



Vibro-Acoustic Harp Therapy Reduces Pain & Stress!

Harp therapy has moved in the new millennium! But what is Vibro-Acoustic Harp Therapy? You know how soothing the harp can be, just imagine the harp attached to a wonderfully comfortable clinical recliner where the sounds and vibrations are electronically transmitted into the chair while you relax.

Some call it a 'musical massage.' Others have found **relief from chronic pain** such as **fibromyalgia, arthritis, migraines, TMJ** and other joint and muscle pain.

VAHT (Vibro-Acoustic Harp Therapy) works by vibrating and resonating with the tissues of the body, thereby affecting physiological processes. It also affects the mental, emotional and energetic or spiritual aspects of the individual. The harp's wide range of frequencies and overtones are capable of vibrating the dense, physical body as well as its energetic counterpart, providing multi-level stimulation and harmonization.

During a VAHT session, live harp music is amplified through a sound chair. Clients are asked to focus on areas of tension/pain in the body, while specific tones that resonate in those areas are identified. Each client experiences the musical tones in different ways at different times; therefore the therapy is a very dynamic process and is tailored to the unique individual. Appropriate music is improvised or selected, based on the client's needs. When the client is relaxed, abstract thinking slows and awareness expands.

VAHT often produces responses such as deep relaxation, dream-like imagery, pain and tension reduction, increased energy, increased body awareness, and feelings of being nurtured.

VAHT is a non-pharmacological approach to

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treating pain, stress and anxiety, and is has virtually no side-effects. The level of receptivity of the client can affect the outcome of the session, as is the case with most interventions. During the sessions, clients generally note significant symptom reduction within the first few minutes of the session. Although no controlled studies have been performed to date and further research is needed.

A licensed Vibro-Acoustic Harp Therapy Practitioner is trained in psychoneuroimmunology, quantum physics, physiology, anatomy as well as a many other medical related studies. Only health care professionals as well as Certified Clinical Musicians can be licensed in this unique healing technique.

Similar to conventional massage, VAHT can be used for healing or simply for relaxation The NASA designed recliner is so comfy than many feel relief as soon as they are in the zero gravity position. But once the actual therapy session begins, a person can relax to the vibrations, sounds and resonance of the plucking of the harp strings. Afterwards, a woman who has suffered with a very painful knee, was able to walk up steps after



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her initial session.

A licensed practitioner is right here in the Alleghenies — MoonShadow Harp Therapy! Lynda Kuckenbrod, CCM, VAHTP works in Huntingdon, Pennsylvania. Call Lynda at 814-599-0064 and visit her website at www.MoonShadowHarp.com for more information.

814-599-0064 • www.MoonShadowHarp.com