

# Lynn Andrews' Directory of Ministers



## **Rev. Eleanor Moss Rock**

Sound Healer & Practitioner

Ft. Bragg, California

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## **Sacred Work**

I am a Shaman Woman, an artist and a teacher. My focus in Shamanic work is Authentic Expression through Sacred Sound. I facilitate Workshops, Ceremonies, Sound Circles, and individual sessions that provide opportunities for people to reclaim their voices, access higher states of consciousness, and experience the healing power of being fully present the now.

My purpose as a Sound Healing Practitioner is to provide opportunities for people to have the experience of being seen and heard. The most powerful instrument we have for personal and planetary healing is our own voice. It is a gift to have such a wonderful tool at our disposal, but often it is the most difficult tool for many of us to use. Inhibited by old messages from the past, people often find it almost impossible to chant or sing. Talking has become the only acceptable means of communication for people in our culture. Sound Circles create an opportunity to reclaim our voices, speak our truth, and express whatever we feel without the unintentional barrier that language often creates.

In my work as a Sound Healing Practitioner I want to let people know that there is joy on the road to self realization. Joy that is available to anyone who has the courage to play a drum, shake a rattle, or open their heart and sing.

Singing, dancing, drumming and dreaming are Gateways to Enlightenment. Gateways that anyone can access through the healing modalities of Shamanism and Sacred Sound.

## **Credentials**

Healing Sounds Intensives with Jonathan Goldman (2001,2002)

Healing Sound Intensives with Sarah Benson (2002, 2003, 2004)

Graduate of Lynn Andrews Center for Sacred Arts and Training (2005)

Ordained Minister, and Spiritual Healer (Certified through the International Assembly of Spiritual Healers & Earth Steward Congregations)

Mentor for LACSAT apprentices

Currently enrolled in Kindred Spirits, (Lynn Andrews' Continuing Education Program)