

Sound transformation



The term ‘sound transformation’ describes a concept developed by the sound pioneer Peter Hess to effectively and sustainably accompany change and development processes with singing bowls.

- Transformation (Latin ‘transformare’ - to transform/reshape) generally describes a fundamental process in which structures, states or properties of a system change in a significant way.
- The concept of sound transformation enables corresponding processes of change. It can be used for self-application or, for example, in counselling, coaching and therapy.
- The goals of sound transformation can vary depending on the field of application.
- The process of sound transformation unfolds in 7 stages with the themes of well-being, acceptance, clarity, polarity, saying goodbye to the old and welcoming the new, resonance. The relaxing effect of the sounds forms the central basis.
- Special sound meditations, sound exercises for self-application and keeping a ‘sound diary’ form the framework of this change process.
- The transformative power of the singing bowls unfolds step by step with ease and joy, so that a new behavioral or life pattern is gradually cultivated.

„The most important moments of the day are those in which we are completely with ourselves.“

Peter Hess



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Source (in German):

Book: **The transformative power of singing bowls**

Buch: **Die transformierende Kraft der Klangschalen**
(Irisiana Verlag, 2024).



In this book, Peter Hess guides you, to find more mindfulness, creativity and resilience in 7 weeks with the help of sound transformation.

*„5 minutes of sound a day is enough
to find more mindfulness, relaxation, resilience,
and joie de vivre.”*
Peter Hess

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



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