as fun as a cool birthday present, but those experiences led me to sound therapy, a beautiful way to again find balance.

On a personal level, the impact of receiving sound therapy awakened within me a calling: I felt compelled not only to continue my own healing journey but to learn and share this modality with others. I learned to play various instruments-Tibetan singing bowls, crystal bowls, tuning forks, and gongs (to name a few!) learning how each frequency interacts with the body's energy systems and nervous pathways. Being a conduit for healing vibrations that can shift someone from a state of overwhelm to one of tranquility and clarity is one of my favorite purposes in life because I fully understand the feeling of being on the receiving side. Additionally, one of the greatest joys has been becoming part of an amazing, supportive community where I have had the opportunity to grow and try new things. Together, we celebrate moments when someone bursts into tears, smiles with relief, or finally drifts into deep, restorative sleep. This collective energy connects us in compassion, growth, mutual inspiration and is such a blessing. Sound therapy has been more than a stress-reducer-it's been a life-calling, a catalyst for change, and a heart-warming invitation to belong. Is sound calling you?

WWC Board Member Events Around the Community

Diana Hart, Lotus Sound Health (www.lotus-sound-health.com)

Sound Immersions this fall: **September 7, October 12, November 8**
Be Well Yoga & Fitness, 1712 W. Milham Ave., Portage, MI 49024

[Register Here](#)

Jessie Duniphin, Wondrous Sounds

Sound Immersions at Kellogg Community College in Battle Creek

September 22 & October 21

[Register Here](#)

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