



# sound planetarium

Research project:  
PMS treatment, with Menstrual cycle regulation & vitality

# Introduction

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After the success of our first research project we pursued to explore a health condition-based treatment, the '**SoundPlanetarium PMS treatment**'.

*A treatment that works to alleviate PMS symptoms, harmonizing menstrual cycle and bring general vitality.*

The SoundPlanetarium treatments are based on Astro-medical concepts of Dr. Rudolf Steiner and medical genius Paracelsus, and use planetary and universal hearable frequencies to realign cosmic forces with present day physical as well as energetic realities.

Throughout our search for clients for the Relaxation treatment research, we were gifted with 2 clients that were experiencing chronic PMS symptoms, sparking this new phase of research.

# Objective

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Our objective for this project was to study the impacts that this treatment had on our clients well-being during and after their menstrual cycle.

The clients originally entered into a 4-month treatment program, providing the opportunity to administer 2 treatment cycles, of 4 treatments per cycle. This was later extended to 5 months to allow flexibility to the clients' schedules.

The results hereafter are based on:

Cycle 2 of the treatments being administered after 2 menstrual cycles had passed for the client.

This actually did provide a wonderful opportunity to see how long lasting the effects of the treatment were, whilst gaining some extra positive insights from the clients.

# Methodology

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## Application

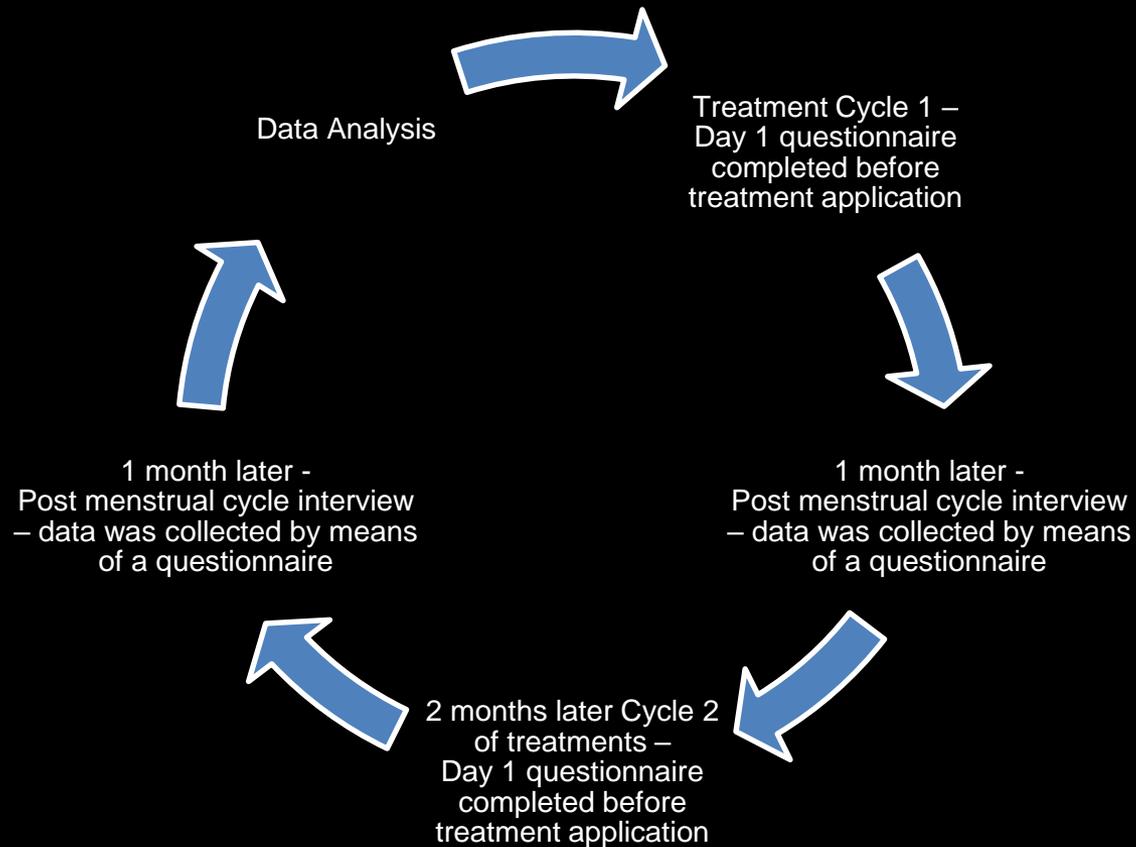
- Research applications were carried out on: 2 persons
- 4 treatments per person were administered on consecutive days, in same time, same place and same conditions
- Utilizing 7 planetary singing bowls
- Conducted by 1 experienced therapist

## Data collection by utilizing 2 different modalities-

- Personal data collection through questionnaires:
  - Day 1 pre treatment questionnaire
  - Post treatment questionnaire - 1 month after treatment cycle, and post their menstrual cycle.
- Measuring Aura condition with biosensor kit taking readings pre and post each treatment – allowing Aura pictures and information to be collected for comparison  
(This will be elaborated later in an upcoming book)

# How did we collect the data presented

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# Ready to find out more

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We invite you to join us and go deeper into our second phase of research on the unique SoundPlanetarium PMS treatment.

Find out what impact the PMS Treatment had on our client's menstrual cycle and symptoms.

Compare and conclude effects into clients emotional, physical and energetic bodies, amongst other daily experiences.

Client 1

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# Client 1 pre-treatment condition

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Our first client was a 41-year-old European Female, based in Kathmandu. Her pretreatment condition was very much based on her busy work life, expressing she is quite stressed, low on energy, feeling physically and mentally below average.

