



sound planetarium

Research project
on Relaxation Treatment

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Objective

The objective of this research is to validate the positive results on the wellbeing of the clients that received the SoundPlanetariums **Relaxation Therapy**.

“Trying to understand the miracles”

In this presentation we would like to introduce you to some of our successful findings.

Treatment

As the Relaxation Therapy is the most requested SoundPlanetarium application, please find here the most relevant research data and interpretations.

This 60-90min treatment rebalances the chakra system, whilst harmonizing the Aura in all its subtle levels.

Application

- Research applications were carried out on:
10 persons of mixed age, gender and nationality
- 4 treatments were administered on consecutive days, same time, same place and conditions, same therapist
- Utilizing 9 planetary singing bowls
- Conducted by 3 experienced therapists

Data collection by utilizing 2 different modalities-

- Measuring Aura condition with biosensor kit taking readings pre and post each treatment – allowing Aura pictures and information to be collected for comparison
- Personal data collection through questionnaires:
 - pre treatment questionnaire
 - post treatment questionnaire on last day of application cycle

Ready to find out more

We invite you to join our research on SoundPlanetariums unique Relaxation treatment.

Find out just what impact it has on: the Aura, emotional, physical and energetic conditions, as well as other daily experiences humans have.

Step 1

We start by exploring various changes with clients that have been recognized

After application of 4 treatments of Relaxation Therapy;

Focus was here on **emotional, physical, mental and energy levels**

Data collection

Method 1 - Questionnaire

We were able to produce the following results by collecting personal data with the help of a 7 page questionnaire completed by each client on;

- Day 1 before receiving the first treatment
- The last day post treatment after having received the cycle of 4 treatments.

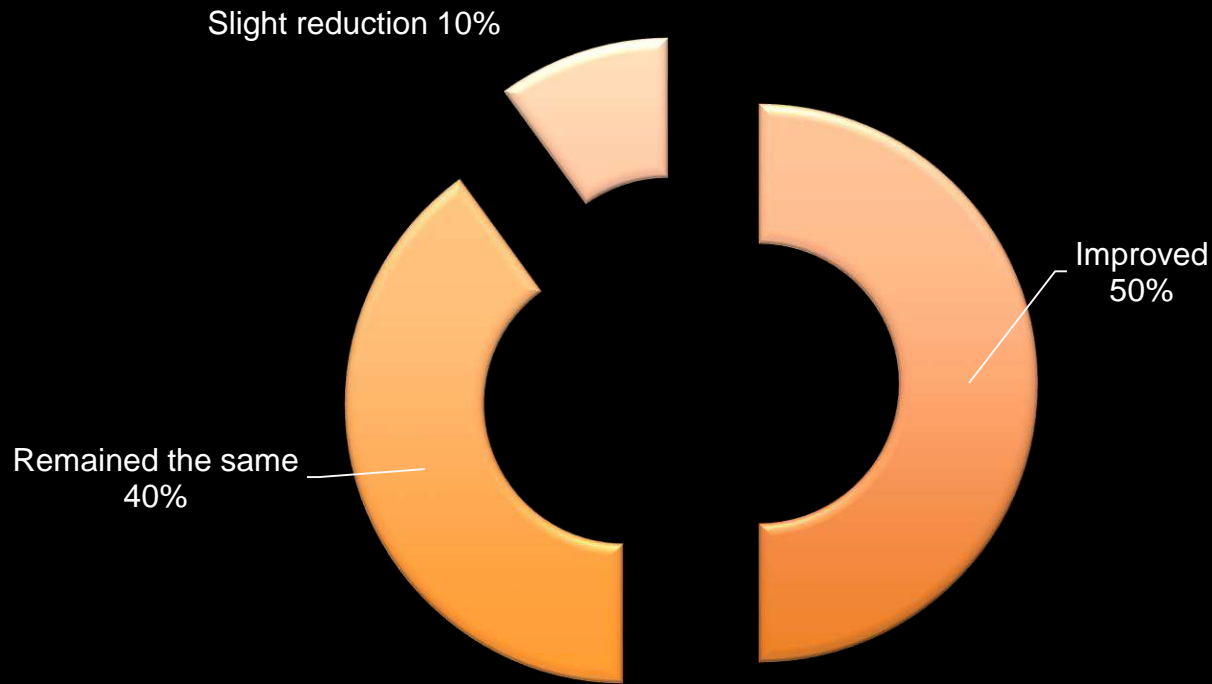
The first question important question we asked

How do you feel today? On a scale of 1-10

- Emotionally 1 being highly emotional, 5 being average, 10 feeling very balanced
- Physically 1 being Weak – 10 Strong
- Mentally 1 being Distracted (over thinking) to 10 Focused
- Energy Levels 1 being very tired to 10 being very energized

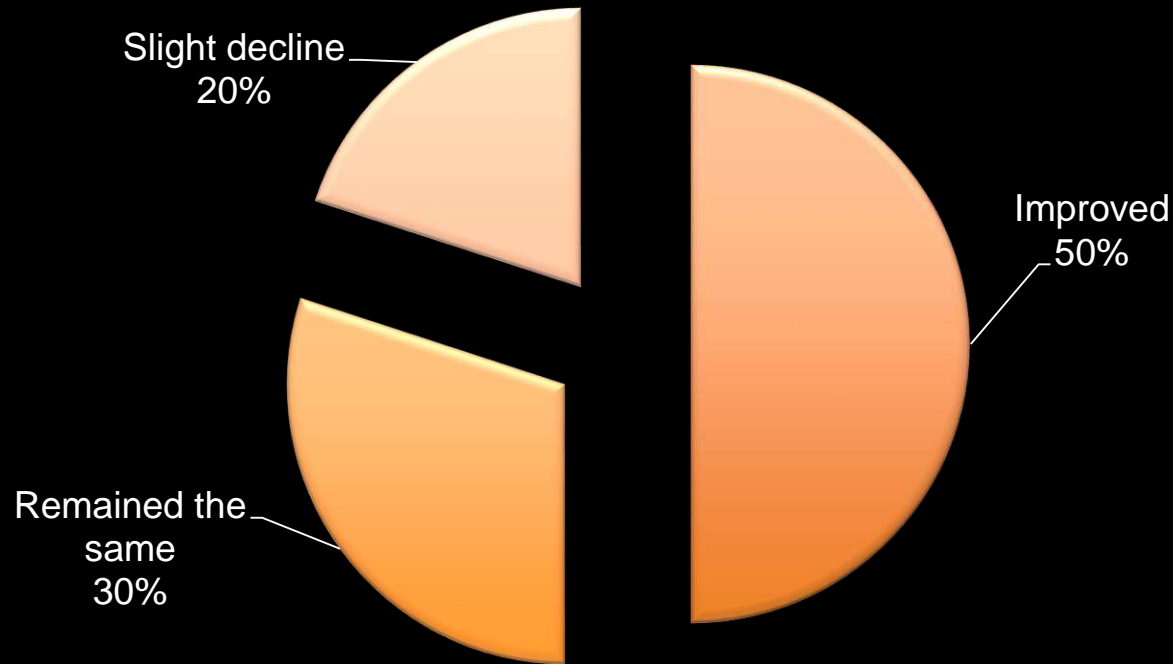
The following graph shows the measure from; Day 1 pre treatment and last day post treatments.

