

CASE STUDIES

Rosemary - "Nicky said that after the last sound healing she was amazed by how much better her shoulder and neck had been. At the end of her sound healing she felt like she had received a complete cleanse and she was even walking differently, like she was totally relaxed."

Sheila - "I had an interesting experience with a man who had been diagnosed with kidney stones. I gave him a Gong bath, after which the aching pain in his kidney area all but disappeared and he started to feel much better. At his next hospital appointment for a scan, he was told that they could not find the stone which had previously been seen in his right kidney."

Jo - "I have had a painful bunion for over a year since being pregnant. It has been very difficult for me to buy comfortable shoes. Yesterday, I received my second sound healing treatment in a week. I have just glanced at my feet and the bunion has gone! I am so elated. Also the shoulder pain I have been experiencing for the past three to four months has gone too!"

Kanti - "Lin feels sure that the three consecutive sound treatments have really empowered her to deal with things going on in her life that a few months ago would have really challenged her. She is amazed at how much her approach to life has changed and how many issues she has begun to resolve."

SOUND HEALING TREATMENT

While having a sound healing treatment a person will lie on a couch. A sound healing session will usually last for an hour. The treatment will generally involve the practitioner toning or singing over the client's body.

The practitioner may also use musical instruments such as crystal bowls, Tibetan bowls, gongs, or tuning forks. Most people feel deeply relaxed after a sound healing. Sound healing treats the mind, body and spirit. A sound healing treatment will generally cost between £20 - £35.

To find a sound healer please go to our web site and click on 'Therapists'.

SCIENTIFIC RESEARCH

Harp Music - Hospitals are now using harpists to calm patients on the operating table after research found that the instrument eased pain. The sound and vibrations have also been shown to lower the heart rate, decrease blood pressure and combat heart disease.

Several private hospices and care homes already employ harpists and the National Health Service is following suit with the Royal Brompton Hospital, in London, and Cardiff's Velindre Cancer Centre looking set to become the first trusts to take on players.

Research in the United States found that the range of vibrations emitted by the plucked strings affect the body's nervous system and some American surgeons employ harpists so that patients need less anaesthetic.

Healing Music - At the Department of Coronary Care at St. Agnes Hospital, Baltimore, music ranks high on the list of modern day management of critical care patients. Its relaxing properties enable patients to get well faster by allowing them to accept their condition and treatment without excess anxiety.

Heart rate, arterial blood pressure, salivation, skin humidity and blood levels of stress hormones, all show a significant decrease with music therapy compared to usual pharmacological pre-medication.

In a study of 59,000 patients 97% of them stated that music was a real help to them to relax in the postoperative situation and during surgery with local anaesthesia.

Sound Healing CDs - Sound healing is now widely used in Germany and Eastern Europe. Doctors prescribe sound healing CDs for use by patients in hospital and at home. Patients report a reduction in headaches, better sleep patterns, improved memory and concentration.

Research found that sound healing increased the body's production of beta-endorphin, a natural painkiller.