

## Sylvia Nakkach at Sound Healing Conference

Sylvia Nakkach will be presenting at The Second International Sound Healing Conference in Santa Fe, New Mexico USA, November 8 - 12, 2007.

Sylvia Nakkach, MA, MMT is an award-winning composer, psychologist, singer, recording artist and author. She is an internationally accredited specialist in cross-cultural music therapy training, and a pioneer in the field of sound, transformation of consciousness, and music shamanism. She has created the curriculum and is the academic advisor for the program on "Sound, Voice and Music Healing" at CIIS. Nakkach is also the founding director of the international "Vox Mundi School of the Voice."

Sylvia has devoted 25 years to the study of the art of raga singing under the direction of Maestro Ali Akbar Khan, and has been involved in clinical research in the areas of micro-tonal singing and uses of the voice to induce emotional healing. She has created an innovative repertoire of cross-cultural vocal techniques that have become a landmark in the field of sound, music therapy and voice coaching. Her opera "Amazonia Insight" has been performed internationally. She was named by Utne Reader magazine as one of forty cutting-edge artists that will shake the art world in the new millennium.

Sylvia will be presenting a post-conference all-day workshop "The 'Ancient' Future of Sound and Music Medicine: Efficient Modalities for Implementing Voice, Music Therapy and Shamanic Sound Practices in Health Centers and Hospices."

As we experience how sound is an immediate vehicle to access and transform consciousness and emotional states, modern science is catching up to what ancient peoples have long known about health and healing: that mind, body and sound are intimately interconnected. Sylvia's 25 years of travel, research, and enchantment into ancient Eastern and Western voice and music healing practices, consciousness and clinical psychology inform her original model that enables individuals to enjoy, heal, and sustain optimal health.

Integrating cutting-edge discoveries of sound science, alchemy, and cosmology with Indian music, devotional chanting, energy awareness and the wisdom of aboriginal sound practices, this will give you a creative tool-kit of cross-cultural sound, music, and vocal practices that can be used for relaxation, assessment, diagnosis and treatment to address personal wellbeing and illness, both physically and psycho-spiritually.

Workshop topics include: freeing the voice, tuning forks and subtle energy fields of resonance, brain entrainment through chanting and healing melodies (ragas), vocally induced trance states and sacred-sound delivery systems to align the movement of breath through the spine, shifting frequency and muscle tension, including gentle yoga postures and joyful indigenous music exercises.

By mastering the profound healing potential of these practices, sound practitioners can reclaim their birthright as physicians of the spirit.

Considering our world interdependence, Sylvia will emphasize the efficacy of a cross-cultural and integral approach to sound and music healing that identifies the differences, similarities, and shared aims of working with sound by scientists, mystics, shamans, artists and therapists. You will learn how these relate and complete one another - each capable of expressing and affecting distinct emotional, physical, and consciousness states.

In addition to the highly experiential modalities of this workshop, you will acquire an informative sound-tools handout, a discography and a wealth of examples, case studies, and professional applications of natural sound instruments, voice, and music in private practice, hospices and health centers.

Sylvia will also be presenting her keynote address "Rapture, Transcendence and Transformation through Melody and Chant."

Healing with sound is more than just a change of melodies and chants; it is about a change of heart. You will embark on an inspiring exploration of the architecture of the music that we create to accomplish the main goals of all sound therapies: to lessen pain and suffering, to balance brain functions, and to quiet the mind making it permeable to divine intervention.

In an attempt to shed new light on the affective power of sound and music, you will explore the ancient concepts of raga (melody which colors the mind), and rasa (mood, a sentiment that gives flavor to the mind), introducing the expression of spiritual melodicism, resonant harmonies and hovering rhythms with special attention given to melody as medicine. The practice of these essential musical concepts can refine the practitioner's auditory and therapeutic sensitivity, improving the capacity to release stress and fear. In particular you will examine melody's potential to connect with archetypal consciousness, emotional nature and magic, by conveying profound sentiments through the inscrutable power of rasa.

The evolution of the art of sound healing may depend on deepening cross-cultural sophistication and the conscious treatment of musical structure with a spiritual emphasis.