Emotional levels comparisons before and after treatments



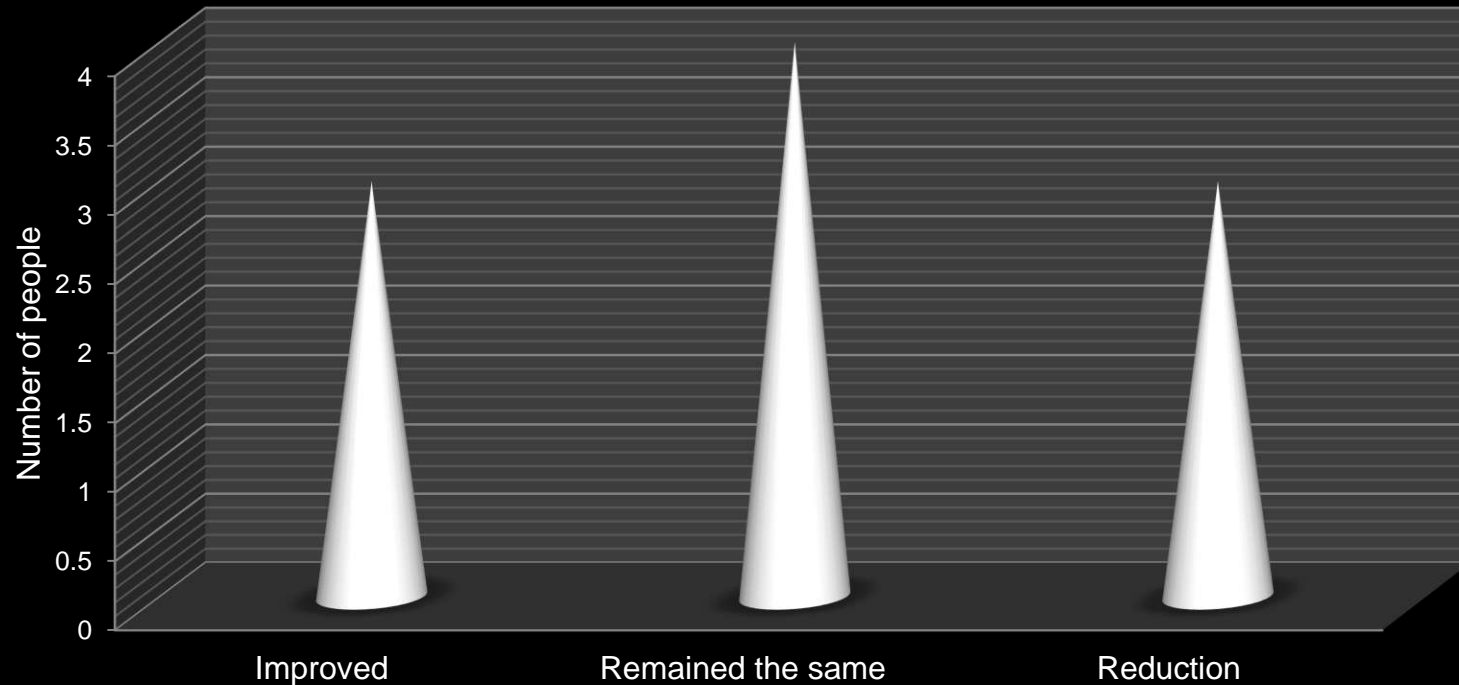
About 50% of clients found an improvement in their emotional state measuring 2 – 4 points benefits in the spectrum of 1-10, 10 being the optimum balanced state. Only 1 client was still enrolled in inner emotional turbulence.

Physical levels comparisons before and after treatments



50% of the clients felt the treatments had improved their Physical strength and general state of being

Mental levels comparisons before and after treatments



The clients with a slight decline of mental level reported those by only 1 in the spectrum of 1- 10. Other clients improved or remained unchanged:

We are aware that our treatments can produce an initial aggravation of symptoms yet mostly much milder as with homoeopathic remedies. Such aggravations are often a prelude for serious improvements. See next page

Understanding initial aggravations

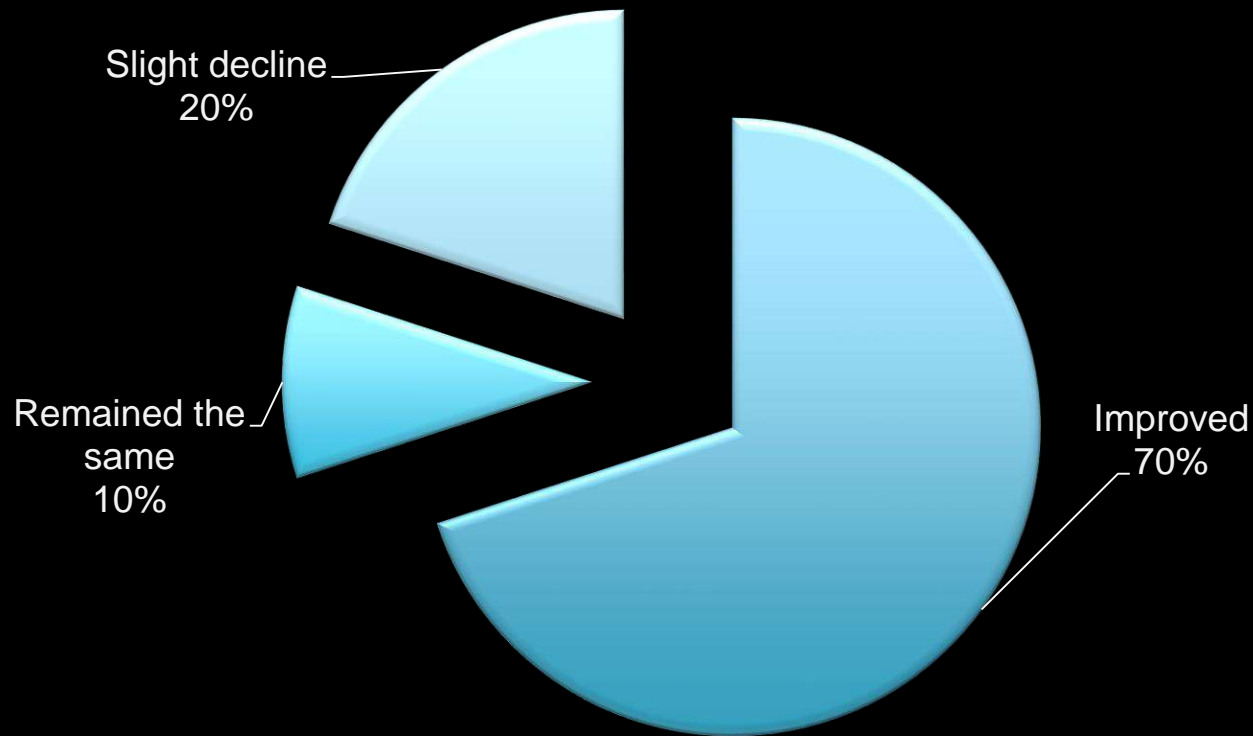
It is important to note that sound healing as it is affecting subtle body conditions can promote; energy releases and inner reorganization.

Suchlike changes are not always immediately liked or experienced as improved comfort.

Bowl vibrations can move many aspects within an Aura igniting thoughtfulness and reflection. As a physical result the removal of unwanted toxins and restoration of energy flow can be noticed.

