



# International Harp Therapy Program Australia

## Newsletter 4 ~ September 2021

*From IHTP~AU Teacher, Mentor & Admin, Louise Bell*

Dear IHTP Community

In these challenging times it is so heartening to be globally connected through our love of intentional harp music, supporting each other and embracing versatile ways to reach recipients and attend webinars. *[zoom zoom]*

I am excitedly preparing the series of video lessons and pdfs for our Prep School [see next page]. Suitable for players of varied experience levels, this course will explore engaging musical elements in a therapeutic context. Valuable as a stand-alone, we hope it will also draw new students to the two Modules of the full IHTP course. Tell your friends!

Thank you Christina Tourin for your support and guidance. And to Vimukti for all that you create!

*Love & blessings, Louise*



Photo by [Raphael Brasileiro](#) from Pexels



Photo by [Hans Lindgren](#) from Pexels

# Forthcoming Events

- \* **Prep School with Louise Bell ~ introduction to the Lever Harp. Selected Modes: theory, repertoire, improv. Video lessons and pdfs emailed weekly from October. We also offer several live Zoom chats. 9 lessons: first one is free!**
- \* **IHTP-AU ~ the application process for the February 2022 intake opens on October 15. Info sessions: October, November, January**
- \* **Online study is enhanced by attendance programs in person or via Zoom. Module 1 ~ dates TBC. Presented by Vimukti and Louise with special guest speakers.**

**For all enquiries please email Vimukti Warr  
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**Please also visit  
[harptherapycampus.com.au](http://harptherapycampus.com.au)**





## Feature Article

# A Three Minute Elevator Talk by Carla Whiteley

*~ A short response one might give if asked by a stranger about Therapeutic Harp Music ~*

I am a therapeutic harp musician. I play the harp for people who are in Hospital or in an Aged Care Facility. The music that I play is not for the entertainment of the people listening but more to create an environment and an atmosphere of peace and calm.

The music I play is sometimes such that it has recognised tunes and at other times the tunes are not familiar.

Why the harp you may ask and why not just music on CDs. Well, the reality is that CD music is programmed and does not respond to the person in the same way that live harp music does. When I play my harp I am able to see if the person for whom I am playing needs music to cheer them up, to help them relax, or just to take their mind off the situation they find themselves in.

Music in many ways expresses the things that cannot be said: listening to the Harp Music brings about a state of mind and spirit which helps the patient connect with their inner self and the depth of their being. Music synchronises the brain and brings moments of pleasure to recall, which in turn can help a person feel good.

Sadly, our modern world has forgotten the wisdom of the ancient world, where it was recognised that music created an effect on people. The ancient culture recognised not just the connection between harps and healing but also the strong “entrainment” i.e. when music is played, of any nature, the body absorbs the sound and empathises with the sound. The sound of drums gave the warriors courage as they went out to battle, the wailing of the flutes was used during times of mourning. Aristotle claimed that the flute could in fact excite people and was not a becoming instrument. In the bible there are many references to the healing effect of the harp being played, especially David playing for Saul to calm him. Illustrations on the ancient Egyptian Temples show many situations where the harp is being played not just for temple worship but also in a healing scene.

### *A Three Minute Elevator Talk by Carla Whiteley, contd.*

We can see the effects today of music when it is played say for a football match, it rouses and unites people. When teenagers attend a disco with wild music fights often erupt afterwards. These are situations where music is used to influence people. When soldiers went into the war in Afghanistan in their tanks, loud music of the style of violent video games was played to them in their headphones to desensitise them.

Today we can see research that shows that music played on the harp brings about an inner feeling of well-being. The sound of the Harp and the strings vibrate out. It has been shown that when the music is played by a skilled therapist there is a change of heart rate and breathing and the patient begins to relax. It brings about inner peace and a release of anxiety.



*Carla Whiteley BA Music, Deakin ~ CTHP ~ CCM*

*~ Vimukti's beautiful instruments ~*



*We all share in the  
same cosmic rhythm...  
For all natural laws are  
like the rhythm of the  
strings of the harp.*

*Ernesto Cardenal*

## *Classifieds*



*Music for Solo Harp or Piano  
in ten different modes*

*Louise Bell*

*Hot off the [virtual] presses!  
Currently available as an eBook, you  
can hear and see samples [here](#).*

*Special price for the harp  
community is \$AU20!  
Please use Discount Code  
MM20 at checkout*

IHTP~AU Newsletter is designed & edited by Louise Bell.  
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*From our harps ~ and hearts ~ to yours. xx*