

Sound: Source of Inner Strength

The sound bowl as valuable life companion



Strengthening relaxation, health and vitality with sounds

Practical tips and information
Sound bowls & Peter Hess® Sound Massage



Dear readers!

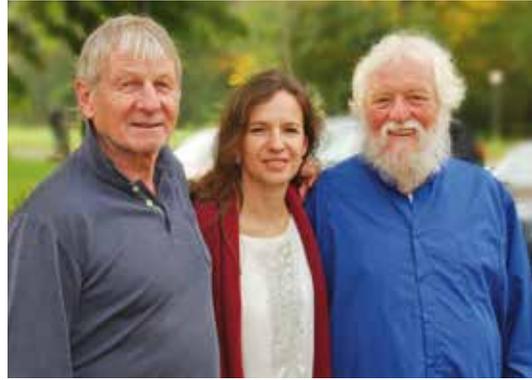
With this brochure, we would like to give everyone who is interested in sound bowls and the fascinating world of sounds a small impression of the many possible applications and positive effects. We, that is the International Association of Sound Massage Therapy e.V. – a worldwide association of Peter Hess® Sound Massage Practitioners.

*“The sound of the sound bowl touches our innermost,
it makes the soul swing. The sound releases tension,
mobilizes the self-healing powers and
sets free creative energies.”*

(Peter Hess)

Today, sound bowls are used in a variety of professional fields – from spa and prevention to kindergartens and schools to therapeutic offices, facilities for the elderly or hospitals. And there is a reason behind this: The harmonious sounds of the bronze bowls soothe the mind while the gentle vibrations loosen the body and quickly lead to a soothing relaxation. Thus, they create ideal conditions for regeneration, for learning, personality development or the accompaniment of recovery processes.

Take advantage of the soothing effects of the sounds and daily treat yourself with a small sound ritual!



*The board members (from right):
Peter Hess, Dr. Christina Koller, Ulrich Krause*

In this brochure, we have compiled selected sound exercises and numerous practical tips to help you gain your own first experiences. All you need in order to do so is a sound bowl. Experience how wonderfully you can relax with the help of the sounds, sharpen your perception and start to live a conscious and self-determined life!

And if you would like to treat yourself to a sound journey or a sound massage, you can give yourself into the hands of the sound experts of our association. Our members have completed in-depth training at the Peter Hess® Institute (PHI), which stands for professionalism and quality since more than 30 years, or one of our worldwide Peter Hess® International Academies. The PHI training complies with the high quality and ethics guidelines of the umbrella organization of independent counseling and health promoting professions, to which we are affiliated (www.freie-gesundheitsberufe.de).

Anyone interested in learning more about sound or using the sound bowls professionally will find additional tips on books, DVDs, CDs and seminars in this booklet.

And now we wish you, dear readers, sonorous inspirations and lots of fun exploring the fascinating world of sounds!

Peter Hess, Dr. Christina Koller und Ulrich Krause

(Board of the International Association of Sound Massage Therapy e.V.)

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"Peter Hess", "KliK" and "Emily Hess" are protected brands throughout Europe.

My sound bowl – a valuable life companion

A small overview

It is thanks to the professional school teacher and graduate engineer for physical engineering Peter Hess that sound bowls have become well known in many areas over the past three decades. Experiences on journeys through Nepal, India and Tibet inspired him to develop the sound massage with sound bowls (p. 50) in 1984. The positive effects that his holistic relaxation method evoked in practice quickly led to further development of his method and the emergence of numerous specializations for various fields of work, as they are today summarized under the term Peter Hess® Sound Methods. Parallel to the sound massage, the pioneer of sound work also developed its own sound bowls, which are optimally adapted to the practical needs with regard to sound and vibration quality – the so-called Peter Hess® Therapy Sound Bowls (p. 88).

Thus, over the course of more than 30 years, based on the motto "Out of practice for practice", a unique set of rules consisting of reflected practice, research and development has emerged at the Peter Hess® Institute (PHI). Just as sound is movement, so too are the sound methods changing and growing. The foundation of our association, the International Association of Sound Massage Therapy e.V. (FV) (p. 80), was an important milestone in the professionalization of Peter Hess® Sound Work. All of this makes our members, the Peter Hess® Sound Massage Practitioners, Sound Pedagogues and Sound Therapists real professionals in terms of sound! With this brochure you will get a little insight into their work and the wonderful possibilities to use sound bowls for yourself.

The philosophy of the use of sound bowls is always based on the health, the well-functioning, and thus takes up our very own resources and strengths. Try it out!



About the effect of the sounds

The effect of the sounds is always very complex, even if the sound exercises and the sound massage method (p. 59) seem simple at first glance. Essentially, two stimuli can be set with the sound bowls: an audible and a tactile stimulus. The harmonious sounds calm the mind and quickly lead to a soothing relaxation. We perceive the fine vibrations emanating from the sound bowl through our skin and inside the body. The gentle vibrations spread through the room and through our body as sound waves. They act like a very gentle massage and bring the body fluids, tissues, organs, bones, body cavities ... to swing.



If one observes how a stone falls into the water and how concentric waves spread out from there, it is easy to imagine how the sounds are effective in the human body, which mostly consists of water.

The sound brings the "inner waters" in motion and the gentle sound waves relax muscular tension and stimulate the blood flow. Physiotherapists, for example, use this benefit of sound and integrate the sounds into classic forms of treatment (see page 62). The relaxing effect and simple handling also make the sound bowls a real enrichment for pedagogical fields of work (p. 30), for counseling and therapy as well as for the healing arts (p. 72).

Creating sounding moments of wellbeing in everyday life

Soothing sound exercises for every day

There are many sound exercises that can become valuable companions of your everyday life. They can provide you energy and vitality in just a few minutes. A daily, small sound ritual of 2-5 minutes is enough to sustainably strengthen one's own physical and mental health (see page 73). Anyone who has experienced this for themselves will no longer want to miss the sound bowl!

The selected sound exercises offer manifold opportunities for self-application in everyday life and can be used, for example, with the following objectives:

- give oneself a treat
- create a relaxing break in working life/everyday life
- promote body awareness
- relax certain parts of the body
- activate the self-healing powers
- calm contemplation
- obtain a feeling of safety and clarity
- and much more

Calming down with the sounds, being completely with oneself for a little while, feeling how one is doing right now. By listening to the sounds and the perception of their tender vibrations, it is possible to immerse in one's own experience, forget everyday life for a few moments, be right in the moment. In the silence that follows each sound and gradually settles within oneself, one experiences that everything is fine the way it is. These are experiences that sound exercises, sound massages or even sound journeys can create!



Before you start ...

An attitude of mindfulness and freedom of value

The sound exercises are like a little gift to ourselves. The time during which we enjoy the sounds gives us daily joy of living! A positive self-esteem and an mindful treatment of ourselves are important premises. "I am fine the way I am and I care about myself."

Therefore, we would like to invite you to conduct the sound exercises and practical tips presented in this brochure with a mindful attitude (see page 22). Just try to observe what is right now, what you perceive, what inner images appear in a neutral way – and let all this pass.

Freedom of value, on the one hand, evokes feelings of calmness and trust – important aspects of mental health. On the other hand, especially in combination with a strong body perception as improved by the sounds, we can recognize when and how stress arises within us. In the next step, we can learn how to neutralize the negative effects of stress. This significantly enriches the personal repertoire of effective measures for stress prevention and treatment (see page 61). At the same time, this realization gives us the opportunity to shape our lives actively and accordingly to our wishes and thus to increase our joy of life.

My feel-good place

The sound exercises can be performed anytime, anywhere. Of course, it is ideal if you choose a place at home (or at work) that you particularly like and where you are undisturbed. For daily practice, it can be very helpful to put the sound bowl in a permanent place where you can see it well and pass it frequently. This way, you can play it for a short moment and benefit from the relaxing and collecting power of the sounds over and over again.



Things to keep in mind

We would like to give you some additional impulses for the sound exercises, so that you can fully make use of the soothing effects of the sounds:

- One sound bowl is enough to gain first own experiences. On p. 91, you will find tips on how to find the right sound bowl. For the sound exercises, we especially recommend the so-called universal sound bowl.
- You can try the sound exercises while sitting, standing or lying down. Always pay attention that you are in a comfortable pose.
- The sound exercises can be understood as a kind of meditation, mindfulness practice or mental hygiene. It is important to take any evaluation out of observation – instead, it's just about being.
- Understand the remarks on the exercises as impulses. Your own experience can always be different – that's totally okay and important, because every sound experience is unique!
- An important principle of Peter Hess sound work is: Less is more!
For the sound exercises that means: Start with small units. Play a bowl in a steady and slow rhythm and not too often in succession. Practice rather shortly, but regularly!
- Tracing is an important part of any sound exercise – give yourself enough time that the soothing effects of the sounds can fully develop.

My sound experiences – my sound journal

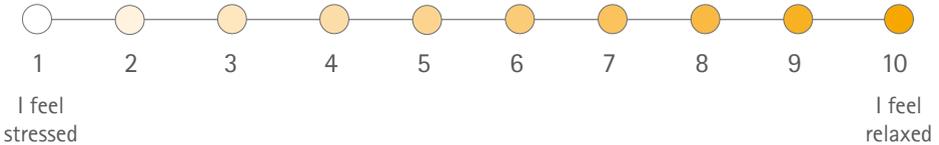
To get to know the effect of the sounds, we recommend that you try them daily for a longer period of time. A duration of four weeks has proven itself efficient (see page 25). We encourage you to take some daily notes on how you feel during the sound exercises, and write down your observations. At the end of the four weeks, you will be amazed about the effect of the little exercises on your well-being!

To let you write down your daily reflection in a simple and quick way, we have prepared a kind of "sound journal" for you. You can copy the template here or download a "sound journal" free of charge on our website at: www.fachverband-klang.de

My sound experiences

Date: _____

My feel-good factor today on a scale of 1-10
(1 meaning „I feel stressed“ and 10 meaning „I feel relaxed“):



Which exercise did I choose today?

- Exercise: Listening – Perceiving
- Exercise: Experiencing the sounds through the hand reflex zones
- Exercise: Sound relaxation for the stomach
- Another exercise: _____

How did I feel during practicing, was I able to relax, calm down thoughts, recharge my batteries, feel good, ...?

When did I practice, was there a special occasion that I used the exercise for?

Observations & Notes:

(for example physical sensations, mental changes such as better concentration, creative thoughts or better sleep-in / sleep-through, special dreams ...)

Listening – Perceiving

With this sound exercise we would like to invite you to come to rest with the sounds and listen to yourself for a little while. Tracing the silence makes us listen. Hearing the silence is more than listening, it is a perception of the sounds of the whole body. Engage in the sounds, body sensations, thoughts and feelings. Listening to the sounds leads inwards and into a soothing silence – what is happening outside recedes into the background.

Practical tip

This exercise has especially proven itself efficient during the working day. It's best to put the sound bowl on the desk, where you can see it and have it ready to hand at any time. Whenever the "head" is burdened by too much work, stress arises, or you are having a difficult situation ahead of you, take a minute to enjoy the sounds. You will be amazed how much you can regenerate in such a short time.



Exercise **Listening – Perceiving**

- Make yourself comfortable. Put the sound bowl right in front of you on a pillow or other oscillatory base.
- Now gently play the bowl and perceive its sound.
- You may close your eyes to immerse yourself into the sounds.
- Do you hear the different sound nuances? There are high tones, low tones, many different tones, which together create a wonderful overtone-rich sound pattern.
- Listen to the sound with your whole body. Your whole attention is focused on the sound, you become, so to speak, one with the sound. You may notice how your body is touched by the sound vibrations and how you can feel them more and more.
- After a while, play the bowl again.
- Listening to the rising and falling of the sounds makes your breath calmer, deeper, and more relaxed.
- If you like, mindfully take a few deep breaths.
- The silence after each sound creates a comfortable silence inside yourself.
- Enjoy the sounds as long as you like.
- Feel the relaxing, harmonizing effect.
- Now set the sound bowl and mallet aside and trace your body feelings with closed eyes for a moment.
- You may still feel the sounds. Even though they have already faded away, they continue to resonate in you.
- Be completely with yourself: how do you feel, what is going on inside you, how do you perceive your body? Take your time to give space to everything that is right now without evaluating it – just perceive it.
- Finally, take a few more deep breaths, have a good stretch and return to everyday life at your own pace.

Experiencing the sounds through the hand reflex zones

The sound bowls can also be an ideal medium to refine one's own perception. The following sound exercise is a particularly enjoyable one for this purpose. It may be your first conscious body experience with the sound bowl. Try to focus your attention on the addressed area of the body. This way, you can experience how the sound vibrations gradually spread through your body. The entire body is stimulated via the reflex zones. This exercise helps particularly well to prevent or regularly reduce stress or overload early on and thus to strengthen one's health.



