

# Be Bowled Over

by James Benjamin  
Kent on Saturday, 2 May 2009

With redundancy, recession and repossession causing daily concern for tens of thousands of us, a musician has a novel way of stress-busting - sound therapy.

Janine Greaves, a former singing teacher and qualified sound therapist, insists the soothing notes of certain instruments can de-stress and calm someone after a busy day, a move she says can improve health and happiness.

The secret is not putting on a favourite old CD or sitting down at a piano, it is more likely to be sitting in front of a thin metal bowl with a stick wrapped in a piece of suede.

Now Mrs Greaves is bringing her expertise to the public with a series of workshops in Ashford on how to use sound therapy.

The first, called Ancient Tones, focuses on the Himalayan singing bowl - a fragile metal dish which produces a note when a piece of wood or a suede-wrapped stick are rubbed around its edge - much like a moist finger around the lip of a crystal glass.

The workshop on Sunday 10 May, will focus on the history of the bowls - sometimes called Tibetan bowls - and show bowl owners ways of using them for meditation and sound massage.

The premise is that all matter is vibrating energy and therefore has a sound or frequency.

Mrs Greaves says by applying specific sounds to the body and energy system, we are able to restore its balance and harmony.

The sounds are able to promote states of deep relaxation, helping to quiet the mind, release tension and often relieving pain as well.

She says: "A common response from clients after a sound therapy treatment is a deep sense of peace or relaxation, clearer mental focus, better sleeping patterns and a lessening of, or complete recovery from, various physical or emotional challenges.

We wanted to let people know about this exciting and different tool for transformation, and allow them to experience what it feels like. It is brilliant for stress relief".

Subsequent workshops, Heart Song, and Sound and Silence, on June 27 and 28, are more general, focusing on how we experience the sounds of both Himalayan and crystal singing bowls, voice, gongs and more.

Mrs Greaves hopes the sessions will relax participants and insists no singing or musical experience is necessary. She would encourage bowl owners to bring their own along, but those without bowls will be catered for.

The musician - who qualified with the British Academy of Sound Therapy - will be joined by BAST colleagues Stephen Scotney from Leicestershire, and Matthew Beavis from Deal.

The sessions run from 10am to 5pm at Ashford School and must be pre-booked.

Ancient Tones costs £40 while Heart Song and Sound and Silence cost £35 per day of £60 for both days. Under 18s must pay £25 per day.

See [www.lightlinetherapies.com/workshops](http://www.lightlinetherapies.com/workshops) or call Mrs Greaves on \*\*\*\*\*