

La terapia del sonido

Sound Therapy



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The use of sound to promote wellbeing—be it physical, mental, emotional or spiritual— has antecedents as far back as antiquity. What is more, in the majority of religions sound is a means used to explore and further consciousness, situating as it does one's spirituality in a state of optimum receptivity.

The techniques described in this book are designed to help us enter a state of peace and harmony. Reading it attentively will show you how to use the tones of quartz bowls, the subtle vibrations of Tibetan bowls, the harmonic properties of the human voice, and how, ultimately, to "tune up" with therapeutic tuning forks.

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