

The principles of the Peter Hess® sound methods

The Peter Hess® sound massage and sound methods are based on certain principles that determine the effect of the sound offerings. They are based on the humanistic view of psychology and the salutogenesis approach.



- **Mindfulness:** presence in the moment and non-judgmental observation of what is - both with the client and with oneself.
- **Appreciation:** A loving attitude that is characterized by respect, esteem, goodwill and recognition towards a person (attention, attentiveness, interest, friendliness).
- **Holism:** The sounds always address body, mind and soul. Tension and relaxation form a polarity. It is also about keeping an eye on the whole and seeing and understanding yourself as part of the whole.
- **Solution and resource orientation:** The focus is on strengthening what is healthy, what works well and on resources.
- **Less-is-more principle:** A gentle, step-by-step approach - at the client's own pace. The simplicity of the sounds leads to reduction, to the essentials.
- **Dialogical cooperation:** communication at “eye level” - from person to person.

„Nothing must - everything can
(Peter Hess)



One Minute Wonder - 3

www.fachverband-klang.de/en



International
Association of
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Die Prinzipien der Peter Hess® Klangmethoden (The principles of the Peter Hess® sound methods). Under (in German):

<https://www.dieweltdesklangs.de/die-prinzipien-der-peter-hess-klangmethoden/> 18.03.24 11:02

Photo: Jonny Allegra, member of the Int. Association of Sound Massage Therapy e.V.

Note: We are part of the OMW network (in German):
<https://omw.hdz-nrw.de/omw-netzwerk.html>