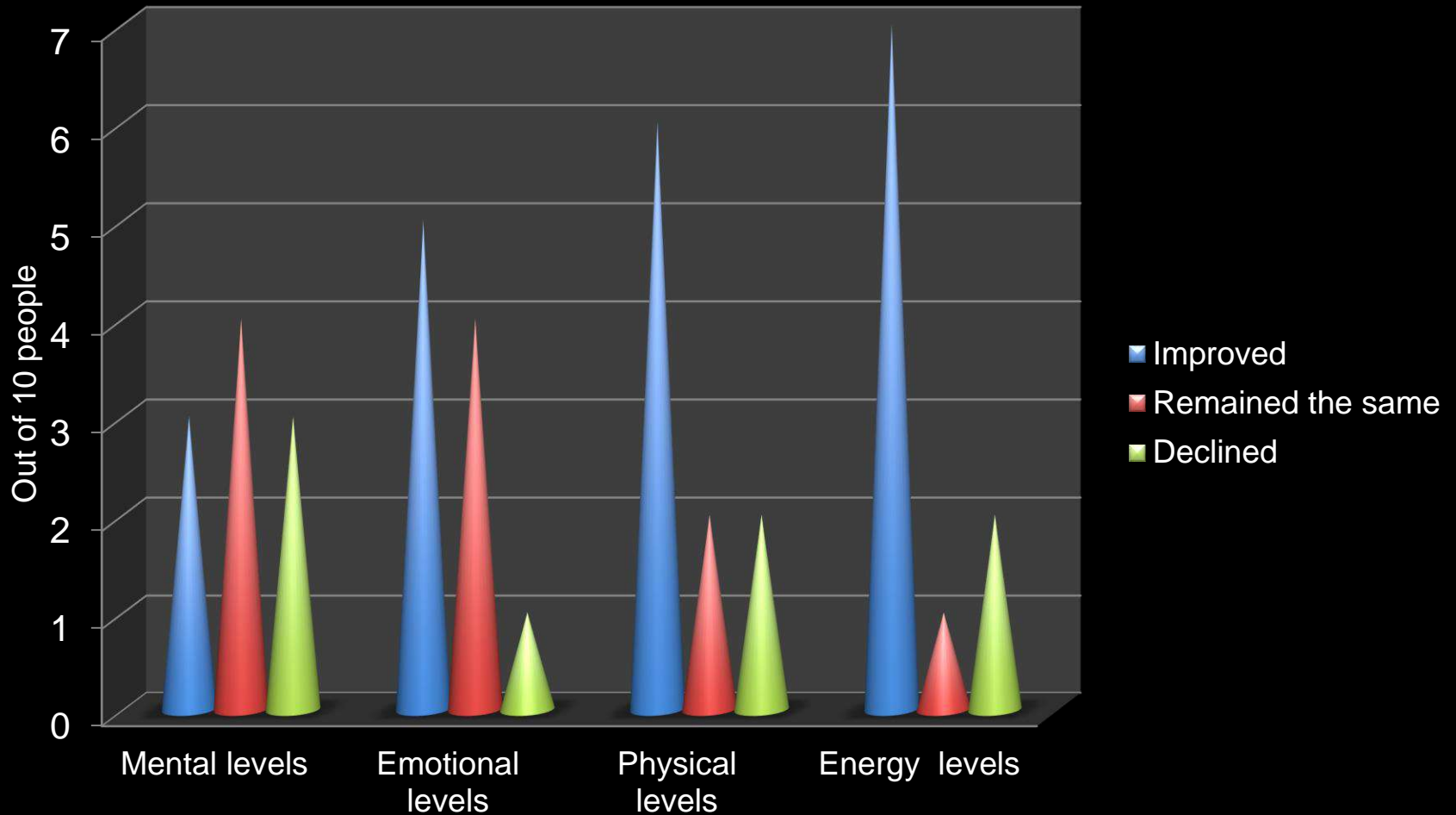
Therefore we understand that some clients conditions may aggravate some symptoms temporarily while an upgraded inner condition is developing.

Energy levels comparisons before and after treatments



Energy levels have improved for most of clientele

Overall Analysis

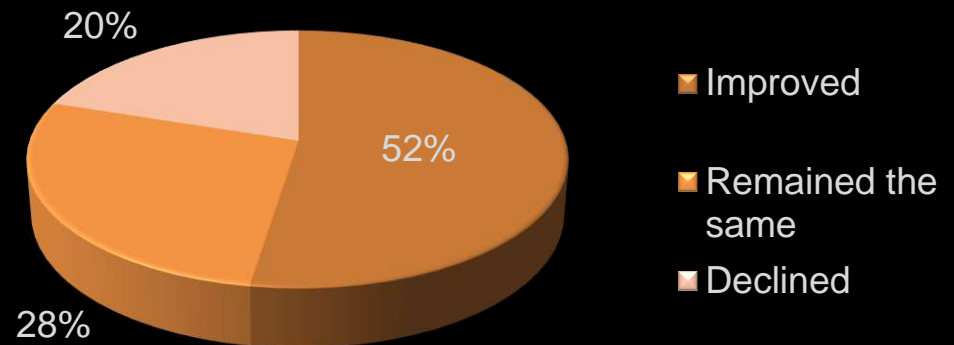


What we found

The collected data regarding Emotional, Mental, Physical and Energy levels post 4 treatment cycle was very positive.

A relatively small amount of clients reported mild aggravations while the larger amount of test persons reported to be more balanced, focused, strong and energized.

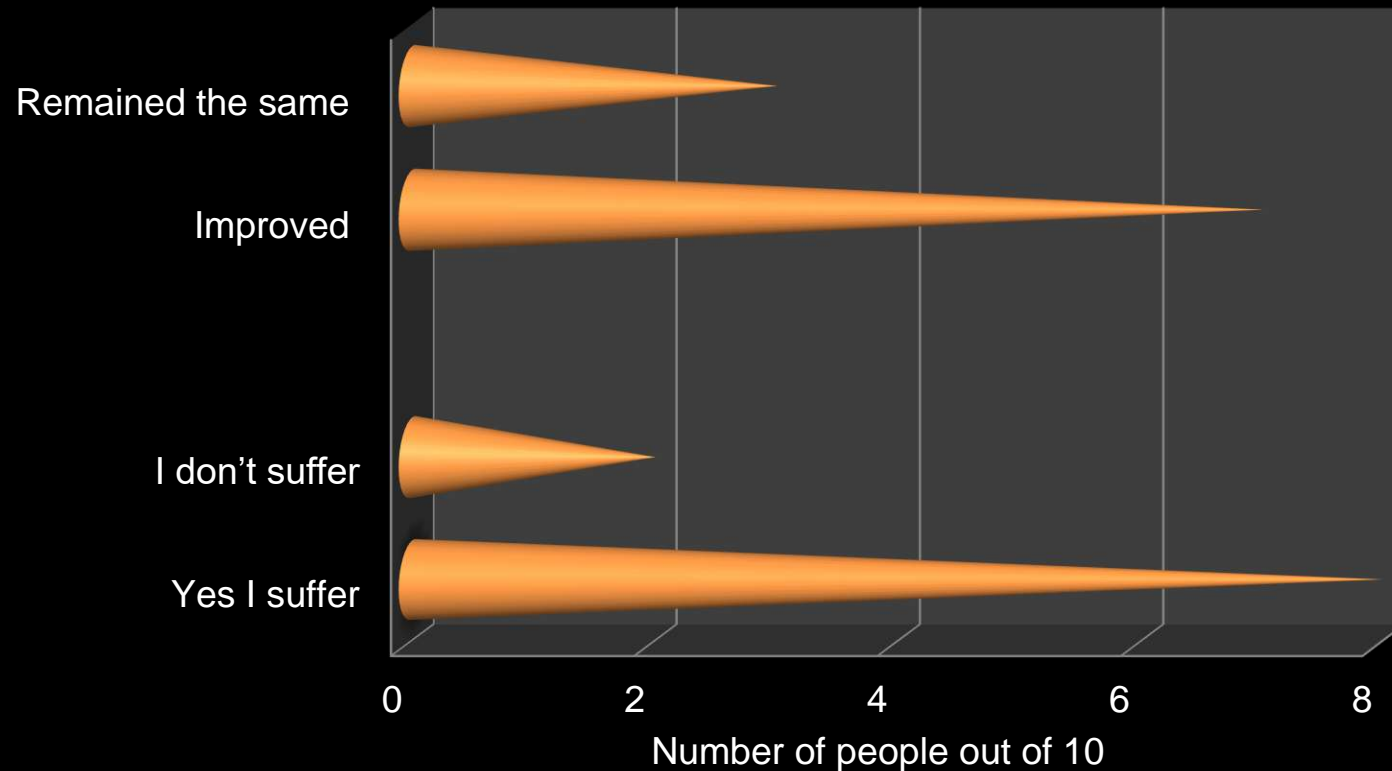
“It is important to note that even persons that reported declined results are very positive about the Relaxation therapy as the treatments continued to work in the body long after the last cycle session and gradually produce improvements”



As a 2nd theme the questionnaire explored Anxiety, stress, sleep and general behavioral changes

It was asked:

Do you suffer from **Anxiety** and did it improve across the 4 sessions?



