

SOUND
HEALING
AUSTRALIA

SOUND *of* BEING™

A PORTAL TO PRESENCE

MOTHER SUPPORT: HONOURING THE JOURNEY OF MOTHERHOOD

Motherhood is a sacred initiation—one of profound transformation, devotion, and rebirth. Whether you are preparing for birth, healing after childbirth, or transitioning into new phases of motherhood, these offerings provide the nourishment, support, and ritual you deserve.

Sacred Ceremonies for Families & Communities: Honouring Life's Transitions

Across cultures and traditions, major life transitions have been marked with ritual, gathering, and deep reverence. These sacred ceremonies bring families and loved ones together to honour the profound passages of birth, weaning, and parenthood, creating lasting memories through intentional, heart-led connection.



For those seeking to honour the rites of passage in motherhood, we offer ceremonies designed for small families, close friends, and community circles. Whether celebrating the journey into motherhood, consciously closing the breastfeeding chapter, or welcoming a new soul into the world, these rituals provide a space for connection, reverence, and support.

Each ceremony is uniquely tailored to the vision of the mother, family, and community. Pricing varies depending on the elements included, the number of participants, and the time commitment.

INTERESTED IN CREATING A PERSONALISED CEREMONY THAT ISNT BELOW?

[LET'S CONNECT](#)

Blessingway Ceremony: Preparing for Birth with Love & Support

A sacred alternative to a baby shower, designed to fill the mother-to-be with love, confidence, and deep support before birth.

A Blessingway (or Mother Blessing) is inspired by the traditional Navajo ceremony and is a deeply nurturing gathering focused on the mother, rather than just the baby. This heart-centered ritual helps prepare her emotionally, spiritually, and energetically for birth, allowing her to be deeply held by her loved ones.

Why have a Blessingway?

This ceremony is designed to instill confidence, honour the mother's strength, and support her transition into birth and motherhood. Unlike a baby shower, which focuses on gifts for the baby, a Blessingway fills the mother's cup so she enters labour feeling deeply supported and connected.

What can be included?

- Sound Healing – Raising vibrations and creating a sacred, held space for the mother-to-be
- Yin Yoga & Meditation – Guiding the mother into deep relaxation and connection with her baby
- Women's Circle – Sharing insights, wisdom, stories, and blessings for the journey ahead
- Bead Weaving Ritual – Each guest brings a bead, symbolising their love and prayers, which are woven into a birth necklace or bracelet for strength during labour
- Chanting & Mantras – Sacred sounds to bless both the mother and baby
- Ritual/Ceremony Walking Through the Veil – A powerful rite of passage acknowledging the transformation she is about to undertake
- Massage & Touch Rituals – Gentle support through nurturing hands



INTERESTED IN A BLESSINGWAY?

Each Blessingway is unique and co-created based on the mother's desires. Session prices vary depending on what is included.

[CLICK HERE TO ENQUIRE AND
CUSTOMISE YOUR CEREMONY](#)

Naming Ceremony: Welcoming a New Soul

A sacred gathering to honour and welcome a new life into the world, inspired by ancient traditions of naming and family blessing.

In cultures worldwide, the act of naming is a sacred moment, one that acknowledges a child's unique soul, identity, and place in the family. Inspired by Hindu traditions and held when the baby is between 3–9 months old, this ceremony creates a meaningful space for parents, godparents, grandparents, and siblings to bless the child in their journey through life.

Why have a Naming Ceremony?

Unlike formal religious rituals, this ceremony is highly personal and spiritual—crafted to reflect the values and traditions of your family. It offers a beautiful, intimate space to introduce the child to their community and invite in blessings of love, wisdom, and guidance.

What can be included?

- Chanting Ritual with Fire – A traditional Vedic-inspired fire ceremony to bless and welcome the child
- Words of Blessing – Each family member, including siblings and godparents, shares heartfelt words and wishes for the child's life
- Sacred Naming Ritual – The baby's name is spoken and celebrated in a meaningful way
- Tree Planting or Earth Offering – Symbolising the child's rootedness, growth, and deep connection to the natural world
- Sound Healing & Mantras – Inviting peace, protection, and harmony for the child's journey
- Other personal or cultural elements can be incorporated based on the family's desires



INTERESTED IN A NAMING CEREMONY?

Each Naming Ceremony is uniquely tailored. Session prices vary based on what is included.

[CLICK HERE TO ENQUIRE AND
CUSTOMISE YOUR CEREMONY](#)

Closing of the Bones Ceremony

A 3-hour deeply held postpartum ritual, honouring the closing of one chapter and the emergence into a new phase of motherhood.

This ancient Mexican midwifery ritual supports a mother's journey back into her body after giving birth. Traditionally performed at the end of the fourth trimester or up to nine months postpartum, this ceremony provides profound physical, emotional, and energetic closure to the birthing experience.

