

# Amy Camie, CCM

CERTIFIED CLINICAL MUSICIAN  
SPIRITUAL HARPIST  
CONSCIOUS SELF-CARE ADVOCATE

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## SPEAKING TOPIC

### *Conscious Self-Care* CEU information

#### **Course Description:**

"Conscious Self-Care" seminars introduce audiences to an expanded understanding of resonance and how their energetic presence affects those around them. With this expanded perception they'll gain a deeper understanding as to why it's important to take care of themselves, what simple intentional choices they can make throughout their day, and be empowered with new ways to recognize old patterns of behavior in order to make different choices. The ultimate goal of "Conscious Self-Care" is to inspire compassionate change, creating harmonious and thriving environments.

#### **Detailed Course Outline for 1 hour**

*Content:* Introduction and demonstration of resonance, sympathetic resonance, forced resonance and entrainment  
*Teaching Methods:* Playing the harp, tuning forks, group vocalization, rhythmic clapping

*Content:* Relating the understanding of vibrational resonance to personal energy and importance of conscious self-care  
*Teaching Methods:* Examples from a typical daily routine, relating personal energy in musical terms – melody, harmony, dissonance, rhythm

*Content:* Introduction of simple self-care choices, easy meditation techniques, healing artwork in work/home spaces, high quality essential oils – emphasizing as you take care of yourself, you're better able to care of others  
*Teaching Methods:* Group experience of simple meditations, sharing of essential oils to smell

**Add this Content for 2 Hours:** Music as another self-care option, experience the difference between familiar vs. unfamiliar music and when to choose each type  
*Teaching Methods:* Play familiar music then original composition to demonstrate how we respond differently, group feedback, explanation of beta and alpha wave frequencies and how they respond to each type of music  
**Presentation slides are used when space allows.**

## PRESENTER BIO

Amy Camie is a Certified Clinical Musician, classically trained Spiritual Harpist, inspirational speaker, recording artist, composer, author, and Co-Initiator of The ORIGIN Method of Self-Discovery. She has presented hundreds of workshops and seminars for local, regional and national audiences on the power of music, resonance and conscious self-care. For the past 20 years, she has been active in the sound healing community with several pilot studies indicating how her solo harp music increases brainwave function, supports the immune system and reduces pain, distress and anxiety levels.

#### **Education:**

Graduate of Indiana University, Bloomington, IN  
BA in Telecommunications, Minor in Psychology  
Certified Clinical Musician

## LEARNING OBJECTIVES

1. Identify the difference between sympathetic resonance, forced resonance, and entrainment
2. Determine how one's energetic presence affects those around them
3. Define "Conscious Self-Care" as any intentional choice that supports one's physical, emotional, mental, spiritual, and/or creative well-being.
4. Evaluate different conscious self-care options such as breathing and simple meditation techniques, music, and essential oils that fit into one's daily routine
5. Integrate the use of daily conscious self-care options in one's personal and professional lives

## PUBLICATIONS

**Musical CDs:** 15 original & collaborative recordings

**Book:** "Loving life...All of it – A Walk with Cancer, Compassion and Consciousness"

**Research:** Waheed A, Kossor D, Collins W, Camie A (2018) Effect of Specific Music on Psychoneuroimmunological Responses. Int J Oncol Res 1:011. 10.23937/ijor-2017/1710011

**Multiple Articles:** <https://www.amycamie.com/moreinfo.html>