



How does music help?

It soothes

Fear, anxiety, emotional upset, grief and the sadness of loss can be soothed through sensitively played live music.

It affects the body

Chronic and acute pain, restlessness, sleeping issues, breathing difficulties, racing heart and high blood pressure can be influenced by this live music.

It comforts and supports

Families coping with the challenges of life threatening illness can be supported through the intimacy and wordless comfort of a shared musical experience with a loved one.

Individuals facing the end of their life can find solace and supportive assistance as they face life's final mystery.

It is often a mystery

A feeling beyond words is often the experience of those participating in a music-vigil. The experience of love and compassion expressed musically is able to bypass all barriers.

*"It takes me away.
It helps me so much, you have no idea."*

Who does it help?

The music played is appropriate for newborn babies, young children, teenagers, and men and women of all ages.

"You really do have a gift for touching people's hearts."

"Simply rest into the music."

What happens?

A highly trained music practitioner will come to a hospital or private home to play live music for a patient. The patient may remain in bed or rest in a favourite comfortable chair.

Nothing is required of them. They are invited to close their eyes and simply rest into the music.

This is not a concert that requires response or comment but is a restful, calming experience.

Sleep, deep rest and an experience of peace is often the welcome outcome.

The music is gentle and is played in such a way as to offer comfort and support. Music sessions last for as long as it seems appropriate. On average approximately 45 minutes.

"Sleep, deep rest and an experience of peace is most often the outcome."