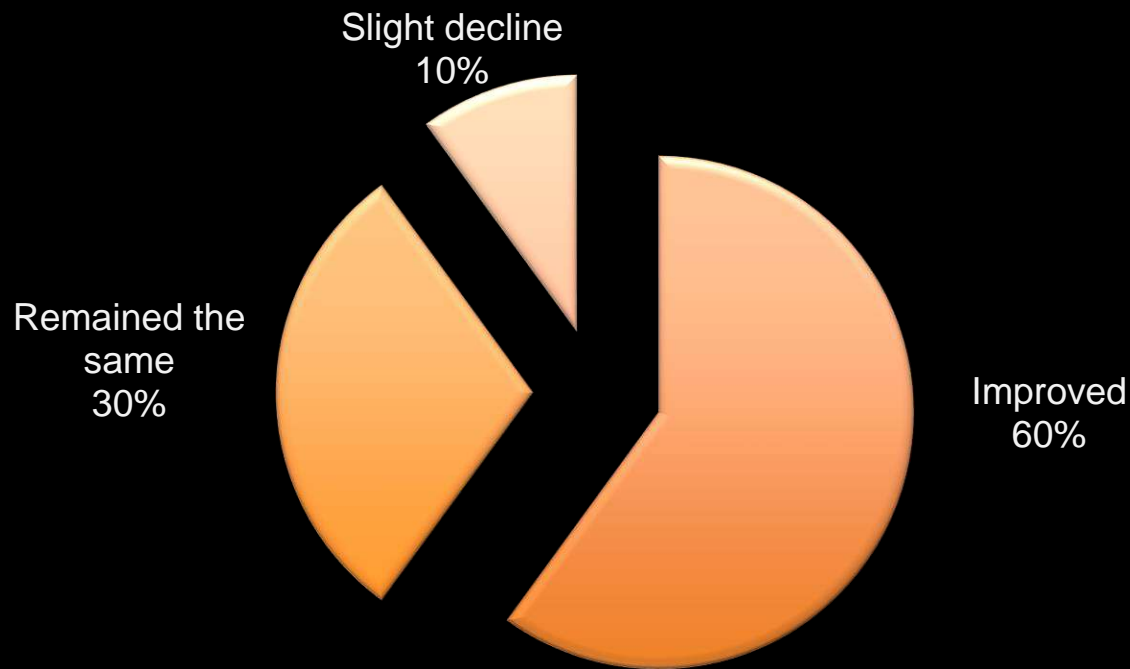
Most of the clientele reported to experience anxiety, and 7 out of 10 reported improvements after the treatment cycle

It was asked:

Do you experience **Stress** and did it improve across the 4 sessions?

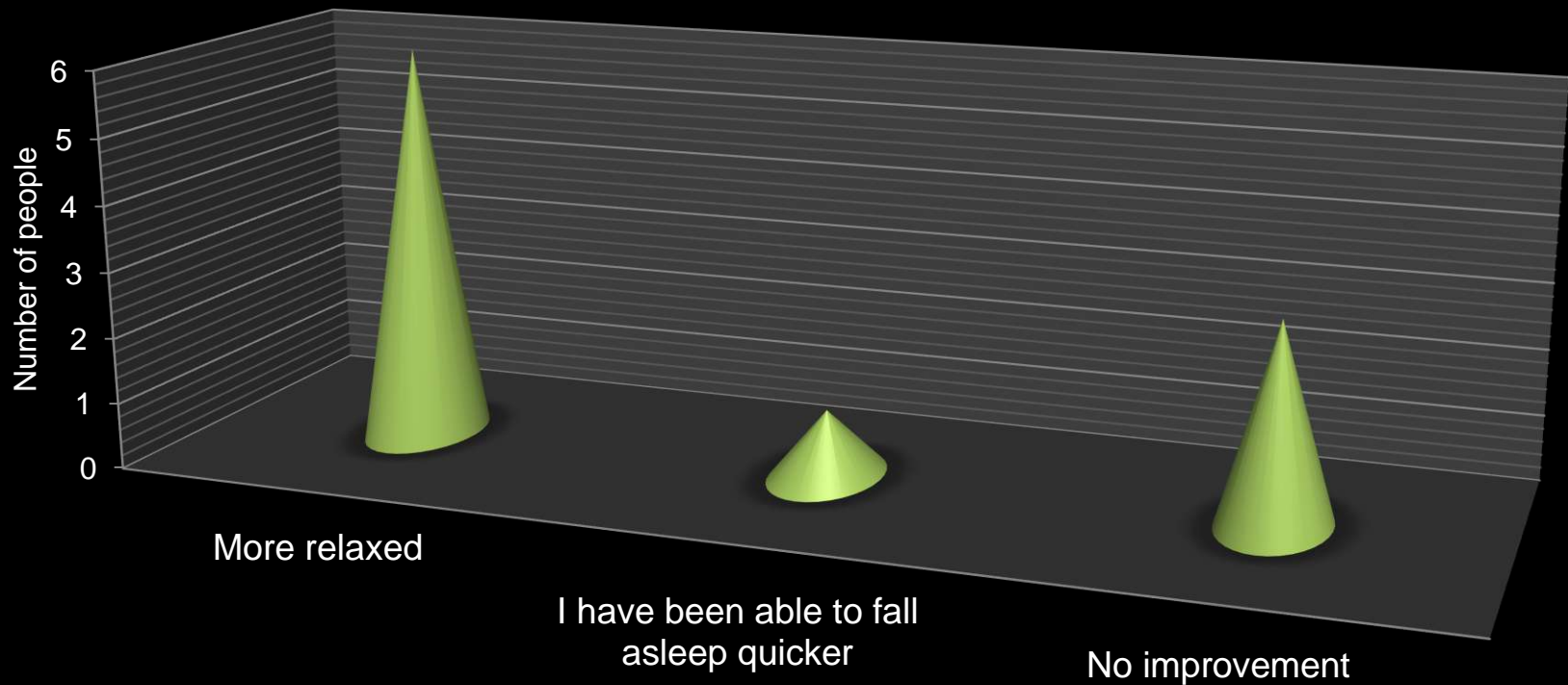
We asked each client what their stress levels were on a scale of 1-10 (1 being low stress, 10 feeling very stressed) on Day 1 and again Post treatment cycle.

These were the answers given:



Sleep

We also asked the clients after 4 sessions - How have you felt before going to sleep this week?

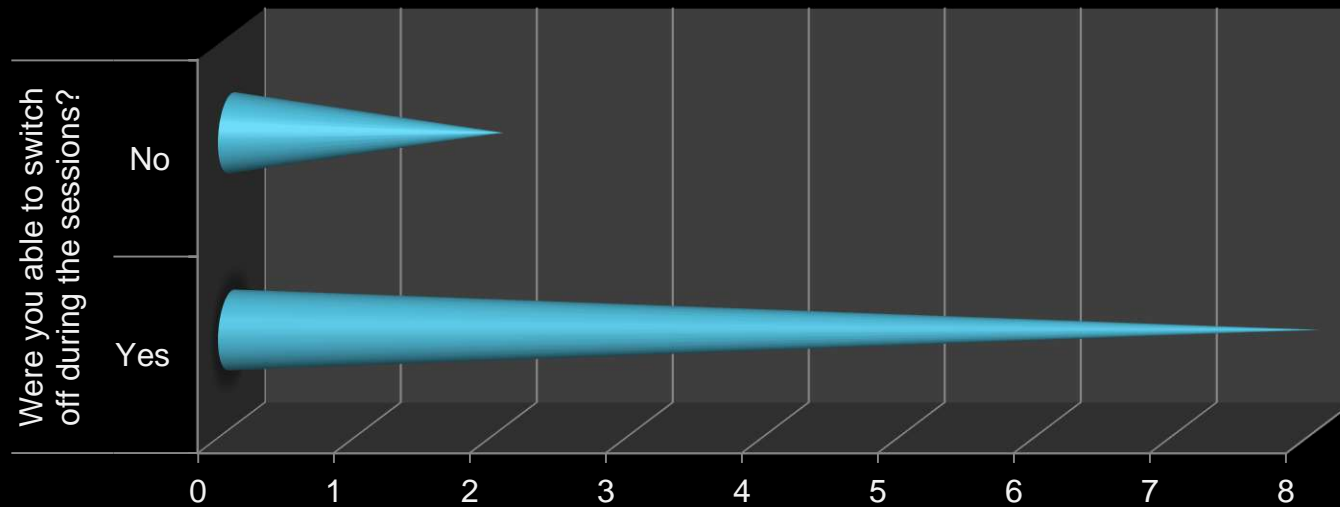


Relaxing

The question presented was: Have you been able switch off during the sessions?