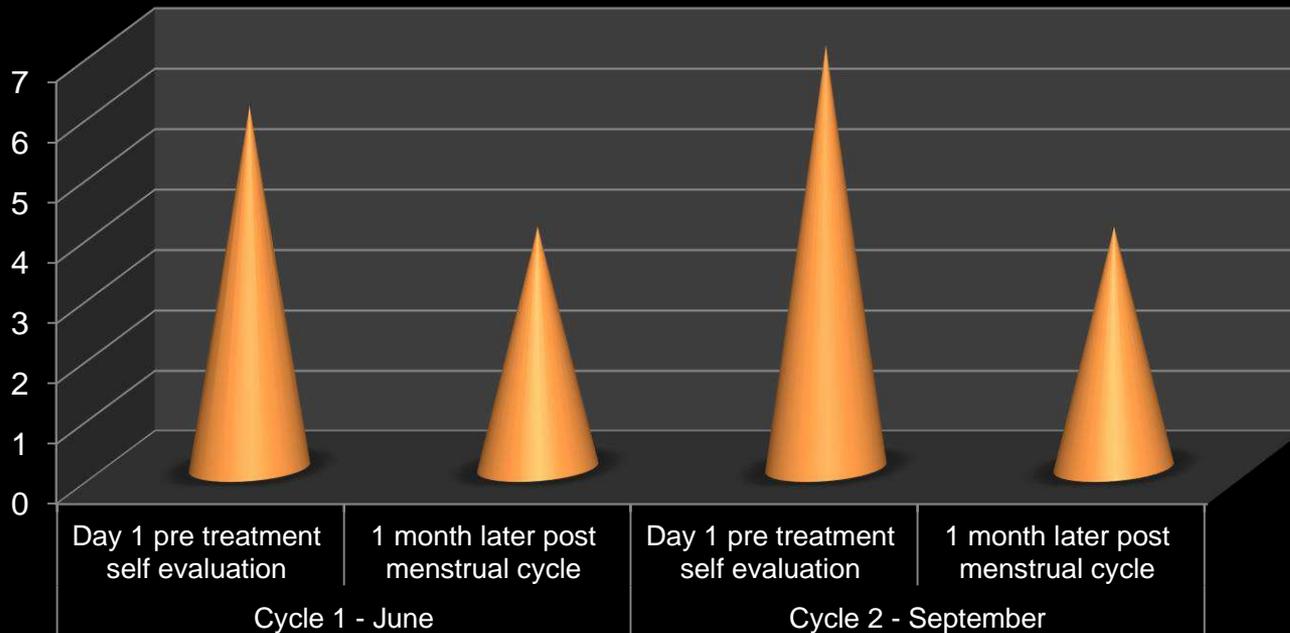
Overall, she is in good health and is regularly active, however has been suffering from more intense PMS symptoms in the last 5 years. Unfortunately a busy workload does not allow much time for rest which has an impact on her PMS, giving us a top of the scale 10 for the intensity of her negative experience each month, with symptoms arriving around 6 days ahead of cycle start, and continuing for a further 3-4 days during her cycle.

The treatments were administered before her cycle arrived.

*Helen says “wait until you see the results post 4 session and post her next menstrual cycle”*

## Question to Client 1

- How sever is your PMS experience each month?  
1 being mild 10 being strong

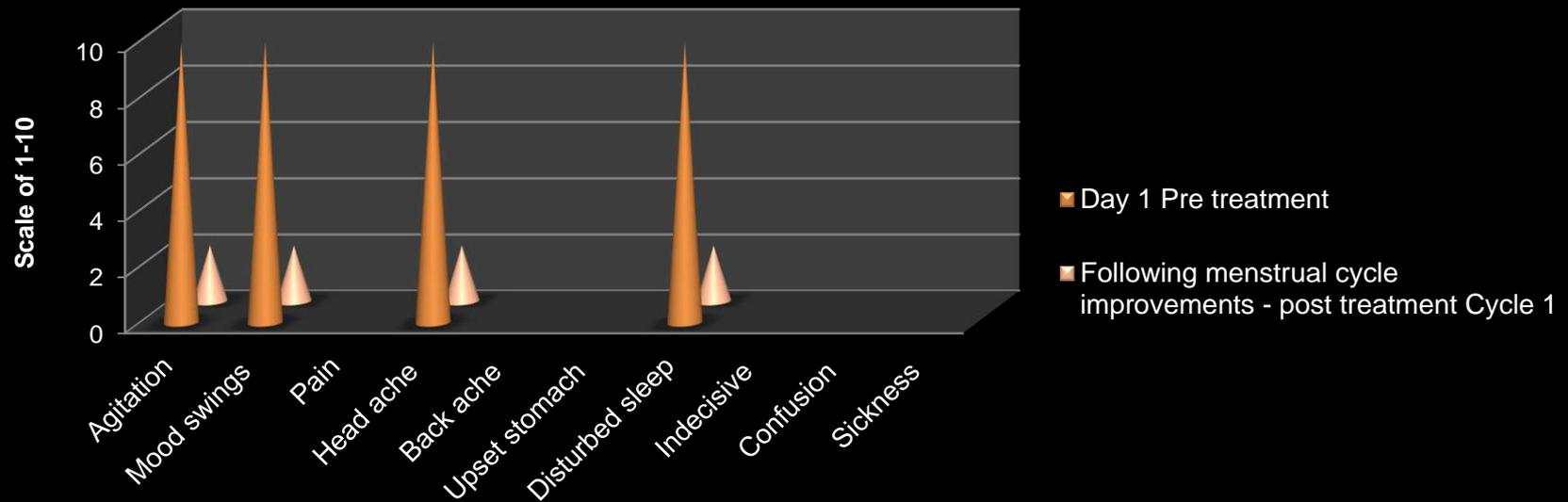


As you can see by this graph the client experienced a strong reduction in their PMS experience during their menstrual cycle following each treatment

