



The 7 Steps To Freedom



ANXIETY
NEED
NOT
BE
A
LIFE
SENTENCE



The 7 Steps to Freedom

Or Anxiety need not be a life sentence...





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Sheila Kennedy and Susan Ormsby are not medical doctors and do not practice medicine. They do not diagnose, heal, treat disease or otherwise prescribe medication. They assist people in correcting emotional and vibrational imbalances on both cellular and energetic levels that assist the body to release its innate healing ability.

When the emotional and vibrational energy of the body is balanced and moving correctly, the body's natural energy heals itself.

This work is complementary, not an alternative to regular allopathic medicine.

Their spiritual energy work is not a substitute for conventional medical diagnosis or treatment for any medical or psychological condition.

For such issues, you should seek the proper licensed physician or healthcare professional.

Their work is based on information channeled from a body of consciousness known to them as the source of The Healing Sounds or Sounds From Source.

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The Sounds from Source help many people, however healing is a personal choice, and therefore like any modality it won't work for everyone.

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It is my belief that ‘no one really knows what anxiety is’ and we have been fed truisms over the years and just accepted them and basically not questioned why have the solutions offered not worked and why are the ‘Anxiety statistics’ on the increase.

It has been a long term goal of mine to assist those suffering the the debilitating effects of anxiety in its many forms.

Sheila Kennedy

The quote below from Jarod Kintz expresses my beliefs very well.

“Wisdom equals knowledge plus courage. You have to not only know what to do and when to do it, but you have to also be brave enough to follow through.”

Jarod Kintz



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FOR THOSE WHO WANT TO GET TO THE GOOD STUFF FIRST!

In creating The 7 Steps to Freedom program we believe that we have put together the best tools at our disposal to assist you to help yourself.

You can follow the process of the 7 steps, OR you can have a modicum of trust that I know what will help you best and play the vibrational sound programs first. I suggest in this order

YOUR ANXIETY SOUND

Your own downloadable MP3 program created to easily and effortlessly assist you to release anxieties from your body / system. Your own downloadable MP3 program created to easily and effortlessly assist you to release anxieties from your body / system

IMPROVE YOUR MOOD

The Emotional Enhancement sounds: These unique vibrational sounds have been created to 'lift your mood'. If you are feeling tired, overwhelmed or just need a 'boost' these are a quick 'pick me up' that again can be stored on your phone if desired.

FEEL LIKE CHILLING OUT?

The Tranquility sounds are wonderful for the times when you feel like being very calm and peaceful. Again you can store these sounds on your phone if you wish.

RELAXATION

The Relaxation sounds offer a different sense of relaxation, these are a good option if you have things that you would like to do in a relaxed state.



ONGOING SUPPORT

An invitation to join a private / closed **community group on Facebook**, for ongoing support and information - Anxiety Need Not be a Life Sentence...

Knowing that you are not alone and that someone cares is often one of the most important things in our lives. The Anxiety Need Not be a Life Sentence...Facebook group has been created to allow people to connect with other in a safe and nurturing environment.

<https://www.facebook.com/groups/anxietyneednotbealifesentence/>



HOW TO GET THE MOST BENEFIT FROM THE 7 STEPS TO FREEDOM PROGRAM

The 7 Steps to Freedom program provides you with 7 simple steps to take back control of your life.

THE 7 STEPS TO FREEDOM EBOOK IS STEP 1

Step 1

The 7 Steps to Freedom, A downloadable Anxiety Need Not Be A Life Sentence ebook – explaining how your body works from a Holistic or non medical perspective and discussing the 7 main types of anxiety from the many holistically identified ‘anxieties’. Once you have read this book please go to step 2 to see how to get the most benefit from this program.

HOW DOES THIS WORK?

Step 2

Some information on the ancient healing modalities of sound, and the energy processes Sheila Kennedy has successfully employed for many years. This explanation will provide you with an understanding of how the vibrational sounds work with your body to release anxieties

YOUR OWN ANXIETY SOUND

Step 3

Your own downloadable MP3 program created to easily and effortlessly assist you to release anxieties from your body / system. This specific vibrational sound program has been specially created for addition to The 7 steps to Freedom program.



Play this sound once to release the 7 individual levels of anxieties as discussed in the Anxiety Need Not Be Life Sentence ebook.

Please take note of how you feel a few minutes after this sound has played, and be aware that you can play the sound daily if you wish or in situations that may have created an anxious or panic type reaction in the past.

*Please remember that the sounds do not need to be loud, they work as I have discussed on a vibrational frequency and can be played on a very low level or in the background.

I suggest that you have them on your phone for example as an 'if needed first aid' program which allows you to take control of your thoughts and emotions.

RELAXATION MEDITATION

Step 4

A short meditation from Sheila to assist you to be calm and relaxed. This meditation can be played as desired.

*Please do not play this meditation if you are driving a car or operating heavy machinery or equipment.

IMPROVE YOUR MOOD

Step 5

The Emotional Enhancement sounds: By combining a range of differing audible frequencies with the tibetan bells and the energetic frequencies, we have created additional ways to communicate with the body - this is why this sound is a bit different to the other three. These unique vibrational sounds have been created to 'lift your mood'. If you are feeling tired, overwhelmed or just need a 'boost' these are a quick 'pick me up' that again can be stored on your phone if desired. You do not need to 'listen' to these sounds, they can be played on low in the background.



FEEL LIKE CHILLING OUT?

