



Harp

a little bit tenderer

Cats, these mysterious creatures, may be able to see things that are invisible to us: not only aura but also vibrations of sounds. Healing sound vibrations of harp music will revive your dreams in colour and they can even heal your soul!

Alizbar, our guest, knows all the secrets of harp therapy - the most pleasant and miraculous non-pharmacological treatment.

Harp is like a medicine dropper, its sounds flow through your consciousness at the psychoemotional level and wash away everything that is of no avail.



Would you like to tell us how your musical journey began?

Since childhood I have been enchanted with fairy-tales and fantasy worlds. While day-dreaming, reading, or in my sleep flight of imagination evoked beautiful visions. I read a lot, excitedly, watched fairy-tale movies and cartoons breathless with childish delight. Especially did I like movies to the accompaniment of fairy music.

My decision was firm: I wanted to become a story-teller. At that time I didn't know that my fairy-tales will be in a form of musical incantation, for I couldn't imagine that music would be my profession.



I got into playing music when I was at the age of 20 and I was already a self-aware person. I had no musical education but I was admitted at the Cello Department of the Conservatory of Music, and I started playing the harp when I was 30. By now, I have a collection of about 200 musical instruments at home, this is my laboratory of timbres. But the instrument that I love best and that reflects my inner self is harp, there is no doubt.

While playing the harp I create the space around the audience that puts the listeners “inside” the most fascinating and beautiful states of consciousness, this gives them the feeling of being in another epoch, another world, it’s like a “jumping-off place” or a door that opens into a fantasy world, permeated with sounds as the blissful sunny day is permeated with sunbeams, breaking through the thick green foliage.



A human is initially a "well tuned" instrument, that sounds in accord. But as the time goes by his emotions, feelings are going "out of tune" and dissonant sounds and false notes appear "in the melody".



Besides harp is a vibrotactile instrument with a significant resonant capabilities, its sounds literally go through the body and wash away all negative energy and illnesses from your body as if you are lying in the running water of a (sacred) river. Music has deep connection with recreation medicine

How can the music heal? How does that happen?

Music brings harmony. And harmony is already the treatment itself. There are four elements: fire, air, earth and water. For example percussion instruments such as drums and basses activate the element of Earth and ground your energy.

The inspiring character of the air element is felt in the flute sound, and the organ with its pipes is the highest 'stage of evolution' of flute. It makes us soar, takes us to the sky. The fire element is represented by brass instruments (trumpets, saxophone). And harp is the instrument of water. Water is an extremely powerful element that has the potential to heal, cleanse, soothe and dissolve. That same power has the harp. Its sound flows through your consciousness like water, carrying away with its water-like vibrations anxiety, worries and frights. So to say harp is the most therapeutical instrument that helps harmonize water element in a human's body (As it's known up to 65% of the human body is water). Depending on your individual energy balance we chose whether it's better to increase your air element – to make your spirit soar or on the contrary ground your energy. Some individuals need motivation and inspiration - that's fire element. But to clean the "inner waters" is essential for anyone. Thus the postulate that all illnesses and diseases result from stress is beyond question.

That is music that usually calms us down. One can't overestimate its influence on an individual. Listening to music has relaxing effect on your mind, removes psychological blocks and muscle spasms and releases you from the prison of your emotions where you are lost. During this journey of self-recovery you find perfect peace and health.

When did harp therapy appear?

The ancient Greeks noticed that the vibrations of the harp can heal.

In healing temples of Ancient Greece called Asclepiuses people lay on animal skins, listened to the musicians who played harp, lyre, and that was accompanied by poetry readings. In Bible, in Books of Samuel can be found an interesting story about Saul. He fell ill and doctors said that he was terminally ill – he had nervous system disorder. As a result the tsar was advised to listen to the harp playing. David who was an ordinary shepherd at that time played the harp for him. Saul felt better, David's playing was keeping his spirits high and his illness abated.

Note that the tsar was healed by the harp sounds, it wasn't the flute, for example.

By means of vibrations the harp washes away like a medicine dropper all the "slops" from your soul and body.

A human is initially a "well-tuned" instrument, that sounds in accord. But as the time goes by his emotions, feelings are going "out of tune" and dissonant sounds and false notes appear "in the melody".

It's difficult to create your own system of "self-tuning" and ask for help because you don't see what is going wrong. At the same time everyone cares for personal car with regular car maintenance.

Many myths and legends, coming from ancient times to our days, recount stories about healing properties of the harp and about miraculous cures. It is believed that harpists had magic gifts of healing and prophecy. There was even an exam for bards (wandering musicians and singers), they were required to master three noble harp strains (a question of specific settings and sounding of the harp): the lament strain, the the laughter strain and the sleep strain. If the listeners had these feelings while listening to music a harpist could get through an examination.

This instrument was used in different cultures for soothing and harmonizing. In such a way the music therapy was born and gave rise to the vibroacoustic harp therapy.

However not only harp is used for music therapy. What is the difference between harp therapy and piano therapy? Or, for example, guitar therapy?

You can't cuddle up to the guitar and feel the vibrations. Quite the contrary harp seems to be created just for the harptherapy. Can you imagine a sitting man or woman who leans back on the supporting column of the harp? And the fact that harp has open strings is also very important. They vibrate freely and (are not pressed like the guitar strings). Piano strings are hidden and harp strings have direct contact with hands, no auxiliary factors such as keys – hammers – spring – hammers hitting the spring. Free beating, vibration of strings creates special effect: sound spill into overtones (from a Greek word "harmonics") that harmonize, structure, wrap with the healing sound vibrations.