*“What a wonderful result – It is obvious that their whole experience has improved and its large” - Peter*

# Client 1- PMS symptoms – Cycle 1

We gave the client a multiple-choice list of common PMS symptoms to choose from, asking them to rate the intensity 10 being the most severe. These results were taken in questionnaire handed to client on Day 1 before the treatment cycle and then again 1 month later following the clients next menstrual cycle



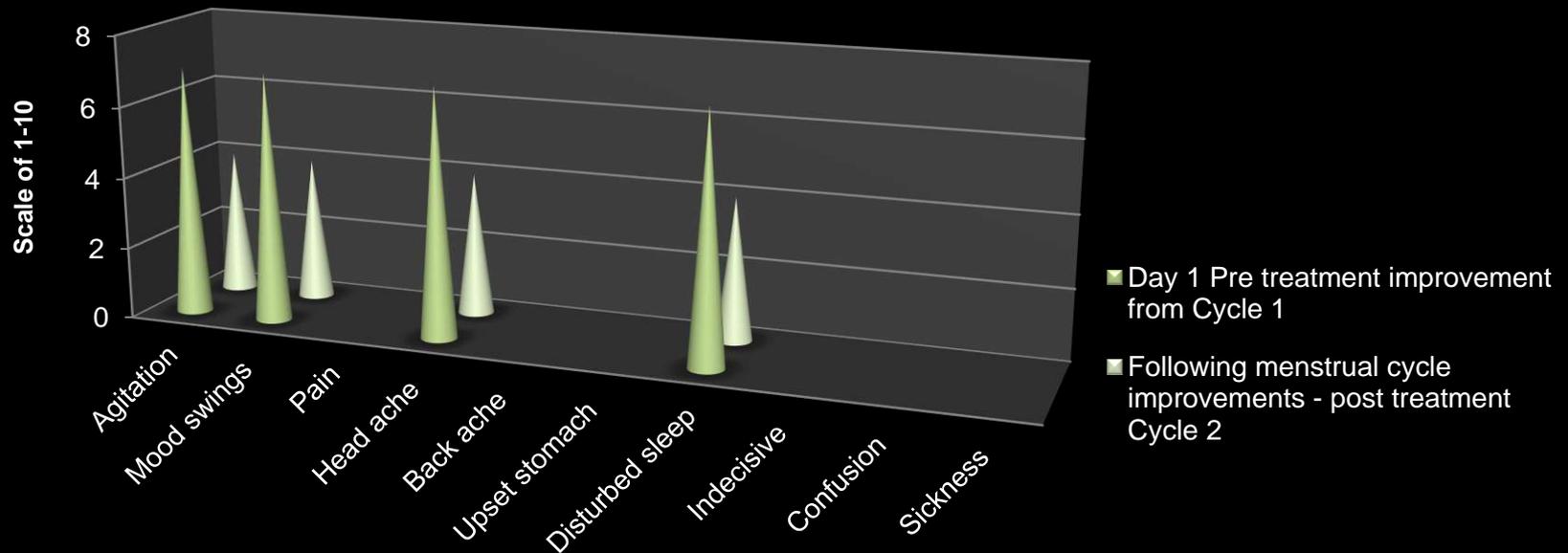
This graph is showing us some exceptional results, with a large reduction in negative symptoms during the clients following menstrual cycle – 1 month after the treatment cycle was given

# Client 1 - PMS symptoms – Cycle 2

Using the same multiple-choice list and rating system as in Cycle 1:

Repeating the data collection at Cycle 2, we can now recall Day 1 Data, of cycle 1, and see the client has already arrived on Day 1 of Cycle 2 with a very improved 7 rating compared to her previous 10 .

This shows the previous treatment given 2 months ago was still being positively effective in the client condition.



# Client 1 - Conclusion

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## Treatment Cycle 1

Day 1 - The client started with an extreme level 10 rate of PMS

Post treatment - The client was interviewed following their next menstrual cycle, and the results were excellent as shown in the graphs - down to a level 2. The client gave very positive feedback about the whole treatment experience and was extremely pleased by the results.

## Treatment Cycle 2

Day 1 - Client 1 experienced the symptoms as before, but with more ease and now at a more manageable level 7 compared to 10 as before treatment cycle 1.

Post treatment feedback; the symptoms were not as non-existent as after her first set of treatments, but they were definitely lessened and client 1 felt more at ease to handle those.

Client 1 said: *"I felt the treatments has impacted on my PMT symptoms but I also felt this set of treatments impacted in my whole being in a very positive way and moved me forward on my path to generally cope with stress and anxiety better."*

Client 2

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## Client 2 pre treatment condition

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The second client was a 28-year-old native Nepali woman.

She had been suffering from PMS since she started her menstrual cycles, and had been experiencing extreme fluxes in symptoms over the years.

With pre-cycle negative symptoms around 10 -15 days, continuing into her cycle.