Exercise

Experiencing the sounds through the hand reflex zones

- Make yourself comfortable while sitting. Open the palm of your right hand with the palm facing up. If it is more comfortable for you, you can also put your hand on a pillow.
- Now position the sound bowl on your palm, as you see it in the picture.
- Gently play the bowl from the outside at the top edge.
- To begin with, just listen to the sounds.
- In the next step, you expand your perception by feeling. Consciously perceive the vibrations of the sound bowl in your palm. You will feel the delicate vibrations of the sound bowl on your palm and guide all your attention to it.
- The vibrations gently move through the skin and through the palm of the hand.
- Now extend your attention to your entire body and let the sounds flow through it. Feel the sound vibrations spread from your palm to your right wrist.
- Next, starting from the right hand palm over the right wrist, you gradually take your attention: to the right forearm – to the right elbow joint – to the right upper arm – to the right shoulder joint – to the neck area and to the entire body.
- Take your time to feel the sounds in your body. Feel how sound wave after sound wave flows through the body more freely and more deeply.
- When you are ready, position the sound bowl on your left hand and repeat the procedure as for your right hand.
- Set the sound bowl and mallet aside and feel yourself for a few more moments.
- Breathe deeply a few times, gradually move your whole body, open your eyes and get back into everyday life.

Experience community and give yourself attention

Sound exercises with a partner or in a group

I give you a sound

Experiencing the sound bowl sounds is also a very nice partner exercise, with which you can focus your attention on each other. There is a variation of "Listening – Perceiving" whose name is "I give you a sound". Two people face each other, with the one "giving" the sound asking the other if she may give a sound. The universal sound bowl is played at about the chest of the "receiver", who can then close his eyes to enjoy the sound until it fades out. After, you change roles. This sound exercise is also good for greetings.

The sound is buzzing through many hands

It is exciting to experience how the sounds spread over several hands. Many people describe this experience as very touching. Through practicing, they feel especially connected with their partner. Often, the participants are amazed about how intense they both can feel the sound vibrations in their hands, even though the sound bowl is only placed on one hand. You can also do this exercise with multiple hands in the family or a circle of friends to strengthen interaction and community. This exercise variation is called "The sound is buzzing through many hands" and there is a reason for that. Try it, you'll be amazed at how many hands can lie on top of each other while the bottom hand still feels the vibration that spreads from the top of the palm through all hands.



Exercise The sound is buzzing through many hands

- The person giving a sound holds her hand with open palm turned upwards.
- The partner puts his hand under the hand of the giver, also pointing his palm upwards.
- Now position the sound bowl on the upper palm as the sound giver.
- The weight of the sound bowl is first held by the sound giver.
- If the weight of the sound bowl is distributed over both hands, the sensation of the sounds will be even stronger.
- As a sound giver, play the bowl gently.
- At first, just listen to the sounds the both of you.
- In the next step, expand your perception to the feeling. Consciously perceive the vibrations of the sound bowl in your palm. You will feel the delicate vibrations of the sound bowl on your palm and put all your attention on it. Do you feel how the vibration unfolds through both hands?
- As a sound giver, you continue to play the bowl gently and in a steady, slow rhythm over and over again.
- If you both want to, you can extend your attention to your entire body.
- Take time to feel the sounds in your body. Feel how sound wave after sound wave continues to flow more freely and deeply through the body.
- After the sound practice, take time to feel some more in silence.
- Now repeat the exercise with changed roles.
- Only then discuss your experience.

Sound relaxation for the stomach

The abdomen is a particularly sensitive area of the body that can respond to stressful situations with digestive problems, abdominal or stomach pain. Here, the sounds can be a wonderful way to offer a gentle relaxation.



Exercise

Sound relaxation for the stomach

- Lie on your back and make yourself as comfortable as possible.
- Position the sound bowl on the so-called "solar plexus". That's the area about a hand's breadth above the belly button.
- Make sure that your head and the arm with which you want to play the sound bowl are well supported, so that no unnecessary effort or tension is required.
- Now, gently play the sound bowl from the outside at the top edge.
- If you like, close your eyes and focus your attention on your solar plexus. Realize how the sounds massage this area and gradually spread comforting relaxation from there throughout your whole body.
- Take a deep breath and repeat this several times.
- After you have played the sound bowl a few times on your solar plexus, push it a little further down on your abdomen so that the sound bowl touches the pubis bone.
- Now gently play the bowl a few times here. Spend time between the repetitions and feel the spreading vibration.
- Then slide the sound bowl back onto the solar plexus and beat it again for about 3 to 5 times.
- Trace your feelings: What do you feel, how are you?
- Finally, stretch yourself extensively before opening your eyes and returning with your attention to the here and now.

The sound vibrations spread gently over the skin, the organs, the tissue and the body fluids in the abdomen. This is often described as a kind of very tender massage that has a soothing and relaxing effect. It is not surprising that this exercise can stimulate digestion and relieve spasmodic symptoms (such as menstrual cramps). Stress, which often feels physically like a "stone in the stomach", can gradually be reduced.

Mental hygiene with sound

Two practical tips from Peter Hess

Sound ritual in the morning or before an important conversation

The sounds can be a wonderful way to start the coming day with all its events and tasks after waking up in the morning. I like to practice this exercise while I'm still in bed. To do so, I make myself comfortably while sitting and place the sound bowl on my hand, which I place on my legs. As I softly play the sound bowl, I imagine the day that lays in front of me. This also helps me when I have important tasks or decisions to consider.

As I listen to the soothing sounds, I imagine what it will feel like when I am doing well on these tasks or when I am making a coherent decision. I linger for a few moments on that pleasant feeling before I look at the other stages of the day before my inner eye. Then I turn my attention to my current perception, to the here and now.



Only then do I put the bowl aside, breathe deeply a few times and stretch again vigorously, before I start the day positively and strengthened by the sounds.

You can also use this exercise to get into the right mood for an important conversation or a challenging situation. The light trance state into which the sounds carry you intensifies your mental possibilities in the sense of a "self-fulfilling prophecy". In this way, the sounds can help you to actively shape your life according to your ideas and wishes.

Sound relaxation in the evening – an effective sleeping aid

The sounds are a wonderful way to tune body, mind and soul to a restful night. The thoughts come to rest with the sounds, they quickly lead to a pleasant relaxation. After an exhausting day, I like to do, for example, the "Sound Relaxation for the Stomach" (p. 18) to sleep better. Listening to the sounds and perceiving their vibrations, I feel how the burden of daily life gradually fall off from me. I am getting freer and freer and feel how my body resonates comfortably. Like a neutral observer, I let the pictures of the day go by without getting attached to them. The sounds help me do this from a neutral point of view. I can see what went well and was nice or what was not so enjoyable and what I would therefore like to do better next time. Slowly my thoughts calm down and my body relaxes more and more. Sometimes I do not even manage to put the sound bowl aside, but slip into a deep sleep even before the exercise is finished. My seminar participants report of similar experiences again and again.

Seminar tip

As the seminar title **Health prevention for body, mind and soul with sound bowls** already reveals, this seminar is about doing something good with sound and strengthening one's own health. Part of the seminar is also dedicated to the achievement of health-promoting goals such as the desire to become smoke-free or achieve one's own ideal weight.

Trained sound massage practitioners also offer the seminar concept as a continuous course. For addresses, please contact your local Peter Hess® International Academy.



Mindfulness training with sound

Mindfulness is a well-used term, which has received attention especially through the scientific foundation of MBSR (Mindfulness-Based Stress Reduction) according to Jon Kabat-Zin. Here are several parallels to the sound methods taught at the PHI and practiced by our association members. With the appropriate orientation, sound exercises can be an ideal form of mindfulness practice and also enable transcendent experiences, as described by the consciousness scientist T. Hinterberger (journal Klang-Massage-Therapie 12/2017).

Our body is a fine instrument that displays every mood, emotion and wave of stress. Feeling the body, therefore, means having an early warning system that responds before, for example, back pain becomes chronic. A well-known mindfulness exercise for this purpose is the "body scan", which like Peter Hess' "sound-body-journey" invites to stay in the present perception and to observe the body bit by bit. To observe the breath – free of analysis or judgement. In deep relaxation it is possible to become an observer and to get rid of everything present – whether stress, pain or worry.

Short mindfulness sound meditation while sitting

Explore your body from the inside with this small meditation "With warm, friendly eyes". This can be new to you, because we often see our body more critically from the outside. You can do this exercise with a universal bowl. It is ideal if you also have a Zen sound bowl with a high, clear tone for completion. Allow about 3 to 5 minutes for this exercise.

Suggestions for the subsequent reflection:

- What perceptions did you make?
- How did you feel emotionally?
- What was especially helpful?
- What was especially nice?

Exercise **Short mindfulness sound meditation**

- Make yourself comfortable on a chair / armchair. Draw attention to your body, take your sound bowl and place it on your palm or in front of you on a shelf.
- Now play the bowl a couple of times and listen to the sound.
- Connect with your breath and body in a mindful and conscious manner.
- When your body comes to rest, the mind can also become quiet.
- Take a dignified, pleasant body posture and close your eyes every time after playing the sound bowl.
- Bring your attention to the present moment and become aware of the sounds.
- Be completely with yourself and become aware of how your body feels. Pay attention to your physical sensations.
- Meditating is easy for you when you let go, let go of thoughts – let them go without judgment.
- Take a few deep breaths in and out and relax, loosen up.
- Feel the area of your body in which you feel really well right now – that feels very good.
- Direct your attention and love there. Feel how comfortable it feels there.
- Now inhale light and energy with each inhalation over this area, with each exhalation you let the light and energy spread, radiate, out into every area of your body, the sounds accompanying you.
- If it helps you, say light and energy when inhaling, radiate when exhaling.
- Finally, ring the Zen sound bowl three times.
- Slowly come back to the here and now.
- Take another couple of deep breaths, stretch and do what makes you feel well!

Sound break – time for myself!

How regular sound exercises can enrich your life

The desire to use the sounds for body work can be the beginning of an exciting sound path. This is the conclusion of Prof. Hella and Luis Erler, who have been investigating the use of small sound exercises of a duration of only 2-5 minutes under the term "sound break" in both children and adults since 2009. The participants of the sound break analysis integrated different sound exercises regularly and systematically into their everyday life. During the 4-week project period, they conducted a sound journal, in which they logged the selected exercises and their experiences daily. The results were consistently positive and showed an increase in relaxation, creativity, motivation and joy for life, just to name a few. For many of the participants, the sound bowls became an important companion in everyday life, enabling them to meet the diverse demands of work, leisure and family in a more relaxed manner and thus gain quality of life.

*"With **one** sound bowl, the journey can begin to integrate sound into everyday life, to document the first "adventures" that result from the sound practice. [...] The sound break can be the beginning of a relationship with oneself, it can create the space for recovery that prevent burn out, and makes stress and relaxation tangible. That would be the end of the hustle and bustle of everyday life without breaks!"* the researchers conclude.



Research on the sound break

During the sound break, as developed by Prof. Hella Erler and Prof. Luis Erler, a sound bowl is played for 2-5 minutes. It can be held by one hand, placed on the body or perceived only by hearing. The sound break has been successfully carried out and tested in practice in day-care centers and schools. In the four-week project "Ein Klang für mich" ("A sound for me") similarly positive results were examined for individuals. Another study dealt with the comparison of the effect of sound exercises carried out on a daily basis by either "sound laymen" or "sound professionals".

The sound break with its positive effects is applicable in many areas. It has proven itself effective in the following areas:

In **day-care centers and schools**, short offers and activities can be integrated into everyday pedagogy. Concentration, motivation and performance increase. A quiet working atmosphere is created in the group. For educators and children alike, this means: breaks to rest and to breathe in the hectic daily work routine – a contribution to health promotion and stress prevention (see page 35).

The sound bowls offer a variety of opportunities to make the **everyday family life** calmer and more harmonious. Little rituals, e.g. for bedtime, find an impressive emphasis. Reading and story time can be accompanied atmospherically (see pages 34 and 38).

As the project "**A sound for me**" has shown, the sound break is also suitable for individual stress management, be it as a sleeping aid or to switch to a state of rest and well-being after a hectic day. It can also help us manage critical conversations or difficult encounters and can accompany us when getting to the core of ourselves.

In all **therapeutic areas**, sound bowls can set important emphases. The sound of the sound bowl creates an inviting atmosphere, balances the stress brought along, helps to organize thoughts, offers calmness in difficult situations, supports therapeutic processes, and serves as a good end point of a session: I give you a sound with you on your way (see page 16).

The purpose of the sound exercises is above all to treat yourself to a relaxing break from everyday life. The external world loses its importance for a few minutes, creating space for the perception of what is happening inside. This can be the feeling of relaxation that usually sets in quickly with the sounds, but that can also be the perception of circling thoughts or painful body parts. Observing all this without judgement leads to a deeper self-understanding and thus to a more fulfilling life. And proves to be right in many areas is applicable here too: practice makes perfect.