Step 6

The Tranquility sounds are wonderful for the times when you feel like being very calm and peaceful. Again you can store these sounds on your phone if you wish.

RELAXATION

Step 7

The Relaxation sounds offer a different sense of relaxation, these are a good option if you have things that you would like to do in a relaxed state.

ONGOING SUPPORT

An invitation to join a private / closed COMMUNITY GROUP on Facebook, for ongoing support and information - Anxiety Need Not be a Life Sentence...

Knowing that you are not alone and that someone cares is often one of the most important things in our lives. The Anxiety Need Not be a Life Sentence...Facebook group has been created to allow people to connect with other in a safe and nurturing environment.

<https://www.facebook.com/groups/anxietyneednotbealifesentence/>



INTRODUCTION

If you are reading my words today then you or someone close to you may well suffer from what is commonly termed as 'anxiety'. In many instances this 'hidden shame' may be brushed aside, constantly ignored or swept under the proverbial rug.

So why do I refer to 'Anxiety' as a 'hidden shame'?

In many instances 'anxiety' can have present in our bodies and lives from our conception onwards, and we have learned to 'live with it', to cope with its effects on us, or constantly 'push down' the feelings that it evokes within us as just a part of life or something to be silent about in case it is seen as a weakness.

So who am I, and what is The 7 Steps to Freedom program about?

Hi, my name is Sheila Kennedy and I want to demonstrate to you that anxiety need not be a life sentence! That **you** can take back control of your life.

And that in shining a spotlight on the 'shameful', hidden secret that society calls anxiety - together - we can demystify the control it's had over so many for so long.

Please journey with me and let me show you another way of thinking, and another way of approaching the anxiety issue.

And in allowing me to share with you my views on what Anxiety is and also what Anxiety isn't from my perspective then you can make your own informed decisions and I believe take back control of your own life.

So what do we know about anxiety from my perspective, or why do I say that anxiety need not be a life sentence

Anyone who knows me will tell you that I often preface what I am about to share with you with a 'Just because I say so doesn't make it true', and I believe that you will find your own truths in what I am sharing with you today.

There are many worthy tomes of information detailing what anxiety may be and some of these date back as early as 1844 and I will share some information on these with you at the end of the book for the technically minded, however for the moment I do not want to muddy the waters with big words and dire predictions!

I would much prefer to share what I know works and how it can help you.



SO WHAT DO WE KNOW ABOUT ANXIETY FROM MY PERSPECTIVE OR HOW CAN I SAY THAT ANXIETY NEED NOT BE A LIFE SENTENCE?

As a holistic practitioner and metaphysical teacher for many years and in working with literally thousands of people I have discovered that anxiety can actually be alleviated in most instances, easily and effortlessly.

I have needed to think outside the box, to be open minded and to follow thoughts and ideas that may seem different or even strange at times, and I am asking you to take this journey with me and see if what I have learnt resonates for you, and to explore for a moment another way or another path.

Statistics tell us that 1 in 4 women and 1 in 5 men have or will suffer from anxiety in their lives.

So let's look at that comment again:

'Statistics tell us that 1 in 4 women and 1 in 5 men have or will suffer from anxiety in their lives'

Why?

Honestly, there doesn't seem to be much in the way of an answer to the Why?

FROM MY PERSPECTIVE

My research through years of working holistically one on one with many people, from babies and children through to a range of mature adults that anxiety is actually much more prevalent than we are led to believe.

Plus, I have found that there are many different 'types' of anxieties not just one blanket generalized anxiety disorder 'anxiety' that every sufferer has in some shape or form, and that these different anxieties will have an individual effect on each and every person.

What I will share with you is I believe a simple and effective explanation as to why so many people have 'anxiety' from conception, and some of the reasons why there are so many additional 'anxieties' that may be added to or connected with that original anxiety.



SO LET'S START AT THE BEGINNING, AND THIS CAN ALMOST BEGIN AS A FAIRY TALE:

Once upon a time there were two people who were about to become parents, these parents were responsible for YOUR conception





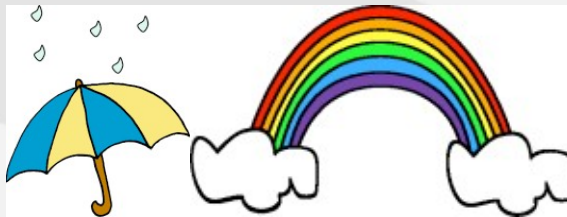
AT YOUR CONCEPTION – THERE WERE YOUR PARENTS.

Now, at your conception you are much more than you may be aware of, for not only do you have your 'parents' who's 'creation' of you by the fertilization of a female egg by a male sperm gives you a series of chemical and electrical instructions and impulses, you also have a whole series of 'other issues' to take into consideration. These can include:

- How were Mum and Dad feeling at your conception?
- Were they planning a child,



- Was it raining,



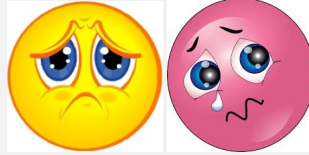
- Was the sun shining,



- Were they in war, drought, recession and so on



- ◉ Had they argued and decided to 'make up' anyway.



- ◉ Did you 'inherit Mum's emotion and Dad's frustration at that time of conception?
- ◉ Where they anxious that if they conceived a child that they might not make good parents?



