

Healing sound vibrations

Vibroacoustic Music Therapy for Health Prevention and Rehabilitation

THERE IS A SOLUTION!

R. Velykis, MBA

Electronic engineer, VMT expert

2024

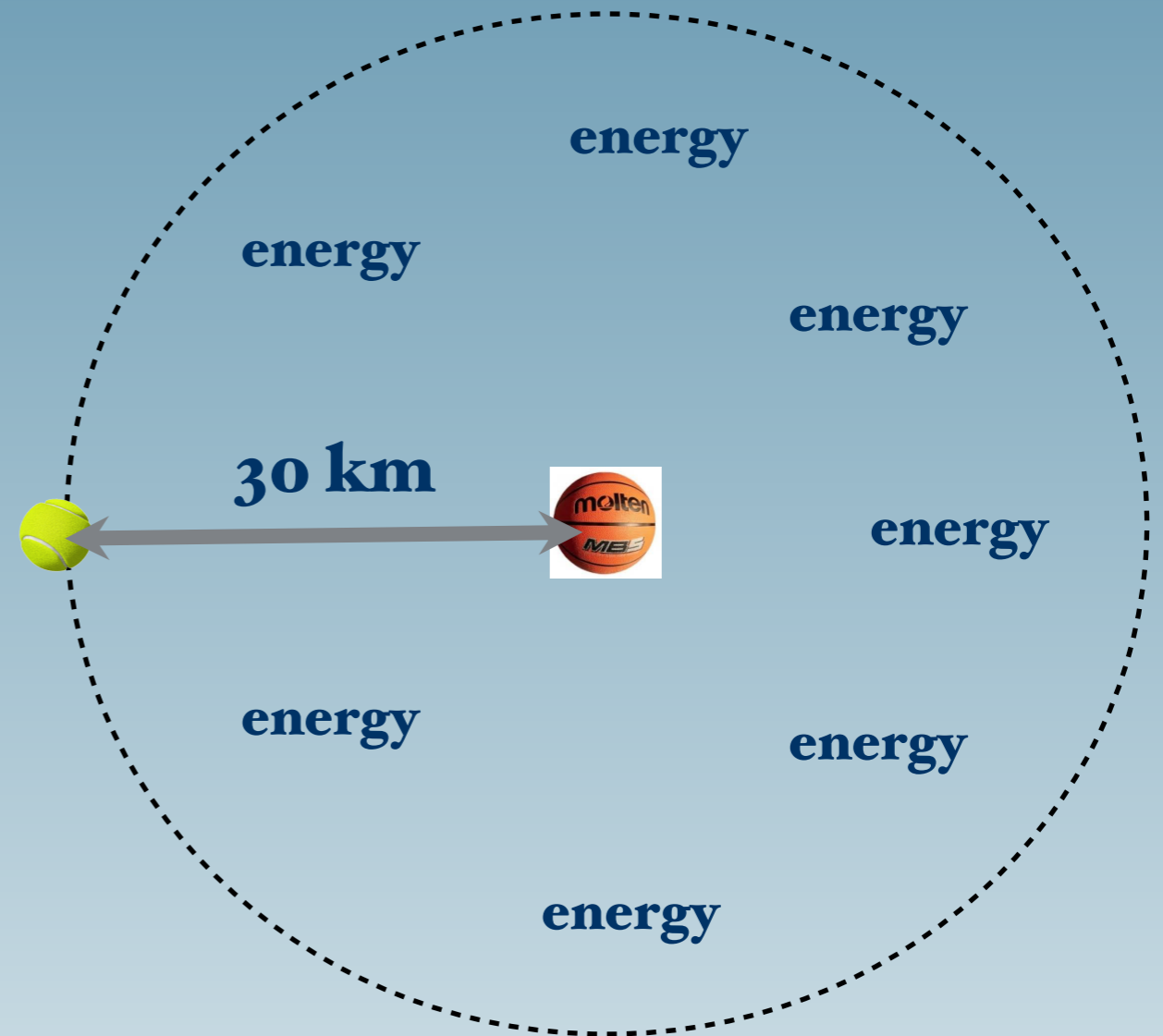
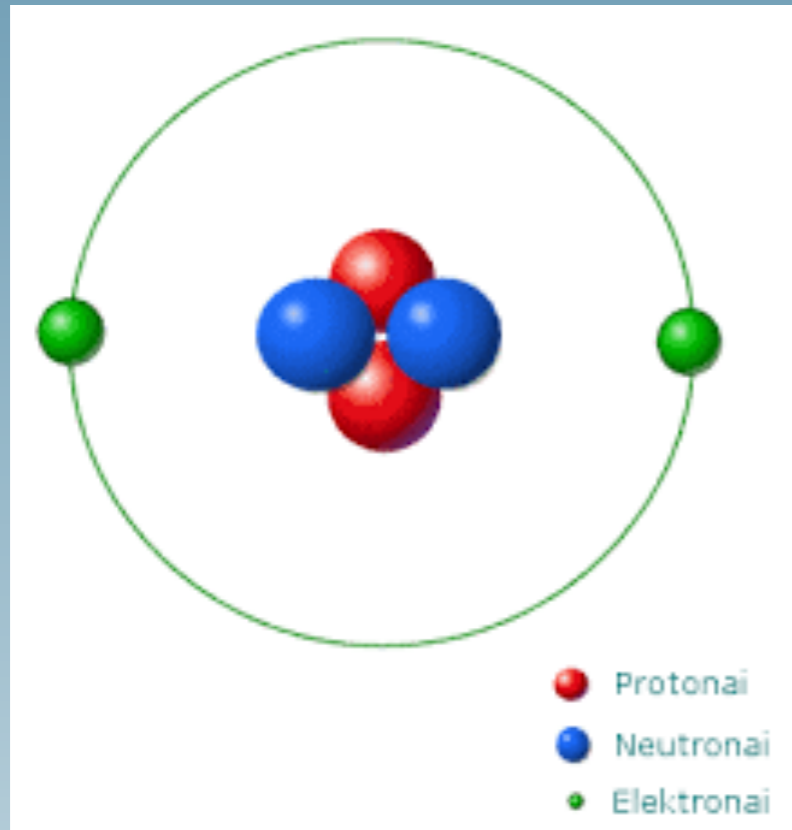


“If you want to understand the mysteries of the Universe, think in terms of energies, frequencies and vibrations”

Nikola Tesla



Energy



99.9% of an atom is energy. Physical processes begin in energy fields. Due to this interaction of energy bodies and the physical body, prayer (sound), meditation (silence+sound), music, visualization (thought, fantasy+light) acquires a selfhealing effect. The vibrations of VMT music directly affect the body, and you, with the right attitude, can take healing energy from this ocean.