"The longer I stay in the session of the daily sound break, the easier it becomes not to judge the perceptions, but to welcome them as a message from myself to me. The more I allow these experiences, the more the sound can lead me into my center. I arrive at a stage that we call sound process. This sound process begins only with regular practice of the sound break and leads to a change of my physical, mental and mental structure that is difficult to describe: The knowledge of the constant presence of peace, serenity and joy in me. I no longer lose contact with myself so easily,"
say Hella and Luis Erler.



From their work with the sound break projects, the researchers know how valuable it can be to be accompanied during the sound process, e.g. by an experienced sound professional or a sound group that meets regularly. In the protected space, it is possible to become aware of many observations through naming them – an important prerequisite for a lasting integration of the sound experience into your life.

Workshop tip

For those of you who want to playfully gain first or further experience with sound bowls under expert guidance, we recommend the workshop **"Relaxing with sound bowls"**, which is offered in more than 40 cities throughout Germany. There you also have the opportunity to try different sound bowls and to compare them. For dates and venues, please contact the Peter Hess® Institute or your respective Peter Hess® Academy.



"The most important
moments
of the day are those
in which **we** are
in contact with
ourselves."

Peter Hess



"It was like wellness for the soul."

Sound sessions for a beauty that comes from within

*"I almost fell asleep and did not think you could relax so fast.
It was really nice!"*

This is a typical response to sound sessions in cosmetic practice. The beauticians themselves often describe that the treatments can be performed much more harmoniously, quietly and effectively through the targeted use of the sound bowls. It is not surprising that the bronze bowls from Nepal or India have found their place in many beauty, wellness and spa facilities. This special offer of relaxation and well-being is a welcomed compensation of the stress and hectic of everyday life. Because, as we all know, true beauty comes from within!

Try the tools of beauticians at home

The relaxing effect of the sounds reinforces conventional treatments. Sound and cosmetics form a holistic offering that is about much more than outer beauty. It's about (re)finding balance, relaxation and joy of life.

The gentle sound vibrations of small sound bowls are often used on the face to loosen up the muscles before the treatment – and the relaxing effect is often immediately visible. This not only strengthens the effect of the products, but the fine vibrations also improve the removal of the lymph.

The time that is needed e.g. for a herbal mask to work, can be used as extra relaxation time, when the soothing sounds are played or a "sound relaxation for the stomach" (page 18) is practiced.

Or treat your hands or feet with a fragrant sound bath. For this purpose, enrich the warm water with essential oils and gently play the sound bowl while you bathe your feet in it. Feel the gentle vibrations that emanate from the sounding bowl. This is pure relaxation and also has an stimulating effect – especially with cold hands or feet!

Workshop tip

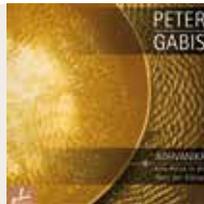
Interested beauticians experience in the daily workshop **"Sound and Cosmetics"** how they can enrich their offer with extraordinary sound methods. Detailed information is available at your Peter Hess® Academy.

CD-tips



SOM – Sound of Mantra

By Anna Avramidou and
Inge van Brillmann
Publisher Peter Hess,
(Playing time: 75 min.)



Adhvanika – A journey into the world of sounds

By Peter Gabis
Publisher Peter Hess,
(Playing time: 50 min.)



Children love sounds!

Sound games with children in the family, at kindergarden and at school

Playfully promote self-confidence, body awareness and creativity

It is 11 o'clock in the morning and we are in a kindergarden in Berlin:

It is silent. 12 children lie in a star-shaped circle, with their feet pointing to the middle. They all have their eyes closed and seem to be happily waiting for something. An adult sits in the middle, a golden shining bowl rests on a small pillow in front of her. Now she plays the edge of the bowl with a felt mallet and there it is – a deep, soft and harmonious sound. Actually, it is not just a sound, but a whole wealth of sounds. The sound fills the whole room, gently touches everything and everyone. Again, the bowl is played and it creates new sound facets, with the sounds swelling and fading away. Accompanied by the sounds, the woman begins to tell the children a story that is quietly and devoutly listened to ...

"The bowl sang so beautifully!", says one of the children later and another: "Now I know why the bowl is called SOUND BOWL."



Experimenting with the sounds

Sound bowls are to be found today in many kindergartens or schools, and some families even have their own sound bowl at home. Children are often wonderfully casual and unbiased when dealing with this instrument. With their natural curiosity and the joy of experimenting and playing, they quickly become fascinated by the visually attractive shape and color of the bowls.

The instrument is played in many different ways and not only by playing is with a mallet as usual. No, you can sing to such a bowl and the bowl happily joins in! You can poke her gently with your fingers and she sighs quietly or you can fill her with pellets that rustle back and forth like the waves of the see.

The great thing about it: It always sounds different! Sometimes the sounds are deep and long-lasting, sometimes they are high and only sound very short. You can also put a sound bowl on your stomach or back. And if she is big enough, you can even sit down on her or stand inside her. If she is then played, it tingles. There are also very soft sounds. If you listen properly and are very quiet, then the bowl sounds sooooo long.

It is also funny to fill the bowl with water and play her quite vigorously – this creates a real "sound fountain".

Sound games are not only fun, they also make sense

Children often develop an amazing sensibility in sound games and are usually fully involved. The following two exercises promote e.g. body awareness and strengthen attention as well as camaraderie.

It is ideal if you have a universal bowl (p. 91) as well as a small and a large felt mallet for the games.

Sound play: The sound travels

This game aims to promote dexterity, and to tactile awareness and mindfulness in the group. It can e.g. be used as an ideal introduction to a learning unit or the morning circle. The children perceive themselves and the group consciously and are now particularly open for planned joint activities or for the lesson.

Instructions:

When the children sit in a circle on the floor or on their chairs, the sound bowl is gently struck at the top and gently passed around in a circle until its sound is no longer audible. The bowl sounds the longer the more carefully it is passed on from child to child. If possible, it should only be touched on the outer bottom surface, so that the sound vibration is not slowed down.



Elementary students of an integrative class at the sound play: "The sound wanders".
Photo: Peter Ferstl

Sound play: My body

Some children hardly notice when you put a sound bowl into their hands, while other children react very sensitively to the same exercise and pull their hands back in reflex and astonishment. Just as differently, the children perceive other parts of the body. By regularly performing this simplified sound massage the body perception changes. Correspondingly, this exercise can make a contribution to perceiving individual body parts in a conscious and differentiated way, thereby improving dexterity and coordination. It trains the mindfulness – first and foremost for oneself, but also for others. In addition, expressiveness and ability to speak can be expanded when talking about the felt.

Instructions:

Place a sound bowl on only one body part at a time and play it. The gentle sound massage will be clearly felt in the body part and the child perceives this part of her body particularly intense.

Workshop tip

In many countries, the workshop **"Sound bowls – playing and learning with all the senses for children of 3–5 years"** is offered, in which you can immerse yourself in the world of sounds and collect a variety of impulses. For detailed information, venues and dates, please contact your local Peter Hess® Academy.



Practical tip:

Enrich the evening ritual with children through sound

In many families, the bedtime story or the shared review of the day is a solid ritual. Such daily repetitions are enormously important, especially for small children, because they convey structure and reliability. Sound bowls are ideal for accompanying rituals, as their gentle and harmonious sounds quickly lead to enjoyable relaxation and attentive attitudes of children.

For a sound ritual in the evenings, you can place the sound bowl on a small pillow at the bedside table. Your child might also like to have the bowl on its stomach and enjoy the delicate sound vibrations (see page 18). Now carefully ring the sound bowl in a slow and regular rhythm – allow enough time for sound pauses and the silence that follows each sound. This way, you create a quiet but steady sound space that can gently support the transition from resting to sleeping. Together with the sounds, you can now read the bedtime story or talk about what was especially beautiful on that day and what might not have gone so well (see page 20).

Such regular rituals not only provide children with security and orientation, but also create connectedness in a shared experience. Try it, and let the day fade out in the truest sense of the word!

Seminar tips

For all those who want to learn more about the possibilities to accompany children specifically with sound bowls and the sound methods, we recommend contacting the responsible Peter Hess® Academy or the Peter Hess® Institute in Germany.



Peter Hess® sound pedagogy and KliK® – Sounding communication in pedagogy and counseling

We all wish for our children to find a way to calm themselves, to relax and recharge their batteries in this often hectic time, with all its manifold needs – starting no later than at school age. We all want to help our children growing up to be creative, self-confident and socio-emotional personalities. The sounds of the sound bowls offer an amazing amount of support for this development.

Emily Hess and Peter Hess have been developing the Peter Hess® sound pedagogy since 2001, which resulted in the further education system KliK® – Sounding Communication. The seminars of these trainings impart relevant specialist knowledge and sound settings, which have been successfully used in pedagogy and counseling as well as within families for many years. Especially in kindergartens and schools, the sound methods can provide valuable support. They aim to raise awareness, train and strengthen the basic skills needed for perception, learning and problem-solving. This helps to create optimal conditions for cognitive enhancement programs to work effectively.

The use of sound often overcomes linguistic or cultural barriers in a playful way and has also proven to be valuable in integrative institutions. Another important pillar of sound education and KliK is the topic of basic trust. Because it forms the basis for our attitude to life and existence in this world. Like almost no other medium, the sounds offer wonderful opportunities to uncover and strengthen this fundamental feeling in us!



Imaginary journeys and sound – a perfect combination

Have you ever experienced a sound-accompanied imaginary journey? If so, perhaps you have also experienced how the combination of the two unfolds its very special effect that touches us deeply.

Imaginary journeys guide our attention, appeal to our imagination and creativity and allow us to create inner images, evoke positive feelings and thus give us well-being, rest and inspiration. The harmonious sounds of sound bowls (and gongs) support this process in a unique way and create a very special atmosphere of lightness, depth and community. They literally bring the recited stories to life! Imaginary journeys, which are often referred to as dream travels, can be addressed to people of all ages and have different objectives or topics, for example:

- Just feeling good
- A relaxing break from everyday life
- Activating access to (unused) resources
- Reinforcing learning processes
- Stimulating creativity
- finding (new) solutions to problems
- Strengthening health
- Supporting recovery processes
- and much more



With sounding imaginary journeys we express an invitation to take a break and get in touch with our inner reality through images and impulses. Imaginary journeys promote relaxation and thus a healthy way of dealing with stress. They facilitate the letting go of habitual schemes of thought, which opens up new possibilities for productive-creative thinking, and they increase consciousness. The fact that the world is perceived with other, otherwise less used abilities of the brain, also fosters creativity and associative and pictorial thinking, which is especially important for learning and problem-solving behavior.

Sound, language and the resulting "inner images" and feelings merge during sound-accompanied imaginary journeys to a powerful experience that can influence our everyday life in a long-lasting way and positively influence our lives.

Just give it a try!

Contact www.fachverband-klang.de · Under the english flag symbol  you can load down scientific articles translated in english for free.



Practical tips for the sound accompaniment of imaginary journeys

We would like to give you some basic tips on the style of presentation and use of sound that should be taken into account so that sounding imaginary journeys can unfold their positive effects.

During the presentation of the text, the movement of the language flow plays an important role in the hearing or speech process. This basic rhythm of the presentation can be significantly supported by sounds. There are many possibilities here, which bring the words to life. This makes the connection between speech and sound so special. Because the harmonious sounds of the sound bowls (and gongs), which are combined to a unique "sound carpet" in the interplay, lead to a pleasant relaxation in which the mind comes to rest. This creates space for the process of imagination. A process in which "inner images", feelings and thoughts are evoked.

When playing the instruments, attention should be paid to a steady and calm rhythm, which invites you to breathe more calmly and to glide gently into a pleasant relaxation. The deep sounds of a pelvic bowl can form an ideal basis for this – they awaken feelings of security, well-being, rest and relaxation. To bring the recited stories to life, various sound bowls such as heart, universal, sangha or Zen sound bowls can be added. Their sounds accentuate the inner images that arise during listening. This can e.g. be the chirping of birds in treetops, the flapping of a butterfly's wings or the glittering of water in a lake.

One more important point: Make sure you have enough pauses for speech and create a quiet "space of sound" in the meantime. The sounds lead the listeners into distant worlds and the imagination can unfold freely.

The bright tones of a Zen bowl or cymbals are very well suited to bring the "travelers" back into the here and now at the end of the journey.

Seminar tip

The seminar **"Imaginary Journeys 1: Designing Spaces of Sound – Effectively framing stories, meditations and poems"** offers an ideal entry point for all who are interested in the topic of imaginary journeys. Locations can be found by contacting your local Peter Hess Academy or the Peter Hess Institute in Germany.

Accentuating meditations or poems with sound

Of course, the sounds of sound bowls (and gongs) can also be used to accentuate poems or meditations. These can thereby gain in depth and expression!

