

LIVING AND PLAYING IN AN OCEAN

OF ENERGY

What if we approached this living world in such a way as to become aware of the interdependence of all things working upon each other, with each other, in the dance of life?



This is the movement we are witnessing in the holistic community today. There are many proponents of one type of therapy or another (color, aromatherapy, food preparation, crystal therapy, sound therapy, etc.). Each proponent is synergistic – a part of a larger whole picture to health. (See figure 1 – chart of energies). These energies are all complimentary to one another with a ratio of energetic vibrations that overlap from each of the categories. They are not independent of each other as steps on a ladder but act more like a spiral staircase.

Dolphins and whales communicate mainly by means of sounds. These sounds include whistles, but also so-called pulsed sounds, which are often described as squawks, barks, rasps, etc. But they also use breaching (jumping and falling back into the water with a loud splash) and pectoral fin and tail slaps. Body posturing and jaw popping also have a role in communication. It is speculated that dolphins send holographic sound images to one another. Dolphins can produce high-pitched clicks. When these clicks hit an object, some of the sound will echo back to the “sender”. By listening to the echo and interpreting the time it took before the echo came

back, the dolphin estimates the distance of the object. (That’s why sonar is also called echolocation: with information from the echoes, a dolphin can locate an object). Depending on the material the object is made of, part of the sound may penetrate into the object and reflect off internal structure. If the object is a fish, some sound will reflect off the skin on the dolphin’s side, some of the bones, the internal organs and the skin on the other side. So one click can result in a number of (weaker) echoes. This will give the dolphin some information about the structure and size of the fish. By moving its head (thereby aiming the clicks at other parts) the dolphin can get more information on other parts of the fish. It is like a medical ultrasound probe, but the results are far less clear. A medical probe moves back and forth very rapidly, much faster than a dolphin can move its head. Also the frequency of the sounds of the medical probe is much higher than a dolphin’s sonar. Therefore the level of detail the echoes can provide is much higher in the medical probe.

From dolphins and whales to all of the “keyboards” on our Chart of Energy, we see that everything can be measured in vibrations per seconds. It is no accident that there is a correlation among colors, aromas, sounds, flavors, and gem crystals when viewed in this ascending and descending spiral. When we focus on lining up the energies of these various categories, we truly create Harmony for the highest vibratory frequencies to come through – those of the



Spirit Realm. We certainly notice disharmony when there is chaos and everything seems out of place.

Creating a harmonious and healing realm around us leads to a more joyful, peaceful and happy life. Like the smiling dolphin playing in the waters, we can experience this joy. The process of creating with color, with flavors, with wood and stone and with sounds not only surround us with the natural way of the Earth but it gives us a sense of joy, a way to relieve tension and stress producing a better quality of life.

One way that people are doing just this is by learning to play a musical instrument and more specifically, the small harp. It is an easy instrument to learn how to play. Each string produces a bell-like pure sound therefore it is pleasing to the ear from the on-set of learning how to play. Small harps have been around for thousands of years starting with the hunter’s bow. The “bowed” harp had additional strings attached to the curvature that enabled simple songs to

be played. In the late 800's, depictions of harps are found on old Irish crosses. Harpers of old would travel from home to home to entertain people and many songs were composed for those who hosted the musician. These songs have been passed down through the ages. It was important for the old Celtic Harpers to have three musical commands at their fingertips: Geantraigh – an excitement to love and laughter, Goltraighe – an arousal to valour or tears, and Suantraighe – a disposition to slumber and repose.

Those are the three musical traits that are honored a thousand years later by the International Harp Therapy Program. Many people come to the program for various reasons. Some people come to learn how to play the harp and bring a sense of relaxation and new focus to their lives. Others come to the program to learn how to create music for people in hospitals, hospices, relaxation centers in corporate offices, rehabilitation centers, prisons, schools, dentist offices or birthing rooms. These are but a few places where the harp has proven effective as well as a morale builder. In keeping with the tradition of the harpers of old, practitioners of harp therapy often work with massage therapists and aromatherapists using an old Celtic technique of massage. It is a circle of massage that starts with the relaxation aspect of music – Suantraighe; works down to the sole of the foot (soul of the person) with the Goltraighe strain for release and then circles up the other side with the lighter Geantraighe quality.



*Children take delight in playing!
Dolphins appear to love to play!
Playing the harp is definitely a
way to experience the joy of life!
Yes, we do live and play in an
Ocean of Energy.*

The aim of the program is to help bring a creative avenue to people that will help in relieving stress in our ever demanding fast paced way of life and to help people release the music that is already inside longing to be expressed. Often people feel that playing music is only for gifted musicians. In a short period of time, they find out that music-making belongs to everyone. Trained Practitioners also learn how to create a Peaceful Realm with sound vibrations in which newborns can float into this earthly life or to create a "cradle of sound" for the soul who is ready to transition and reunite with others on another plane. This is achieved when the musician can match the (a) mood of the listener, (b) the tempo based on the listener's breathing and heart rates, (c) the resonant tone of the listener, and (d) the genre of music that the listener prefers.



Sound is a powerful tool for communication and we are excited to be exploring the relationship between the dolphin's world of sonic vibrations and the realms of music. This inter-relationship of vibrations may prove to be a key element in the Human-Dolphin Connection.

The International Harp Therapy Program was founded in 1995 under the directorship of Christina Tourin. Classes are held in USA, Britain, Ireland, Canada, Japan and Europe with a portion of the program being on-line and at-home video study for music training.

For information on harp retreats while swimming with dolphins, where to find small harps, learning to play harp and the benefits of Harp Therapy for newborns, for people in rehabilitation centers and for transitioning;

contact:

<http://playharp.com>

You can also experience the joy of playing virtual harp on-line. Address: International Harp Therapy Program, P.O. Box 333, Mt. Laguna, CA 91948 USA