

Teresa Helgeson

Teresa Helgeson, CHT, RMT became a Certified Hypnotherapist at the Day of Miracles School of Integrative Healing in 2003 with specialized training in Cellular Release Therapy™ and Medical Hypnosis. She studied sound healing with sound pioneer Jonathan Goldman in 2006 and became a member of the Sound Healer's Association. In 2008 she attended the International Center for Reiki Training and became an Usui Reiki Ryoho Reiki Master and Karuna Reiki Master. She continued her studies through the Infinite Light Healing Studies Center, Inc where she became a Reiki Crystal Practitioner and Reiki Drumming Practitioner.

Teresa started her journey into the healing effects of plant music on the body, mind and spirit in 2014 and has since been known as the Plant Music Whisperer. The results of her Pilot Study have put her in high demand to present her findings at conferences around the country including the ISSSEEM Research Symposium and the Subtle Energy Retreat.