*Listening and wondering, be quiet.
Listening and wondering, be quiet.
You my deep, deep life,
That you know what the wind wants from you.
Before the birches quake.
Listening and wondering, be quiet.
And if you once broke the silence,
Let your senses defeat.
Indulge in every breath, give in,
It will love and cradle you.
Listening and wondering, be quiet.
And then, my soul, be wide, be wide.
That you succeed in life,
Spread yourself like a summer dress
Listening and wondering, be quiet.
The sound leads to silence.*

Rainer Maria Rilke

(prepared for a sound accompaniment by Ulrich Krause)



Completely engaged!

Imaginary journeys and active sound stories for children

*“Imagination is more important than knowledge
because knowledge is limited.
But fantasy encompasses the whole world.”*

(Albert Einstein)

Sound-accompanied imaginary journeys are not only extremely popular with adults, but also with children. Children usually reach the state of deep relaxation much faster than adults and at the same time follow the text very consciously. Often, they experience and live through the imaginary stories in the very moment. The sounds not only promote relaxation and increase the attention, but also have a positive effect on concentration, memory and persistence. Selected imaginary journeys can help the children to better process inner states of tension, fears and experiences and thus become a valuable resource for coping with life.

In addition to imaginary journeys, children also love active sound stories and sound journeys, such as in the “Kids SOUND relaxation coaching” from the training system KliK® (page 35). The children can play an active part in the story and have the opportunity to tell and develop the sound story themselves. Their imagination, their understanding of the language and their willingness to speak are playfully encouraged. By taking their contributions into account as the story progresses, they feel taken seriously, which has a positive impact on their self-esteem, self-value, and sense of self-efficacy. By looking out for each other within the group, the children learn to listen empathically. It promotes their social skills because children start helping each other to overcome difficulties and challenges (in the continuation of the sound story). This way, a variety of skills is trained “along the side”, which are important for their later life.

And of course, with some help, the children can also write down their own imaginary journeys, such as the 9-year-old Lenny Buch (from the book: Sound of Yoga for children, by Tina Buch, publishing house Peter Hess, 2017, see p. 116. The book is only available in German.)



The journey of the little balloon

by Lenny Buch (9 years old)

Welcome to your imaginary journey. (PB)

Imagine, you walk through a forest and look at everything calmly.

(HB and PB alternately)

After you've gone awhile, you take a break. (PB)

You sit down on a rock, close your eyes and breathe deeply in and out.

(HB and PB slowly alternating)

After a while you feel lighter, as light as a balloon. (ZB)

Imagine how you slowly rise like a balloon, higher and higher. (ZB)

You fly over a murmuring stream, the glittering water speckles around. (ZB)

*You continue flying and discover a beautiful flower meadow. There you land briefly
and pick a bunch of flowers. (HB and PB alternately)*

Then you fly on, on and on. After a while you come to the sand dunes.

There you land and walk around. (HB and PB alternately)

The sand is warm and soft under your feet. (PB)

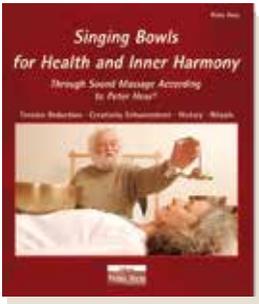
You lie down in the sand and hear the sound of the sea. (HB and PB alternately)

But it's about time to fly back so you're on your way.

*You arrive back there relaxed and rested,
where your journey started.*

(ZB-Set)

English Book and DVD-tips



Singing Bowls – Health and Inner Harmony Through Sound Massage According to Peter Hess®

In tune with one self. The sound of the singing bowl touches our core and elevates our soul. Its sound dissolves tension, mobilizes self healing powers and releases our creative energies. Maintaining health and healing with singing bowls – their use is manifold: from lowering high blood pressure to total stress relief. Tradition of singing bowls – an examination of the history of Tibetan bowls.

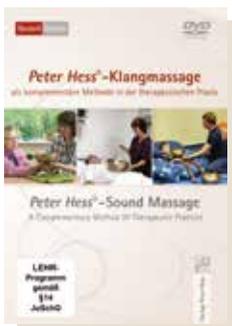


DVD:

Peter Hess-sound massage in therapeutic practice

More and more therapists recognize the high value of Peter Hess®-sound massage for their work. The sound massage is based on auditory and vibrotactile impulses which trigger manifold reaction processes.

This DVD opens informative insights into the application and modes of action of the sound massage in the fields of rehabilitation, intensive care, psychosomatics, psychiatry and therapeutic pedagogy. Interviews with clients and therapists provide personal impressions.



DVD: Peter Hess®-Sound Massage

A Complementary Method Of Therapeutic Practice

Healing professionals are increasingly recognizing the healing potential of Peter Hess®-sound methods and thereby are continually expanding their treatment repertoire. This DVD provides vivid practical insights into Geropsychiatry, Pain Therapy, Oncology, Logopaedics and Physiotherapy, with both professionals as well as patients providing input about their experiences. To all those interested in singing bowls, these explanatory models provide an insightful overall picture about their effective manifold fields of application.

Sound yoga is pure yoga!

A yoga style full of joy for body, mind and soul!





Pure joy of life with the Emily Hess® Sound of Yoga

"The experience of yoga sound meditation, yoga sound massage and yoga sound relaxation is a deeply joyful experience that flows easily and lively into the soul of the people, where it seduces them. Emily Hess succeeds in turning the asanas into a devotional and moving procession, similar to a prayer that expresses itself physically. This way, the participants regain a deep, basic trust in the abilities of their bodies and strengthen in the posture that their breath allows. A smiling sinking into the postures and a powerful self-acceptance are the gifts that they receive and with which they are allowed to go home enriched. Happiness and joy are synonyms for this new vibration, satisfaction at the deepest level is the result." This is how Doris Iding describes her experience with the Emily Hess® Sound of Yoga in an article in the journal KLANG-MASSAGE-THERAPIE 11/2016.

The playful lightness of this yoga style not only appeals to our "inner child", but also to children in general. For example, the Emily Hess® Sound of Yoga for Children was created in collaboration with the children's yoga teacher Tina Buch.

In the case of sound of yoga, mainly the pelvis and heart bowls in Peter Hess® therapy bowl quality are used, supplemented by sangha meditation sound bowls (see page 88). The deep sounds support grounding and releasing exercises, the higher sounds are mainly used during straightening and opening exercises. The sound bowls can be placed next to the body, be moved on the body or in the body environment. Often, the bowls sound alternately. Gongs are, of course, also used in sound of yoga. This fascinating instrument unfolds its special effect especially in combination with imaginations (see page 36).

Emily Hess and her authorized Emily Hess® Sound of Yoga Instructors offer various seminars and further education both in Germany and abroad. Detailed information can be found at:

www.emilyhess-klangyoga.com

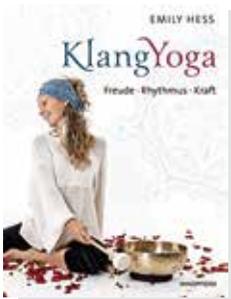
Strengthening the pelvis in all its sensibilities

Sound of yoga for at home

Emily Hess described **The Crocodile** with sound support for this booklet. The spiral rotation of the spine to the right and to the left loosens the back muscles, stretches the intervertebral discs, massages the abdominal organs and expands the breathing spaces. In addition, the pelvis will be strengthened with all its sensibilities. Women can wonderfully use this asana if they want to have children, as well as to treat menstrual and menopausal symptoms, and men to strengthen the prostate. The sounds deepen the effect and make this exercise a blessing for body, mind and soul.



It is ideal to use two pelvis bowls for this exercise, which are each positioned on a cushion to the side of the pelvis. Alternatively, the exercise can be performed with only one universal bowl, which then stands on the side on which the leg is placed during practice. (Picture above)



Book tip

Sound of Yoga – Joy, Relaxation, Rhythm. The way to inner freedom, by Emily Hess

E-Book, PDF, available at the Publishing house Peter Hess
www.verlag-peter-hess.de

Exercise The crocodile with sound support

- Lie comfortably on your back. Place the sound bowls on the side of your pelvis on a cushion and place the mallet next to it.
- Now place your right leg on the floor in front of your pelvis, the foot remains on the floor, the left leg is stretched out. The arms are loosely extended sideways next to the body.
- Lower your right knee to the left.
- If you reach the ground with your left arm, grab the mallet and sound the sound bowl in a quiet rhythm. (In the event that your arm can not reach the floor, place the sound bowl on a higher cushion before starting to practice and also provide a support for your arm, so that you can comfortably play the sound bowl.)
- Stay in the specified position until the pelvis bowl's sound has faded out. Then bring your arm up and let it sink to the right side. There, you play the second bowl and rest again in the now closed posture until the sound fades away.
- Practice alternately at least 3 minutes in the same leg posture.
- Then lie on your back, arms and legs stretched out loosely. Place a sound bowl on your pelvis and play it gently. Feel inside yourself and focus your attention on your breathing.
- Set the sound bowl back and put your left leg up. Let the knee sink to the right side of the body – the right leg remains outstretched out on the ground.
- Open the left arm upwards and let it gently sink to the right side. There, you play the sound bowl in a quiet rhythm and then rest for a few moments in this position, until the sound of the sound bowl has completely faded away.
- Now come up with your arm and lead it to the other side, play the bowl there, rest until it fades away and repeat this alternately for another 3 minutes.
- Finally, you arrive back on your back and stretch your arms and legs.
- Take time to feel how your body feels after the movement and the sounds.
- After a few deep breaths, stretch, then straighten slowly back up and arrive again in the here and now.

Sound of yoga for children

Relaxing in a different way – active on the outside, quiet on the inside

“Children are our future. If we approach them carefully and appreciatively and offer them opportunities to develop with joy and freedom, the corner stone has been laid for a peaceful future.”

(Peter Hess)

The Emily Hess® Sound of Yoga for children enables a variety of important experiences: Through the movement of breathing in the body and the different sensations of the body parts in certain exercises, the attention is directed inwards. Children discover the yoga and sound exercises with all their senses and can thus perceive themselves in the moment of movement and rest in the respective exercise. This strengthens their self-confidence in a playful way. In addition, the children make the important experience that relaxation is not boring, but above all fun and benefitting. *“The ,magical sounds‘ speak to the curiosity of the children, and it can be observed again and again how a shy child forgets its shyness, the lively child pauses and the tired child becomes more alert,”* says Tina Buch. Sound of yoga lessons are different, as the 12-year-old Maya describes:

“The many sounds were really nice. The mood during the lesson was quieter than usual. You could enjoy the yoga exercises much more and relax better. You feel more and because of the sounds you can concentrate more on the yoga exercise.”

Tina Buch has described The **Palm Tree** in combination with sound for this booklet, which can also be wonderfully practiced together with a parent. The exercise deepens the flank breathing, keeps the spine flexible and has a centering effect.

Ideally, a heart and pelvis bowl is used to support the sound of this exercise. The bowls are played in a slow alternation, with the light tone of the heart bowl (HB) supporting inhalation and alignment with the center. The deep tone of the pelvis bowl (PB) supports exhalation and bending to the side. Alternatively, it can also be practiced with a universal bowl.

Exercise The Palm Tree in combination with sound

- Sit comfortably on your mat, your legs are closed (feet can be slightly apart if necessary).
- Breathing in, raise arms to the height of your shoulder, your palms are facing down.
- Bend to the left when exhaling, back to the middle when inhaling.
- Breathe out to the right, breathe in to the middle.
- Repeat the exercise a few times.
- After practicing equally on both sides, finish the exercise by coming back to the middle and lowering your arms.
- Feel inside for a moment – if you like, close your eyes.
- Now stretch and come back to the here and now.



HB



PB



HB



PB

Parent-child variation:

- One parent stands behind the child.
- It is practiced in opposing directions, that is, when the child bends to the right, the adult bends to the left and vice versa.
- When you lean over to the sides, you can look at each other and smile.



Book tip

Sound of yoga for children by Tina Buch, Verlag Peter Hess, 2017
A practical book full of inspirations for children's yoga classes and for the home (in German)!

Peter Hess – A life as the creator of sound massage and pioneer of sound work

Anyone who is interested in sound bowls and sound massage inevitably encounters the name Peter Hess. He is considered a pioneer of sound work and the founder of sound massage with sound bowls. It is thanks to him that sound bowls and sound methods are now used professionally in a wide range of fields of work and are increasingly gaining recognition among professional circles. Who is this man who has positively influenced the life of thousands of people with the idea of sound massage?