YOU

NOW, WERE YOU WANTED IN THE 'FAMILY LINE', BY

- ◉ Siblings- born or unborn
- ◉ Relatives- also called your Genetic Ancestral Line or G.A.L
- ◉ Was Great Grandma thinking I hope these 'kids' do not have a baby at this stage, they really cannot afford one

A great many of these issues can equal



REJECTION FROM CONCEPTION IN YOUR SYSTEM

And of course despite YOU thinking that ‘You are You’! You actually are made up of a combination of all of the people who have gone before you. That whole Genetic Ancestral Line or GAL that I spoke about earlier.

It does not take many generations to have an enormous amount of people contributing to our ‘ancestral mix’ of:

YOU



2 Parents

4 Grandparents

8 Great Grandparents

16 Great Great Grandparents

32 Great Great Great Grandparents

64 Great Great Great Great Grandparents

128 Great Great Great Great Great Grandparent

356 Great Great Great Great Great Great Grandparents

Now that is only 8 generations back down your family line, most people would or could trace their families much further than that.

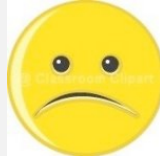
Each cell of our bodies contains memories, thoughts and feelings from that ‘conglomerate mix’ and more, and those memories are inherent within us from the creation of that very first cell at our conception.



So, we have our new Fetus



Plus Stresses and anxieties can soon equal



However the story doesn't end there;

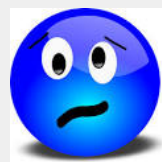
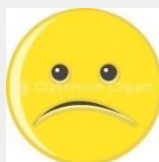
The journey from being that very first cell to finally being born as a living breathing human being is fraught with many issues. These in some instances can create I believe additional anxieties whilst in utero and some of these can be passed on from our:

- parents and close relatives
- from well meaning friends
- medical personnel
- and even strangers.

Often these anxieties can have a profound effect on us, literally locking every cell nerve fibre and organ in our bodies under pressure like being in a vice.

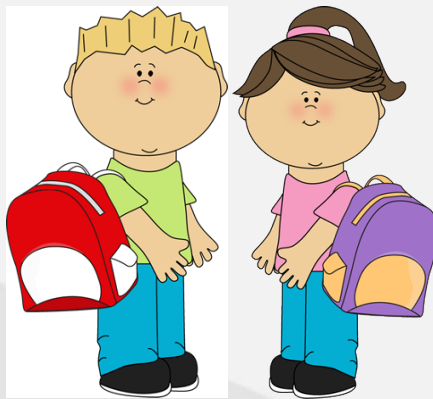


It doesn't take long for our smiling new fetus to look less than happy

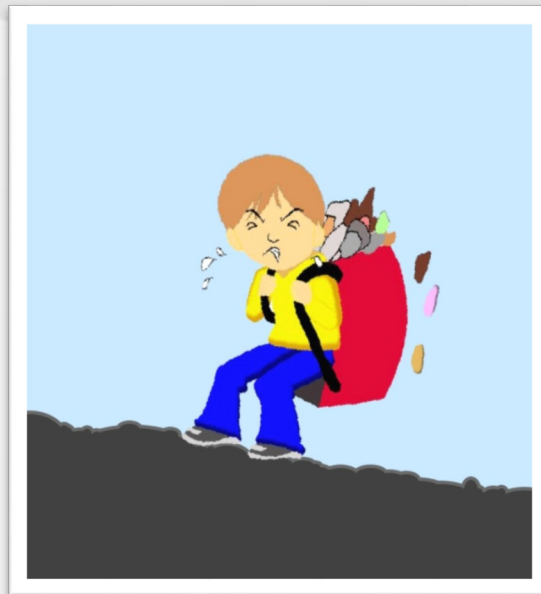




And as he or she grows and adds to that 'backpack' of anxieties and pressure they begin to weigh him or her down.



And that can lead to feeling as if you are literally carrying a back pack of rocks around with you





THE ANXIETY STORY

I did not spend the early years of my life with anxiety, it was something that was a learned process for me beginning in my early twenties and it was a situation for me that built slowly and which looking back on I can recognize the markers or external signs along the way.

Having been ill for much of my life I had searched for answers in many directions and over a more than forty year time period I had embraced a holistic or alternative methodology rather than following in the footsteps of my western medical upbringing.

A part of my training in the early 2000's was in the field of Vibrational Kinesiology a unique program based on many years of research. I became an associate of The Dawson Program and its founder Cameron Dawson in 2003

**Vibrational Kinesiology aims to rebalance the body's energy fields/vibrations using sounds or frequencies to correct. It focuses on treating the cause, not the symptom.*

Cameron Dawson (1932 – 2004) had created his program based on a combination of the ancient knowledge and practices of the Egyptians, Chinese, Hindus, Buddhists and Shamanic healers, sacred texts, including the Old and New Testaments and the western knowledge of the body's anatomy, physiology and pathology.

In 2004 whilst working as a Vibrational Kinesiologist with Cameron in his practice in Melbourne Australia, I had a realization that approximately 95 percent of the clients I worked with in our holistic practice presented with varying levels of 'anxiety' which I believed was related to their conception. This realization was confirmed by extensive 'muscle testing' which is also known as Applied Kinesiology and by conformation with Cameron and other learned colleagues.

Cameron suggested that I continue my research and that we would implement it into the practice when he returned from an overseas teaching trip. Unfortunately that trip cumulated in his passing away and the 'anxiety' program was temporarily put on hold.



My awareness of such anxieties was not however and I continued researching the issues of these levels of as I saw them 'insidious stresses and trauma's' on the physical body, and so I began looking for my own ways to remove or release such anxieties.