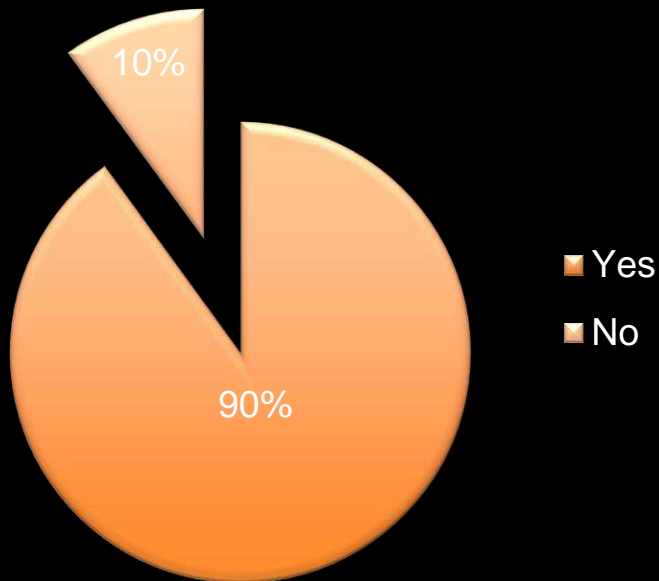
“Many of us find it hard to surrender to really allow time to Relax”

Let’s see if our clients managed to drop into a deep sense of relaxation during the session - an impressive 8 out of 10 said Yes



Behavior

We were also interested whether any changes in their behavior were noticed by clients? A large 90% said 'YES' with very positive responses, like:



" I'm feeling more balanced and clearer thinking"

" I felt lighter an calmness"

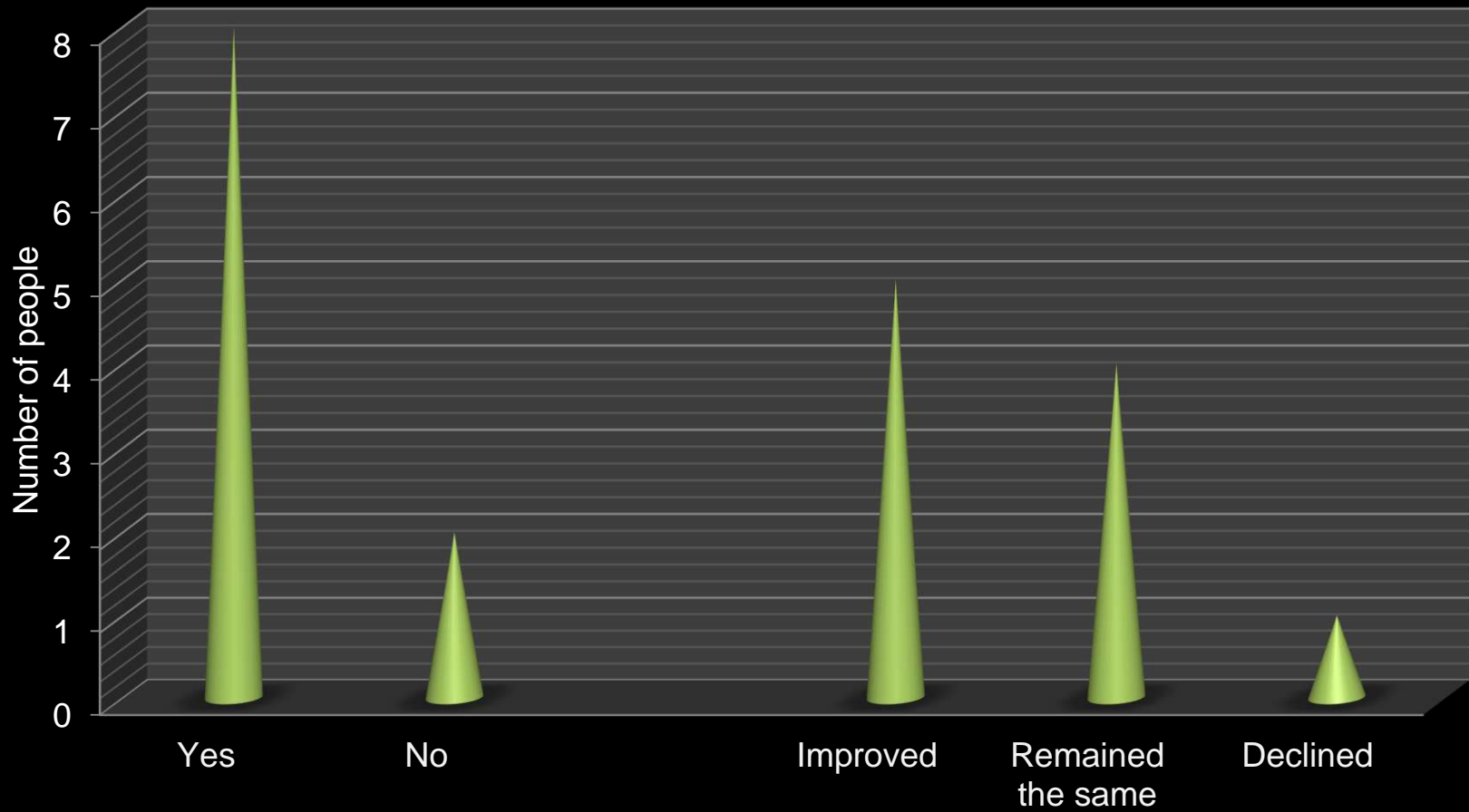
" I'm taking things more easily and not getting so angry"

" I'm more responsive and present"

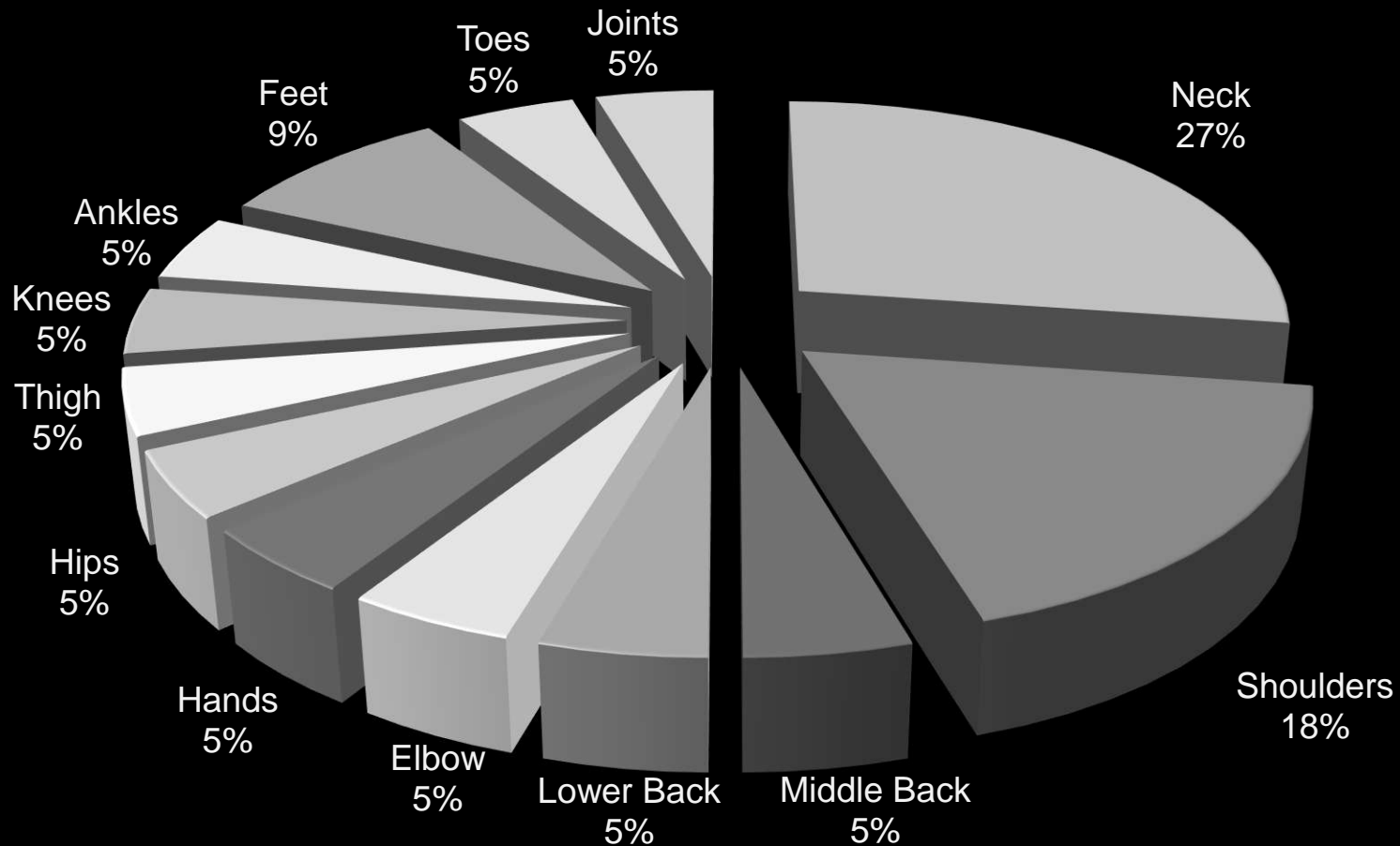
" I have become more patient and content"