VMT health principle

FREQUENCY + INTENSION = HEALING

/J.Goldman/



How Sound Works

The basis of all sound healing is creating Consistent, Stable Vibrations to overcome Chaotic Vibrations physically, mentally and emotionally. It all contributes to peace and homeostasis — physically, mentally, emotionally and even Spiritually.

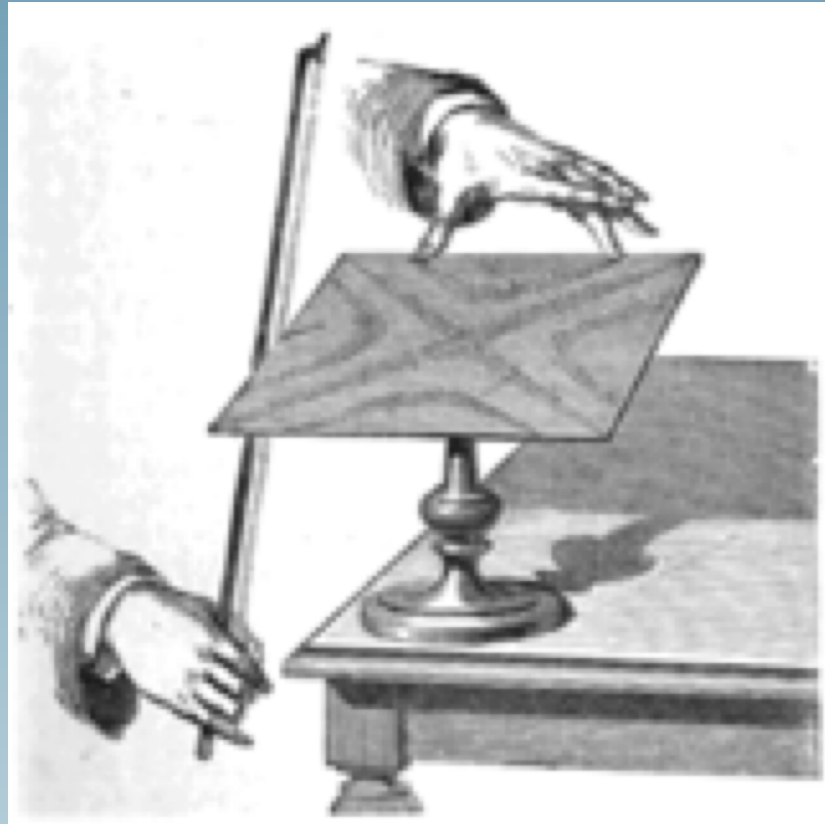
From there it gets quite detailed. Everything has its own specific frequency that it naturally vibrates at. In the body, when you find that frequency and play it to the body, it triggers its own natural vibrational state and makes it healthy. If you turn the volume up a large amount it will explode.

These are the two ways to work with vibration. Find what's right and resonate it into its own healthy state. Or find what's wrong, and either also resonate into its healthy state, or break it up.

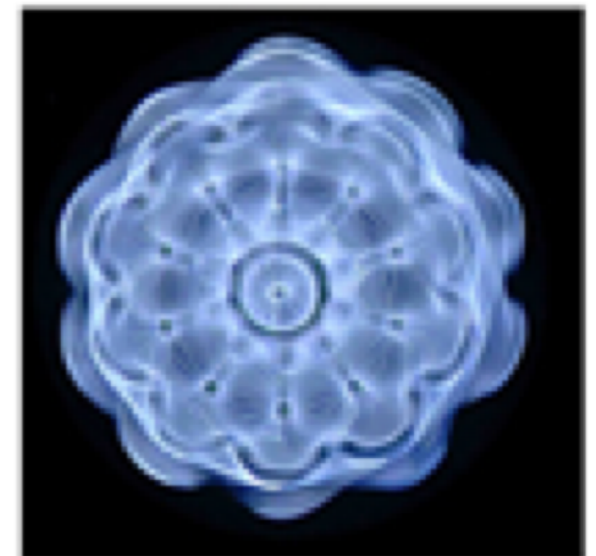
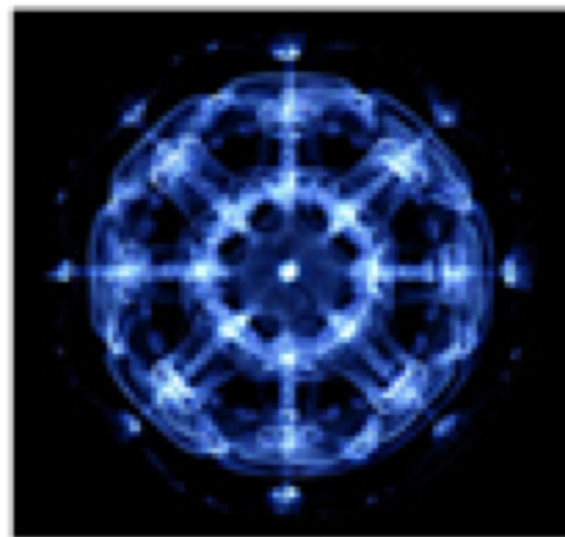
David Gibson from Sound Healing Center (USA)