With Cameron's passing and his expertise in the ancient instruments on which the concepts of our practice was founded I need to find another way, and it was this search that led me to using a specific set of Tibetan bells that I had owned for many years to 'create my own sound programs'.

The original Anxiety sounds were developed to remove the anxiety that I had observed as being present from your conception, created by your parents being anxious about you; very probably unknowingly at that time. I.e. will we make good parents if we conceive a child at this time?

This anxiety I believe causes every cell, nerve, fibre and muscle in the body to work overtime.

The Anxiety sound is created as a short series of sounds which instructs the body to negate that anxiety from your body leaving you feeling lighter and more relaxed. Generally the Anxiety sound is only required to be played once, however it is also suitable for occasions of anxieties on a day to day basis.

The original anxiety sounds are based on working with the PMSE or Physical, Mental, Spiritual and Emotional levels of cellular anxiety and as a holistic practitioner it is this sound that I still reach for first when working with a new client.

Its effects are amazing and as it works very quickly, most people will 'feel a difference' in their body within a minute or two. These effects can range from feeling lighter, breathing easier or feeling like you haven't got a weight on your shoulders and so on.

Many clients reported significant differences in their lives following the anxiety sounds.

Over time more anxiety based sounds were added, and around 2010 we were gifted with the information on which the additional levels of Anxiety sounds created over a period of years are based.



This information presented itself via a client, a dear friend who I had worked with for some years and who suddenly developed quite deep seated anxieties that not only presented differently, they were not 'released' with the first or second of the Anxiety sounds.

Originally there were three new sounds and then the list expanded quite quickly to include more information and more sounds.

*I have not included the original anxiety sound No 28 Anxiety into this listing as we have for some years now made it available to the public via the Sounds from Source Membership programs beginning with the complementary 7 free Daily sounds program, and the Anxieties sounds that are included in this 7 Steps to Freedom program are of a deeper and more far reaching level.

SO HOW DO THE SOUNDS WORK?

The energetic structure of the body was well know to those ancient races who went before us - much of this knowledge has been lost or misinterpreted over time - they knew energies and frequencies were the solution, and I will repeat that comment:

Energy and frequency are the solution and utilizing the ancient healing modalities of sound.

NOW LET'S LOOK AT HOW THE VIBRATIONAL SOUNDS WORK TO REMOVE ANXIETIES

The vibrational sounds programs that are supplied with the 7 Steps to Freedom program are based on ancient knowledge and frequencies and are created using a specific set of Tibetan bells.

Sheila Kennedy has been creating vibrational sound programs since 2004 with her colleague Susan Ormsby and the support of a body of consciousness that Sheila and Susan refer to as the Source of the Healing Sounds, and which is known as Sounds from Source.



Although the results of these vibrational sound programs can appear to be magical, they are not, and both Sheila and Susan share their explanations of the 'sounds' with you below.

SO WHAT ARE THE SOUNDS FROM SOURCE PROGRAMS AND HOW CAN THEY HELP ME?

Below you will find an explanation of how the sounds work by Sheila and then below that again Susan's explanation – each have different ways of explaining this particular question – so please take the time to read both.

SHEILA'S EXPLANATION

As a holistic practitioner I have long described the body as a 'self healing mechanism', that given the correct information and the correct frequencies can and will heal itself.

In working with the Sounds from Source programs we have been able to train therapists to provide the means, or the tools to facilitate the self healing or correction of their clients

The Sounds from Source programs are such a tool. They are designed to assist you with your own self healing. They are not a magical fix all even though at times their effects may appear magical; they simply are sounds which heal.

The Sounds from Source programs are based on being able to communicate with the cells of the body and are based on the fact that every cell in your body retains memory, and that memory is not just some obscure area of the brain that we access when we want to remember something.

Much thought and research has gone into this belief and understanding over a period of years and the easiest explanation is the issues of scars on the body. As we know everything in our body replace itself over a regular time frame, our skin, hair, bones and so on, including each individual cell.

So if our cells did not retain memory then they would not keep replacing themselves in a scarred version, they would surely replace themselves with new undamaged and unscarred cells?



We are conceived from one single cell, and as that cell multiplies and separate's many times to create the body that we see today, it becomes individual cells for the heart, skin, toes and so on. Now each of those cells retains the memory to become a whole unique body, if we consider cloning for example. Our belief at Sounds from Source is also that the thoughts, feelings and programs from our ancestors are passed down the generic family line and also retained in our cellular structure from that very first cell.

The Sounds from Source programs work to the levels of this very first cell, and instruct the body to release issues that are not of benefit to us easily and effortlessly, including thoughts, feelings, desires , patterns emotions and more.

Wishing you Love and Light

Sheila Kennedy

SUSAN'S EXPLANATION

I decided to include my own explanation which is more a brief history of how I came to be involved in the sounds and how I explain how they work.

When I first met Sheila, who is an incredibly accomplished healer and energy worker – in several modalities – she was already working with sound and used her tingsaw bells and her healing intention to release anxiety from the cells.

I was fascinated with how she could use sound to release tension from the body and balance the body and so we became fast friends and I would question her as to why something could or seemingly couldn't be done and so on.

Sheila is also a medium and a clairvoyant and would 'bring in' information as we were discussing things. It was during this time that a body of consciousness which we at first called 'The Healing Sounds' and which we now call 'Sounds From Source' made contact with Sheila.

