



THE COLLEGE OF  
SOUND HEALING

### THE COLLEGE AIMS TO

- Raise awareness of the positive and negative effects of sound.
- Promote high quality training courses in sound healing.
- Take sound healing into schools and into the community.
- Encourage scientific research into sound healing.
- Provide a register of qualified sound healers.

### PLEASE HELP US TO

- Develop educational and research programmes.
- Produce a sound healing information pack.
- Employ an administrator and a research worker.
- Provide bursaries for people who wish to train as sound healers.

The College is a non-profit making organisation. Please make cheques payable to 'The College of Sound Healing Ltd'.

**The College of Sound Healing Ltd,  
Todleth Cottage,  
Old Churchstoke,  
Montgomery, Powys,  
SY15 6DH.  
01588 620 449**

**Web site - [www.collegeofsoundhealing.co.uk](http://www.collegeofsoundhealing.co.uk)  
e-mail - [info@collegeofsoundhealing.co.uk](mailto:info@collegeofsoundhealing.co.uk)**



THE COLLEGE OF  
SOUND HEALING

### WHAT IS SOUND HEALING?

Sound healing is the therapeutic use of sound and music for healing. Sound healing offers the possibility of a drug free way of treating pain and illness. Sound healing is simple to use and has no side effects.

### HISTORY

Sound healing is probably the oldest form of healing known to man. Sound healing was used in the ancient civilisations of China, Egypt, Greece and India. Most indigenous people use sound for healing.

In the Bible we are told that David played his harp to lift King Saul's depression. Handel wrote his 'Water Music' to help King George's problems of memory loss and depression.

### WHAT DOES IT INVOLVE?

**Vocal Expression** - Toning, Singing, Chanting, Laughing.

**Using Instruments** - Crystal Bowls, Drums, Gongs, Tibetan Bowls, Tuning Forks and other Musical Instruments.

**Sound Healing Therapy** - Where a person receives a sound healing treatment from a sound healer.

**Self Healing** - Using sound healing CDs for self healing.

**Music** - The use of music to relax, to reduce pain and assist before surgery.