<https://soundhealingcenter.com/about-sound-healing/>

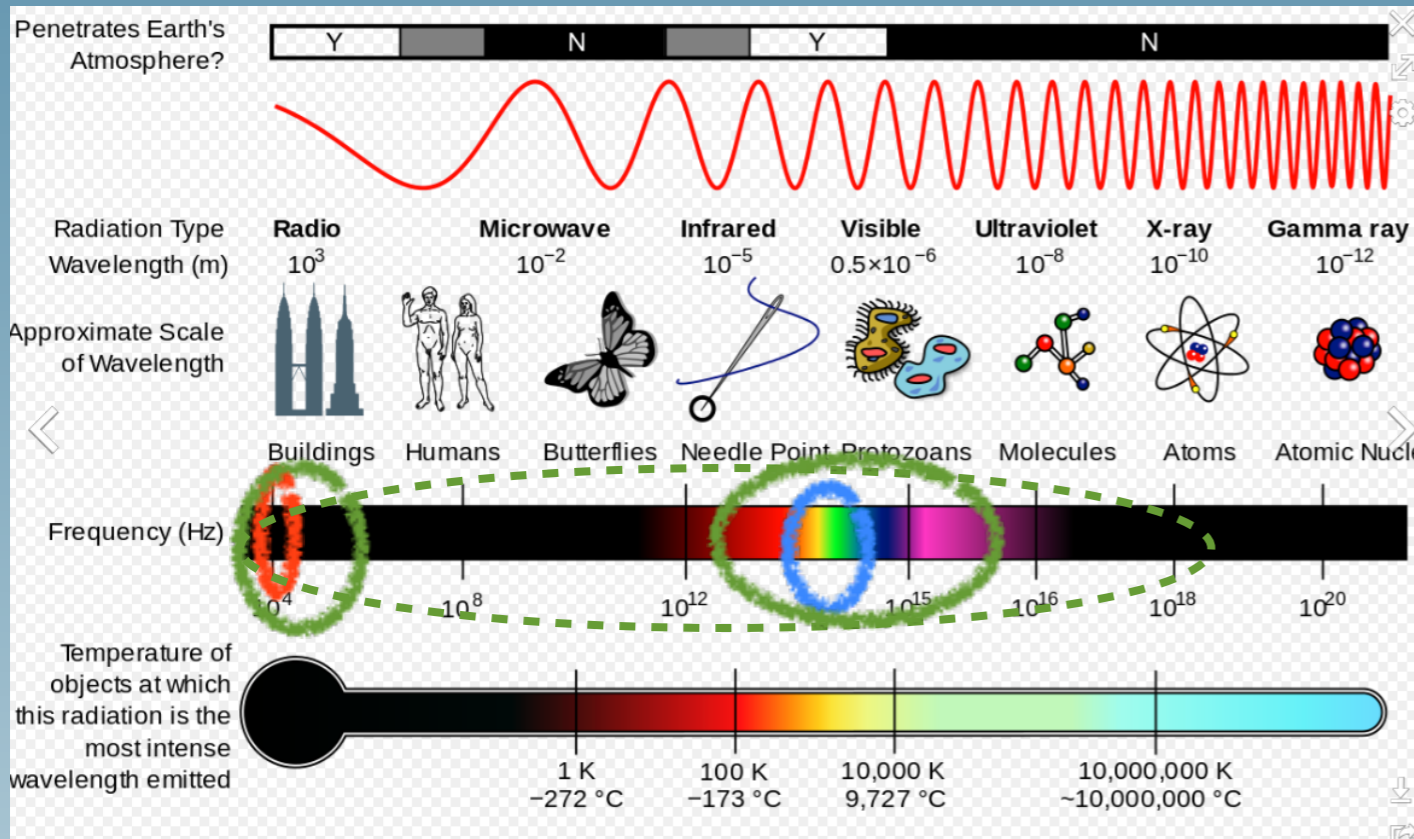




Sand or water affected by sound forms geometric figures that change unpredictably in time, forming magical patterns similar to mandalas. Correspondingly, cells are affected by sound, as water is made up 50 -70% of body weight.



electromagnetic waves



we hear with our ears
(20Hz...20,000Hz)



we see with our eyes
(395THz...789THz)



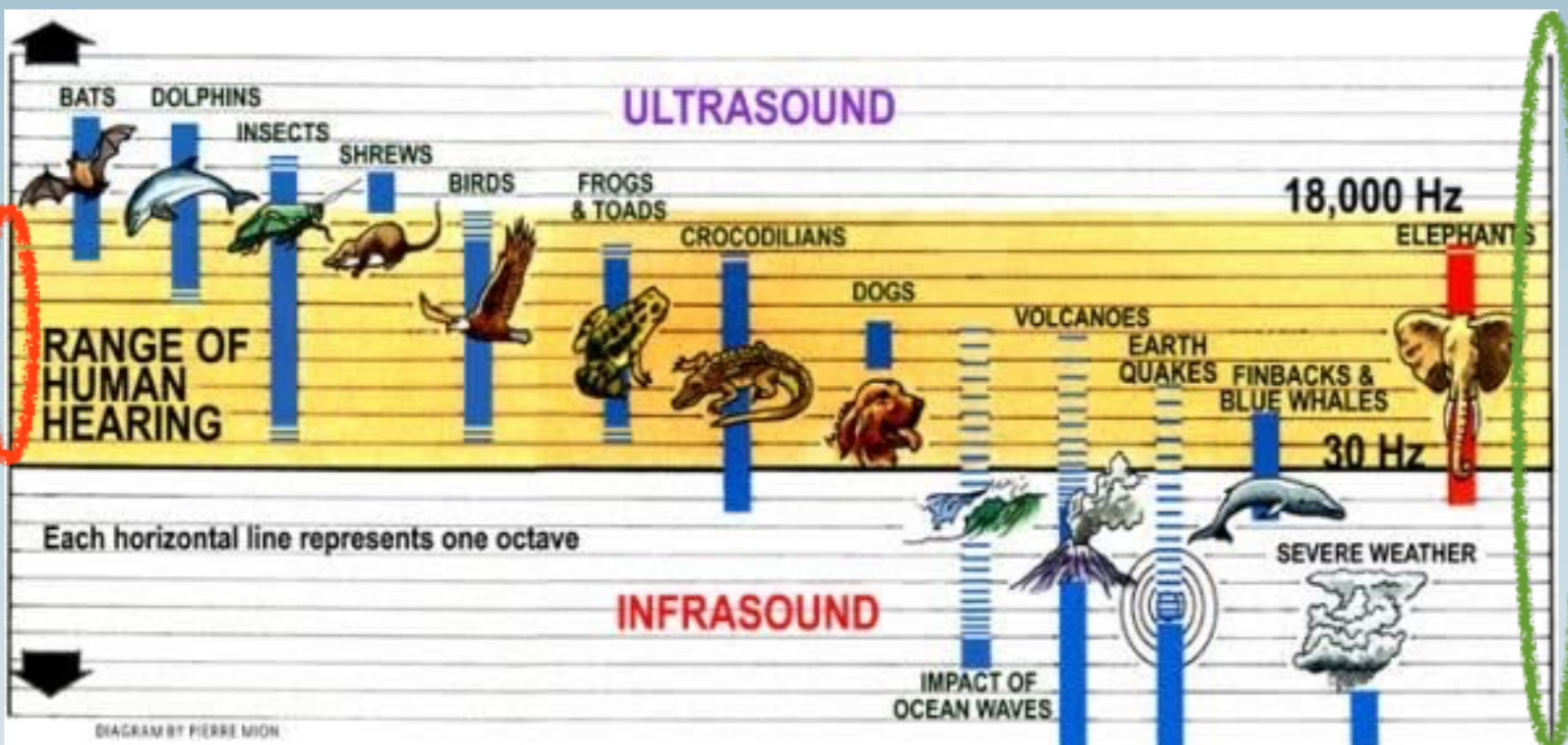
VMT reproducible frequency
range :