And later on – after much training and teaching from Sheila and much, much effort on my part – I was also given 'my stripes' and was able to have my own communication and contact with Sounds From Source also – although I am by no means a medium or clairvoyant like Sheila.



I can intention sounds and play them 'remotely' and I do now have the ability to ask questions and test answers and so on – but direct channelling of information in the way that Sheila does is way out of my league.

Over the years since we first made contact with Sounds From Source – Sheila has downloaded an incredible amount of information.

What you find on this site and the academy site barely scratches the surface of the information we have – but we realise that we must bring it the world in a way that people can understand, absorb and cope with. And so more and more sounds, information, courses and practitioner programs will become available as we go further into the future.

SO WHAT ARE THE SOUNDS AND HOW DO THEY WORK?

When we first started working with the sounds, Sheila would download what we called 'protocols' which we now refer to as 'programs' – which were basically written instructions containing vibrational healing energy from Sounds From Source to assist the 'person' to release what was not useful and accept in turn positive vibrational balancing energy – simplistic explanation I know – but basically that is what they do.

The power and refinement – energy wise of the sounds has increased over the years, just recently we seem to have moved up yet another level as well, with Sheila's connection being so refined – that the newer sounds are a straight download of vibrational energy and so are shorter in recorded length but exponentially more powerful in every way.

These are indeed exciting times.

Cheers,

Susan

www.soundsfromsource.com



ARE YOU READY TO EXPLORE OTHER OPTIONS?

The fact that you have read this far says that you are looking for answers, and this program potentially gives you the option to take back control of your own life. You actually have everything to gain.

You are tired of listening to that inner voice that reminds you that that ' you cant do x y or z'.

You have been everywhere else looking for answers.

You want to take control of your own life, and in saying YES! Please give me answers and options you have taken the first step on your journey to freedom



ANXIETY TESTIMONIAL

I would like to share with you a testimonial for the original Anxiety program I created many years ago in late 2004.

Trechelle H. 2007

I first met Sheila Kennedy about two and a half years ago when my second child Ella was 8 months old. We had gone through such a difficult time with my daughter and I had totally exhausted every possible option to help me deal with her constant crying and sleep problems. Since the day Ella was born, she screamed!!!

She had terrible reflux and thus wanted to be carried all day. My husband found it so difficult to bond with her, because she just wanted to be close to me. I tried to explain to every professional I saw, that it seemed more than just the reflux to me. She actually screamed like she was scared and I could sense that she was an anxious little baby. I was at my wits end and was also suffering from post natal depression and severe sleep deprivation.

My naturopath recommended that I see Sheila after he admitted that he just could not help me. The day I saw Sheila, my life changed. Straight away Sheila picked up on my anxiety and told me that I had probably passed a lot of this onto Ella even through my pregnancy. I listened to a series of bells that Sheila played and went home thinking, we will just see what happens.

Ella was a completely changed baby the next day. The fear and anxiety had gone and for the first time my husband was able to cuddle her without me being in the room. Over the following weeks her sleep patterns improved and our life as a family slowly returned to normal. My husband, being a GP and myself being an intensive care paediatric nurse, could not make sense of what had happened and my husband was very sceptical. However, we could not ignore the dramatic change that had taken place with our daughter. She has since grown to be one of the most delightful little girls and we have never had any more issues with anxiety.



When I had our third child, Sheila was one of the first people that I rang. She played a series of healing sounds to help our daughter readjust to life outside the womb and to help prevent any separation anxiety. Since birth, our Aimee has been the most placid, calm, happy baby. She has never had any issues with anxiety or sleep problems, and I am positive that the healing sounds helped her immensely.

Nowadays I use various sounds programs that Sheila creates to help my children and my family function smoothly. If ever I feel like one of my children are imbalanced in any way or acting out of character, I will always consult with Sheila and play the relevant healing sounds for them. The results are always so positive and we can see a difference in our children's behaviour almost straight away. I would recommend the baby/children healing sounds to any parent, as I have seen how they have changed our life and allowed my children to be happy, well adjusted, balanced little people.



THE BEGINNING

It is to me a common fact and well tested kinesiologically that more than 90 % of my clients over many many years have actually had 'Anxiety' from conception. e.g. at conception your parents are on some level concerned if they will be 'good parents' which puts every cell fibre nerve muscle and organ in your body under pressure.

The most common of the known anxieties is in my view from conception and it was on this level that I worked with the Tibetan Bells that I use to create the Sounds from Source programs that have become so much a part of my life.

Originally I rang the bells for each person and evaluated the changes. The process was revamped over time and improved on until it was recorded to become the Anxiety sounds.

This sound looks at anxiety from our parents who are often unknowingly concerned about whether they will make good parents at conception. It deals with the Physical, Mental, Spiritual and Emotional levels of cellular anxiety.

Over the years more 'Anxieties were recognised and additional programs created to deal with them. Currently we have more than 18 programs dealing with different types and levels of anxieties, however I am only going to discuss 7 with you today.

These 7 areas are the most common which I see when working with clients, and the 7 Steps to Freedom sounds which are included in the 7 Steps to Freedom program instruct the body to release all of these levels of anxieties.

In creating the 7 Steps to Freedom anxiety release sound I have added in the Conceptual Stress and Trauma sound which while not strictly an 'anxiety' sound plays a very important part in why we have some of the anxieties locked within our cellular structure.



