

HARPS IN AN OCEAN

OF ENERGY



The development of the therapeutic harp has been a natural part of the harp's renaissance, combining ancient practices of music healing with our new understanding of sound vibrational physics. Initially, people listening to the instrument in performance settings repeatedly exclaimed how the harp music touched them. This led many harp-players to a more personal journey taking the harp into homes, hospital rooms, hearts and souls of those who needed to gain physical and spiritual relief, hope and enlightenment from the magic of this instrument.

Harp
Therapy



Responses to therapeutic harp music have included words such as profound, soothing, relaxing, harmonious, calming and healing. What is healing? In medical terms, healing is a diminished need for pain medication, and elevation of oxygen saturation levels, stabilization of EKG and EEG patterns, improvement in respiration rates, and decrease in stress.

The allopathic medical approach is to respond to the patient's distress level or "out-of-tune-ness" brought on by what we call dis-ease which sometimes is biological in nature, sometimes due to a traumatic injury (be it mental, spiritual or physical, e.g., result of depression; angst or moral breakdown; or bodily harm).

Over history the patient comes to the doctor with a complaint and the doctor attempts to 'fix' or 'exorcize' the complaint. The medical field attempts to locate exactly the source of the complaint. Sometimes the obvious, a broken limb, a tear in our outer covering (a wound) can be determined as the cause. Sometimes multiple persons with a similar symptom leads the doctor to a cause, common cold, AIDS, flu. To detect these invasions by these outside life forms, the medical profession has narrowed its focus to search for micro-organisms such as virus, bacteria and parasites.

Is it possible that this search method has left out a larger view of why and how the entire the entire environment we inhabit affects us? Our reliance is upon technology of search

instruments that can measure our bodily responses. What if we were able to focus upon the spectrum of vibrational energies ranging from the densest energy patterns to the lightest: from matter through flavors, aromas, sound, colors, ultraviolet, infrared, x-rays and gamma rays. In other words, perhaps we should focus on our environmental "ocean of air". All of these energies make up the energy field we human beings flow through. What if we approached this living world in such a way as to become aware of the interdependence of all things working upon each other, which each other, in the dance of life?

This is the movement we are witnessing in the holistic movement today. There are many proponents of one type of therapy or another (color, aromatherapy, sound therapy, etc.). Each proponent is synergistic — a part of a larger whole picture to health. (see figure 1 - chart of energies). These energies are all complimentary to one another with a ratio of energetic vibrations that overlap from each of the categories. They are not independent of each other as steps on a ladder but act more like a spiral staircase.

Working within the sound energy area, Christina Tourin noticed how the tones of the harp were comforting and uplifting for patients in hospitals, hospices, and rehabilitation centers in the U.S. and the U.K. She also witnessed the beneficial effects of placing a small harp in patients' hands, and saw what this did for their morale. At these times she employs neural



linguistic programming (NLP) and Inclusive Attention (IA), the underlying foundations of Resonant Kinesiology (healing with sound vibrations). "Putting the harp in the hands of an emotionally and/or physically challenged person has been a very effective form of healing. It is simply called "empowerment." says Christina. Patients have greatly benefited from the soul-lifting and morale-building discovery of the music that harpists can provide. The study of psychology in the International Harp Therapy Program trains the Certified Therapeutic Harp Practitioner (CTHP) to look for signs of a person's life script. And thus, the CTHP can help patients by using an enabling language. Competent caregivers in helping professions acquire an understanding of how to infuse people with energy rather than to drain it from them.

Therapeutic harp music provides the listener or patient with four distinct qualities. The harp practitioner creates a "cradle of sound" which matches the (a) mood of the listener, (b) tempo based on the patient's body breathing and heart rates (c) the resonant tone of the person and (d) genre of music preferred, then delivers this with

appropriate tone qualities of the instrument. "Healing" music can be spiritual, emotional, mental or physical in nature. Creating perfect harmony within the body through means of music, along with other complimentary therapies as aromatherapy, massage, Reiki have been shown to instantly lift a person's spirits.

There has been much research on how music can affect brain waves, oxygenation levels, heart rates, immune systems and even close study of the cell structures when sound vibrations are administered to cancerous cells.

Research carried out at San Diego Hospice and other leading hospitals show how specifically, harp music helps to create easier breathing (71%) and reduced anxiety levels (84%). In addition, pain is reported to subside (63%) when live harp music is present for the patient.



The harp practitioner also provides a respite for family members and staff. Stress levels have been reported to be reduced when the music is present. More and more, doctors and dentist offices, surgical operating rooms are using music, shiatsu, acupuncture and aromatherapy as alternatives to anesthetics.

Harp Practitioners help mothers-to-be through the birthing process by supporting



the mother's breathing with gentle rhythmic sounds. Of course, it requires a skilled harp player to follow the needs of the mother and be a backbone with sound and not be obstructive. A beautiful bonus to this harp mid-wifery is welcoming the newborn into the world with soft gentle ethereal sounds. Many of the certified therapeutic harp practitioners (CTHP's) play harp for preemies in NICU units. The nurses find that the music instantaneously quiets the crying babies.

"This work depends so much on subtleties, and because of this, many harpists find they do not need to play a grandiose performance for the healing to take place.

In fact, from the wide range of harp performing ability, the person with but little training is at no disadvantage in the program," Christina added. To understand more about the harp as an instrument, visit: playharp.com

During the last 10 years, The International Harp Therapy Program has trained Therapeutic Harp Practitioners who work in hospitals and hospices providing experiences of harp music used for the healing and transitioning process. The International Harp Therapy training course is held in the United States, England, and Canada. For more information on the dates and locations of the training program or for presentations and workshops, contact:

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