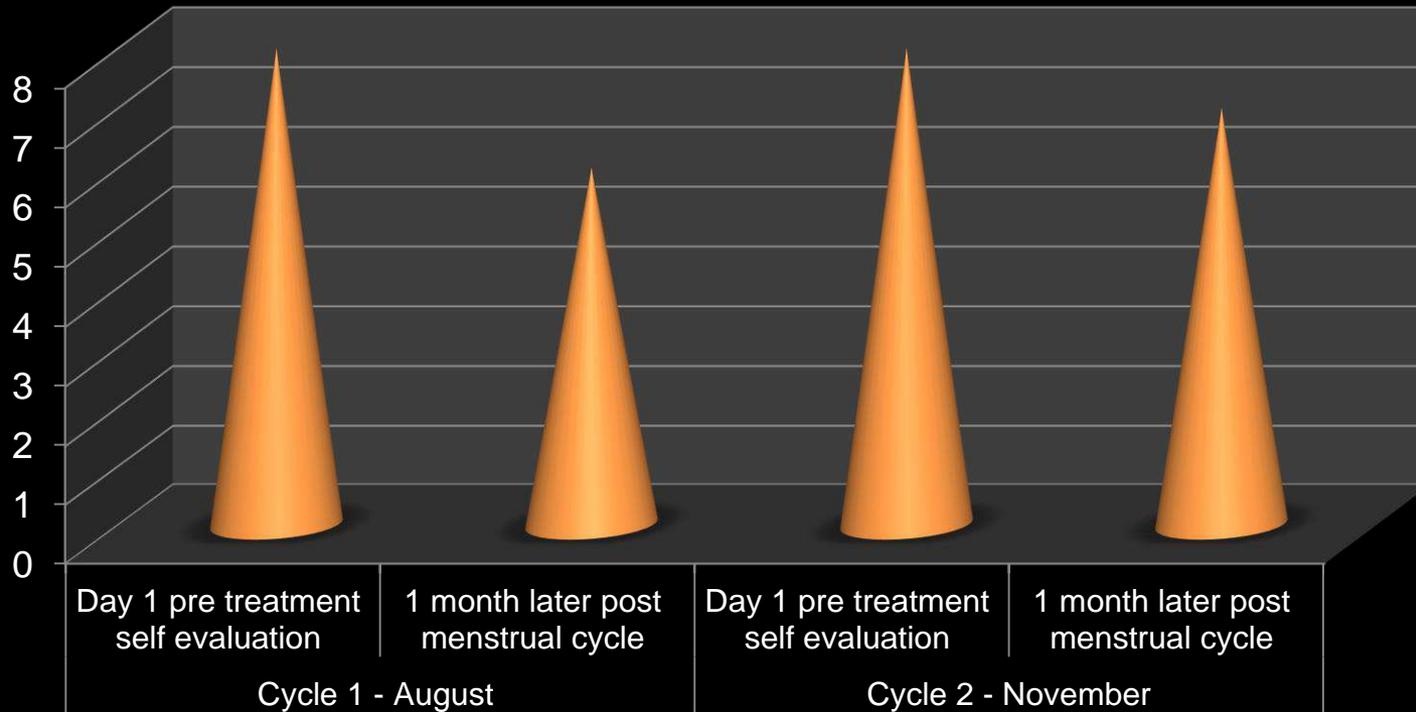
She expressed feeling below average in regards to her emotional, mental, physical and energetic levels, selecting having an overall average health.

There was a commonality between the client 1 with this client 2 also feeling that 'time for rest' was a factor in her PMS experience.

*Helen says "This client experienced a session during her cycle to see if it eased her symptoms and she was very happy with the results – see how her PMS improves across the 5 months."*

# Question to Client 2 - How sever is your PMS experience each month? 1 being mild 10 being strong

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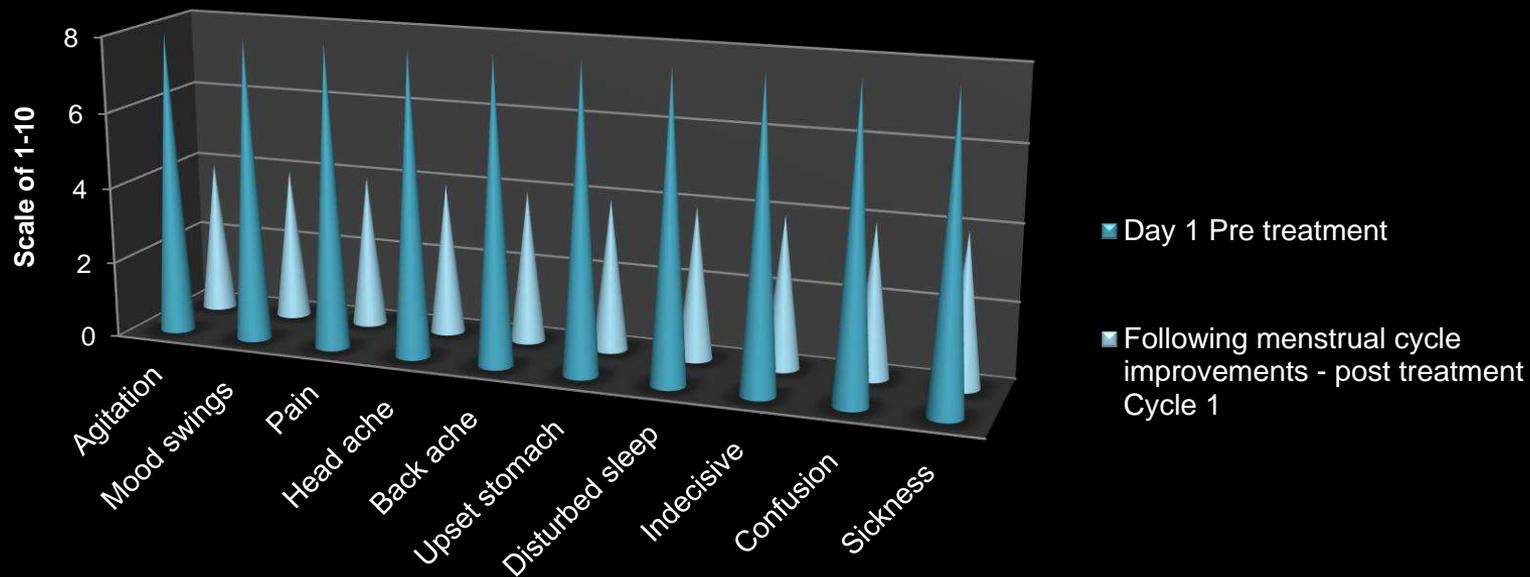


Working with client 2 resulted in some positive results

This client had a much longer history with PMS so it is possible a longer treatment period would be beneficial, in order to sustain harmonic results.