0...100,000 Hz,

i.e. audible and inaudible
vibrations can be simulated:

- tides,
- an earthquake,
- thunder,
- battle of the waves,
- nature sounds,
- animal sounds

+ loudspeakers emit
electromagnetic waves and
LED light sources - chroma
radiation



History of Vibroacoustic Therapy



2500 BC
Pyramids of Giza
built with sound
properties

1968 Olav Skille
developed
equipment and
musical software to
begin studying the
effects of
vibrational therapy
on children with
disabilities

1997 John
Stuart Reid
studied
vibrational
properties of the
Pyramids

40,000 years ago
Aboriginal use of
sound to heal

500 BC Pythagoras
discovered that
frequency translates
into mathematical
equations – first to
prescribe music as a
more widely used
healing tool

1997 Tony
Wigram
continued
studies using
vibrational
frequencies with
adults with
disabilities

1999 NIH
published a
study on the use
of vibroacoustic
therapy to
decrease pain

The essence of VMT and VAT

VAT uses generator tones, and VMT uses compositions of extremely low tones (subbass) musical sounds. It is felt in the body as a "tremor" or pulsation.

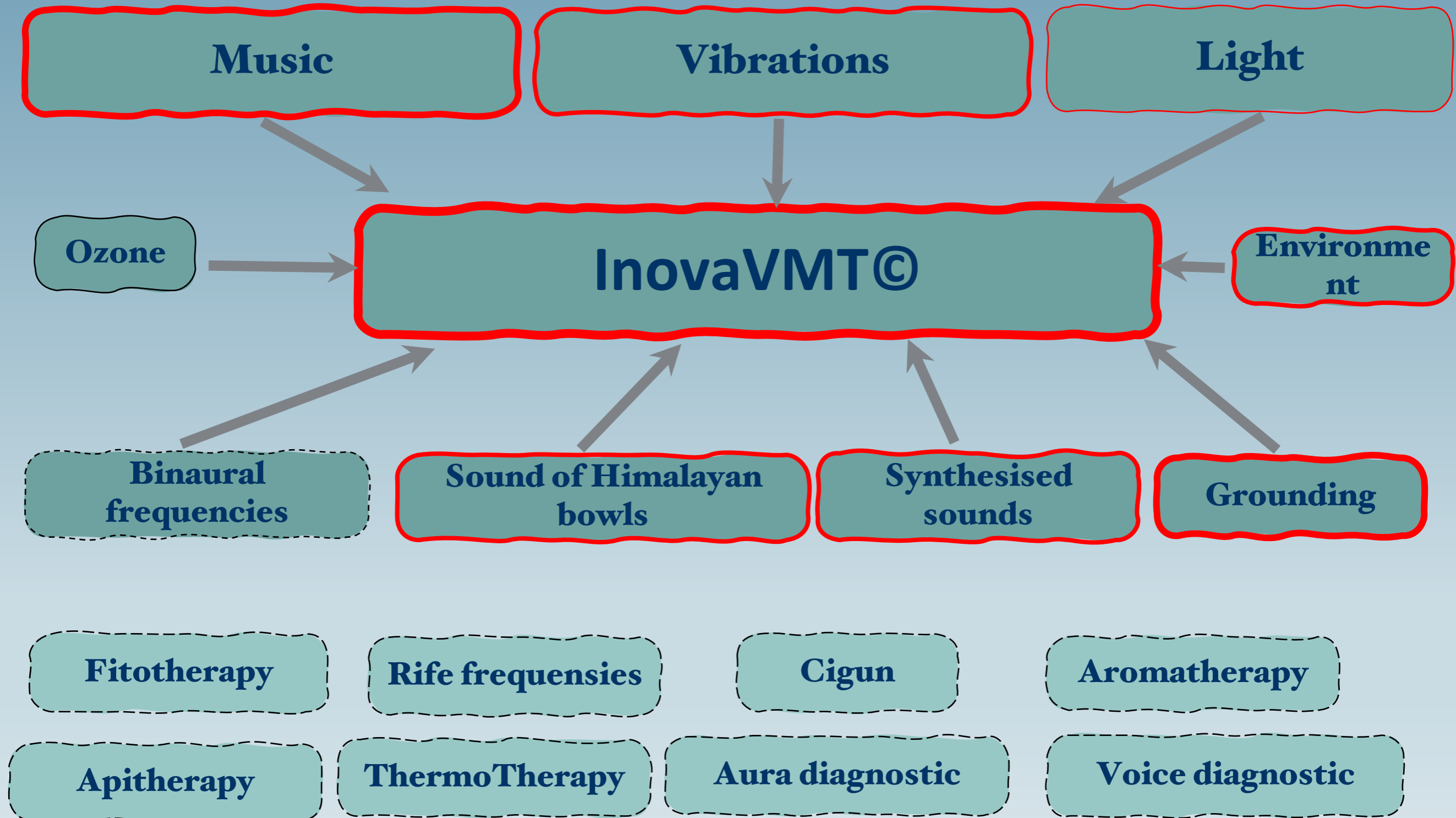
Low frequency sounds have the greatest effect on relaxation and reduction of pain and symptoms.