There was also a focus on Aches, Pain and Tensions in the
body

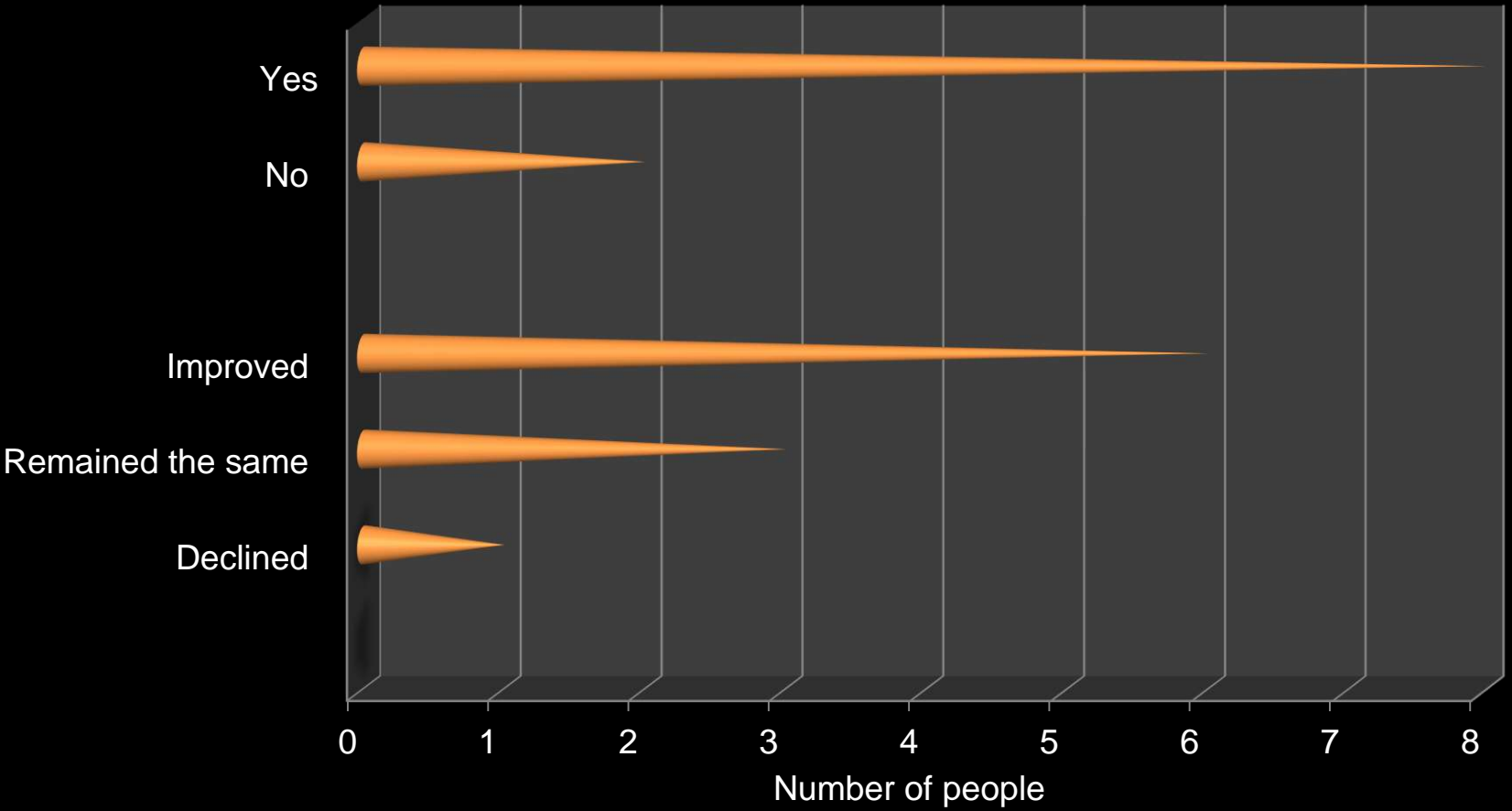
Do you suffer from body aches and pains?



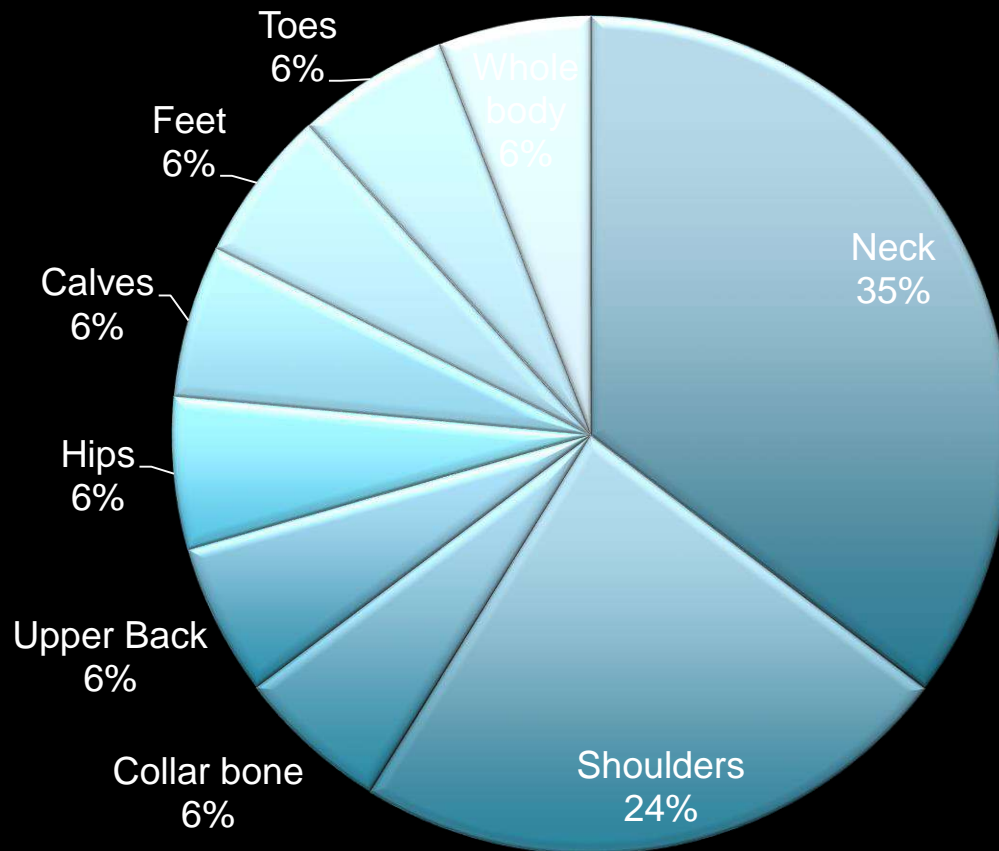
Where people experience - Aches & Pains in the physical body



Do you suffer from tension in the body?