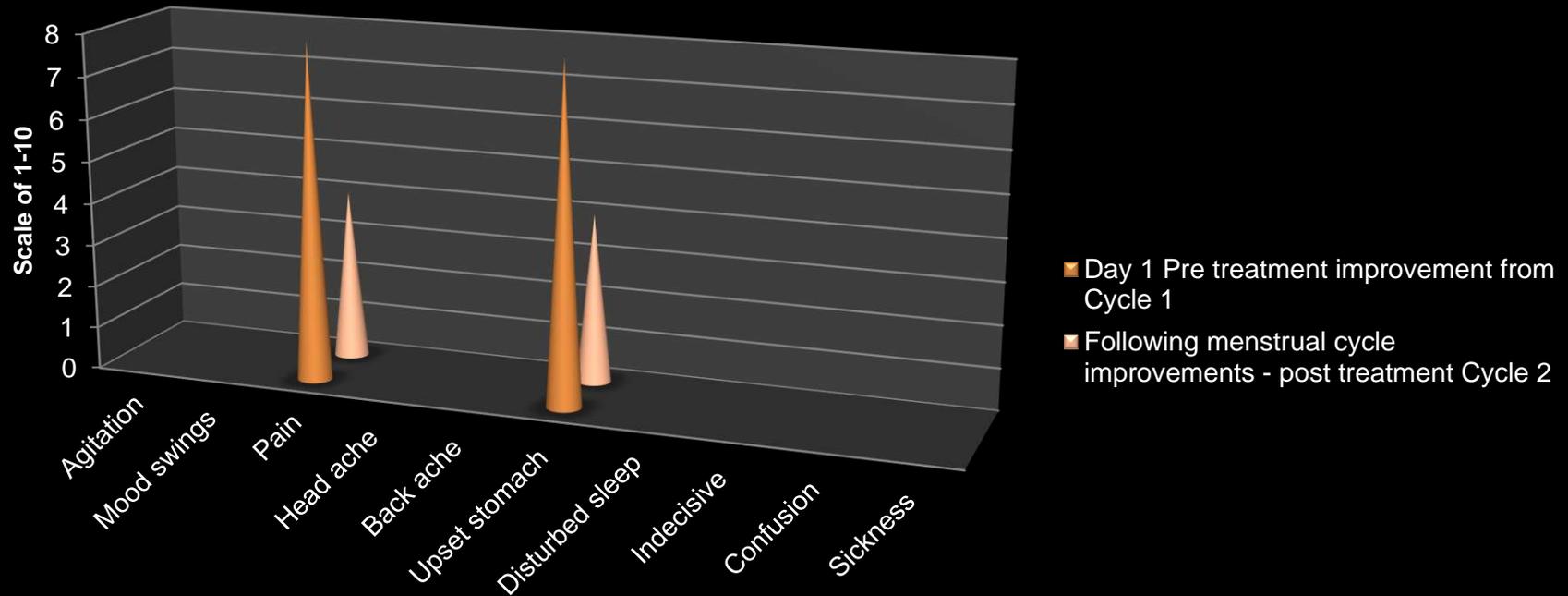
## Client 2- PMS symptoms – Cycle 1

The client was again given a multiple-choice list of negative symptoms to choose from, asking them to rate the intensity 10 being the most severe. These results were taken on Day 1 of the treatment cycle before treatment and then again 1 month later following the clients next menstrual cycle.



This graph is also showing us exceptionally positive results, with a large reduction in symptoms severity during the clients following menstrual cycle.

# Client 2 - PMS symptoms – Cycle 2



These results speak for themselves – the client went from suffering from all symptoms at the beginning of Cycle 1 to just two symptoms on day 1 of Cycle 2, which we believe is the result of cycle 1 treatments maintaining effects.

# Client 2 - Conclusion

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## Treatment Cycle 1

Day 1 - The client arrived with a high level of symptoms both in number of symptoms and the level of suffering.

Post treatments - the client expressed through her next menstrual cycle that her symptoms reduced a lot, no body pain and PMS during cycle.

*Client stated - "before undergoing the treatments everything felt very unbalanced, my PMS symptoms were very strong"*

## Treatment Cycle 2

Day 1 – As you can see in the graph arising for questionnaire given at the arrival of this cycle the client had far less symptoms than in the first cycle.