A child of the post-war era and the student revolution

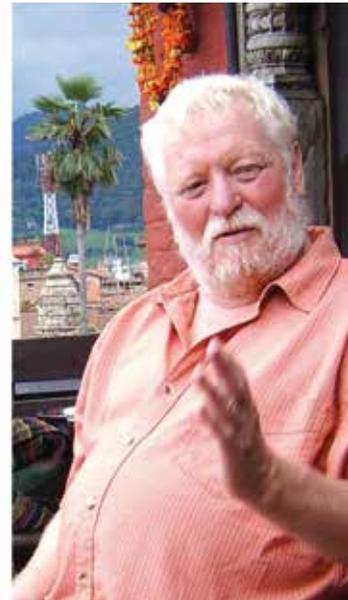
Peter Hess was born into a difficult time in August 1941. Looking back, he experienced his birth, childhood and youth as exhausting and lonely. He had the painful feeling of being completely thrown back on himself. But, like everything else, this experience had two sides and led him to choose his own way early on, always following his heart while demonstrating his assertiveness. In 1952, at the age of twelve, for example, he, against the will of his entire family, switched to a boarding school of the Franciscan Order in Holland. *"The experience I gained there did not make me a priest, but a physics engineer,"* he explains with a mischievous smile. Vivid, curious and always ready for fun, he was in no way inferior to the "rascals" from the German movie "Feuerzangenbowle". The double standards of many monks and teachers made him leave the boarding school after a few years.

After graduating in physical engineering, he was already led by a sense of innovation as a young engineer and was involved in the development of the first computer. However, he did not find his passion in this area. Instead, his passion was stilled by traveling to distant countries. In 1966, his thirst for adventure took him and a friend on a Heinkel scooter over land to India. On the way, they passed many countries that resembled stories from 1001 Nights: Persia, Pakistan and finally India. These countries brought him into contact with a until then unknown world and opened his heart to the beauty of foreign cultures. At that time, he would not even have dreamed that this first trip would lead him to his future second home of choice.

Teacher with enthusiasm

Back in Germany, the visionary was looking for new professional challenges. He became a vocational teacher for electrical engineering and politics and worked ambitiously and committed at a general vocational school with high-school dropouts. It was a matter of heart to convey these teenagers with seemingly no chances self-esteem and to enable a professional advancement despite all resistance. He reflects about this time:

"As a teacher, I learned how much our inner imagery shapes our outer experiences. There were many, 'difficult' classes at our school, where sometimes 16 students from 16 nations were mixed together. Many colleagues considered the students incompetent and complicated. The grades were accordingly low and only a few passed the final examination. But I always believed in the potential of my students. Even then it was clear to me that learning always needs practical relevance to make sense and to awake joy. That was probably the cornerstone of my motto: 'Out of practice for practice.' That's how we practice it today at the Peter Hess® Institute. For me, most of the students passed the exam the first time, the rest on the second attempt. Even then, I was aware of the strength that our thoughts have, how important it is to believe in something. Today, I pass on this knowledge enriched with numerous experiences of the last decades in my seminars."





Ecological farmer and family man

During his studies, Peter started a family and lived with his first wife Jozina in Darmstadt, where they got their children Jana and Boris. Then they moved to Bremen, where he worked as a trainee teacher at the vocational school for electrical engineering. Seven years later, the family moved to Uenzen, a small town in Lower Saxony, which became their home and still is the head office of the Peter Hess® Institute today. Peter and his family were gifted with many memorable travels but were also confronted with suffering. In the early 1980s, for example, the serious illness of a family member led the rational engineer Peter Hess to start engaging in alternative healing. This also led to his use of bioenergetic methods in his self-experience seminars, all guided by the vision of showing people a path towards healing, a wish that would come true for him himself at a later stage.

Discovering and falling in love with Nepal

His friend, Prof. Dr. Niels Gutschow, who knew his liking of alternative medicine, advised him to go to Nepal to gain more experience by living with the indigenous people. He voiced Peter's desire to stay in Nepal for a longer period, and out of nowhere Peter was offered a research assignment in 1984, which took him for several months to the country of his dreams. This time, already matured through various lessons of life, he saw Nepal with completely different eyes and realized



how rich this country was. As part of the research project, he was to measure ritual places, paths, special stones or places of power, always with the question of the particularity of such places. His measurements and studies led to a meeting with a music researcher who was interested in his work. For the first time he met the effects of sounds – both positive and negative.

Peter Hess reports about this trip to Nepal:

"People have fascinated me with their joyfulness and their charisma. I have participated in many ritual celebrations, as they are an integral part of life in Nepal. This includes e.g. the Gai Jatra, the annual festival for the adoption of the dead, or the Bisket Jatra, the Newari New Year. At these ritual celebration, music and sounds play an important role in helping people to let go. I also learned that in Nepal, learning music is only possible in harmony with the gods. There are deities who give energy and those who take energy. For example, the god Nasadjor gives harmonic energy and makes us strong. God Haimadjor on the other hand gives more aggressive and challenging energies and challenges us to argue. Anyone who wants to learn an instrument in Nepal sacrifices to both deities. It was completely alien to me that even the destructive god Haimadjor receives offerings. Only later did I realize that the two gods and their polarity symbolize important energies. Ultimately, they symbolize the polarity of relaxation and tension, of rest and activity – and both are

*„Just start,
even if it is
not perfect yet!“*

important to balance our lives. And when I realized that we also need challenges and problems in life to grow, I suddenly felt at peace. I still remember this moment well: I stood in the great temple square in Bhaktapur and suddenly felt happy and content. From one moment to the next, my life made sense with all the difficulties I had encountered – a feeling I did not actually know until then. And the experiences with the use of sounds, as I could make them in Nepal, have contributed significantly to this. In the East it is called ‚Nada Brahma‘, which means ‚The world is sound‘. Out of this understanding, we humans have emerged from sound and sounds can help us to reconcile our natural order and harmony. Through the music professor, I also got to know sound bowls and I knew immediately that they could make this experience possible. That was the birth of the sound massage.“

Carrying the sounds into the world

Back in Germany, Peter Hess started to hold the first seminars with sound bowls. True to the motto “out of practice for practice”, the experiences from the seminars were incorporated into the further development of the sound massage, up to the style that is taught worldwide, following a standard curriculum, today. His daughter Jana recalls how she accompanied her father on fairs and presented the sound bowls and the sound massage together with him.

The positive experiences from the first seminars resulted in a rapid development of the method, led by a unique courage and pragmatism. Even today, one of the guiding principles of Peter Hess, which he also passes on to his seminar participants, is: *“Just start, even if it is not perfect!”*. Thus, gradually more and more specialist seminars and training courses emerged. It is thanks to Peter Hess that sound bowls have become so popular today and have found their way into kindergartens, schools, wellness facilities, yoga schools and other relaxation and medi-



tation practices, as well as in counseling, coaching, therapy and medicine. Like no other, Peter Hess has launched the professional use of sound bowls. An important basis for this development was the production of special sound bowls, which are optimally adapted to the needs of sound practice.

Production of own sound bowls

Because he soon found no more suitable sound bowls that met his high standards in Nepal, Peter Hess began building his own sound bowl production in 1984. It would take many years of experimentation and research until he achieved his breakthrough in 1989. Today, the Peter Hess® Therapy Sound Bowls with their excellent sound and vibration quality are regarded as the "jewel among the sound bowls". From the beginning, it has been important for him to combine tradition with modernity and to create fair working conditions on the ground (in Nepal and India), and it has remained that way until today. Significantly, his son Boris Hess contributed to this success with his knowledge as a metalworker. Boris died in 2013, leaving behind his Nepalese wife Sangita and two children. Sangita Hess-Chitrakar manages the company "Sangit-Bazar – Beauty from Nepal" in the sense of Boris (www.sangit-bazar.de) today. In addition, numerous research projects by the Polish professor couple Halina and Marek Portalski influenced the sound bowl development, which was not only oriented to the needs of the practice, but inseparable from the development of sound massage and sound methods. The

many years of continuous efforts proved to be worthwhile, because Peter Hess has succeeded in producing, according to ancient tradition, different types of sound bowls, which have a characteristic sound and vibration quality and are particularly well suited for certain parts of the body (see page 88). This formed the foundation for a standardized knowledge sharing of his method and for scientific research. Today, Jana Hess manages the company hess sound concepts (formerly Nepal Imports), which manages the entire range of Peter Hess® Sound Bowls, gongs and accessories for sound practice.



A life's work is born

The rapid spread and further development of the sound massage is also due to the first comrades, who Peter Hess had by his side from 1991 onwards. These were the midwife Connie Henning, the medical masseuse Elisabeth Dierlich and his wife today, the former educator and dancer Emily Hess. All of them immediately caught fire for the sound massage and contributed significantly to the further development of their fields. The sound massage became known beyond the German borders and Peter Hess gave numerous lectures about his work in his home country and abroad. Together with a strong team and committed trainers, the International Association Sound Therapy e.V. (FV) was founded in 1999 (see page 80), followed by the publishing house Peter Hess in 2002. At the same time, more and more training locations were set up in Germany and abroad (see p. 70). The increasing theoretical foundation of the sound massage through scientific research and in the context of specialist publications paved the way for a cooperation between the PHI and the Steinbeis University Berlin in 2013. Since then, the "Sound Resonance Method" is represented in the study program Bachelor of Science in Complementary Methods – a highlight in the life work of Peter Hess.

Peter Hess – a traveler and adventurer at heart

At heart, Peter Hess is still an adventurer who loves traveling and feels at home all over the world. He feels particularly connected to his adoptive country Nepal. Anyone who has ever attended a lecture or seminar by Peter Hess will feel that. Never tired of giving anything back to the country and its inhabitants, he provides help wherever he can and has founded numerous aid projects over the years. For him, it went without question to offer immediate help after the severe earthquake in 2015, which so unexpectedly and heavily shattered the country and largely destroyed it. He was also able to help friends, workers of his production facilities and residents of his adopted hometown Bhaktapur with the association "CHANCEN – Bildung in Nepal e.V." (Chances – Education in Nepal, www.chancen-nepal.de), which he co-initiated.

The gift of inspiring people, of seeing the positive in them, and of following his beliefs and impulses despite resistance, was and still is the driving force behind Peter Hess' work. This way, he still carries the soothing and healing effect of sound bowls into the world and convinces people with his charismatic yet modest appearance.

Basically, the Peter Hess® Sound Massage and all sound methods based on it start with one's own resources and the well-functioning. The principle of this method of wholeness is the strengthening of the self-healing powers, which are primarily applied in the regulation of body mechanisms.





Pure relaxation – the Peter Hess® Sound Massage

The overtone-rich sounds of the sound bowls almost immediately fascinate many people and seem familiar to them in a very special way. Many customers report that they were able to relax and recharge their batteries extraordinarily fast during the first sound massage. For many, the experience of having to do nothing, just to be allowed to enjoy, is a blessing. And: *"Everything else happens on its own,"* explains Peter Hess, the founder of this holistic relaxation method.

People who have enjoyed a sound massage often report feelings of contentment, serenity, inner calm, and motivation for new tasks that arouse during and after the sound massage.

- *"Normally I cannot relax well, but with the sounds I was totally relaxed!"*
- *"I feel like a newborn!"*
- *"Inside myself, a feeling of deep security and a beautiful inner rest unfolded."*
- *"Everything vibrates inside me!"*

Explained in a simplified way, sound bowls are positioned according to a specific system on (and around) the clothed body and are softly played during a sound massage. The harmonious sounds and slow beats quickly lead to a state of soothing relaxation, in which the mind can come to rest. The gentle vibrations that emanate from the sounding and vibrating bowls gradually spread through the skin, tissues, organs, body fluid and body cavities throughout the body. Our body, which consists of about 70 percent liquid, responds accordingly sensitively to this fine stimulation. The sounds literally set it in motion, in flow. The subtle vibration impulses loosen muscular tension, adhesions in the fascia tissue and stimulate blood circulation and lymph flow. Many people describe their experience during a sound massage as "a kind of very fine cell massage", which has a soothing effect on the body and is often described as revitalizing.

In the sound massage, well-being is paramount, also because it creates an ideal basis for strengthening health. During rapid relaxation, breathing, blood pressure, metabolism and digestive system are favorably influenced – regeneration on all levels can take place. Thoughts come to rest, attention is directed inwards. The conscious awareness of what happens during the sound massage strengthens the body and self-perception.

More than 30 years of experience with the sound massage show the Peter Hess® Sound Massage:

- is a holistic method that appeals to body, soul and spirit
- causes a deep relaxation
- strengthens one's basic trust
- facilitates "letting go" – of worries, fears and doubts
- contributes to health promotion: harmonization, regeneration and vitalization
- supports and improves body- and self-awareness
- helps to activate the self-healing powers
- allows access and use of own resources
- strengthens self-confidence, creativity and motivation

„I feel like a newborn!“



The sound massage as a holistic relaxation offer demonstrably helps to deal better with stress and to feel well in and with one's own body. The sensitization of the body perception through regular sound massages makes it possible to perceive stress-related body signals at an early stage and to react adequately. It promotes inner peace, serenity and satisfaction and thus increases stress resistance and life satisfaction.