THE 7 ANXIETIES WE ARE DEALING WITH IN THE 7 STEPS TO FREEDOM PROGRAM

- Conceptual Anxiety
- Learned Anxiety
- Transference Anxiety
- Rejection Anxiety
- Conceptual Stress and Trauma
- Frustration Anxiety
- Fear Anxiety

In looking at these specific anxieties from a deeper perspective I will share the general areas that they are based on and then provide a link to more information for those who may want to know more.

ANXIETY 2

This was the second anxiety sound and it has added many more levels to the understanding of Anxiety including the programmed and deeper levels of external factors and outside influences which may create deeper levels of anxiety than the original Anxiety sound no 28. I recommend to Sounds from Source practitioners that they use this sound first prior to the advent of the newer sounds, and if they are limited for time and need to utilise a short playlist for their client then the Anxiety 2 sounds would be my first choice.

This is sound no 180 in the Sounds from Source Directory



FEAR ANXIETY

Looks at the same levels as Anxiety 2 and adds in the levels of both fear and learned anxieties. These anxieties may be felt as early as the foetus being in utero, for example with a mother who smokes during her pregnancy. The effects of the cigarette on the mother's body are passed through the placenta to the baby who can go into a 'fear state' simply by their mother 'thinking about having a cigarette', not necessarily actually smoking one. This can also be an example of a 'Learned anxiety', along with the daily stresses and tensions of the expectant mother.

This is sound no 387 in the Sounds from Source Directory

389 REJECTION ANXIETY

Addresses all of the levels of original and programmed anxieties and adds in the issues of conceptual, fear, stress, embarrassment and learned anxieties into a powerful sound. As we have discussed previously the new foetus can be rejected by the genetic ancestral or those ancestors which have preceeded him or her in the family line at conception and if this is added to the Pre-conceptual memory anxieties the ongoing expectation of being rejected or being seen as unworthy can also come into play.

This is sound no 389 in the Sounds from Source Directory

391 TRANSFERENCE ANXIETY

Is your anxiety exacerbated by the thoughts feelings and emotions of others both known and unknown? The Hindu have a wonderful saying which translated states that 'We should careful how we love for on waves of love we most affect those we adore with our problems'.

So in being concerned for someone you may well have a negative effect on them even to the point of 'short circuiting' or distorting some of their electrical systems in the body. At Sounds from Source we look at this issue in some depth in dealing with malfunctioning electrical fields created from another person and this is a good sound for practitioners to play after correcting or realigning the body.

This is sound no 391 in the Sounds from Source Directory



393 CONCEPTUAL ANXIETY

Conceptual anxiety refers to the levels of anxiety I have previously mentioned which are passed on from your parents at your conception. Will they for example make good parents if they conceive a child at this time, can they afford a child, cope with a child or another child, and do they want need desire a child at this time and so on.

This Conceptual anxiety which locks into every cell of the body can lead to feelings of rejection and unworthiness in the developing foetus which may carry on into childhood and adult life

The Conceptual Anxiety sounds take clearing the levels of anxiety to a whole new process

This is sound no 393 in the Sounds from Source Directory

400 LEARNED ANXIETY

By adding to the levels of original and conceptual anxieties into a new sound it is possible to deal with and release the levels of learned anxieties. In many instances there may well be internal 'learned anxieties' from the mother during pregnancy and the outer levels of external influences from family, friends and situations prior to and after birth as well as we will look at in Frustration anxiety. These 'learned anxieties' can continue all of our lives as we observe and 'pick up' from those around us and 'Learn varying forms and levels of anxiety'.

This is sound no 400 in the Sounds from Source Directory

652 FRUSTRATION ANXIETY

Again the expectant mother may be aware of her own levels of anxiety and unable to do anything about them, life may be difficult for her and hormonal changes may create her becoming frustrated when anxieties overwhelm her and stop her from doing what she wants to do. These frustrations can also have an effect on the whole family who may find its collective life on hold due to a / or another pregnancy, or to the reactions of family and friends to that pregnancy for example.



Many expectant fathers become frustrated with the emotional swings and roundabouts of a hormonal wife or partner, or find that their regular daily life frustrations become exacerbated. Remember that these frustrations can pass through the placenta and become a 'learned behaviour by the growing baby'.

This is sound no 652 in the Sounds from Source Directory

This is just a brief overview of the anxieties from my perspective, and for those wanting more information on the individual anxiety sounds or other Sounds from Source programs please see

www.soundsfromsource.com/directory-of-sounds/

INFORMATION ON THE ADDITIONAL ANXIETY SOUNDS

28 Anxiety

388 Stress Anxiety

390 Performance Anxiety

573 Pre Conceptual Anxiety

595 Spiritual Anxiety

613 Abundance Anxiety

645 Contractual Anxiety,

646 Tension Anxiety

648 Learned Anxiety,

650 Embarrassment Anxiety,

651 Cumulative Anxiety

652 Frustration Anxiety,

653 Death / Mortality Anxiety,

672 Chakra Memory Anxiety



HELPING YOU TO HELP YOURSELF

I am a great believer in the old adage of give a man a fish and you feed him for a day, teach a man to fish and he can feed himself. I have struggled for years with the attitude of many practitioners both holistic and mainstream who encourage their clients to 'give away' their own power and to allow someone else to 'do it for them'.

We all need help at times and I will offer a helping hand if I deem it warranted however I will also do my best to assist you to help yourself.