By experiencing the devotional nature of music, you will open your heart to the deep longing of the enchanters, those who journey through the magic of sound to attract the spirit power. Experience this through a multi-media and experiential lecture with chanting, music making and research.

Revitalize your understanding of the therapeutic potential of sound and music to transform emotional states, by exploring the architecture of melody (raga) and

the nine rasas of Indian art: aesthetic sentiments such as love, peace, joy, fear, devotion, wonder, aversion, heroism and compassion.

You will learn about the medicinal potential of the Indian ragas as divinely inspired tonal arrangements, their acoustic ability to color the mind of the listener with a particular emotion that stimulates brain and heart activity.

You will also learn how to identify particular intervals and melodies that can facilitate relaxation, concentration, strengthen vitality, balance nervous system, alleviate pain, and enhance perceptual functions (sensation, reception, feeling, transmission and expression).

In addition, learn to relate the underlying healing potential between modern microtonal musical architecture and the enchanting melodies of the sacred Eastern musical traditions.

Sylvia will also be presenting her workshop "The Yoga of Voice: Ancient and Contemporary Sacred Sound Practices."

Just as the perception of subtle psychic centers of the body (chakras) leads to transcendental space through the magnetic experience of sacred chanting, we liberate a sense of boundless radiance and openness, nurturing the intense yearning of the heart to unite with the divine.

You will engage in an experiential journey into Eastern and Western healing uses of chanting through an innovative repertoire of sound and vocal techniques that have become landmarks in the field of music therapy, sound healing, and music shamanism. Unlike any other program, the "Yoga of the Voice" integrates the discipline of yoga with contemporary techniques of chanting, sound healing, music therapy, improvisation, and voice improvement practices, as a gateway to connect with our true energetic nature, while discovering scientific and creative ways to address any voice impediment.

Ancient sound healing practices will be introduced through Nada-Yoga, a meditative modality of chanting that reflects the union of body and spirit through subtle vibration. This program also covers: healing chants from the traditions of Shabda Yoga, Bhakti Yoga, Tibetan and Siberian ritual music, tuning to divine energy through seed syllables, invocations and powerful mantras accompanied by subtle body movements and hand gestures (mudras), shamanic songs from Afro-Brazilian and Amazon traditions, Hildegard Von Bingen musical divininations, and the Sufi healing practice of Sama or spiritual listening. In addition to the sacred music repertoire, you will also take home a repertoire of vocal meditation exercises and medicinal melodies that can be used as part of sound healing, a yoga session, chanting circles, research, and psycho-spiritual development.

Approaching the voice as a yoga practice elicits joy and the devotional nature of music, enabling us to embody divinity through sound.

You will discover innovative ways to 'open' your voice through ancient breath, movements, and sounds that clear, tune, and stimulate the brain and the energy of the chakras. The mind expands into luminous states of consciousness, fostering a sense of protection and love.

You will learn to reawaken the various dimensions of your healing voice: the contemplative, the expressive, the shamanic, and the ecstatic and become familiar with uses of the voice in music, yoga, complementary medicine, energy healing, and as spiritual practice. You will discover ancient musical cultures and practices that open personal doorways to free the voice as well as reconnecting with one's ancestral lines, and learn how to identify particular sounds, musical intervals, scales, rhythms and chants that impact specific areas of the mind and the body - recognizing immediate sonorous ways to transform energy patterns and emotional states.

Other esteemed presenters at this conference include Masaru Emoto, Jonathan Goldman, David Darling, Barbara Crowe, Jeffrey Thompson, Onye Onyemaechi, Master Song Park, Randy Masters, Hasu Patel, Don Campbell, Silvia Nakkach, Cynthia Snodgrass, Pierre Sollier, Steven Halpern, Freddy Silva, Christina Tourin, Wayne Perry, Joshua Leeds and many other presenters.

Come celebrate yourself with morning Sound Healing and Movement classes, Chanting and Improvisation classes, 5 special evening events and much more. Recharge your spirit!

AND - 19.5 CEs are available for those that need them.

For more information or to sign-up, contact:  
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