Where people experienced - Tensions in the physical body

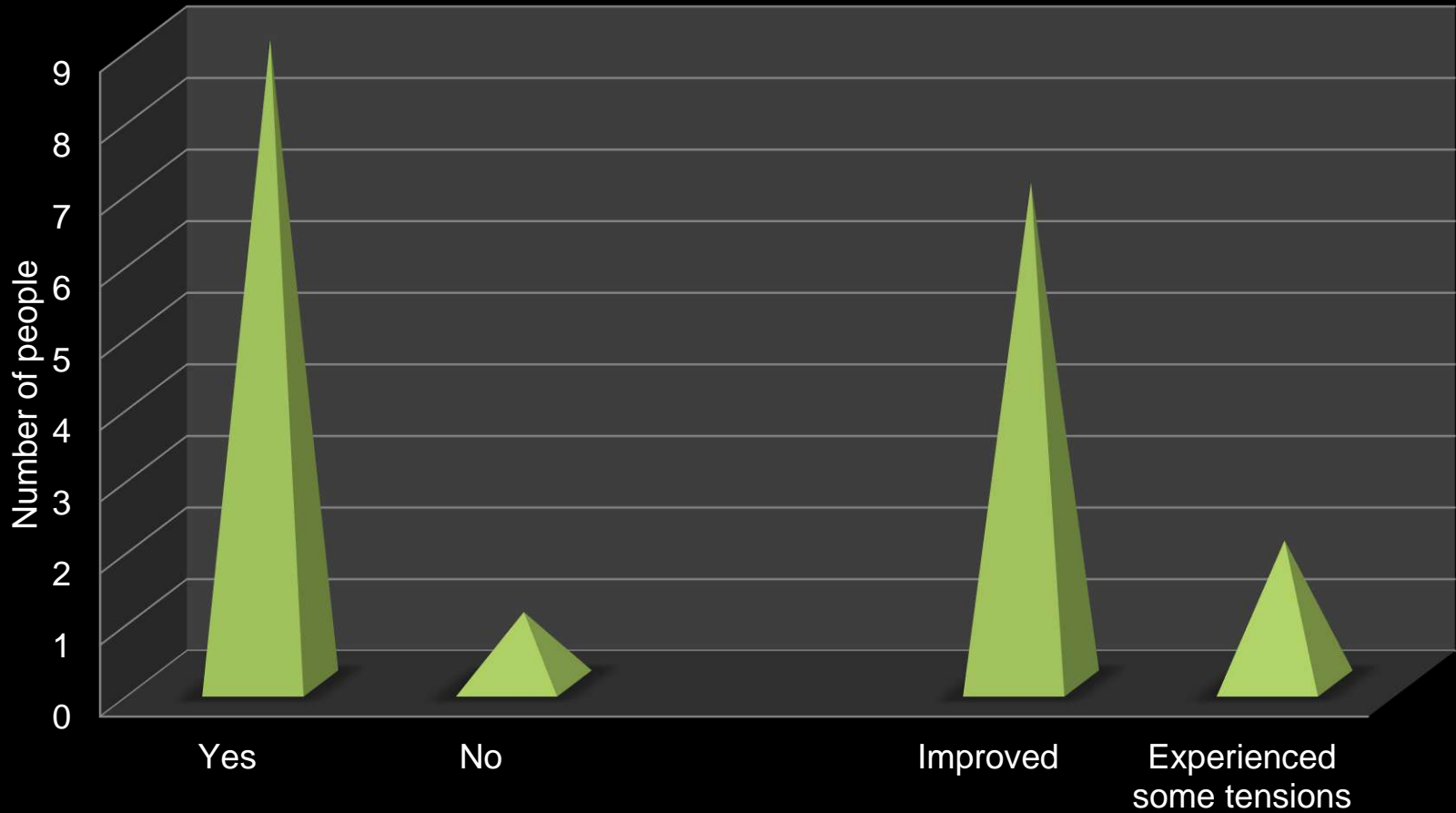


Analysis on Aches & Pain and Tension reported

Our clients spoke about Aches & Pain and Tensions in predominantly the same areas ;

“Shoulders and Neck”

Did you notice anything different about your body condition this week?



Data collection

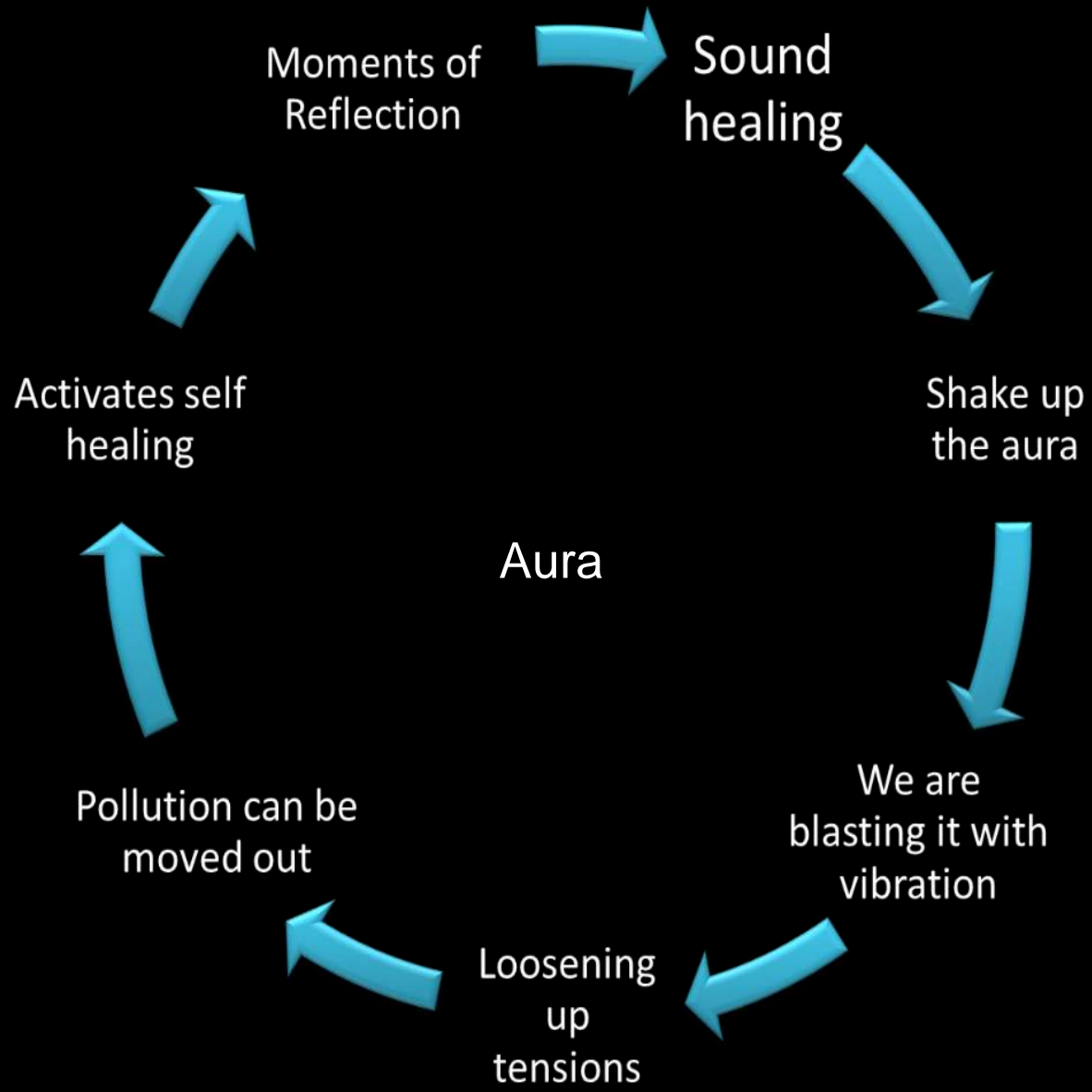
Method 2 - Aura Report

The human Aura – our unseen energy body, subtle in nature.

