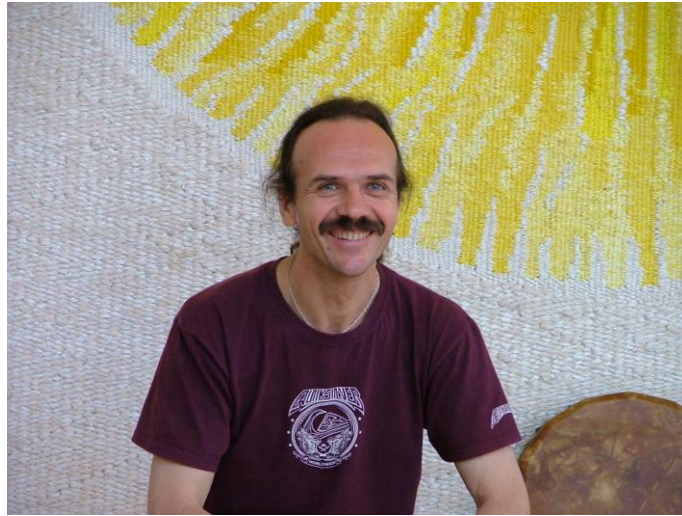


# Vlad's back in Gällnäs



We are very thrilled to be able to welcome VLAD back to Gällnäs

With a very economical course

## Running over MIDSUMMER

20 – 24 June 2012

NEW DATE: 27 June - 1st July 2012

The total course cost is just

**NoK 3.900,-**

**Inc.food and accomodation**

We can do this because Vlad, even though he travels  
Such a long way to be with us, takes such a small  
Fee for his course. So if any of you wish to make an extra donation towards his travel costs  
etc. Please do

To be sure his travel costs/time are covered we will have to ask for a NoK 650

Deposit when you book (which you can do at any time now)

(if you want details for deposit payment email:

[gallnaskurs@gmail.com](mailto:gallnaskurs@gmail.com))

**Below you will find full course programme details**

## **Un-Hun® - the Shamanic Throat Singing System for Healing and Personal Development**

Seminar description:

Un-Hun® - the Sound of Sun – is a powerful sound-based system of health improving and spiritual development. It was developed by team of Nikolay Oorzhak, the hereditary Tuvan shaman, master of throat singing, and his student and manager Dr. Vladislav Matrenitsky during the ten years of their co-operation and personal experience, based on ancient shamanic tradition.

Seminars of each module takes two days, six hours per day.

### ***Module 1 - Experience of Energy (Acquaintance with Power of Soul)***

Participants learn the basic philosophy of using a sound in shamanism and their relations with Spirits of Universe and nature. They study the basic sounds of overtone throat singing – khoomei, kargyaa, sygyt. This arouse the sources of life energy, enabling one to perceive the sounds on subtle levels. Activation of this sources – centers of energy, presented in shamanic tradition by powers of animal spirits – lead to restoration of energy in the appropriate body organs and initiate the process of healing. In shamanic terminology, this activates the primordial power of human's Soul.

Using the special breathing exercises and practice of sound concentration, one will learn to control his or her internal power and listen the body, understand sense of deceases and manage with positive and negative emotions. The Sound, being transformed into energy, broadens the space of consciousness and creates the preconditions for transpersonal experience (contact with Spirits of Heavenly Power according to shamans). Immersing into the silence – the origin of the sound – leads one to transcendental realm.

Will be given sound techniques for:

- developing the resonator areas in the skull,
- activation the energy centers,
- cleaning the negative powers (deceases) in the body, normalizing functions of internal organs,
- immersing into trance state (entering the space of Power of Spirit in shamanic terms),
- raising the energy in the bottom of body for returning or increasing the sexual power,
- broadening the resonance of nose and strengthening of vocal cords, harmonizing the voice, making the speech and singing more efficient and confident,
- improving work of muscles and articulations, increasing a body flexibility and longevity.
- establishing a permanent balance of body and spirit and self-feeling of youth and bliss.

Participants will study the practical application of throat singing – meditation, purifying the aura, direct influence on charkas and organs. Everybody will pass through the group sound healing.

The seminar is highly practical and consist on 80% of different exercises for development of voice, energy and body. It is suitable for everybody, interested in good health and spiritual progress. One gets not only the teaching but a direct transformational experience of expanding the consciousness through your sound. Seminar also has a deep healing effect which based on the opening of the inner power source and can be felt in the course of training.

**As a result**, the participants will get a powerful sound instrument in the body for healing and self-development.

### **Program of module 1:**

#### *Day 1. The Basic Technics of Sounding*

- Introduction in throat singing, its history and styles. Throat singing in shamanism.

- Ritual of initiation.
- Exercises for development of resonating zones of chest, nose and head (sinuses).
- Conception of energy channels of Water, Fire and Wind and their practical usage.
- Technique of spiral ascension of energy and its transforming into sound.
- The principles of Khoomei style – sound of Earth and meditation. It is the source of all the overtone sounds in this system. Activation of energy centers (charkas) of heart, throat and solar plexus.
- Technique of energizing breathing for different energy centers and burning out the energy pollutions.
- Five mechanisms of healing shamanic sounds.
- Experience of origin of the sound. Integration of sound and silence.
- The principles of Sygyt style (throat overtone whistle) – sound of Upper World and penetration of the space. Opens the chakras of forehead ("third eye") and crown.
- Moving exercises for dissolving the body blockages.

