

P.L. turned 90 years old (in her case (young) on Valentine's Day.

I had offered her a soundhealing treatment using singing bowls and other sounds instruments, 'return to love' frequencies to harmonize the human energy system and manage emotions for her well-being.

I asked her what she 'd like to work on and started talking about her worries and how she has a lot of worries for several of her children and grandchildren.

She was born in Algeria, where her parents were sent by the French government, to rebuild the country

Her father had a huge farm and worked the land growing many vegetables, grapes, and had goats, lambs and other animals.

She rode a donkey overseeing everything on their land from a very young age

She was happy living there with her family.

She met her husband there, a saxophone player and accordionist and had her two eldest sons there.

She taught French and the music of nature, 'Just Intonation'. She immersed herself in the symphony of nature, always listening for the smaller and subtler sounds, which she taught to her pupils.

War broke out, their lives were endangered and they had to leave everything behind in 1962. She was pregnant while having to flee and leave everything behind.

They had a very difficult stressful time. They had to rebuild their lives with nothing, in France.

With her husband they constructed many instruments to use in their teaching, using paper scrunching up to imitate heavy rains, little wooden sticks to tap, imitate footsteps and more as shown in the video.

The children imitated the wind ruffling through the trees, with the sssshhh sounds., mimicking peaceful sounds of nature.

She said, 'la musique est l'oxygene de l'ame' -oxygen of the soul

She is an incredible woman, at 90 still drives a Mercedes and drinks champagne, living in Champagne Ardennes, and is in good health.

Having been nurtured with unpolluted nature sounds and healthy frequencies from a young age.

To take the stress of her worries, I had her lie down on the treatment bed (She held a green frequency in the right hand and pink in the left. I put a Peace to calm frequency on her solar plexus )

I dowsed to choose which singing bowls are appropriate to use.

I used a bowl for the solar plexus on her body, and played a small 3<sup>rd</sup> eye bowl and crown chakra bowl and root chakra bowl.

I played them while she relaxed deeply, guiding her with my voice.

She went off, traveling in her mind on the sound to the farm where she grew up, where she felt happy, living in the past.

She thoroughly enjoyed all natural peaceful sounds, there was no car noise or city sound pollution but she just listened to pure sounds of nature, the cooing sounds of pigeons, baa sounds of the sheep, and lambs too.

I also used a rainstick and an ocean drum reminding her of the sea of the school she went at the seaside.

I finished the session with the tingsha's to bring her back in the here & now.

She was very happy traveling back on the sound to that place where she felt happy, feeling home and where she was forced to leave in such an abrupt manner.

She thanked me and said in French 'que Dieu te Benisse' (May God bless you).

I spoke some months later with her to ask how she had been feeling.

As she had been suffering from nightmares for years, her nervous system digesting the trauma of war memories, violent aggressive noises,

ever since she had to leave Algeria, for many, many years.

The sounds and frequencies helped her to mend this hole in her heart and however her mind or soul chose to rearrange and reconfigure this past trauma.

She now sleeps peacefully finally after all those years, and her cat is always with her, purring between 25hz and 150hz, healing sounds with her always.