We all carry I believe a 'back pack' of rocks around with us from our conception: those thoughts feelings memories and behaviours that just 'tag along' basically unnoticed, often simply because they have been there for so long that they are like a comfortable old slipper and a 'part of our lives.

Now our back pack usually has lots of pockets too, those so very useful places to put all of those little incidental 'bits and pieces' that 'we just might need again one day, or that we really can't bear to get rid of or let go.

Often we may not remember just what we have put into the back pack, we just automatically 'store' stuff in there, and occasionally we may need to rummage through it to find that 'special something', however the majority of the time we just continue carrying it around.

Now the fact that you have come this far with me says that you are giving more than a passing thought to lightening the load you have been carrying, and yes I do understand that there will be some things that you simply couldn't bear to part with, or that may not have reached their use by date yet, or even that you need to think about the whole situation a little while longer. That really is all OK.

Often we set intentions just because it is the first of January for example and that isn't necessarily the way to go!

Really? YES Really!



You are better to set or create your intentions when you feel comfortable doing so, otherwise 'YOU' are I believe setting yourself up to fail: If you really are not ready to look at what can be taken out of that 'back pack', then you are not going to do a good job, you may at best be half hearted about it, or 'do some of it' and leave the rest for that very famous 'another day'.

So you can ask yourself:

- ⦿ Am I ready to let go of some of the 'rocks' or anxieties that I have been carrying or that have been weighing me down?
- ⦿ If Yes, how many can I readily identify as weighing me down? 1,2,3, more than 3 and so on
- ⦿ Is there anything of benefit for me to remember about those situations?
- ⦿ If I was in the same situation again how could I do it differently? Or is it possible for me to tweak the situation to improve it?
- ⦿ Have I collected people in my life who drain my energy- energy vampires
- ⦿ Do I need to allow more 'ME' time in my day, week, month
- ⦿ Have I taken on more than I have been able to handle in the past
- ⦿ Is there anything else that I need to know and am I open to allowing that knowing to come to me if there is?

Now, we can stop here if you wish, however for those who want more:

THERE IS ANXIETY FROM THE DICTIONARIES PERSPECTIVE

The Dictionary describes anxiety as 'a feeling of worry, nervousness, or unease about something with an uncertain outcome.' For example 'he felt a surge of anxiety' and uses words like:

[Worry](#), [concern](#), [apprehension](#), [apprehensiveness](#), [consternation](#), [uneasiness](#), [unease](#), [fearfulness](#), [fear](#), [disquiet](#), [disquietude](#), [perturbation](#), [fretfulness](#), [agitation](#), [anxiety](#), [nervousness](#), [nerves](#), [edginess](#), [tension](#), [tenseness](#), [stress](#), [misgiving](#), [trepidation](#), [foreboding](#), [suspense](#);



Or

A strong desire or concern to do something or for something to happen. For example 'the housekeeper's eager anxiety to please,' and words such as eagerness, keenness, impatience, longing and yearning.

So basically we are being told that anxiety relates to feelings, and that those 'feelings may bring up or have an overwhelming or controlling sense or an expectation of unease or anxiousness which we learn to identify.

OR AS WIKIPEDIA SAYS:

Anxiety is an [emotion](#) characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, [somatic complaints](#) and [rumination](#).^[2] It is the subjectively unpleasant feelings of dread over anticipated events, such as [the feeling of imminent death](#).^[3] Anxiety is not the same as [fear](#), which is a response to a real or perceived immediate threat;^[4] whereas anxiety is the expectation of future threat.^[4] Anxiety is a feeling of fear, worry, and uneasiness, usually generalized and unfocused as an [overreaction](#) to a situation that is only subjectively seen as menacing.^[5] It is often accompanied by muscular tension,^[4] restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an [anxiety disorder](#).^[4]

People facing anxiety may withdraw from situations which have provoked anxiety in the past.^[6] There are different types of anxiety. Existential anxiety can occur when a person faces [angst](#), an [existential crisis](#), or [nihilistic](#) feelings. People can also face [test anxiety](#), [mathematical anxiety](#), [stage fright](#) or [somatic anxiety](#). Another type of anxiety, [stranger anxiety](#) and [social anxiety](#) are caused when people are apprehensive around strangers or other people in general. Anxiety can be either a short term 'state' or a long term "trait". Anxiety disorders are a group of [mental disorders](#) characterized by feelings of anxiety and fear,^[7] whereas trait anxiety is a worry about future events, close to the concept of [neuroticism](#).^[8] Anxiety disorders are partly genetic but may also be due to drug use including alcohol and [caffeine](#), as well as withdrawal from certain drugs. They often occur with other mental disorders, particularly [major depressive disorder](#), [bipolar disorder](#), certain [personality disorders](#), and [eating disorders](#). Common treatment options include lifestyle changes, [therapy](#), and medications.

<https://en.wikipedia.org/wiki/Anxiety>



Now, lets look at Anxieties from a different perspective or the Western Medical View of Anxieties

Here I am going to briefly explore anxiety from the perspectives of those professionals who deal with anxiety and its causes and effects and we will look at the explanations of anxiety from more of a mental health perspective.

Here we often find that anxiety and depression are often linked together although they are actually quite different. Both are listed as having an effect on the mental health of a person and in general the advice given is to consult a health professional. Different health professionals provide different types of services, treatments and assistance to help people on the road to recovery. It's very important to find the right mental health professional to suit your individual needs.



SO WHAT IS ANXIETY

Anxiety we are told is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where a person feels under pressure, it usually passes once the stressful situation has passed, or the ‘stressor’ has been removed.

