

A Suggested Presentation Outline for The Int'l Harp Therapy Program

Reaching out to Hospital Foundations, Boards, Volunteer Gatherings, Auxliary Gatherings, Television and Radio Shows, Specialty Areas like Radiologist, Respiratory Therapists, Massage Therapists etc.
REACH OUT! CREATE!!

BEGIN WITH A MUSICAL SELECTION

A. Historical Reference

1. 13th Centruy Monastery France practices during transitioning, Egyptian and Greek Healing with harps - any historical reference you come upon.

B. How Harps Are Used and What Benefits does Harp Music Provide?

1. Harps for Health
 - a. Better Health for the healthy
 - b. Scientific reference of harmonic structure and why harps are best suited.
 - c. Places - Yoga, Tai Chi, Concerts, Hospitals
2. Harps for Comfort
 - a. Hospice care while transitioning for both patient and support people (families)
 - b. examples of how the modes can match moods of people
3. Harps for Relaxation
 - a. ICU's-monitors show the effect when harp music is played - lower heart rates, increased oxygenation
 - b. Pediatrics and other areas - Relaxation before and after surgery - incentives for children and adults to create
 - c. Small harp - portability and extending harp for interactive work - social skills
4. Restoration
 - a. Rehabilitation units - Empowerment during times of emotional stress and physical loss
 - b. Psychiatric wards, Cerebral Palsy, Austism - creating environment condusive to goals set forth by medical team. Music can work as a language.
 - c. Alzheimers - Accessing memory.

MUSIC PLAYING or you may want to show the IHTP Video at this point.

C. The International Harp Therapy Program

1. Historical Development
 - a. In 1993, the IHTP began as an outgrowth of the work that Christina Tourin and many harp players had been doing in hospitals and hospices throughout the country.
 - b. Director Christina Tourin combined courses from her experiences in Counselling & Psychology, Music Therapy and Resonant Kinesiology to create a One-year Program that would educate harp players on how to meet a person where they were at; to offer them incentives and positive outlooks; learn an enabling lan guage to help bring out the best in people; learn how to clear one's own baggage so as not to add to the stress of the individual that one is working with; become proficient on the instrument utilizing the energies of sound vibrations and to become comfortable using the small harp in the hospital/hospice setting.
 - c. The program is now beginning it's Fourth year group. Some participants from the first three graduating classes are working in paid positions and many are working in caregiving facilities.

2. The Modules and Time of Study

- a. Module 1 consists of Psychology Training, Neural Linguistic Programming Intro, through the University of Vermont, Alexander Technique, Historical Perspectives on Music and Healing and Music Development. This Module is held in Vermont during the foliage season.
- b. Module 2 - Inclusive Attention, Sensitivity Training, Living Anatomy, Hospital Etiquette and procedures, On Death and Dying, Reiki 1st degree, Music Development and In Hospice experience. Classes are held at the newly constructed San Diego Hospice in California. This is one of the U.S.'s 3 teaching hospices.
- c. Module 3 - Courses by a music therapist on Psychiatric Care, Autism, Cerebral Palsy, Alzheimers, Sound Vibrations, Music Development and In-Hospital Experience. Participants may choose to attend this Module either in Gainesville Fl at the Shands Hospital or in Eugene, Oregon at the McKenzie-Willamette and Sacred Heart Hospitals.
- d. Module 4 - 80 hours of specialized In-Service training is required from the Practitioner of Harp Therapy before their studies are complete for graduation.

D. Experientials

1. SHOW HARP or Harps if you have a smaller harp - invite someone from audience to come up and play any strings starting on:
 - a. D as home note You provide D and C chord patterns underneath them
 - b. A as home note You provide G and F chord patterns underneath them
 - c. Only white strings You play between G and D chord patterns underneath them
2. Demonstrate A=440 - go up 40 octaves for corresponding vibration of color
 - a. C-Red, D-Orange, E-Yellow, F-Green, G-Blue, A-Indigo, B-Violet
 - b. All these vibrational focal points also reach different parts of the body.
3. Have them experiment singing AEIOU in different pitches to find where their neck vibrates the most - a massage from the inside out.
4. The harp produces the clearest overtone system of harmonic sounds of all the instruments - thus it is clear in the vibrations it projects.
 - a. Demonstrate Harmonics by creating the overtone series on one string and how all the sounds are in just one note.

