

# Holosonics Sound Therapy



There is a bio-magnetic energy field around every living organism which has commonly been called the "aura". It is now increasingly apparent that the balance of this electromagnetic field is vital to the health of the organism. If imbalances arise in this "morphogenic" field, it seems that health problems may follow. As humans we

are increasingly subject to aberrant external frequencies, which may have an adverse effect on our health by disturbing the natural flow of the Human Energy Field (HEF). It is also believed in some quarters that the HEF fluctuates with changing thoughts and feelings, which may bring answers to some questions regarding the mind/body connection. For years clinicians with an interest in the effects of these subtle fields, have been searching for quick, reliable and effective means for diagnosing and treating disturbances in the HEF.

Mr Peter Goldman ND, an internationally recognised teacher and naturopath, has, for the last 10 years, been teaching a method which seems to have answered the needs of the clinician. At the Atman Clinic, Tunbridge Wells, they have found his method of using musical tuning forks to diagnose and treat disturbances in the HEF easy to employ. Sound, in its various forms has been used in medicine for a long time. Now we can echo the patient's HEF, identify disturbances and begin to correct the dysfunctional areas with ease. Once a problem area has been identified (often over a site of pain), it is possible to introduce a healing sound frequency by holding a vibrating tuning fork on the treatment area. This effects a change in the tissues which seems to work holographically into the HEF. Subtle healing currents may then be re-established into areas which have resisted treatment previously.

For more information on the development in sound therapy contact the Atman Clinic 01892 544783.

Everything in the Universe is vibrating. The chair you are sitting on, or ground you are standing on is not solid, but made up of molecules all vibrating at different frequencies depending on the materials it is made from.

Our organs, chakras and different areas of our bodies, all sing a different note. In an ideal world we would all be in harmony and balance, but due to the constant bombardment of factors (stress, negative energy, pollution etc) we are often being pulled 'out of tune' with our true song, therefore resulting in dis-ease.

Sound Therapy is becoming an increasingly popular way of 're-tuning' mind, body and spirit. Sound is used to correct imbalances on all levels of being using a method known as 'sympathetic resonance and entrainment'.

Sound Therapy is used in the same way to re-train the chakras and energy systems of the body to sing the right note - often by playing the note the chakra needs. This can be done using ancient and modern instruments such as singing bowls (crystal and Tibetan/Himalayan) voice, tuning forks, gong, mantra, monochord, didgeridoo etc.

This method is by no means new - many ancient civilisations used sound as a powerful tool for healing and transformation. The best practitioners today combine both ancient and modern techniques, producing an effective healing tool that is a synergy of scientific fact, intuition and thousands of years of knowledge. When choosing a sound practitioner, as with any complementary practitioner, check that they are suitably qualified and insured before choosing to work with them.

*Information from Article written by Lyz Cooper Cert.Ed MBRCP(sound) Principal - The British Academy of Sound Therapy & Soundworks*



**atmanclinic**  
tunbridge wells

108 St Johns Road  
**01892 544783**  
www.atmanclinic.co.uk

**Structural & Cranial Osteopaths**  
*Geoffrey Montague-Smith D.O. & Associates*

Safe, gentle and effective treatment for adults, babies & children.

- ACUTE & CHRONIC PAIN
- BIRTH PREP • SPORTS INJURIES

(Recognised by all major Healthcare Insurers)

• Town centre location • Parking available • Evening appointments available