Anxiety is when these anxious feelings don't subside. Anxiety is when these anxious feelings are ongoing and exist without any particular reason or cause. It is a serious condition that makes it hard for a person to cope with daily life. We all feel anxious from time to time, but for a person experiencing anxiety, these feelings cannot be easily controlled.

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ANXIETY SIGNS AND SYMPTOMS

The symptoms of anxiety can often develop gradually over time. Given that we all experience some anxiety, it can be hard to know how much is too much. In order to be diagnosed with anxiety, the condition must have a disabling impact on the person's life. There are many types of anxiety, and there are a range of symptoms for each.

There are different recognized types of anxiety. The six most common anxiety disorders are:



GENERALISED ANXIETY DISORDER GAD

A person feels anxious on most days, worrying about lots of different things, for a period of six months or more.

SOCIAL PHOBIA

A person has an intense fear of being criticised, embarrassed or humiliated, even in everyday situations, such as speaking publicly, eating in public, being assertive at work or making small talk.

SPECIFIC PHOBIAS

A person feels very fearful about a particular object or situation and may go to great lengths to avoid it, for example, having an injection or travelling on a plane. There are many different types of phobias.

OBSESSIVE COMPULSIVE DISORDER OCD

A person has ongoing unwanted/intrusive thoughts and fears that cause anxiety. Although the person may acknowledge these thoughts as silly, they often try to relieve their anxiety by carrying out certain behaviours or rituals. For example, a fear of germs and contamination can lead to constant washing of hands and clothes.

POST TRAUMATIC STRESS DISORDER PTSD

This can happen after a person experiences a traumatic event (e.g. war, assault, accident, disaster). Symptoms can include difficulty relaxing, upsetting dreams or flashbacks of the event, and avoidance of anything related to the event. PTSD is diagnosed when a person has symptoms for at least a month.



PANIC DISORDER

A person has panic attacks, which are intense, overwhelming and often uncontrollable feelings of anxiety combined with a range of physical symptoms. A person having a panic attack may experience shortness of breath, chest pain, dizziness and excessive perspiration. Sometimes, people experiencing a panic attack think they are having a heart attack or are about to die. If a person has recurrent panic attacks or persistently fears having one for more than a month, the person is said to have panic disorder.

COMBINATIONS OF ANXIETY DISORDERS

Many people with anxiety experience symptoms of more than one type of anxiety disorder, and may experience depression as well.

It is important to seek help early. Symptoms may not go away on their own. If they are left untreated, they can start to take over the person's life. Not only can anxiety affect the person with the disorder, but it can also affect the people close to them. As with depression, untreated anxiety can contribute to serious relationship and family problems, difficulty finding and holding down a job, and drug and alcohol problems.



ANXIETY: SOME HISTORICAL REFERENCES

There are many worthy tomes of information detailing what anxiety may be and some of these date back as early as 1844 with the Danish philosopher [Søren Kierkegaard](#)'s book [The Concept of Anxiety](#).

Other well known authors have shared their thoughts on the subject of anxiety as well and these include the Austrian psychologist and psychoanalyst Otto Rank, German American Christian existentialist philosopher and theologian Paul Johannes Tillich who is widely regarded as one of the most influential theologians of the twentieth century, and Austrian neurologist and psychiatrist Viktor Emil Frankl. All respected and quoted for their insights and their views.

Further information: [Angst](#), [Existential crisis](#) and [Nihilism](#)

The philosopher [Søren Kierkegaard](#), in [The Concept of Anxiety](#) (1844), described anxiety or dread associated with the "dizziness of freedom" and suggested the possibility for positive resolution of anxiety through the self-conscious exercise of responsibility and choosing. In [Art and Artist](#) (1932), the psychologist [Otto Rank](#) wrote that the [psychological trauma](#) of birth was the pre-eminent human symbol of existential anxiety and encompasses the creative person's simultaneous fear of – and desire for – separation, individuation and differentiation.

The [theologian Paul Tillich](#) characterized existential anxiety^[18] as "the state in which a [being](#) is aware of its possible nonbeing" and he listed three categories for the nonbeing and resulting anxiety: ontic (fate and death), [moral](#) ([guilt](#) and condemnation), and [spiritual](#) (emptiness and [meaninglessness](#)). According to Tillich, the last of these three types of existential anxiety, i.e. spiritual anxiety, is predominant in modern times while the others were predominant in earlier periods. Tillich argues that this anxiety can be [accepted](#) as part of the [human condition](#) or it can be resisted but with negative consequences. In its pathological form, spiritual anxiety may tend to "drive the person toward the creation of certitude in systems of meaning which are supported by [tradition](#) and [authority](#)" even though such "undoubted certitude is not built on the rock of [reality](#)".^[18]



According to [Viktor Frankl](#), the author of *Man's Search for Meaning*, when a person is faced with extreme mortal dangers, the most basic of all human wishes is to find a [meaning of life](#) to combat the "trauma of nonbeing" as death is near.^[citation needed]

http://www.globalhealingcenter.com/natural-health/anxiety-may-originate-in-your-gut/?utm_source=facebook.com&utm_medium=referral&utm_campaign=Facebook_poster12

<http://resources.beyondblue.org.au/prism/file?token=BL/0384>

<http://wakeup-world.com/2015/07/13/treating-anxiety-naturally/>

<http://www.independent.ie/lifestyle/health/bizarre-but-it-works-brilliantly-26468983.html>



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