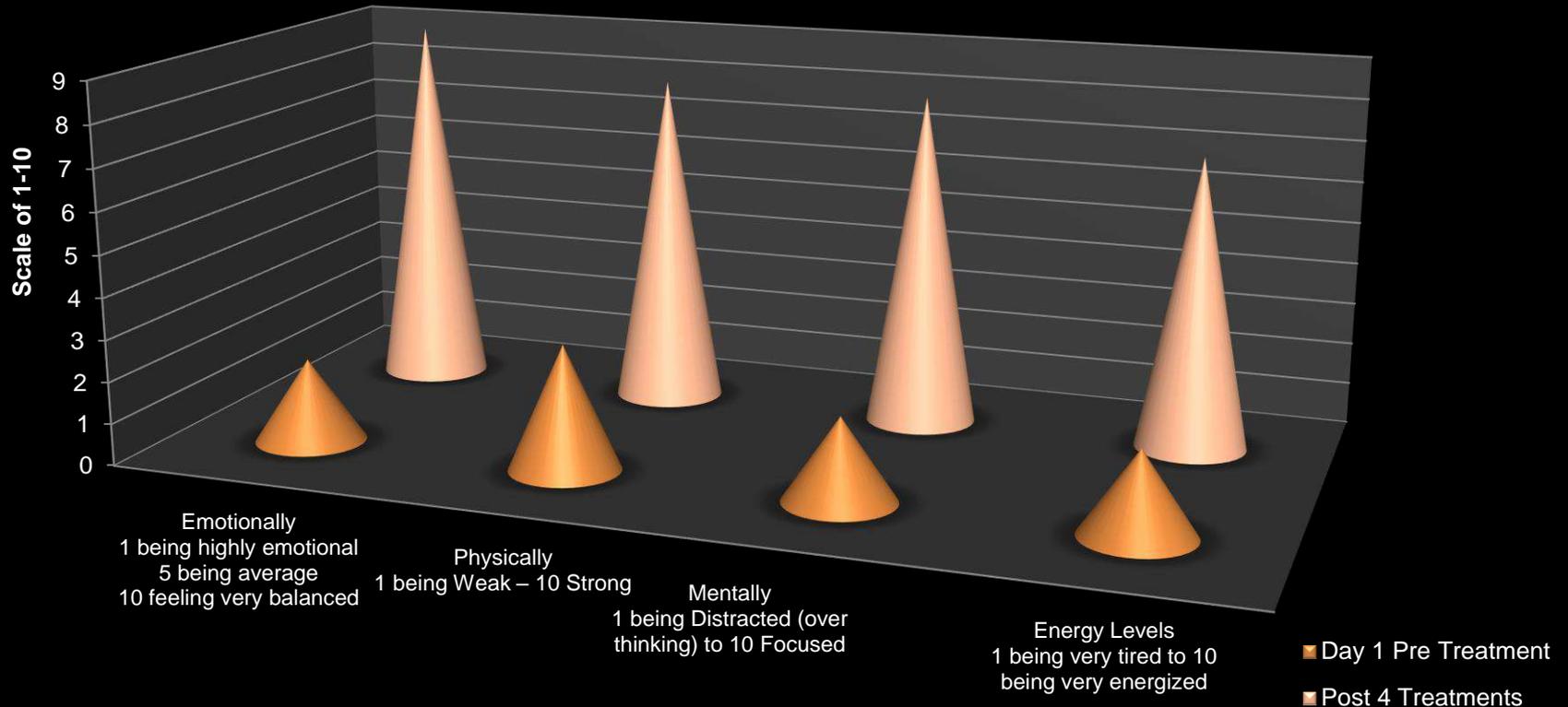
Post treatment – her symptoms had halved in intensity during her next menstrual cycle, with some symptoms returned

## What else did we look at?

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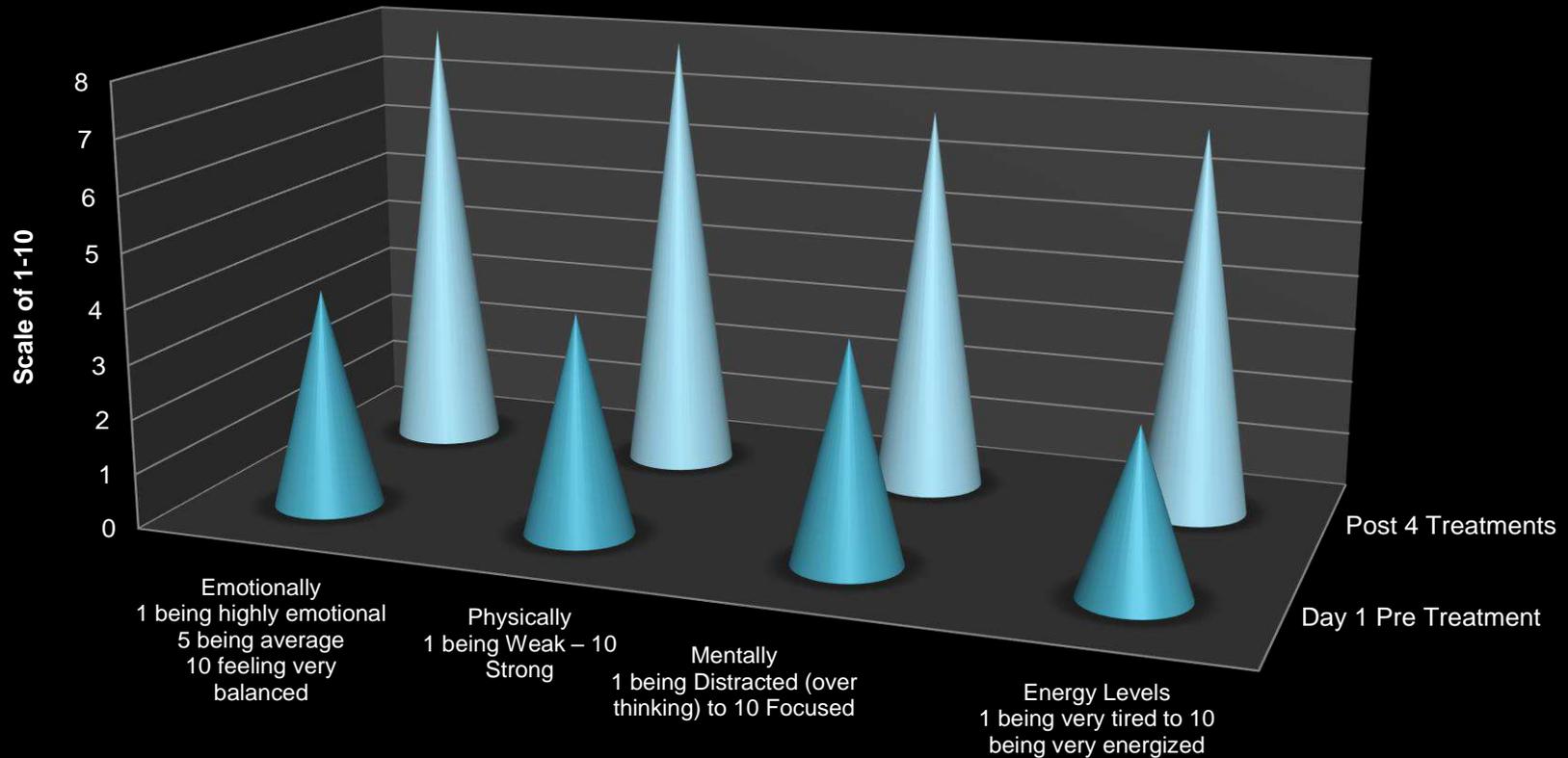
We also decided to take the same data readings as in research project 1 on Relaxation therapy, and asked the clients about their emotional, physical, mental and energy levels to see how they evaluate their post treatment condition ( after cycles of 4 applications).