An elaborate bio-sensory kit was utilized that produced a 27 page report and Aura photos with each reading.

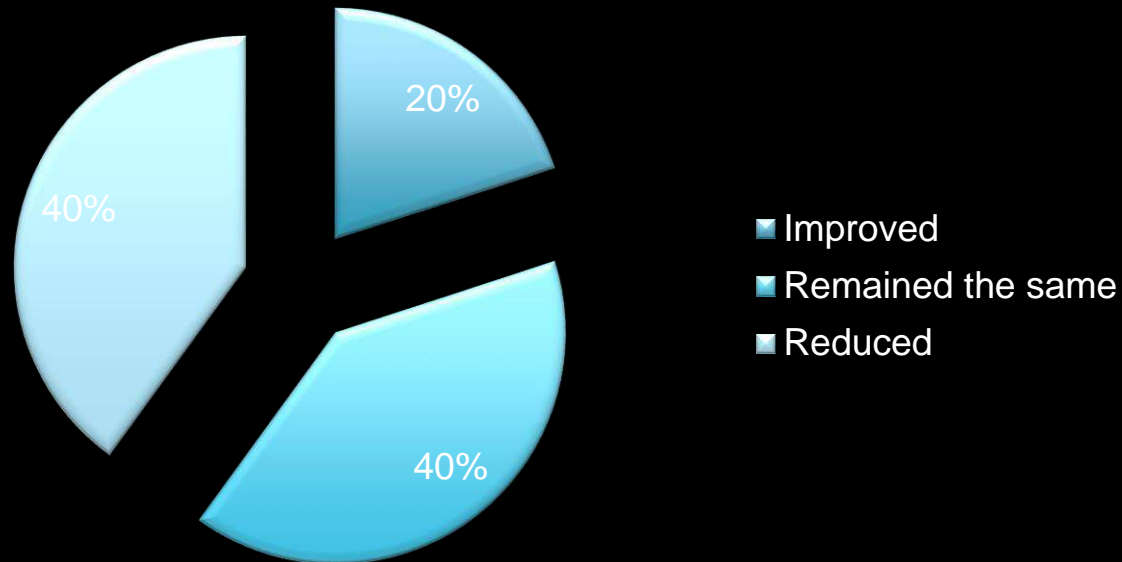
In this way we can take a look at developments and changes of Auras of clients from session to session throughout the treatment cycle, and these are the remarkable results:

Firstly this is what happens to the aura during the sessions?



Aura readings Day 1 pre treatment verses
last day post treatment

Aura Size

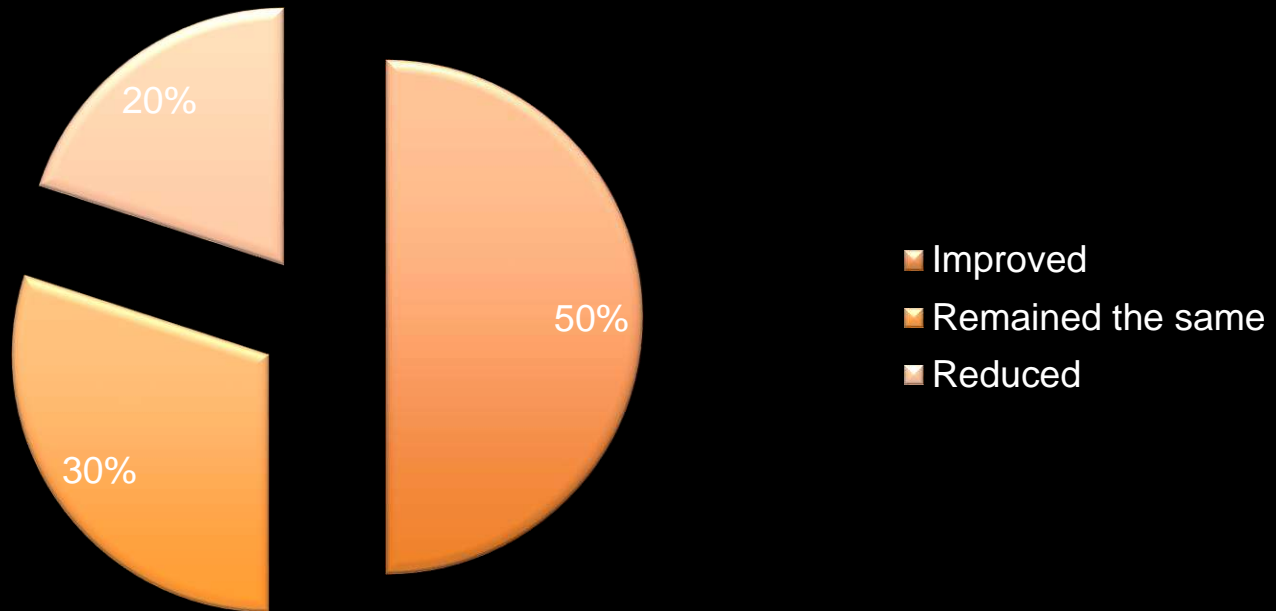


For many clients an enlargement of Aura size was achieved.

Auras extend by being inwardly more connected and in states of mental union.

Many persons need to experience a trigger experience that leads into an inner personal or spiritual development to achieve a sense of union.

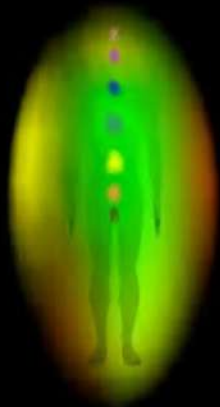
Aura Colour



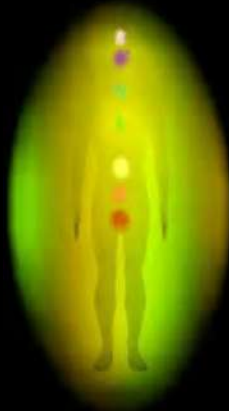
This measure was based on the colors of the aura becoming; either brighter, one color or within a similar spectrum

This is a very good example of how the aura harmonized to almost one color by the end of the last treatment:

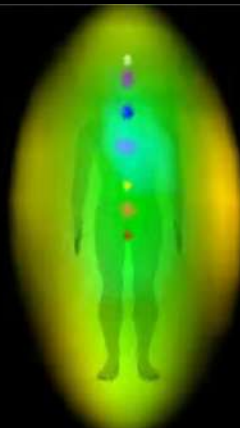
D1 Reading 1



D2 Reading 1



D3 Reading 1



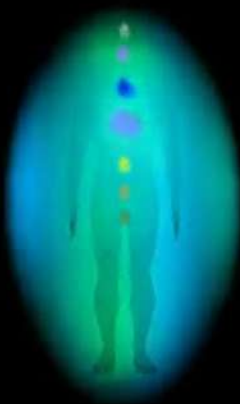
D4 Reading 1



D2 Reading 2



D2 Reading 2



D3 Reading 2



D4 Reading 2



Aura base/core colour

These results came from the automatic report generated by our client hand reading on the bio sensory kit being used. Further elaboration coming in a later book.

Client	D1 pre session reading	Last day post session reading
C1	Orange	Yellow
C2	Green	Yellow
C3	Orange -yellow	Orange
C4	Orange -yellow	Orange -yellow
C5	Orange	Blue
C6	Red	Red
C7	Orange	Red
C8	Blue	Blue
C9	Green	Blue
C10	Deep Red	Red

Conclusion of Relaxation Therapy Research

As you can see across all of research results there is significant impact through application of Relaxation Therapy on clients' conditions.

There is some very clear evidence that the treatment is having positive effects in many aspects of the human condition especially when repeated a few times, which gives SoundPlanetary technique practitioners further encouragement to apply those treatments to those that are in need.



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Thank you for taking an interest in the research on SoundPlanetarium treatment effects.

We are currently developing a larger book that includes background philosophy of the technique that uses Astro-medical concepts as well as some further insights into the research program.

Please write to us if you would like to be informed of its release

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2017- 2019

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