E. Closure

1. Places where practitioners work - see list from back of Harps for Health, Comfort Brochure
2. Leave Information where they can obtain:
 - a. harps
 - b. a practitioner - practitioners can be in Residence for 2 weeks to a month. For costs to have a practitioner contact IHTP office. We are advocating ~~\$20.00~~ \$15.00/hour plus room and board - or ~~\$15.00~~ \$12.00/hour without room and board. Suggest they contact their local Foundations for grant money to bring in a Harp Practitioner
 - c. website address: www.harprealm.com
 - d. brochures - General (Harps for Health) and for IHTP
 - e. have a sign-up sheet if they are interested to be on mailing list
 - f. video request

FINAL MUSICAL SELECTION and invite people to come up and play the harps.

Show video

Resonance – whenever a thing with a certain frequency is affected by an outside source, the amplitude gets greater.

Everything has a frequency and when that frequency is matched, it gets bigger.

Experiment with neck

Show wave length on board.

Then diagram of octaves and show on harp.

Then chart of energies.

Piezoelectric – pressure or compression creates the electromagnetic energy (because of movement and impact)

The Sound wave going out eventually reaches the body and it is time to research the effect of this piezoelectri pressure.

Subtle energy – non-physical causality interacting with the physcial

Experiments have been performed on living organisms in petrie dishes where prayer and intention are applied. Even the dish that was focused on from many miles away have prospered.

The effects of subtle energy has been researched, documented even though we can't really subtle energy – we only know that intention is carried as subtle energy.

Jane Stanley in Florida did research and her conclusion was that live music by a trained person was more effective than recorded music.

Energetics

Content of Healing – these are things that directly affects the body such as medications and surgeries.

Music falls into the category called Context Healing – we still do not have the tools yet to study how sound energy affects function. However, these are areas that are being looked into.

If we look at how resonance impacting the body, experiments have been done to show how DNA (human cells have certain pitches – frequencies – and are affected by different modes of vibration. Research has been done on sequences of nucleartide – combinations of DNAs. These combinations have shapes that create melodic vibrations. In other words, liver always sound like liver sequences, eyeball has it's own sequence.

Research scientist, Fabian Maman – France - has done experiments where specific vibrations alters DNA and changes the electromagnetic field with specific cells. This is never the same for each person as each individual has their own unique cell structure that is unique and responds individually to frequencies. His dilemma is that he knows how to do this but sees the potential for bad – not only for good – so this information is highly guarded.

Show Cymatics clip.

Alfred Tomatis – the famous Eyes, Throat and Nose specialist found that the auditory nerves interface with 10 cranial nerves. The 10th Cranial nerve connects with the heart, lungs and stomach.

High overtones may be impactful to the 10th cranial nerve.

The right ear has a slight more advantage to receiving sound.

Entrainment – matching – musical sounds and body rhythms can be rhythmically affect. Playing music just below the pulse rate – if you match it then go a hair below to entrain the pulse rate to lower.

Interesting uses of sound – shatter kidney stones

These types of things are in the realm of the medical system but other energetics have still yet to get into the medical system

We know that the body produces electromagnetic energy

Music is auditory, tactile, haptic (touch with movement) (hands)

Kinesthesia – the body's sense of movement and Proprioception – the sense from joints and posture.

Music alters brain chemistry and chemical substances in the body

It can increase in cortisol – it can raise chemicals for good immune systems

Music impacts the autonomic nervous system and directly stimulates the external nerves (like in acupuncture)

Then share packet of articles.

Then Why the Harp – show overtones, harmonics, interaction, aesthetics

Board – Music Overview like Barb does

Aim of Harp Therapy – cradle of sound and find Resonance

How do we find Resonance?

Training Program

End with Harp song and slides