

By Candice Kundert

Stop what you are doing for a moment and listen to what's going on around you. The sounds of silence can be deafening in some instances, and in others, bring tranquility. The sounds of a loved one's voice over the phone can bring joy, while the screeching of fingernails on a chalkboard can initiate chills down the spine.

So, it's no surprise that certain sounds can have a healing effect.

At the Healing Heart Center, healing music is played in the waiting room rather than television. I am using it often in my therapy with children. They gravitate toward the sound healing corner and love it. I use the tuning forks, chimes, bells, drums, rattle, a keyboard and a singing bowl I brought back from China a couple of years ago. It is especially helpful with children who have autism as language is often confusing and difficult for them. Sound healing is a bridge to reach them.

Researchers have proven that when students listen to classical music fifteen minutes before an exam, their exam scores improve. I have also witnessed sound to be very healing. People who play vibrating instruments such as the harp and violin

have been shown to have very healthy hearts. Drums have been around forever. We feel very fortunate to offer to the community a Sound Healing Concert with Carl Davis who is a Spiritualist from St. Louis. He traveled to China to learn how to play the healing gongs. It took him five years of practice before he would play in public. The harmonics and vibration of the gongs are very healing and were regularly used for healing 6,000 years ago. You may call The Healing Heart Center, Inc. for more information or upcoming classes. 563-370-7995