The attentive presence and neutral attitude of the sound-giver are important in terms of the positive effects of a sound massage, as a study by Dr. med. Kerstin Gommel on the neural effect of the sound massage (journal KLANG MASSAGE THERAPY 7/2010, p. 20) could demonstrate.

Information

For sound massage offers in your area, please contact your local Peter Hess® Academy. Some qualified practitioners are also members of the International Association Sound Massage Therapy and can be found on the following website under the heading – Der Verband: Mitgliederverzeichnis – under www.fachverband-klang.de. There, you can also find further information, press reports and research results about sound massage and sound methods under the English flag symbol .



A relaxed back thanks to sound massage

Everyone has experienced this: the many challenges at work and in everyday life literally weigh on our shoulders, one-sided movement patterns or postural mistakes are added and consequently the back hurts. The causes of back problems can be very diverse and should be in any case clarified medically in advance. But stress is considered a primary cause of back problems. The sound massage, as a holistic relaxation method, can be an ideal practice of preventing or supporting traditional treatment methods, as patients and practitioners repeatedly report.

The gentle sound vibrations relax the body

Compared to a massage, a sound massage does not work with "external" force, but rather with very fine vibration impulses that trigger resonances in the body and start to vibrate from the inside, so to speak. As a result, muscular tension can be released, blood circulation and lymph flow are stimulated, and the fascia tissue that passes through the entire body is loosened (see Hardt, 2009). This sometimes leads surprisingly fast – as if incidentally – to a relief of pain and to a general regeneration of the organism. This gentle mode of action supports the body's willingness to "self-heal" without exceeding limits or causing additional pain. This also reflects one of the central principles of the Peter Hess® Sound Massage: **Less is more!**

Positive emotions facilitate changes

Back pain is sometimes accompanied by other symptoms such as sleeping disorders, fatigue, resignation or even depression (see Matzenberger, 2007/2017). The body's pleasant, painless experience during a sound massage can be a welcomed counterpoint to these symptoms. Most of the time, a deep relaxation is achieved within a short period of time, whereby positive feelings such as trust, security and confidence arise. The mental and physical relaxation opens the way for "letting go" and "realizing". One could also say that the soul can unfold. With the help of the sounds, we become ready to look inward and can, as if from a higher point of view, understand what might be "behind" our symptoms. In terms of mental hygiene (see p. 20), sound massage or sound exercises can also help to make people aware of stress-inducing situations or behaviors – the first step to strengthen your own health, to prevent back problems, or to actively participate in the recovery process in case of illness.

Sound massage as a complementary method in physiotherapy

More and more physiotherapists use the sound methods complementary to classical methods. Physical "problem areas" such as movement-restricted joints or muscular tension increases often cause pain and sometimes only allow limited therapeutic treatment. The preparatory relaxation as enabled by the sounds can facilitate loosening in advance and thus reduce pain, so that the actual body therapy can then be carried out more easily. With their mechanically very gentle, subliminal stimulation through the fine sound vibrations, the sounds also represent an alternative to the sometimes due to pain unfeasible, deeper-working massage practices. Even after the treatment, the sounds can support circulation-stimulating and tension-reducing massage stimuli. A "reorganization" can emerge, and the pleasant body feeling is sustainably anchored by the sounds (see Beutel, 2007). Especially for patients with chronic pain, "just feeling good" during a sound massage can be a key moment in the recovery process.



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Partner exercise

Sound relaxation for the back with a sound bowl

The following back relaxation is an excerpt from the sound massage, for which you should plan about 20 minutes and which you can perform with a universal sound bowl. It is ideal if you have two different felt mallets available: a big, soft mallet and a small, harder one. This way, you can elicit the frequencies of the sound bowl which particularly appeal to the various parts of the body.

It is important for the performance of this exercise that sound-receiver and sound-giver both find a comfortable position. Let the sounds fade away completely before you play the sound bowl again. At the beginning, you should plan 2 to 4 minutes per position. In between, you can also ask whether the velocity is okay or whether the position should be changed.

Including the obligatory preliminary talk and the rest, an entire sound massage lasts about an hour, whereby a pelvis, heart and universal bowl as well as a Zen sound bowl are used for the ending.

Exercise **Sound relaxation for the back**

- The sound-receiving person makes herself comfortable while lying down.
- As a sound-giver, position the sound bowl on the middle of the back at the level of the thoracic spine / solar plexus.
- Gently play the sound bowl with the big felt mallet so that the deep sounds dominate.
- The sounds slowly spread from the bottom of the bowl and gradually flow through the entire body. Through the audible and perceptible sounds and the sound flow, which is perceptible in the body, a pleasant relaxation usually develops quickly.
- When the sound bowl has quieted, move it from the thoracic spine to the lower lumbar region. Here, too, the big felt mallet produces particularly low sounds that are suitable for this area. The regular vibrations spread gently. The cells,

which are still “trapped” in muscle hardening and blockages, are gradually brought to vibration. Mental problems such as doubt, uncertainty or anxiety can be released. The thoughts come to rest.

- Next, place the sound bowl on the middle of the buttocks (coccyx area) and play it with the big felt mallet. Your partner enjoys the sound vibrations in this area, which is becoming ever freer. Order and harmony come into place.
- Then, put the sound bowl back in the starting position and play it 3 more times in this position.
- Place it between the shoulder blades on the neck. (Note: The sound bowl must not rest on the back of the head or skull bones!) Gently and regularly play the bowl with the little, harder felt mallet, so that the higher frequencies of the sound bowl come into focus. Slowly, a pleasant relaxation spreads in the neck area. The sound vibrations also reach the head, which is why it is necessary to be particularly careful here.
- Now, first place the sound bowl on the right shoulder area and play it at a regular rhythm.
- After a few strokes, let the sound bowl fade out and repeat the process on the left shoulder area. Again, the bowl is played a few times with the small felt mallet.
- Finally, put the sound bowl back on the middle of the back around the thoracic spine / solar plexus and play it a few more times with the big felt mallet.
- Let the sound bowl fade out completely before you take it off the body. Then give your partner a few minutes to feel her body.
- While doing so, keep your attention on your partner and wait until your partner opens her eyes.
- If the sound-receiving person has fallen asleep, a light touch could help her return gradually and gently to the here and now.
- Afterwards, exchange what happened you during the sound relaxation to both of. It has been proven best that the sound-receiving starts with sharing her observations first.

Learning sound massage

**The Peter Hess® Institute and the Peter Hess® Academy –
sound experts for more than 30 years**

If you want to learn the sound massage, you will meet the sound experts at our cooperation partner, the Peter Hess® Institute and its more than 20 Peter Hess® Academies worldwide. Tradition and modernity are combined here, as well as in-depth knowledge and understanding companionship. Every seminar visit is always a gift to yourself, as a seminar participant of the 8-day Sound Massage Intensive Training describes:

"I'm so grateful / happy to have gotten to know the sound massage for myself (about a year ago). Since then, I feel calmer, more balanced, more grateful, happier and no longer like 'part of the rat race'. My environment has noticed this change and is happy with me. I am looking forward to the many things that await me in the future and that I will take one step at the time. Many blockages have already resolved."



Sound message training

Today, the Peter Hess® Sound Massage is taught according to a standard curriculum but with different possibilities of training at the Peter Hess® Institute in Germany and at the Peter Hess Academies in more than 20 countries – it is possible to choose individual seminars, blocks, or intensive training. Basically, a distinction is made between the basic training with 84 hours and the extended training with 100 hours (basic training + advanced training seminar). The latter degree complies with the high quality and ethics guidelines of the umbrella organization for free advisory and health-promoting professions (www.freie-gesundheitsberufe.de) and is certified on request by us, the International Association of Sound Massage Therapy (see p. 80).

Individual qualification and competence expansion

Several specialist seminars allow – depending on personal interests and priorities – an individual qualification and competence expansion besides the sound massage training. Please ask your Peter Hess® Academy for further training or contact the Peter Hess® Institute in Germany – some of our training courses are also available here.





Sound seminars – a gift to yourself!

- *"I am so grateful that I treated myself to this wonderful experience!"*
- *"This was better than a week spa holiday!"*
- *"For me, this was a coaching in the matter of way of life!"*

I (Peter Hess) and my employees hear the above and similar statements time and again in the final round of our seminars. For us, such feedback is the best endorsement of our work. It is always a pleasure to see how people sometimes literally flourish because of the intensive experience with the sounds and supported by our trained seminar leaders and the group, as Tobias Witzenberger describes in his feedback after a sound massage intensive training:

"Before this seminar, I felt that I have many closed buds like a flower. Every day of the seminar, these flourished more and more, and I began to radiate completely from my heart. Now I bloom like a spring flower and with the help of the group as well as Peter and Emily (seminar leaders) I was able to grow with a strong breeding ground."

I like to compare the seminar experience with a wonderful and exciting adventure trip. The experiences you make will positively change your life. So beware: you will feel safer, clearer, and happier as you enter this "adventure journey sound expe-



rience." Often, the seminar participants tell me that they have developed new and valuable goals for their private and professional life, like Beate Thorbeck:

"At this special place, I have experienced a process that has given me many experiences and insights – I can say: groundbreaking insights, because the sound bowls with their infinite possibilities of application give me and my profession new perspectives."

From a survey in which more than 260 sound massage professionals were surveyed and from the feedback of our seminar participants, it becomes clear to me time and again that the personal value of the sound seminars cannot be overestimated. Thus, the sound bowls become valuable companions for many people that they no longer want to miss after the seminars:

"I can now rely on sound to bring myself into perspective quickly and effectively. The intense experience that ,my core / my innermost' carries an individual + universal wisdom. Through sound, I connect with myself and thereby with all + everything, in harmony."

(Daniel Brunner)

"The sound massage is an experience that will accompany me from now on through all my life –and which I will carry into the world with joy. A week to collect strength, empower basic trust and learn wonderful new skills."

(Christiane Bornhak)

Peter Hess® Academies (PHAs) worldwide

The Peter Hess® Sound Massage is known far beyond the borders of Germany

Since Peter Hess developed the sound massage more than 30 years ago, a lot has happened. This holistic relaxation method has been picked up by countless people and has given many more relaxation, support and confidence. During their dissemination and further development, not only the Peter Hess® Institute, the publishing house Peter Hess and the International Association of Sound Massage Therapy e.V. were founded, but also numerous Peter Hess® academies worldwide. Meanwhile, the Peter Hess® Sound Massage is taught according to a standardized curriculum in 20 countries worldwide and enjoys constant enthusiasm!



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United Arab Emirates	Antje Hosseinzadeh	www.happyhabits.today/sound
United States	Jana Hess Gina Armstrong	www.peter-hess-academy.com www.peterhessacademy.com

The sound massage is an „all-rounder“ that can be meaningfully used in many professional areas

The soothing effect of the sound massage creates ideal conditions not only for the strengthening of one's own health, but also for therapeutic interventions and recovery processes. Why this is so and how sounds can enrich proven concepts, is explained below.

Sounds address hearing and feeling

An important aspect of the sound massage is that sounds address hearing and feeling equally, two senses that are already fully developed in a prenatal stage. Even in their monochrome, thus simple and homogeneous sound structure, they remind of the sounds that an unborn baby hears in the mother womb. Perhaps that's why they arouse feelings of trust, security, and confidence so quickly, because they remind of a time during which we have experienced deep attachment and daily growth. Peter Hess would say: the sounds appeal to our basic trust!

The relaxing and emotionally strengthening quality of the sounds makes them an „all-rounder“ for many areas. Be it in educational work, personality development, counseling, psychotherapy or in the accompaniment of recovery processes. Experience shows that the integration of sounds often facilitates access to people and makes traditional methods work faster and more intensively.

Humans are vibrating systems

The work with sound bowls is part of the field of biophysical order therapy and is based on the idea that living beings are ultimately vibrating systems. Everyone has their own vibrational patterns – both at the cellular level, via tissue associations and organ-related. These vibration patterns communicate with each other and influence each other. Basically, the sound massage and the sound methods building on it are always based on the body's own resources and the good-functioning. The development of their strengthening takes place gently and gradually – according to the speed of the sound-receiving person.

Thus, the sound and vibration stimuli trigger a variety of resonance phenomena on a physical, mental and emotional level. The effect is correspondingly com-

plex. Therefore, we recommend that interested parties always pay attention to the professional training of a sound massage provider. For a sound background knowledge, sufficient self-awareness and a well-trained ability to resonate are the central foundations, for the positive effect of the sounds to unfold for the benefit of the patient.