It is more effective if it is applied over a **large area and as close to the body** as possible.

The primary goal of vibroacoustic therapy is to create a **deep state of relaxation** - a mental, physical and emotional state that manifests itself in reduced blood pressure, slower heart rate, slowed breathing and metabolic processes, which is beneficial to health. This state of deep relaxation is most suitable for meditation, reprogramming of consciousness.

Secondary effects relate to metaphysical phenomena studied by quantum physics and explained by mystics.

Elements of VMT Therapy



Music:

- *reduces stress, tension and fatigue,*
- *helps to find spiritual harmony,*
- *supports good hearing and strengthens brain connections,*
- *the vibrations of the instrument improve the musician's health,*
- *therapeutic works are applied to premature babies, disabled people, rehabilitation.*

Vibrations:

- *relaxes and stimulates muscles,*
- *increases cell metabolism.*

Light:

- *regulates the release of hormones,*
- *improves sleep/activity states,*
- *reduces depression, affects blood circulation.*

Musicians live longer and their life is much healthier.

Vibroacoustic sound therapy (VAT) can be an effective tool for the rehabilitation of seniors and other individuals due to several key benefits:

- 1. ****Physical Health Improvement****: VAT uses low-frequency sound waves that can help reduce muscle tension, pain, and inflammation. These sound waves promote microcirculation and tissue regeneration, making it particularly beneficial for individuals suffering from joint, muscle, or back pain, which are common issues in older adults.**
- 2. ****Mental Health Benefits****: VAT can help reduce stress, anxiety, and symptoms of depression. The therapy encourages relaxation and improves sleep quality, which is crucial for seniors who may experience insomnia or anxiety disorders.**
- 3. ****Addressing Social Isolation****: Seniors often face social isolation, especially those living alone. Vibroacoustic therapy can be utilized in group sessions, providing an opportunity for social interaction, sharing experiences, and reducing feelings of loneliness.**



Vibroacoustic sound therapy (VAT) can be an effective tool for the rehabilitation of seniors and other individuals due to several key benefits:

4. **Cognitive Function Enhancement****: Studies suggest that sound therapy can improve concentration, memory, and other cognitive functions. This is particularly important for older individuals who may be experiencing age-related cognitive decline.**

5. **Promotion of Overall Well-being****: VAT promotes overall well-being by balancing the body and mind, which is essential for healthy aging. It helps seniors maintain a high quality of life and autonomy.**

Vibroacoustic sound therapy is versatile and can be tailored to meet various rehabilitation needs, depending on the individual's health status and requirements. It is an integrated form of therapy that can complement traditional medical and physiotherapy treatments.



Vibroacoustic therapy (VAT) is increasingly being used across Europe, particularly in countries like Norway, Finland, and the United Kingdom. The therapy, originally developed in Norway, has expanded to various healthcare settings including clinics, spas, and wellness centers throughout Europe.

In Norway and Finland, VAT is used not only in wellness centers but also in clinical settings to treat conditions such as chronic pain, fibromyalgia, and stress-related disorders. The therapy has also gained traction in the UK, where it is available in some hospitals and private clinics as a complementary treatment for pain management, mental health issues, and rehabilitation.

Moreover, VAT is also offered in other parts of Europe, including Germany and the Netherlands, where it is utilized in holistic therapy centers to promote relaxation, improve sleep quality, and support mental health.

As awareness of the benefits of vibroacoustic therapy grows, more institutions in Europe are incorporating it into their therapeutic offerings, especially for the elderly and individuals with chronic conditions.



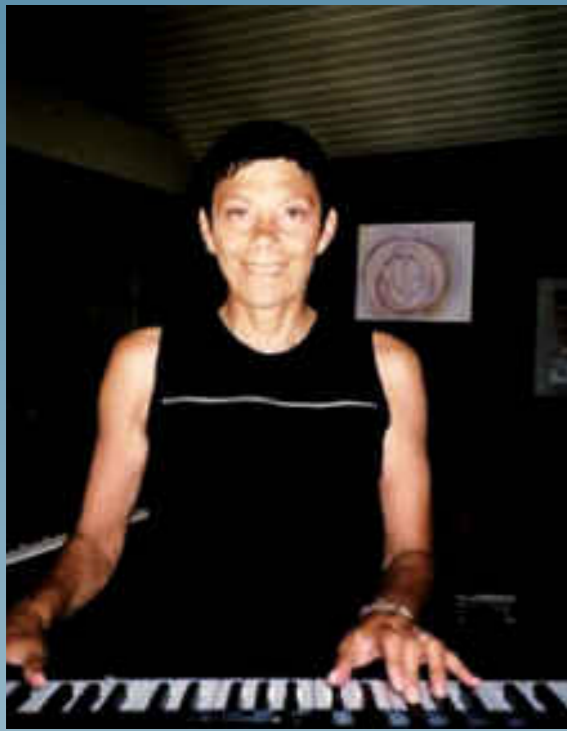
In the United States, vibroacoustic therapy (VAT) is being used in various settings, including healthcare facilities, wellness centers, and private practices. Some examples include:

1. **Hospitals and Rehabilitation Centers**: Certain hospitals and rehabilitation centers across the U.S. incorporate VAT as part of their pain management and stress relief programs. For instance, it is used to help patients with chronic pain, fibromyalgia, and anxiety disorders by providing a non-invasive, drug-free treatment option.
2. **Chiropractic Clinics**: Chiropractic practices, such as the one operated by Dr. R Tyler Johnson in California, use VAT to complement traditional chiropractic care. The therapy is used to enhance relaxation, reduce musculoskeletal pain, and support overall patient wellness.
3. **Wellness and Spa Centers**: VAT is also popular in wellness and spa centers, where it is used to promote relaxation and improve mental health. These centers often use specialized equipment like vibroacoustic chairs or beds that deliver therapeutic vibrations in sync with soothing music. The therapy is particularly sought after for its ability to reduce stress, improve sleep, and enhance mood.
4. **Mental Health Facilities**: Some mental health clinics are adopting VAT as a complementary treatment for conditions like depression, PTSD, and anxiety. The calming effects of the therapy help patients manage symptoms and improve their emotional well-being.

