

THE HEALING SOUND OF MUSIC

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By Leon Thompson

December 13, 2015 (El Cajon) – Music heals the mind, body and spirit. The healing power of music has been harnessed in Europe through a method called “[Tune & Heal](#)” by Dr. Barbara Romanowska who established the Sound Academy (Akademia Dzwieku) in Poland in 2004. Writing as Barbara Angel, she is the author and teacher of the [Cellular Resonance Therapy Method](#) on which the method is founded.

A beautiful grand piano and an equally beautiful Barbara Angel greeted us to her home for a concert and healing co-sponsored by the Heartland Foundation last week. There were about 40 of us. On the chairs were tambourines, mariachis and drums.

“Everything in our world is vibration and the human being is no exception,” Barbara writes. “By using non-invasive vibrations one can effect significant changes to the body, mind, and spirit, “providing balance and allowing natural healing to take place. “



Barbara has a beautiful voice. She plays music in the key of "D" and invites us to keep beat with our percussion instruments. Soon everyone is dancing and making music. The key of "D" is especially beneficial to our bones, joints and skeletal system.



Barbara holds a PH.D. in Naturopathy and Master of Arts in Composition/Arrangement and Vocalism from the Academy of Music in Poland, roughly the equivalent to Julliard in the US. She is a professional composer, violist, jazz and gospel singer as well as producer of music. She has published many CDs and three books in English, Polish, German, Czech and Slovak.

She next performs wonderful classical music in the key of "E", touching our emotions. Next, it only seems natural for all of us to sing in the key of "F" which was an expression of joy.

Barbara has performed all over the world and for the last ten years she has focused on healing concerts and lectures. She is on a mission to share her talent and discoveries through training seminars that result in accreditation.

The key of "F" is for the heart, specifically the dreams of the heart. This was ultimately an expression of joy. And finally music in the key of "G" a special key just for women.

One can become a practitioner of in-depth Cellular Music Therapy and discover your own unique sound, which Barbara and her followers believe can heal body and mind, alleviate pain and rejuvenate the spirit. Though the method has not yet been scientifically validated through clinical trials, testimonials from all over the world attest to the power of Tune & Heal to treat a wide variety of ailments.

Participants are welcomed to a new world of health, balance, and happiness. Can music and the specific application of vibrations truly heal what ails us? I can't be sure, but I certainly left the gathering feeling joyful and at peace.

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