# Client 1 – Cycle 1



We saw some impressive results here with the client 1 feeling that the treatment improved vastly her ; emotional, mental, physical and energetic levels.

# Client 1 – Cycle 2



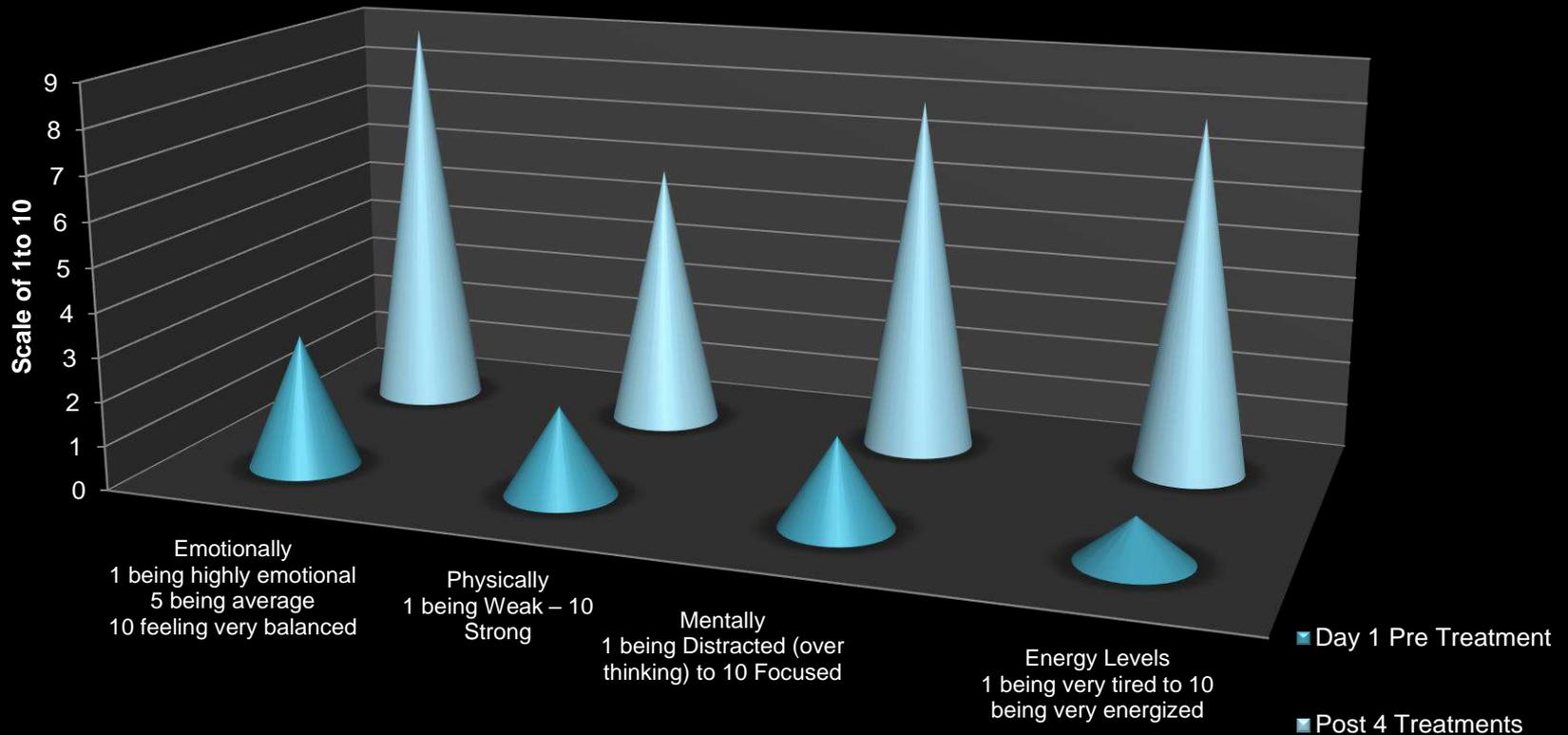
Another great result for this client. The client even arrives for the second cycle with already improved levels