As VAT continues to gain popularity in the U.S., more institutions are likely to adopt this innovative therapy as part of their holistic treatment offerings.

The Sound Healing Research Foundation (SHRF) is a non-profit foundation dedicated to developing research projects to help bring Sound Healing and Therapy more into the mainstream (hospitals and homes).

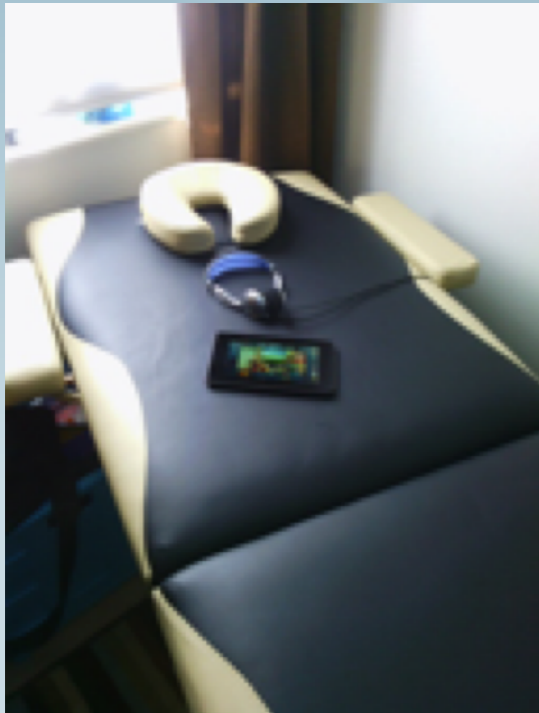
<https://soundhealingresearchfoundation.org>



Vibroacoustic music therapy according to Jacotte **<https://www.multidimensionalmusic.com/en/>**

Jacotte Cholett calls it Multidimensional Music, which:

- **is vibrational, resonant, interactive, evolutionary, transformational, stress-relieving, inspiring, harmonizing, uniting consciousness with energy, expanding, vital, regenerating,**
- **forms invisible areas of subtle energies that have been fragmented, consciously and harmoniously integrates them,**
- **awakens, moderates the dissonant patterns caused by deep emotions and traumatic memories responsible for many disorders in the body and mind,**
- **promotes brain synchronization, balance and integrity of the bioenergetic field,**
- **provides an opportunity to restore internal harmony and activate the subconscious potential of peace.**



VAT application

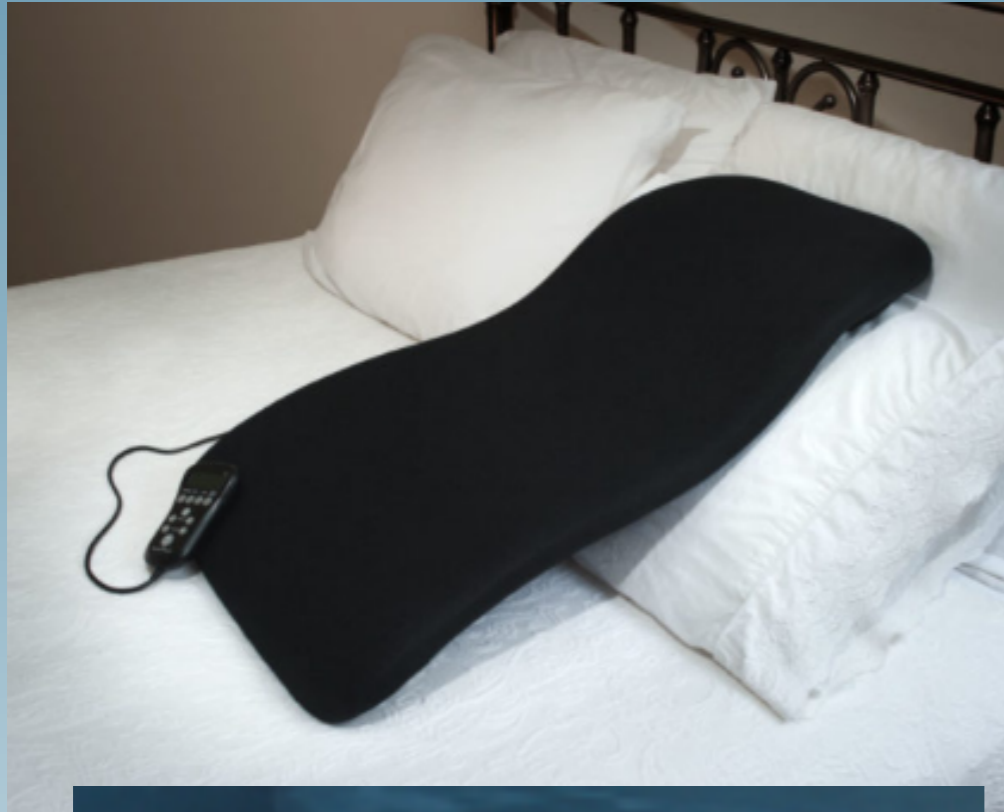


**HEALBED in VASKA SPA
center, Estonia**



**Globe Institute of Recording and Production
San Francisco, CA 94103,**

VAT application



SoundOasis VTS-1000 Vibroacoustic Therapy System, USA



**Inner Solutions LLC
456 Barton Drive
Lewiston, NY 14092**

VAT AND VMT RESEARCHERS

MUSIC AND MEDICINE
AN INTERDISCIPLINARY JOURNAL

There are scientific institutes of music therapy in the world, e.g. Johns Hopkins Center, Music & Medicine journal, clinics, organizations and associations at the local and international levels, therapist conventions and conferences are held, scientific literature is published, international scientific-methodological publications are published, e.g.

