

From the remotest ages, the philosophers have maintained the singular power of music over certain diseases, especially of the nervous classes:

“Sound has an attractive property; it draws out disease, which streams out to encounter the musical wave, and the two, blending together, disappear in space.” H.P. Blavatsky

Throughout history, music has been used in medicine. The Ancient Indians and Ancient Greeks used music to treat mental illnesses; the Native Americans, in their healing ceremonies. After World War II, researchers observed that music had a positive effect on emotionally disturbed veterans.

“The rhythm and measure of music have great influence. Each grade of matter from coarse to fine vibrates to music. Built as all true music is, with the fullest mathematical precision, and upon a sound-psychological basis, the regularity with which vibrations of the notes impinge upon one’s physical, emotional and mental bodies, has a calming, soothing effect, thus bringing the inner centers of the three bodies into alignment with each other; in other words, polarizing them and permitting the flow of health to pass through all of the channels unimpeded.” Mary Weeks Burnett

Today, there is physical evidence that music reduces high blood pressure, depression and sleeplessness. In Alzheimer's and Epilepsy patients, music therapy significantly reduces anxiety and aggression. Medical professionals believe that music can reduce certain symptoms, help with healing, improve physical movement, and enrich a person's overall quality of life.

THE HEALING NATURE OF MUSIC

Sound-Healing Concert

— to heal the body, mind and soul —



With

Alexandra Cedolin, soprano

Kathie Schneider, soprano

Sean Goguen, guitar

Ryan Overbeek, organ & piano

Andrea DeGiovanni, organ & piano

Sunday, September 30th at 3pm

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The Historic Meeting House
Belleville Congregational Church
300 High Street, Newburyport, MA

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Free will donations accepted

Open to the Public