### *Day 2. Practical Usage of Sound Energy*

- Shamanic conception of explosions in mind and their role in origin of deceases.
- Further exercises of Khoomei and Sygyt styles
- “Pain hunting” as the tool for removing of energy blockades. “Recycling” of pain energy with sound.
- The principles of Kargyraa style (throat overtone roar) – sound of Lower World and broadening of the space. Activation of the chakras of root and navel.
- Shamanic travel with sound in search of spirit-assistant.
- Experience of expanding the consciousness through the sound.
- Further exercises of all throat singing styles
- Methods of throat singing self-healing:
  - purifying of aura (sound massage)
  - harmonizing of charkas
  - harmonizing of body organs.
- Sound healing for others (work in pairs)
- The group sound healing session.

### **Module 2 – Sounds of the Soul**

Here the learners are able already to turn themselves away from every day’s bustle and touch the mystic world of sounds. They begin to understand themselves and their infinite world of desires. The power of sound allows them to get rid of contradictions in heart and be prepared to further discoveries.

Overcoming of internal barriers lead person to qualitative changes: one will enjoy feeling of expansion of mind and try to pass to other people his/her experience through the sound.

The one, who got the key for the own voice, who build the voice with rich overtones, at the same time got the key for the own life. Using this key one can manage own consciousness and help to others.

During the practice, you are developing and attuning the channel which connects your voice and brain. Then your voice will always obey you and your inflexions will sound true. When you get full control of your free inflexions than listeners will feel you! As sound vibrations removes blockages and contraction, your body gradually became more and more free, so you able to feel these vibrations more intensively from the toes to the crown and get more pleasure from it.

With immersing into the origin of the sound – the Silence – you became more familiar with structure and function of your mind, get more control on your emotions. You will learn to use your voice to express your feelings in such a way that it will reach the destination, and this is a core for public speech and singing.

With a practice, you develop a volume of your natural resonators – nasal space and sinuses. This enrich the timbre of your voice, it gets more attractive, profound, erotic overtones. Your voice became stronger, free and pure, and not tired when you need to speak or sing a lot.

One is better now manage his/her energy channels, seize the upper and lower keys and creates the sound vibrations around, which can be enjoyed by other people. Your own techniques of performing comes, appears interest to music instruments, to open the gates to the world of harmony.

Your personal power is growing and your voice is reflecting your energy and level of harmony. Accumulated energy circulates in body and develop the primordial power of Soul, which gradually uniting with Spirit of Earth and Spirit of Universe.

### Program of seminar

#### Day 1.

- Resume of developed skills
- Further development of Khoomei style
- The dance of Khoomei
- Exploration of body with a sound
- Sound travel in the Middle World
- Further development of Sygyt style
- The dance of Sygyt
- Breathing techniques
- Practice of balance
- Ritual of communication with spirits of energy centers

#### Day 2

- Further development of Kyrgyra style
- The dance of Kyrgyra
- Sound travel in the Lower World
- Practice of listening to the voices of the body
- Transferring of emotions into sound
- From the song of decease to the song of the health
- Sound travel in the Upper World
- Entering the space of creativity
- Further development of all styles
- Ritual of purification of five primordial elements

In the days after seminar it will be possible to have a personal healing sessions with Dr. Vladislav Matrenitsky. Description of his healing method is [here](#).

#### The leader:

**Vladislav Matrenitsky**, M.D., PhD, (Kiev, Ukraine)

Graduated from Odessa State Medical University in 1986 and worked as General Practitioner. In 1991 Vladislav presented his Ph.D. on physiology and biochemistry of ageing at Institute of Gerontology of Academy of Medical Science of USSR, and after that was working as the Research Fellow in the same Institute. Has published in field of gerontology. In 1991 he established one of the first in Kiev - Center for Human Development "[Aum](#)".



From the mid nineties he started to investigate the healing and spiritual aspects of voice and sound. This finally brought him to meet in 2001 his Teacher - Nikolay Oorzhak. After six years of study, using his scientific and spiritual experience, Vladislav helps Nikolay to formalize his knowledge into system Un-Hun - The Sound of Sun - and adapt it for Western world. He became Nikolay's Since 2005, they gave more then 100 of concerts and seminars in 15 countries oa Europe, USA and Asia.

Vladislav lives and work in Kiev, Ukraine. He is the only student of Nikolay Oorzhak authorized him to teach the throat singing and Un-Hun system. Currently Vladislav works independently, develops the Un-Hun system and makes a research on its effectiveness on health and longevity. In 2011, after presentation his work at several European conferences, he is invited to co-found the revised European Transpersonal Psychology Association (ETPA).

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More information, testimonials and video clips are available at web site: [www.un-hun.com](http://www.un-hun.com).