Dealing better with stress and feeling better in and with the own body

The fact that regular sound massages lead to a better handling of stress and a positive relation to the own body could be show in a study of the International Association Sound Massage Therapy e.V. (Koller / Grotz, 2010) in 2007. The study, in which more than 200 subjects participated, shows that sound massages already result in manifold positive effects after as little as five basic sound massages. Typical statements of the participants were:

- *"I did not think that I could let go so easily!"*
- *"As soon as I think about the sound massage, the relaxation begins."*
- *"I could finally sleep through a whole night after the sound massage!"*
- *"The bowls are just great, so different and long-lasting. It is as if they bring everything into order."*

During the study, a reduction in stress-related symptoms such as headache, stomach upset, insomnia or inner restlessness was observed as a side effect of relaxation.





Consciously perceiving oneself

Again and again, people report that they finally “feel good in their skin” for the first time in a long while after a sound massage. To consciously perceive one’s own body, to experience what it feels like to be relaxed, can be an enriching experience, especially for people who have little contact with their body due to excessive cognitive orientation or frequent pain, according to Dr. med. Uwe Ross in the context of a forum discussion on the topic “promoting the healthy with the Peter Hess® Sound Methods” at the 5th sound congress. Good body- and self-awareness, in turn, is an important basis for being able to perceive signals of the body timely and to be able to adequately respond to them, the ENT specialist and psychotherapist from Freiburg continues to explain.

Activating the body's reward system

The neurobiologist Prof. Dr. Gerald Hüther (2008) studies the effect of the use of music on the human organism and comes to the following conclusion: *“The unfamiliar experience (access to and expression of one’s own emotional worlds, discovery of a new form of communication) by simultaneous use of the harmonizing, synchronizing and resonating effects of the medium of music leads to a positively valued stimulation of emotional centers in most patients.”* Like chocolate, sex or drugs, music can activate the dopamine system, the body's reward system. In addition, pleasantly perceived music reduces the activation of central nervous structures which signal unpleasant emotions, such as anxiety. These effects can be transferred to sound, an essential aspect of music. Maybe the effects are even stronger than in the case of music, because the sounds of the sound bowls touch people on such a deep level. In their simplicity lies a special quality that goes beyond a judgement of “musical” or “unmusical” and should not be confused with



banality. This simplicity enables a reduction to the essential, it eludes the analyzing mind and leads into an inner space of soothing silence. Problems can be viewed from a higher, distant standpoint, inner resources get activated, reorganization can happen.

Strengthening health with sound – preventing illness

The relaxing, stress and anxiety reducing effect of sound massage is also increasingly used by professionals from healing professions. The cardiologist Dr. Jens Gramann (2014), for example, integrates the sound massage as part of stress management in his heart practice in Berlin. In a pilot study, he compared the effects of regular sound massages with that of progressive muscle relaxation in high blood pressure patients. The results suggest a similar effect, if not even a more sustainable effect of the sound massages. This also benefits the Berlin general practitioner Dr. med. Viviane Kolarcyk, who offers the sound massage in the context of psychosomatic care. She reports on her positive experiences: *"Stress and anxiety cause symptoms such as sleeping disorders, irritable bowel syndrome, shoulder-neck syndrome or tension-related headaches. Frequently, these symptoms disappear after a cycle of 10 weekly 30-minute sound massages. However, some patients continue to come every few weeks to help themselves to something good and for prevention. Patients with deeper rooted fears often use the sound accompaniment parallel to the psychotherapeutic treatment, because they find it very supportive. The experiences during the sound session help many people to regain confidence in letting go, in the self-organizing forces of life. When released, the solution often appears as if by itself. This experience relieves and stabilizes far beyond the treatment."*

Supporting therapeutic interventions with sound massage

The positive effect of the sound massage on body and self-perception also benefits the occupational therapist and Peter Hess sound therapist Angelika Rieckmann (2016), who integrates the sound bowls in the treatment of neurological patients. She reports: *"Especially stroke patients make surprisingly fast progress with the integration of sound. It is as if the cells remember and resume their original function through the sound vibrations."* Scientific evidence of such a "vitalizing" effect of the sound methods is also provided by a study by cell biologist Prof. Dr. med. Maria Anna Pabst (2014) from the University of Graz. At the same time, the relaxing effect of the sounds contributes to relieving of pain, as the Cuxhavian rheumatologist Dr. Matthias Braun (2016) found out in a study on the fibromyalgia syndrome with 100 subjects. The sound massage, which was used as part of a multimodal pain therapy, led to a better response of the therapy in terms of pain reduction, falling asleep and the learned ability to relax. The addiction therapist Thomas Jablonski (2006), who offers the sound massage as a relaxation exercise at the drug detoxification station in Hildesheim in Lower Saxony, reports: *"The patients open up with the help of the sound massage, are no longer afraid to express certain things, feel better physically and mentally."* For him, it is always impressive that this special condition can be achieved in a rather short time and with a relatively small effort through the sound massage. Thus, the sounds provide an important basis for the therapeutic process and help to ensure that interventions can take effect more quickly and effectively.

Sound bowls in nursing and for people with dementia

All this can also make the daily nursing routine easier. Even small sound elements of only a few minutes can show positive effects, as the social manager and palliative expert Rosemarie Bleil confirms: "If known how, the sound bowls can be simply and effectively integrated into the daily routine of nursing. Their positive effects on sleeping behavior, pain and medication also convinced hospital management. On top of that, a decline in the sickness rate of the nursing personnel could be re-





ported. „The co-developer of Peter Hess® Institute's continuing education courses "Peter Hess sound expert dementia" and "Peter Hess sound expert gerontology" describes the sound bowls as an ideal tool for stimulating the senses. Especially for dementia patients, who are only partially reachable by language, this can provide them with more quality of life. The sounds enable communication without words and affecting without touching. This is also perceived as very enriching by many relatives, because the time of a shared sense of well-being during a sound session allows an encounter from person to person beyond the disease.

Sound offers in clinics

More and more clinics and rehabilitation facilities are realizing the healing potential of the Peter Hess® Sound Massage. In the AWO Hospital Jerichow (near Berlin), the method has been integrated as an adjunct therapy in parallel to medication since 2010. Many of the patients in the department of psychiatry and psychotherapy, psychosomatic medicine, neurology and special pain therapy are



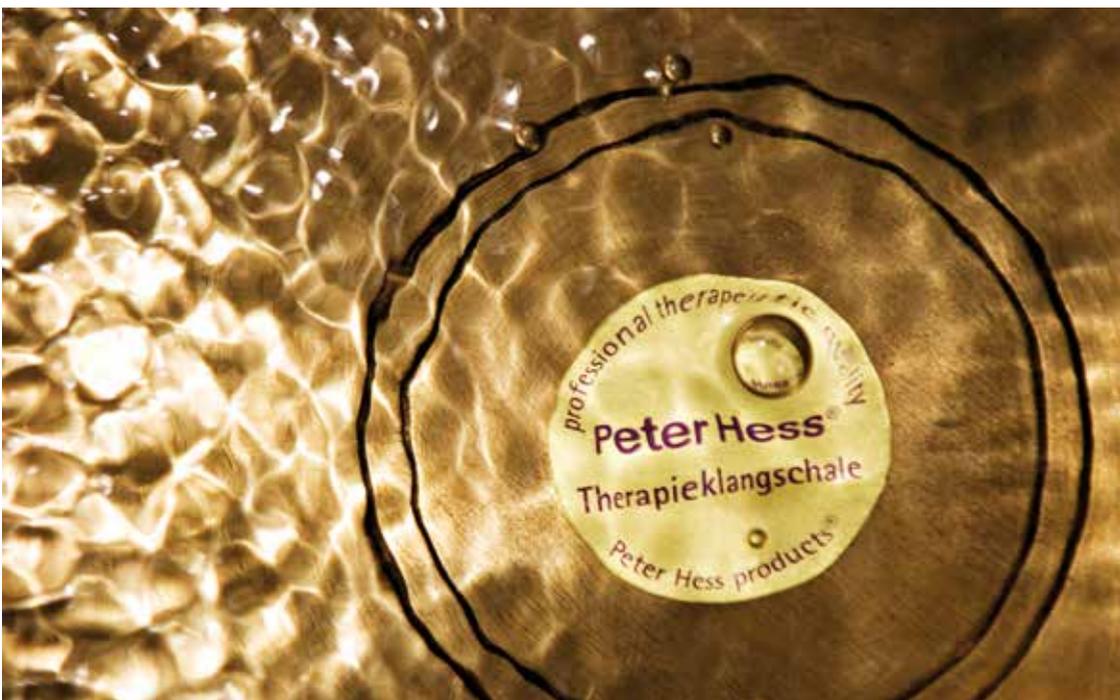
very tense, feel under pressure and are often barely aware of their bodies. Here, the rapid and deep relaxation, which occurs in a comparatively simple way in a sound treatment, provides an ideal base that can be used for therapy preparatory or accompaniment.

The employees of the clinic "Klinik am Park" in Lünen (clinic Westphalia) make similar positive experiences. With the introduction of the sound massage in the pain therapy, the manager Christian Scholz cared initially less about a therapeutic benefit and more about an offer in which the patients would feel comfortable and would say afterwards: "This was great, it helped me, I can recommend it (or the clinic)." And it was exactly this feedback that the management repeatedly received in the form of long praise letters on the sound methods offered. The positive feedback meant that the application area of the sound methods was extended to pain therapy, surgical preparation, in surgery after fractures or in the health prevention of the employees. In the "arcadia" practice clinic for cancer therapy and integrative medicine in the health center Bad Emstal, where the sounds have been used since 2014, cancer patients, among other things, benefit from the soothing vibrations.

For many, the sound massage has been a way to experience the body as a pleasant place for the first time in a long period. Often, patients are surprised to find that they can lie for a long time without pain. Many patients are grateful that they do not have to undress, do not have to show their scarred body and do not have to remove the wig. The disease, which often dominates throughout the day, fades into the background during the session. During this time, it is finally no longer about the illness, but about them as a human being, because they feel comfortable in their body, they feel: I can relax.

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The International Association Sound Massage Therapy e.V. introduces itself

"We stand for quality and professionalism!"

Peter Hess developed the sound massage more than 30 years ago. Based on this, a multitude of specific application possibilities in various fields of work were created under the term Peter Hess® Sound Methods. These are used successfully in wellness, relaxation, prevention, pedagogy, counseling and coaching, as well as in healing and healing professions – worldwide! The steadily growing number of those who have made Peter Hess® Sound Massage and Sound Therapy their profession or integrated those methods into their primary profession, called for a common lobby. Therefore, the International Association of Sound Massage Therapy e.V. was founded in 1999, whose first chairman since then is Peter Hess. In addition to the public relations work and the support of the members in all aspects of their professional practice of sound massage, quality assurance, further development of sound methods and professionalization were and are the focus of the association's activities. It cooperates closely with the Peter Hess® Institute, where its members are trained.

FV, PHI and Peter Hess® Academies – a long-lasting cooperation

The first joint presentation of the cooperation partners FV and PHI dates back to the first sound congress in Dortmund in 2000, which many of the more than 300 participants will surely remember vividly. Since then, the sound congresses, association meetings and specialist congresses with well-known speakers such as Prof. Rolf Verres, Prof. Manfred Spitzer, Prof. Hartmut Schröder, Alexander Lauterwasser or Prof.'s Hella and Luis Erler and Prof. Thilo Hinterberger have made and make possible an extension of the theoretical foundation of sound methods through the insights into various scientific disciplines. One example is the DVD production of the 5th sound congress "Promoting healthiness – working professionally with sound!" (Auditorium Netzwerk, 2011).

Out of practice for practice

A first step in quality assurance and professionalization was a survey on the use of sound massage in 2002, in which more than 200 sound massage practitioners were



systematically interviewed. Experiences could be documented and the numerous fields of work could be identified. The results also influenced the seminar development of the PHI, because the motto "out of practice for practice" is a lived reality between the two cooperation partners. The close collaboration ensures that the PHI seminars are geared to the needs of the practice. A regular exchange of practitioners among themselves is encouraged through the so-called "regional group meetings" under expert moderation as well as at the annual association meeting. In 2002, the publishing house Peter Hess was founded, in which numerous books, DVDs and CDs about Peter Hess® Sound Methods have been published.

First scientific basis

2007, another central step followed: the creation of well-founded, extensive written material for the professional training in the Peter Hess® Sound Massage, which is taught worldwide today according to a standard curriculum. The scripts not only cover the learned practical elements of the various training sections, but also different theoretical backgrounds. In the same year, the institute of Dr. med. Tanja Grotz carried out the first scientific study with more than 200 test persons on the effect of the „basic sound massage on stress processing and body image" in co-operation with the FV. In addition to the theoretical part of the dissertation by Christina Koller ("The Use of Sounds in Educational Areas", Dr. Kovac Verlag, 2007), this study, with its positive results, provides the first scientific basis for the effects of the Peter Hess® Sound Methods, as they have been used in many of the research and projects carried out since then.

