



**Sound Healing
Through Music**

Music Therapy

Uses different aspects of sound to improve your emotional and physical well-being.

Along with voice, the music therapists use the following to guide the client.

Singing Bowls

Tuning Forks

Pan Flutes

Harps

Drums



The Power of Music

Music 'releases mood-enhancing chemical, dopamine, in the brain

Music can help with memory and concentration, something that feels difficult while grieving

Music can reduce people's subjective experiences of stress and anxiety, as well as reduce physical symptom

Music can help recall meaningful moments and bring stability to the mind and body

How Is This Done?

Creating a playlist of songs that provoke healing emotion.

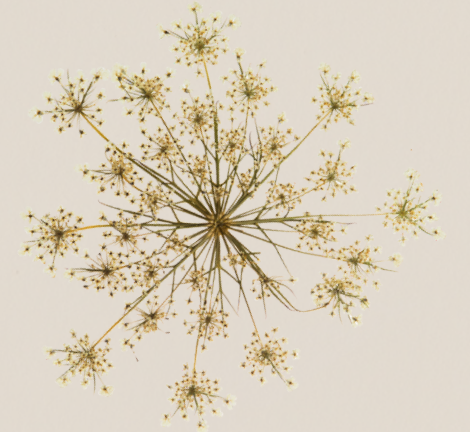
Attune your body and acknowledge trapped emotion

Through stillness, allow the lyrics or sounds of music to ease you to deep meditation

Allow your mind to relive moments, recapture memories, and reach tranquility



Music and Grief



The calming and soothing melodies can help channel positive emotions and memories



Helps communities feel connected and honors our history



Strenthes our pride, identiy, and love for our brave bothers and sisters

