



## Sound Massage - Origins

The origins of "healing with sound" are to be found in the approx. 5000 year-old Vedas, the oldest and holiest texts of India. From India, this knowledge spread to Tibet and Nepal where to this day musicians are still playing the healing sounds for maintaining the health of the population on the occasion of festive days. In Nepal, it is believed that a harmoniously swinging person is also healthy. If dissonances are creeping in, he is losing his balance and harmony and will become sick. When a person out of harmony is hearing harmonious sounds, he will gladly absorb them. In doing so, he will rediscover his center and become healthy again.

## The Singing Bowl

According to tradition, a singing bowl should contain seven types of metal, each one representing one of the planets:

- Gold - Sun
- Silver - Moon
- Mercury - Mercury
- Copper - Venus
- Iron - Mars
- Zink - Jupiter
- Lead - Saturn

moreover:

- Zink - against stress conditions
- Meteor Iron - for drive and activity
- Bismuth - for encouragement of the digestive system
- Blue lead - against arthritis
- Pyrite - for strengthening of the lung

Additionally, each alloy contains one piece of an old singing bowl acting as a bearer of conveyed knowledge.

## A stone is falling into the pond

Like a stone that will create concentric circles when thrown into water, vibrations will spread through the body during a sound massage - each cell of our body is set in motion and massaged. The entire body is being liberated from blockades, rigidities, tensions and constraints by these soft vibrations.



## Releasing = Relaxing

Releasing is of pivotal importance for the sound massage. As the so-called Alpha State, the relaxed condition between Waking and Sleeping, is usually reached quite easily, the unwinding from daily routine unfolds unnoticed and automatically. The state of universal trust is reached and the process of releasing can begin.

## Realignment through harmonious sounds

At the state of in-depth relaxation, the new, relaxed body awareness is being absorbed by the subconsciousness and stored as a new, positive body awareness. The realignment is casually unfolding out of the process of letting it happen. All blockages disappear, and, liberated such, new perspectives will be identified. Body, spirit and soul are in harmony again.

## Sound Massage by Peter Hess

Peter Hess is the founder of the western sound massage. Initially active in the field of technical physics, he has examined the impact of sound on humans since the 1980s. He has developed the methods of Sound Massage out of manifold sound experiences in Nepal and Tibet and is today heading the Institute of Sound. During a sound massage, Tibetan and Indian singing bowls are placed onto and/or alongside the clad body and softly struck. A session consists of a preliminary conversation, the actual sound massage and a subsequent rest period.

## Mode of Action

- Quick achievement of in-depth relaxation
- Stimulation of the energy flow
- Dissolving of restraints and blockages
- Strengthening of the self-healing powers
- Positive influencing of the self-confidence
- Encouragement of inspiration and creativity
- Releasing of both physical and mental slag
- Relaxation and regeneration
- Prevention against threat of burnout
- Healthy sleeping characteristics
- Gain of new vitality