George Patrick, Standley, T. Wigram, Olav Skille, Petri Lehtikoinen, Kris Chesky, Byron Eakin, David Gibson, Stephen Deuel, Jonatan Goldman, Riina Raudsik, Jacotte Cholett, VIBRAC team etc.

VAT AND VMT RESEARCHERS IN LITHUANIA

The Association of Music Therapists operates in Lithuania. One of the pioneers of vibrational music therapy in Lithuania was the radio engineer, composer **Edvardas Jonas Eismontas A. Venskus** (1950-2013), who created the method of spectrographic diagnosis of the state of health. His followers since 2018 runs a VAT program in a nursing home for the elderly.

Sound therapist **R. Binkauskas** conducts "Gongu maudynes", trainings, writes articles on music therapy topics.

Music for therapeutic purposes is created and used for treatment by **Alvidas Remesa**, a Franciscan layman and associate professor of the Klaipėda University Music Institute.

Dr. **A. Dabkevičius** conducts human biofield research. (<http://www.biolaukas.lt>).

G. Dalinkevičius uses violin music as music therapy.

Engineer **Rimvydas Velykis** constructs equipment for vibroacoustic therapy, experiments with electronic sounds, conducts laboratory tests, gives lectures and demonstrates the possibilities of this therapy (therapystudio.eu).

Vibroacoustic music therapy (VMT) in medicine

Relaxation (relaxation)

Used for relaxation and reduction of anxiety disorders. in 1992 Dr. Patrick's clinical center vibroacoustic therapy 33 percent. improved patients' well-being and relaxation, 54% the intensity of patients' symptoms of pain, tension, fatigue, nausea, headache and depression decreased.

Physiotherapy

Vibroacoustic treatment increased the range of motion, relaxed and reduced muscle spasms. For a certain proportion of patients with cerebral palsy, therapy is used to treat fixed deformities.

Surgery and other procedures

After knee joint replacement or correction, 21 percent tension was reduced, patients went home 1.5 days earlier, took less pain medication and were more satisfied with their condition. The time spent in the cardiac surgery ward decreased from 36 hours. to 6 p.m., time in the hospital decreased from 9 to 5 days, anxiety levels decreased.

Pain management

63 percent fatigue due to pain decreased, after chemotherapy 61% decreased pain, 48% used significantly less medication, experienced less discomfort, and reported less pain intensity.

Rehabilitation Program Combined with Local Vibroacoustics Improves Psychophysiological Conditions in Patients with ACL Reconstruction

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6843143/>

Background and objective: This study investigated the therapeutic effect of applying local body vibration (LBV) with built-in vibroacoustic sound on patients who had an anterior cruciate ligament (ACL) reconstruction.

Materials and Methods: Twenty-four participants were randomly classified into a LBV group (LBVG; n = 11) or a non-LBV group (nLBVG; n = 13). Both groups received the same program; however, the LBVG received LBV. Psychological measures included pain, anxiety, and symptoms; physiological measures included systolic blood pressure (SBP), diastolic blood pressure, heart rate (HR), breathing rate (BR), sympathetic activation (SA),
c parasymphathetic activation (PSA), range of motion (ROM), and isokinetic muscle strength at Weeks 0, 4, and 8.

Results: Among the psychophysiological variables, pain, anxiety, symptoms, SBP, BR, and SA were significantly reduced in both groups, whereas HR, PSA, isokinetic peak torque (PT) of the knee joint, and ROM were significantly improved only in the LBVG. Comparing both groups, a significant difference appeared in pain, symptom, SA, PSA, isokinetic PT, and ROM at Weeks 4 and 8.

Conclusions: The results indicate that the LBV intervention mitigated the participants' pain and symptoms and improved their leg strength and ROM, thus highlighting its effectiveness.

10 references to scientific articles on the positive effects of vibroacoustic music therapy on health:

1. **Skille, Ø., & Wigram, T. (1995). The Effects of Vibroacoustic Therapy on Clinical and Non-Clinical Populations.** *British Journal of Music Therapy, 9*(2), 17-22.
<https://journals.sagepub.com/doi/abs/10.1177/135945759500900203>)
2. **Punikanen, M., & Ala-Ruona, E. (2012). Contemporary Vibroacoustic Therapy: Perspectives on Clinical Practice, Research, and Training.** *Music and Medicine, 4*(3), 128-135.
<https://journals.sagepub.com/doi/abs/10.1177/1943862112445324>)
3. **Chiu, T.-H., et al. (2020). Vibroacoustic Therapy as a Treatment for Chronic Pain and Related Disorders: A Systematic Review.** *Journal of Pain Research, 13,* 1681-1694.
<https://www.dovepress.com/vibroacoustic-therapy-as-a-treatment-for-chronic-pain-and-related-diso-peer-reviewed-fulltext-article-JPR>)
4. **Campbell, D., & Hynynen, J. (2016). A Review of Vibroacoustic Therapy as an Intervention for Pain and Anxiety.** *International Journal of Therapeutic Massage & Bodywork, 9*(2), 31-36.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4850812/>)
5. **Wigram, T. (1997). The Effects of Vibroacoustic Therapy on Spasticity and Pain in Patients with Multiple Sclerosis and Cerebral Palsy.** *Music Therapy Perspectives, 15*(2), 123-128.
<https://academic.oup.com/mtp/article-abstract/15/2/123/949124>)

10 references to scientific articles on the positive effects of vibroacoustic music therapy on health:

6. **Skille, Ø., & Wigram, T. (2005). Vibroacoustic Therapy: A Sound Wave Approach to Health and Well-being.** *Music Therapy Today, 6*(4), 698-717.
https://www.academia.edu/1433920/Vibroacoustic_therapy_A_sound_wave_approach_to_health_and_well-being)
7. **Punkanen, M., & Jansson, K. (2013). Vibroacoustic Therapy and Emotional Regulation in Individuals with Autism Spectrum Disorder.** *Nordic Journal of Music Therapy, 22*(2), 135-147.
<https://www.tandfonline.com/doi/abs/10.1080/08098131.2012.740434>)
8. **Wigram, T., & Dileo, C. (2006). Vibroacoustic Therapy in Special Education.** *Music Therapy Today, 7*(3), 1-26. <https://www.musictherapyworld.net/WFMT/archives.html>)
9. **Kim, J. (2016). Vibroacoustic Therapy for Individuals with Anxiety and Depression: A Case Study.** *Journal of Music Therapy, 53*(4), 404-428.
<https://academic.oup.com/jmt/article-abstract/53/4/404/2622194>)
10. **McCaffrey, R. (2008). Vibroacoustic Therapy in the Treatment of Insomnia: A Pilot Study.** *Holistic Nursing Practice, 22*(4), 225-230.
https://journals.lww.com/hnpjjournal/Abstract/2008/07000/Vibroacoustic_Therapy_in_the_Treatment_of_Insomnia_.7.aspx)

These references point to scientific articles and reviews on the application of vibroacoustic music therapy and its positive effects on health under various conditions. Most of these articles are available in scientific databases or through academic institutions.

InovaVMT© ADVANTAGES

- **professional equipment,**
- **vibrations are caused by high-power electromagnetic woofers,**
- **sacred geometry table surface,**
- **3 analog and digital sound synthesizers,**
- **specially created music recordings (> 40 hours),**
- **sound-controlled spotlights and a media projector,**
- **"Cymatic" and sound spectrum programs,**
- **oscilloscope and sound level tester for vibration monitoring,**
- **a room equipped with optimal humidity, temperature and antibacterial ozone cleaning according to acoustic requirements.**

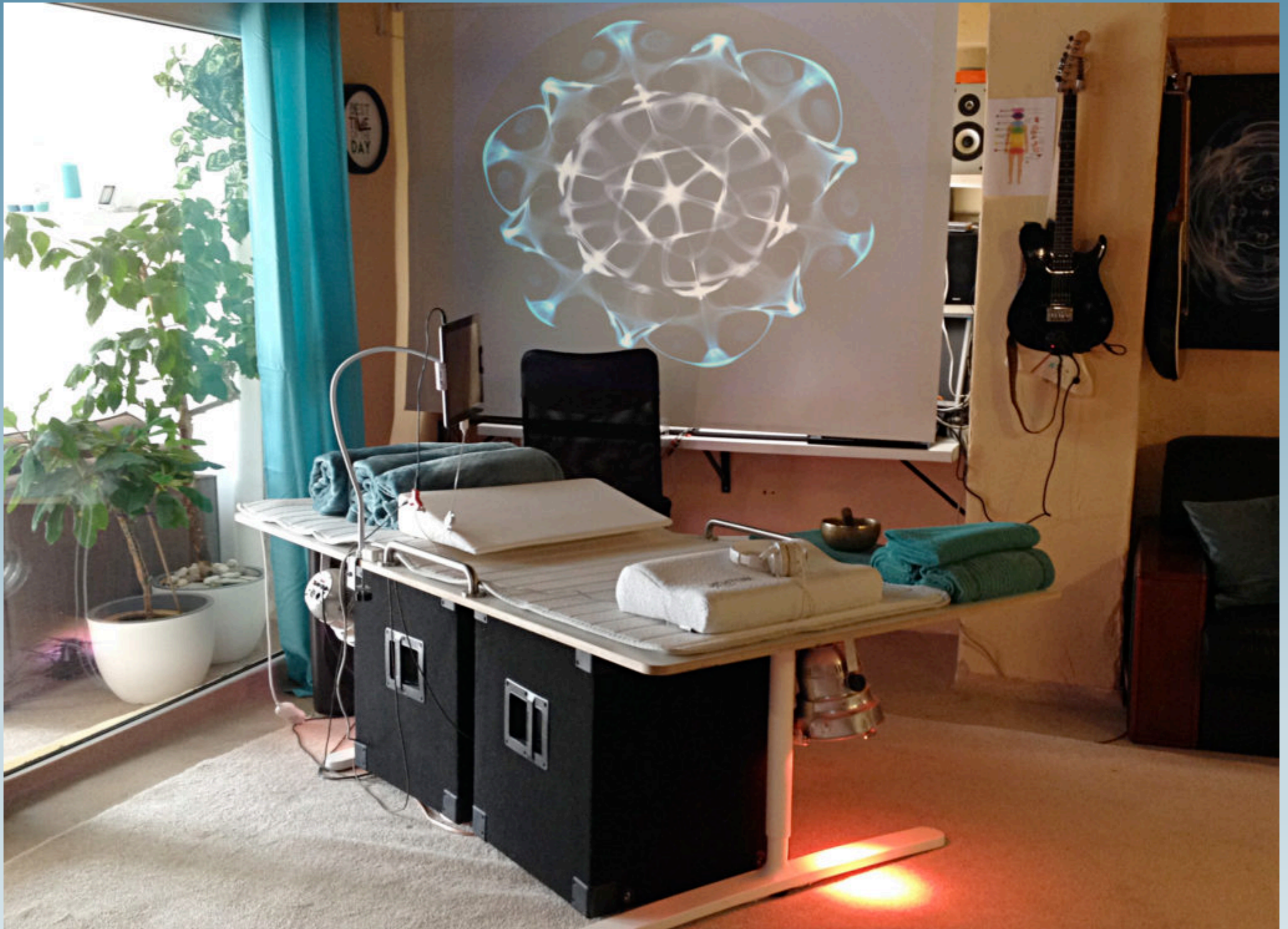
The recordings are complemented by live playing with synthesizers and the sounds of Tibetan bowls.

Modular sound synthesiser for sound experiments



VMT additionally uses analog synthesized sounds







**Thank you for your
attention!**

Be healthy!

therapystudio.eu

+370 620 14853