



Laura Inserra: Inner Resonant Exploration: An Immersive Sound Experience to Connect to Your Inner Leader



Sound alchemist, Laura Inserra, lives and creates at the confluence of music from around the globe, wisdom practices, and cutting edge technology. Her career has been multifaceted — a multi-instrumentalist, a music teacher, a sound therapist, a composer of soundtracks for movies, theatre and dance, and a producer. She takes you on a sound journey to explore your inner landscapes and connect you to your most authentic version of leadership.

TOP EMBODIMENT TIP: Share your gifts by embodying them, become your teachings and show up exactly where you're at.

Resonance: Sound Brings People, Right Away, Into a Place of Connectivity Because it is Already So Innate in Us

- Science says that at the beginning there was a big bang, which is a huge sound.
- Everything has a frequency of vibration. Now we know, scientifically, what we call vibration is sound.
- If we believe that everything vibrates our cells in our body, it means our body is an orchestra. We are made of sound.

Expression: Sounds Are the Main Way in Which We Express Our Most Innate Nature, and So They Become Language

- When I say I resonate with your words, it means I'm in sympathetic resonance with what you are expressing.
- We have a specific intention when using words. The intention gets transported through our sound. The sound says everything, even if we don't speak the same language with our words.

Healing: Sound Heals by Releasing Energy That Doesn't Serve our System

- Emotions got this name because it is energy in motion, and it needs to move. The problem is when that energy doesn't move. We get stuck, experience trauma, and difficulties. If it moves there is release. When you are exposed to a specific sound, your body expands and opens.

Intuition: Sound Can Bring You in Contact With Your Inner Wisdom

- We have cellular memory in our body. There are ancient cells which are dormant. When you are exposed to sound that is tuned to ancient cultures, there is sympathetic resonance, movement, and energy. Energy carries information. Information can carry important messages, and guidance.
- When we are open, vibrating, and resonate, our antennas start to change from dormant to active. We all have intuition and specific sounds can support having access to it.

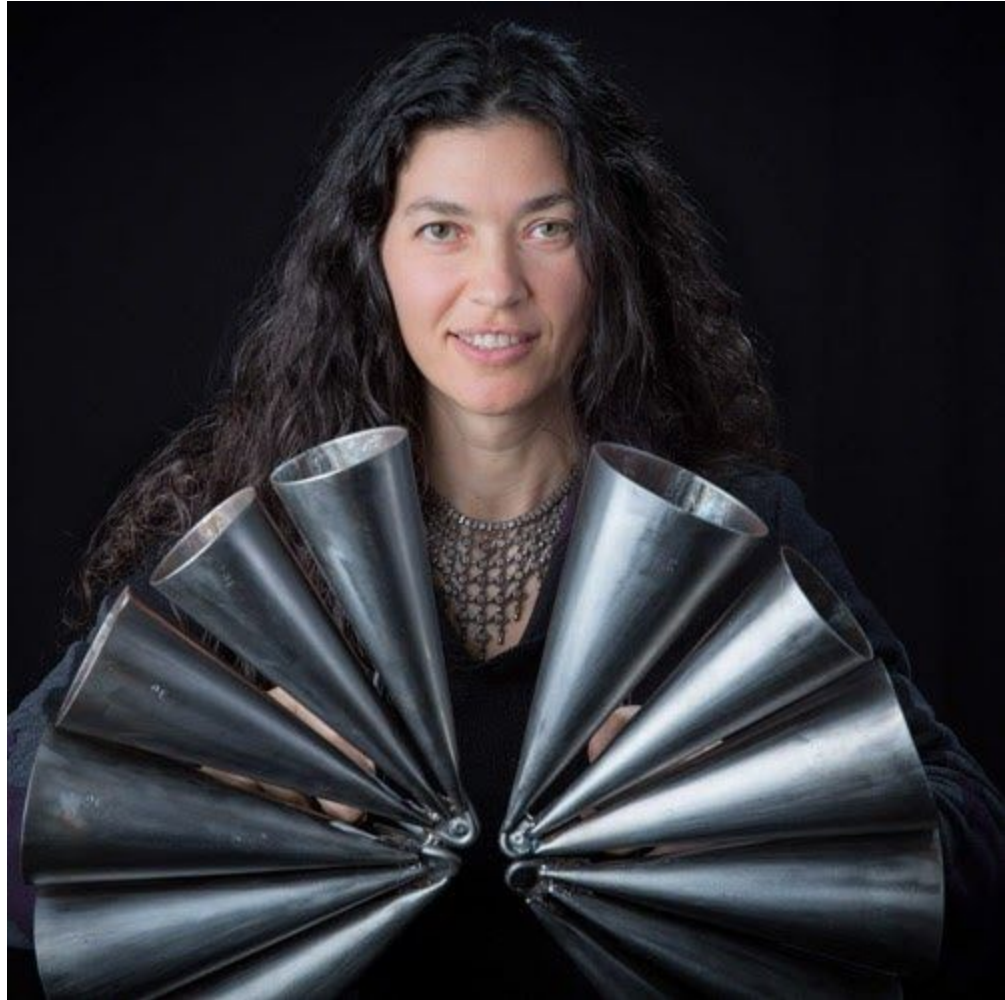
Resources

- ❖ **Albums:** [Hang Tales](#); [Altitude](#); [Musical Incense](#); [Garden of Memory](#); [Mood](#)
- ❖ **Courses:** [MetaMusic Sound Healing & Music Ceremony Introductory Course](#) (Offers e.g. Gatherings & Corporate Retreats; Public Events & Conferences; HANG & Handpan Lessons; Chambers of AWE (Acoustic Waves Emergence))
- ❖ **Website:** www.laurainserra.com



❖ **Social:** Vimeo: [Laura Inserra](#), Youtube: [Laura Inserra](#), Instagram: [@laura_inserra](#), Facebook: [@laurainserrapage](#)

Laura Inserra





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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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