

Music has a far greater dimension than just entertainment. There is considerable evidence that the hidden knowledge of music and sound was once widespread among the world's peoples.



Music has been used in therapy as well as therapy for centuries. It has been proven effective in helping with...

- ADD/ADHD/Autism
- Stress
- Anxiety
- Entrainment with guided imagery frequencies for specific treatment\*
- Withdrawal Symptoms
- Relaxation / Meditation
- Bipolar/Mood Disorders
- Depression / Dementia
- Sleep Disorders
- Counseling
- Cancer Pain



Relaxation and stress relief are important to each of us. We have many things that cause stress and anxiety throughout in our lives. So, what is the answer? You could take medicine such as tranquilizers or some other anti-anxiety drugs, but in the end, they are not safe. Addiction soon follows, compounding the problem. Not only do you have anxiety, now you have added withdrawal.

Music affects people differently. What will work for you, may not work for me. I write a variety of music, targeting stress and anxiety for those with stressful lifestyles. Listening to the mesmerizing sounds of humpback whales interwoven with acoustic or classical guitar melodies, helps in the relaxation process.



Research indicates that listening to certain types of Classical music reduces anxiety levels in cancer patients receiving chemotherapy.

Listening to certain music can also have such benefits as reduction in heart rate, blood pressure, and overall pain levels.

The world of counseling is now using music as a basis for relaxation and concentration. Individuals and groups listening to music prior to their sessions can help with anxiety and stress. Counselors are using music before and after sessions to help them stay focused and relaxed.



***“Acoustic Music Intertwined  
with Sounds of Nature”***