Joining the Free Healthcare Professions

One of the most important milestones since the foundation of the association was the association's accession to the "umbrella organization for free advisory and health promoting occupations e.V." (also known as the Free Healthcare Professions). The entry was accompanied by an extension of the sound massage training at the PHI, through which it achieved a similar structure with other complementary



methods. By joining the organization as a full member with full voting rights, the association has committed itself to the principles of the Ottawa Charter on Health Promotion, which the World Health Organization adopted in 1986 as a basic guideline. In addition, the Peter Hess® Sound Massage and Sound Methods are finally represented on a political level via the umbrella organization.

University program and certifications

A short time later a dream came true for Peter Hess: in cooperation with the PHI and the Steinbeis University Berlin, the Peter Hess® Sound Methods are represented in a study program. Above all, it is thanks to the commitment of Ulrich Krause that the Bachelor's degree program (B.Sc.) „Complementary Methods“ with the specialization “Sound Resonance Method“ can be gained since 2013. At the same time, the association for Sound Massage Therapy developed its own certifications. Currently, the following certificates are given in compliance with specified criteria:

- **Certified Peter Hess® Sound Massage Practitioner**
- **Certified Peter Hess® Sound Massage practice**



And it continues ...

As an association, we are proud of all that we have achieved together with the PHI and, above all, with our members. We look optimistically into the future. Because of the collaboration with the holistically oriented physician Dr. med. Maren Pohl-Hauptmann, an accreditation of the training seminar "Sound Massage I" for training points at the Lower Saxony Medical Association can be obtained. Our vision is to achieve these and similar accreditations in other federal states and countries as well and to make the Peter Hess® Sound Methods accessible to more and more people with their diverse, beneficial effects. Because as Peter Hess says:

*There is nothing good,
unless you do it!*

Info and contact:
www.fachverband-klang.de





The small sound bowl ABC

About the origin

Sound bowls are originally from the East Asian region – from China, Japan and Burma. Their precursors were special “standing” bells. These were hemispherical bronze vessels, which stood with the opening on the ground and were struck with a wooden clapper. The temple bells are a special form of these forerunners and have more than 5,000 years of history – they resemble our church bells, which are just 1,500 years old. Depending on the area, different sound bowls emerged from the “standing” bells, as we know them today. They differ enormously in terms of sound and vibration behavior and quality. Most of the sound bowls available today in our latitudes come from India, Nepal, Tibet, Japan or China.

About the original use

Like the origin, the original use of the bronze bowls is unclear. But we know that they were once used as a signal generator and everyday objects. One kept e.g. food and liquids in the metal bowls – also to enrich them with minerals such as iron or copper. Here, parallels can be found to the nutritional science of more than 5,000 years old Ayurveda or alchemy. In addition, the metal bowls were and are still used in monasteries as sacrificial vessels or by mendicants. Usually, these vessels are no sound bowls in the sense as we know them today, but simple metal bowls. Some types of sound bowls, such as the Japanese sound bowls, have always been used as musical instruments, and are still used in traditional Zen Buddhism. It is interesting that there is no evidence of a formal ritual use of sound bowls or even a use in the healing arts. Corresponding stories are usually based on legends or myths. Unfortunately, such stories are being created by resourceful advertisers to arouse customers' interest and increase sales. But even if there had been a secret use of the sound bowls in the context of trance rituals or healing ceremonies, it certainly has nothing to do with the sound massage or sound therapy that we



know today here in the West. Peter Hess has been developing the sound massage, where sound bowls are positioned on and around the clothed body, since 1984 for Western people. Although based on his experiences in Nepal, India and Tibet (see p. 50), it was developed as a Western method.

Sound bowls' success in the West

The spreading of sound bowls in the Western culture goes hand in hand with the hippie movement of the late 1960s. The young people of this movement searched for new experiences in India and Nepal and learned about the "sound bowls" on their travels. They were fascinated by the sounds that led them into trance-like states where mind-expanding experiences were possible. Many brought sound bowls home with them and therefore there are numerous recordings from this period – especially from the New Age music scene – where sound bowls, among other exotic instruments, can be heard. The music journalist Joachim-Ernst Berendt (1922-2000) was a pioneer in the beginning of the popularity of the topic of sound and hearing in the 1980s. With his listening soiree "Nada Brahma – The world is sound" and his books he inspired a large audience. Another pioneer of sound work was the French ENT specialist and scientist Alfred Tomatis (1920-2001), who was dedicated to researching the close connection between voice, brain and ear and published books such as "The Sound of the Universe" or "Sound World Womb". But it is thanks to Peter Hess that sound bowls have reached their current popularity. During more than 30 years, based on the sound massage developed in 1984, numerous sound methods have been developed, which represent a targeted use of the sounds of sound bowls and gongs in the different fields of wellness and prevention, pedagogy and counseling, coaching and therapy as well as in healing and healing professions. The fascination for the phenomenon "over-

tones" can be found since then in various therapeutic approaches, as described in the extensive theoretical part of the doctoral thesis of Christina Koller "The use of sounds in educational fields" (Dr. Kovac Verlag, 2007, free download on www.fachverband-klang.de, only available in German).

Different types of sound bowls

With the increasing interest in the sounding bronze bowls, a market of increasing size for sound bowls of different shapes, sizes, sound, and vibration quality has developed. Only a few of these instruments are suitable for the sound work on the body as practiced in the Peter Hess® Sound Massage and Sound Methods.

Basically, it is important to distinguish between bowls that are cast and those that are forged traditionally in terms of sound bowl style. In all types of sound bowls, the raw material consists of a high-grade bronze alloy and is composed of 5 to 12 different metals, with tin and copper forming the main part of the alloy.

The most common type of sound bowl, also known as the classical sound bowl, is the so-called Tibetan sound bowl. However, the name is misleading as these bowls are usually made in India or Nepal. This sound bowl model was the model of the Peter Hess® Therapy Sound Bowls developed by Peter Hess for the sound massage (p. 88). This sound bowl type is characterized by a typical sweeping shape. They are available in different sizes up to 4 kg. The edge strength can vary, typical are the traces of hammer blows on the surface. Characteristic is also their overtone-rich sound, which sounds spherical.

There are sound bowls in many different shapes, sizes, tones and quality levels



In addition to this most popular sound bowl, there is e.g. the so-called Puri sound bowl, which has a characteristic pot shape with a relatively high edge. It is less harmonious and has a rather clear tone.

The Bengal Sound Bowl comes, as its name suggests, from Bengal and is often characterized by an antique look. Often, this bowl type has a black outer surface, with the inner part being polished, so that the surface shines golden. Typical are the polished upper edge and the sound, which is a kind of mixed form of sound bowl and gong sound.

Important to be mentioned is the Japanese Rin sound bowl, which is made from one piece of metal. This sound bowl style is reminiscent of a Chinese teacup and has a very clear, high sound. Again, there are numerous subtypes, some of which are of particularly high quality and very expensive.

Another type is the so-called Japanese or Chinese temple bell, which surface has clear hammer marks and is painted black. These mostly Taiwanese instruments are available from small specimens up to a diameter of 1 meter with a typical bell-like tone.

A more recent development is the crystal or glass bowl made of silicate or quartz sand – a by-product of the computer industry. They are also available in different sizes. Typical for these delicate and usually expensive bowls is the clear sound, which is often described as very intense.

The different types of sound bowls differ enormously from each other – not only visually, but above all in sound and vibration quality. For sound exercises on the body, only the classic sound bowl is recommended. And unfortunately, there are only a few specimens that are suitable for body work, both in terms of sound and above all regarding their vibration behavior. That was one of the reasons why Peter Hess started producing bowls himself in 1989.

Note:

Many more information about sound bowls, their care and uses can be found on the following websites:

www.peter-hess-klangdesign.de · www.hess-klangkonzepte.de



Hess
Klangkonzepte

The long road to the Peter Hess® Therapy Sound Bowl

The fact that the Peter Hess® Therapy Sound Bowl is referred to as the "jewel among sound bowls" is no coincidence. Like a diamond, in which a valuable piece is cut from an inconspicuous stone, it is also a long way until a sound bowl of the highest quality arises from different metals.

Peter Hess developed the sound massage named after him more than 30 years ago. 25 years ago, in cooperation with various cooperation partners in India and later also in Nepal, he began to produce sound bowls for this special relaxation method. Thus, according to the motto "out of practice for practice" sound bowls of highest quality for the qualified sound work originated under the brand "Peter Hess". This combination of practice, research and development is unique in the market and guarantees an optimal effect for the various fields of application of wellness and relaxation, prevention, pedagogy, counseling, therapy and healing.

The selection of raw materials

For the production of the Peter Hess® Sound Bowls, only high quality and above all pure metals are used. Of course, this means higher manufacturing costs, but only thereby an optimal sound and vibration quality can be achieved. The main components are copper and tin, which result in a high-quality bronze alloy.



The traditional manufacturing process

The traditional forging process, described in simplified terms, proceeds in the following steps:

- In the blast furnace, the various metals are melted down to a high-quality bronze alloy.
- Lenticular blanks are cast from the molten metal.
- To bind the oxygen, husk from rice grains is scattered into the glowing mass.
- The sound bowl is driven out of the freshly cast blanks with the traditional forging tool.
- In total, 20-100 forging units are needed (depending on the type of bowl) until the final shape is created.
- 4 to 6 experienced blacksmiths use hammers to drive a bowl out of the glowing metal disc in perfect rhythm.
- Through various forging techniques, the sound bowl receives final subtleties in form, sound and vibration.
- With simple mechanical means, the bowl is first roughly cleaned and then scraped by hand, which improves the vibration quality.
- Then, it is polished with a mixture of ash from rice straw and mustard oil. As a result, the last imperfections are removed, and the bowl receives its typical glossy surface, which is equipped with a thin protective layer.



"Standardized" sound bowls

It is thanks to the development cycle of the needs of the sound massage practice and the research work regarding production that Peter Hess has succeeded in producing standardized types of sound bowls. The different types, e.g. heart, pelvis or joint bowl, have a characteristic shape and size and a typical sound and vibration quality that appeals to certain parts of the body particularly well. Some bandwidth in terms of sound and vibration within the types is desired to meet individual needs and preferences. This standardization from the beginning is unique and only then allows a uniform mediation of the sound methods and a scientific exploration of their impact.

The quality checks of the Peter Hess® Sound Bowls

Still at the production facilities, the sound bowls go through a first quality control.



Optics, sound and vibration must meet the high standards of the Peter Hess quality standards. In India, the responsibility lies in the hands of a metal engineer who helped to create the production. Regular measurements are carried out in appropriately equipped rooms by a long-time employee and electrical engineer using various measuring techniques.

Only the bowls that withstand this test reach Germany by sea. If defects are found, there is an immediate feedback to the production. In Germany, the sound bowls go through another quality test, in which they are divided into different quality levels. Only the very best sound bowls receive the seal as "Peter Hess® Therapy Sound Bowl".

The production of the individual types of sound bowls takes place in a family association. This specialization not only keeps the quality of the bowls at a consistently high level, but also safeguards the financial income of an entire family. When choosing the production facilities, it was important for Peter Hess and his family to pay good wages and offer various social benefits that are usually uncommon to the workers. These include e.g. special benefits in the event of illness, marriage or for the education of children. During the years, the family's close connection to Nepal has given rise to the "Nepal aid", which has already been able to establish various aid projects (www.chancen-nepal.de).

The right sound bowl for me and my purposes

I, Peter Hess, would like to give you some tips for you to find a suitable sound bowl, with which you can successfully carry out the sound exercises described in this brochure:

- You should perceive the sound of the bowl as particularly pleasant and inviting.
- It is important to know that there are very different individual preferences – if you trust your feeling, the sound bowl will bring you a lot of joy.
- The sound bowl should produce a smooth, steady tone, and no sharp sounds such as clanking or whirring should be heard during vigorous plays.
- When you play the bowl, the metal starts to vibrate and this movement continues through the skin, tissues, organs, ... throughout the body. The tactile sound vibrations seem like a very fine massage. Therefore, it is important that not only the tone, but also the vibration of the bowl is as steady and long lasting as possible.
- When trying out, you'll quickly realize that it requires a certain bowl size. With small bowls, the vibration is often barely noticeable or stops too fast.
- The sound and vibration quality of a bowl is best perceived in the direct comparison of several sound bowls.

For the start and first sound exercises I recommend the so-called "universal bowl". As the name suggests, this bowl has a wide frequency spectrum that appeals to the entire body well – thus it is universally applicable.



With differently sized and hard felt mallets you can elicit a variety of different sounds from this sound bowl. This way, the bowl can also be used well for the sound accompaniment of stories, imaginary journeys or poems.



Experience sound as a source of inner strength - close to you!



A small sound ritual of only a few minutes a day is enough to sustainably strengthen physical and mental health and to gain more joy of life!



With sounds you can

- Relax and experience well-being
- Prevent stress and burnout
- Strengthen health
- Mobilize self-healing powers
- Revive vitality, creativity and creativeness
- (Newly or re-)discover your own strengths and resources
- Gain joy of life