What's included:

- Herbal steam offered during the consultation to prepare the body for deep integration
- Warm oil abdominal massage, a separate and intentional part of the ritual before the wrapping process
- Use of the Rebozo (a traditional woven shawl) to gently rock, soothe, and realign the hips and pelvis
- Ritual wrapping of the body in seven sacred points—feet, legs, hips, chest, shoulders, head, and eyes—creating a cocoon of safety and integration
- Shamanic Soul Retrieval – A deeply transformative practice to recover any lost parts of yourself that may feel far away after birth, allowing for wholeness, healing, and integration
- Acutonics (Planetary Tuning Forks) – Specific acupuncture points on the body are activated with planetary tuning forks to restore kidney chi, the key life force energy that supports a mother's vitality after the deep giving of childbirth. This strengthens energy reserves, replenishes the nervous system, and supports long-term postpartum well-being
- Sound healing, guided meditation, and sacred song to mark the transition
- Restorative stillness, allowing space for emotional release and deep healing
- A final integration and sharing, held with deep listening and reverence

SESSION PRICE:
\$490 + GST



Weaning Ceremony: A Sacred Transition

A conscious way to honour and celebrate the transition of weaning, embracing the deep bond created through breastfeeding while moving into a new phase of mothering.

This ceremony acknowledges that weaning is more than the last feed—it is a completion of the breastfeeding journey and a chance to call in new sources of nourishment and connection.

What's included:

- Pre-ceremony workbook & journaling reflections to guide the mother through the emotional, energetic, and physical aspects of weaning
- Sacred songs & rituals to honour the journey
- A ceremony held in nature, at home or a special location, with an optional tree planting or placenta burial to symbolise this transition
- Words of love & gratitude shared by family members or close friends
- A joyful closing ritual, where the child paints the mother's breasts with face paint and shares in a "boobie cake" (baked by the mother), symbolising the milk returning to the mystery
- Option for the father, siblings, or close loved ones to participate, acknowledging the shift in the family dynamic

SESSION PRICE:
\$400 + TRAVEL FEE + GST
\$50 WITHIN BYRON SHIRE
\$100 SURROUNDING LOCAL SHIRES
\$150 GOLD COAST
\$200 BRISBANE

Prenatal & Postnatal Massage

A deeply restorative 2-hour session designed to nourish both body and spirit—perfect for pregnancy or postpartum recovery.

What's included:

- 1.5-hour massage to relieve tension, ease discomfort, and promote deep relaxation
- Reiki to balance your energy body
- Sound healing and crystals to soothe your body, mind, and soul
- Connection with the womb – Gentle touch and oil application to bring presence to this sacred space
- A gentle consultation before and after to hold space for emotional and energetic support
- Time to reconnect with yourself and your baby – Life can feel full during pregnancy, and this session helps bring your awareness back to your body and the growing life within, helping to prepare for birth

Pregnancy can be an incredibly supported yet solitary journey. While you may have a midwife, doula, or partner by your side, sometimes it helps to have someone outside of that circle to hold space for you—without expectation or advice, simply to support and nurture you.

SESSION PRICE: \$220 + GST



Postnatal Nourishing & Birth Integration Session

A 2-hour session designed to replenish, restore, and integrate the birth experience. The postpartum period is often centered around the baby, but this session provides a sacred space for the mother to be held, nourished, and truly listened to.

What's included:

- Birth Story Sharing – A space to process and integrate your birth experience with an objective, non-judgmental listener. Birth is a profound rite of passage, and speaking your story aloud can be deeply healing.
- Yoni steaming for pelvic healing and energetic release, offered during the consultation
- Magnesium and essential oil foot soak for deep restoration
- Reflexology and foot massage to ground and support postpartum recovery
- 20-minute lying-down shoulder, neck, and back massage – Designed to release tension from breastfeeding, carrying, and holding your baby, allowing you to deeply receive support
- Gentle sound healing to support nervous system regulation and integration of your birth experience
- Being served warm postpartum tea and nourished in a way every new mother deserves
- This session is designed to include your baby, offering a gentle, supportive space where feeding and relaxation naturally intertwine

SESSION PRICE: \$250 + GST



Sound of Being™ 1:1 Sessions

Our signature 1:1 Sound of Being™ sessions are deeply nourishing for pre and post-birth. These powerful sound healing sessions offer deep nervous system regulation, emotional integration, and energetic realignment—supporting mothers in profound ways during this transformative time.



Whether you are preparing for birth, embracing the early days of motherhood, honouring the closing of a cycle, or transitioning through weaning, these offerings are here to support you in the most profound and nurturing way.

[CLICK HERE TO LEARN MORE AND BOOK A SESSION](#)

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LET'S HONOUR THIS SACRED TIME TOGETHER

These ceremonies weave ritual, song, and deep reverence into life's most profound transitions—marking the sacred with intention, love, and community.

[CLICK HERE TO ENQUIRE.](#)