

VAHT opens doors to the inner core

by Maryalice K. Little BA, RN, CCM, VAHTP

In December of 2018, I began a part-time practice of Vibroacoustic Harp Therapy at a chiropractic office using a Somatron chair connected to a Dusty Strings FH36. By offering discounted or complimentary gift certificates to friends, family and associates, and giving sample sessions to interested chiropractic patients, I am slowly growing my practice in an organic way. This exciting journey is still just beginning, and I am grateful to all those who have encouraged me. The following three responses indicate that the music is working its wonderful way.

#1: "I visited Maryalice Little's vibroacoustic studio this past December. I expected the vibroacoustic chair would be the main event — that the aural experience of the harp music would relax me as physical vibrations through the chair provided a sort of light massage. While I would relate the experience to massage, it was not because of the sensory experience of the light vibrations coming through the chair. Instead, the combination of moving tones and moving vibrations mimicked massage in that, together, they gradually moved me out of my conscious mind and into a state of meditative observation. I found myself watching thoughts move through my mindspace. Late in the session, these thoughts began to rise from deeper recesses. A very pleasant image from my early childhood arose, for example, which at once came forward like a dream symbol and made me gently aware of the layers of mind and experience that are at my core. This resulted in a feeling of being emotionally stirred, and resulted in a sort of opening-up. I found myself, in the next couple of days, better able to articulate some challenges in my present, I think in part due to this dropping down through consciousness and opening up which the vibroacoustic experience facilitated." — T.S.S.

#2: "I arrived for my VAHT session in a great deal of pain. I had been suffering from a sinus migraine and radiating neck pain for several days and was feeling lousy overall. While I had tried reiki, kinesiology, chakra, and energy therapy sessions before, I didn't know what to expect from VAHT. With the first few notes played, I could feel my body respond; my sinuses began to open and my jaw relaxed. Throughout the therapy session, I could feel energy shifting in my body as blockages were removed and flow was returned. I gave



attention to each chakra point during the session and envisioned it spinning freely. Certain chakras that are problematic for me felt "sticky" when some notes were played and I reminded myself to "breathe" in the music as well as feel it...letting go of resistance. My experience with VAHT was spiritual and emotional as well as physical. Upon finishing my session, the pain in my head and neck was almost entirely gone and I was feeling grounded, clear-headed and energized."

— Krista Niles-Updyke

#3: "With more than a little trepidation I accepted a gift from a dear friend for Vibroacoustic Harp Therapy. I trusted my friend, but "what if" was my only palpable vibration at this point. Then I met Maryalice Little. Her face — filled with intelligence, warmth and empathy — had a calming and reassuring effect. I was ready to participate.

To say that the experience was transformative would be an understatement. Within the safe embrace of harp vibrations I felt transported to a magical place. And, indeed, I was — all the way back to nineteenth-century Ireland, to my father's family's farm in County Mayo, a place, I might add, that I have never seen.

The blue sky over the farm was littered with soft clouds. Sunlight brilliantly illuminated a green meadow. Standing on a slight rise near the horizon was the figure of a girl, smiling and waving to me. The color of her blowing hair was mutable, traversing shades of red to black to red again, but her eyes were constant sparkles of blue. It was then that I realized the girl was my grandmother, and the tears rolling down my cheeks were pure joy. Released by the vibrations of the harp I waved back to my girl of a grandmother, and I felt peace."

— Deborah Begley ♥