

MÚSICA PARA LA RELAJACIÓN

Música realizada por **Arden Wilken** terapeuta del sonido, para la aplicación de las terapias manuales, reflexología, etc. potenciando sus efectos en el sistema nervioso, y circulatorio, consiguiendo un equilibrio energético.



REPOSE is part of the **INNER SOUND** Therapy Collection that includes music for REIKI and AROMATHERAPY treatments. **REPOSE** was created using specific **INNER SOUND** motifs to create a 'sound' background for reflexology and similar kinds

of therapies to enhance their effect on the nervous and circulatory systems promoting energetic balance and integration.

Since 1978 **Arden Wilken** has developed approximately 50 musical motifs from the composition of over 10,000 Personal Music compositions. Each motif creates expansion or contraction in different parts of the human organism. In each CD she uses the appropriate combination of motifs with specific instruments and sounds to create the desired focus and movement of each title. Track 1, *Deep Repose*, is based on the Contact, Hemispheric Balance and Opening Motifs. Track 2, *Light Repose*, is based on the Hope and Alpha Motifs.

(For more information about the **INNER SOUND** motifs, see 'Motifs' and 'Sound Touch' on our website.)

Each track on **REPOSE** was composed in Just Tuning rather than the more frequently used tempered tuning. In Just Tuning many of the musical intervals are pure creating less stress on the nervous system and enhancing the effect of the therapies.

INNER SOUND is a modern system of sound therapy for the expression and integration of the emotions created by Arden and Jack Wilken.

For information about all **INNER SOUND** titles- to date 24, the **INNER SOUND** Tuning Forks and courses (presence and distance) from the **SCHOOL for INNER SOUND** go to www.innersoundonline.com

INNER SOUND and the **SCHOOL for INNER SOUND** are participating members of the

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