# Client 1 - Conclusion

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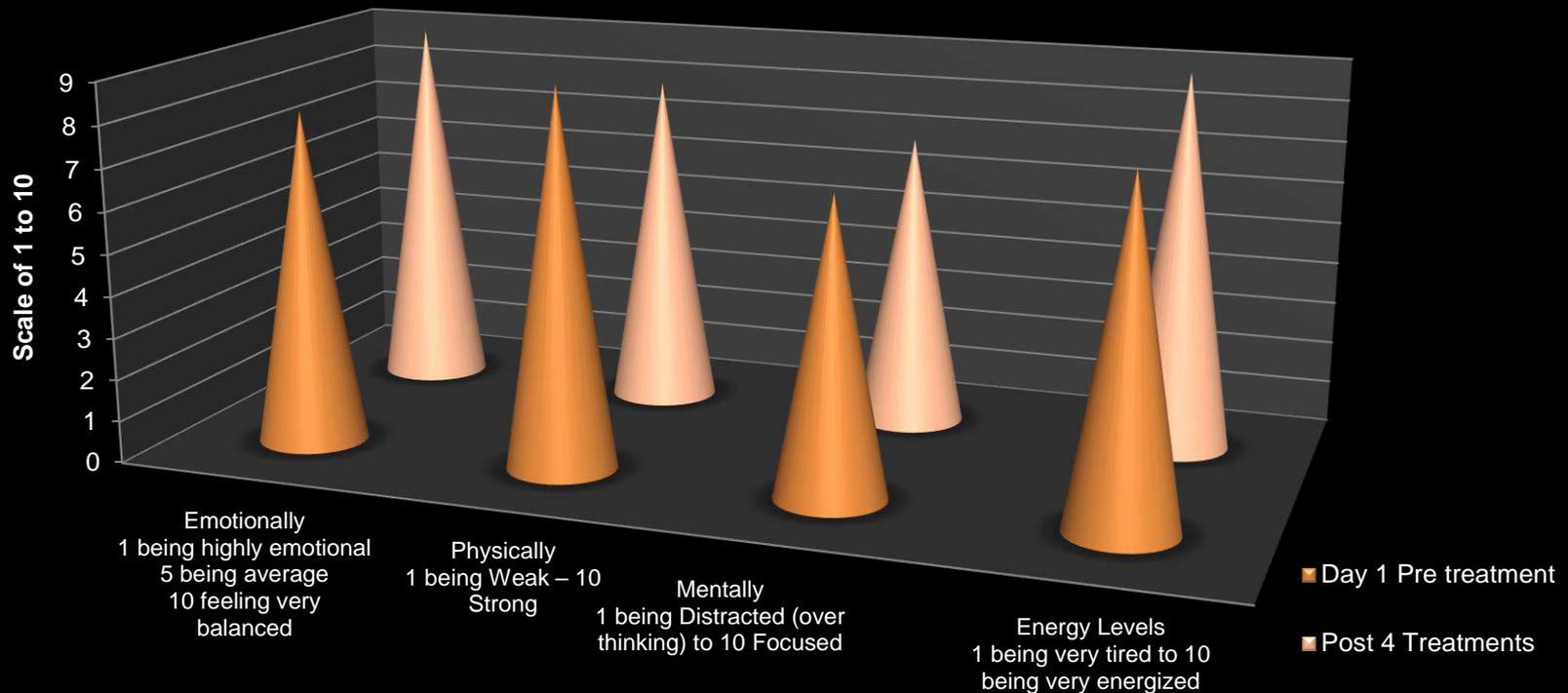
Through both cycles you can see vast improvements across the client's condition. Emotionally, physically, mentally and energetically states/levels are soaring. The client even arriving for the second cycle with already improved levels.

# Client 2 – Cycle 1



Again we saw some impressive results here with the client feeling that the treatment improved vastly her emotional, mental, physical and energetic levels.

# Client 2 – Cycle 2



This client shows that similar to client 1, that her condition was already showing improvements at Day 1 which we believe is the result of the previous cycle of treatments, and still the 2nd cycle brought further improvements.

## Client 2 - Conclusion

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Through both cycles you can see strong improvements across the client's condition. Emotionally, physically, mentally and energetically state/levels all improved considerably. This client was already arriving feeling a positive impact stating her levels had all improved over the month.

# Words from the research team

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This has been an extremely rewarding research project providing many interesting insights into the impact and usefulness of the PMS treatment.

With a holistic overview of our findings we hope that we have brought enlightened new evidence to the SoundPlanetariums audience;

- ✧ That using potent frequencies related to the movements of the cosmos can directly effect the human condition. The research has shown that the treatment can alleviate chronic symptoms related to a condition known as Premenstrual syndrome.
- ✧ Long lasting effects of Sound therapy applications by noting trends across both clients that not only did the first cycle of treatment continue to work into their next menstrual cycle, but the next, arriving at Cycle 2 of the treatment program expressing exceptionally improved or reduced symptoms.
- ✧ That in general there was noticeable changes in both clients across the PMS research programme.  
By understanding that even with the target being PMS syndrome, it can be assumed that the SoundPlanetarium treatments work on many levels supporting overall wellness and happiness.



# sound planetarium

The SoundPlanetarium would like to thank you for taking an interest in our research.  
We are currently developing a book which will bring some further insights into our work.  
Please write to us if you would like to be informed of its release

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