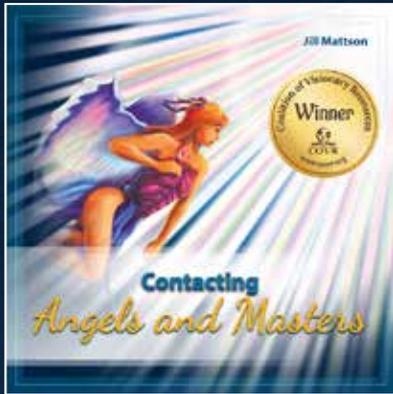
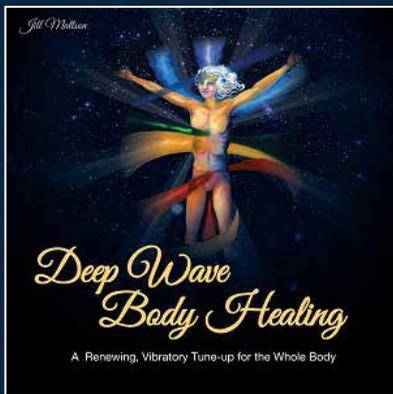


Below are some of my timeless CD's with a brief explanation of the special frequencies they contain.



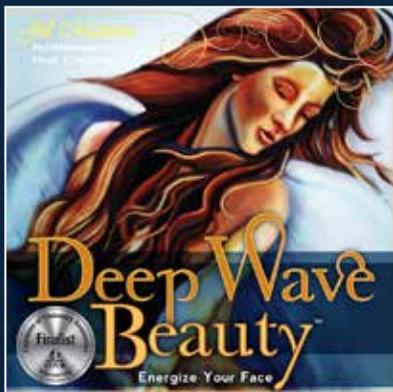
*Contacting Angels and Masters* takes you on an experiential journey to connect with Angels & Masters, using sounds and colors.

UPC:700261411552 | \$15.00



*Deep Wave Body Healing* – A Renewing Vibratory Tune up for the Body! Use Ancient Healing Methods to tune your Body Organs!

UPC: 700261422398 | \$15.00



*Deep Wave Beauty* creates beauty inside and out! The Music contains the vibratory essences of vitamins, nutrients, collagen, muscles and skin tissues.

UPC: 700261334479 | \$15.00

# A MODERN SOUND HEALING REVOLUTION WITH ANCIENT ROOTS

by Jill Mattson

Sound Healing is blossoming like never before. Look at any New Age magazine, workshop itinerary or Expo vendor list... the number of people doing SH has exploded; in Internet speak this is field is going viral! What is causing this excitement?

The common view of Sound Healing a generation ago, consisted mainly of techniques and ceremonies using chants, vowel repetitions, singing bowls, gongs and drums. Please do not misunderstand me, these are wonderful things. They are still worthwhile and if practiced correctly, can bestow real blessings. However, the number of applications of Sound Energy - for what I think is best called "Wellness" - have grown tremendously.

The modern field of Sound for Wellness is an incredibly dynamic, diverse, flexible and powerful thing. It ain't your grandmother's Sound Healing. Just a few of the important "advances" in using Sound are discussed briefly below (I put advances in quotation marks because most of these techniques have their roots in the Ancient past).

The new generation of Sound Healing is extremely selective and specific in its applications. For example, it is now known that exact frequencies can accurately target benefits OR ailments. Frequencies, or sometimes, certain musical notes or pitches, can kill a flu virus or (personal experience) eliminate a shingles episode. Tuning forks are a convenient means of producing an exact frequency that anyone can use to apply sound energy to a specific end. It is now possible to create the frequency that is associated with a physical item, such as a vitamin or a nutrient, and to take this vibrational version of the old drug or herb - *just by listening*. Organs can be "tuned up" by taking in the appropriate frequencies on small "sound boxes" through headphones.

Other recent innovations include the use of actual healing or energizing music. Without going into the details, think to the "Mozart effect"; this is a phenomena where a particular musical composition can affect the mental performance of a careful listener. Music is especially good at affecting our emotions and mental states. Another remarkable achievement



of modern Sound Healers is the ability to extract certain energies from nature and to reproduce them as vibrational sound energy for treating or balancing the listener. It is possible to take a sacred geometrical pattern from nature and to recreate it as a vibrational arrangement. Designs from nature become the Fibonacci Sound Patterns that take us spiraling up to heaven. There are many, many more: Star Tones and Flower Essences as frequencies... crystals transformed into frequencies and more.

In truly remarkable achievements, talented mystics and psychics have accessed higher realms, spirits and dimensions using Ancient techniques and channels. Using their information, Sound Healing Masters are making the Vibrational Energy versions of these revealed mysteries available. Finally there are many more exciting breakthroughs in the field of Sound for Wellness, too numerous for our limited space.

My personal work has evolved in two principal directions. First of all, I have made a strenuous effort to learn everything possible about the Ancient secrets and techniques utilizing Sound. This has proved to be an extremely fertile source of information. I share my discoveries with readers in my books and I use the transformative frequencies - learned from the old Masters - in my own music.

My most recent book, ***The Lost Waves of Time***, was named the Book of the Year for 2016 by the COVR Visionary Awards. This was my most ambitious work to date, examining the long lost powers of Sound. It was amazing to me to learn how Ancient Leaders maintained their civilizations and cultures through Sound and music control. Successful civilizations reigned for thousands of years and closely guarded the Sound and music their citizens had access to. In all the major societies I examined, when the music changed, the fall of the civilization followed soon afterwards. I begin *The Lost Waves* by examining what is known of the mythical societies of Lemuria and Atlantis and how the subtle energy of the early world and its inhabitants was influenced by music. I move on to all the major Ancient Civilizations: Ancient Sumerians, Zoroastrians, Ancient Hindus, Chinese, Egyptians, Greeks and so on up to Modern times. I trace their important musical systems and sound energy secrets; most of this has never been published before in a comprehensive treatment. I have also written ***Ancient Sounds ~ Modern Healing*** and ***Secret Sounds ~ Ultimate Healing***. I believe these are valuable reads for the serious student and lay enthusiast of Sound Healing alike.

The second path that I have devoted my career to is that of Sound Healing music. I am a trained classical musician and composer. I have produced eight Sound Healing CD's and Guided Meditations. My musical CD's are complex, deeply layered compositions containing track laid down on top of track, on top of track... of special beneficial frequencies (employing many of the techniques discussed earlier). In my compositions, there is an overarching matrix of pleasing New Age music tying the entire piece together. The embedded frequencies include: Star Tones, Flower Essences, Natural Energies, Crystals, Elements, Vitamins, Healthy frequencies from organs and bodily systems, Solfeggio Tones, Fibonacci and Angel energies. Put simply, my life's work is to compose pleasing music - with Healing Sound Frequencies enmeshed throughout - so that an interested listener can enjoy the musical experience and potentially absorb selected energies for enhanced wellness on many levels, with ease.