How is the seance of harp therapy held?

It can be compared with the vibromassage. Metaphorically speaking you need to "tune" a person like a string. As I have said a person presses his or her back to the harp column, and at this moment the harpist is running his fingers over the strings. A patient feels the vibration of music coming through the body, feels his own notes or the notes that are alien to his or her nature. Then the notes that are in resonance with the patient's nature are gathered together and they form the key and melody for this specific person. It comes from this person and sounds like this person. This is the way a harp influences psychic state as though it is tuning and playing on the strings of a patient's inner nature, his or her emotions and psychodramas. This is the distinctive portrait of a person, woven by sounds.

While a harpist is playing a resonance answer appears in the specific part of the body, problem areas. In other words if there exist a centre of disease (and sometimes a person doesn't suspect it), vibrations of the harp point to that area as a pointer.



It's difficult to create your own system of "self-tuning" and ask for help because you don't see what is going wrong. At the same time everyone cares for personal car with regular car maintenance.



Vibroacoustic therapy is non-pharmacological and it has no unfavourable side effects.



Vibrations of the strings go through your body like a wave, they penetrate through tissues and even bones that gives them positive sensory stimulation. Vibrotactile equipment can be used to intensify their influence: it can be a coach, a chair or a table. The choice of music depends on the individual needs of a person in the corresponding key. Every person perceives sounds in many ways, it depends on different attendant circumstances and that's why the harp therapy is a very dynamic process and it should fit this very person.

What illnesses and disorders can be cured by the harp therapy?

What is an illness? You have mentioned a disorder as well. From everywhere we hear about disorders of vegetative nervous system, liver, mentality, heart function and so on.

How does the whole phenomenon of disorder come about? Something that was "in tune" before is "out of tune" now. That's the reason why a human body can be "tuned" like a musical instrument.

During the seance a patient usually gets into special alpha-meditation. Alpha-waves appear when we close eyes, stop our inner-dialogue and relax. If we continue relaxation without focusing our thoughts, alpha-waves start to dominate in your whole brain and we sink into the state of deep quiet. And the most wonderful thing is that in this state self-healing occurs, your body flips on self-repair mechanisms.

Modern research prove that a person doesn't allow himself or herself to be healthy (the reasons are different such as widely-spread fears or beliefs that one can't do something, it can be self-punishment or self-torture). Subconsciously many people like the process of healing or the malady itself allows to get sympathy that a person couldn't obtain in normal life. The psychosomatics research is dedicated to the causes that bring about diseases and correlation between mental state and body condition.

Who would you recommend to have therapy through harp music and for whom it is not the proper kind of treatment? It goes without saying that harmonious music doesn't have side effects but anyway there should be some safety measures?

Every living cell, every atom has its note, its rhythm and even its melody as the modern science already postulates. Life itself resounds, and, full of sound waves, vibrates and resonates. And the whole human resounds as a symphony. But no matter how good the musician is, if he or she plays an out-of-tune instrument, it would be impossible to listen to it. And every person has such unstrung, out-of-tune trouble spots. One needs to know how that can be "fixed and repaired"...

Vibroacoustic therapy is non-pharmacological and it has no unfavourable side effects. It is "a sound pill", pleasant sound therapy. Healthy cells regenerate and unhealthy cells get stimulation, waves of pleasant vibrations, supporting and properly tuned strong notes. In that way harmony in body and soul appears.

Alizbar

Alizbar is a russian and hungarian musician-multi-instrumentalist. He was born in Kishinev. He entered Tiraspol' musical college at the cello department at the age of 20 without previous musical training.

He plays more than 20 musical instruments, several tens of them, folk instruments (among them flute, mandolin, celtic tambourine, domra, lute, bouzouki, cittern, charango, percussion, bodhran, kobza). In 1998 he founded a group called Ann' Sannat (from the Elvish language it translates as "Fairy-tales reflected in songs"). Their repertoire consisted of Irish, Balkan, Moldavian folk music in original arrangements and author works. His keenness for the celtic harp started to develop from 2002 and soon he devoted almost all his time to it.

In 2007 he recorded his first solo album "Metamorphoses of Ann" that was dedicated to the harp and fairy-tales. [Wikipedia and music.tunnel.ru].

Could you have a seance of harp therapy at home, without assistance, just listening to music? If there is any essential distinctions between listening to recordings or sound of the live instrument?

Live music, undoubtedly has greater impact, but even musical recordings can do miracles. My own practice shows that 3-4 compositions a day are "a must".

You lie on the flat floor with eyes closed, all the noise should be removed or reduced. Turn on the CD with harp recordings and relax with gentle, delicate, pure sounds like the purest water that change the space around you, that penetrate deep into your soul and lull you to sleep. One of my friends said that the harp therapy is "a waking dream" (I would like to add that it's a "sleep in reality" with deep immersion in state of peace and relaxation).

Have you had any cases in your practice connected with harp therapy that you could consider a miracle?

There are a lot of such cases, to tell the truth. When a person meets such a magic instrument like a harp it's already a true miracle itself, that happens so rarely. And to have a possibility to touch it not only while listening to the music but also during the seance of harp therapy would be a source of "a private joy" and this joy will last long after the first meeting with this instrument, because many people have never seen a celtic harp at all.

Our journal will be published at the beginning of December. At that period of time most people plan their new life and dream. What would you wish them?

Do what resonate with your heart: read fairy-tales for your own pleasure and for your children, listen to the harp music, extend your taste in good music, be easily infatuated with life and evoke kind magic atmosphere around you!



Natalia Tlumazkaya