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Pick of the Week ~ Soothing Sounds

By Irene Messina

In her work as a sound healer, Elivia Melodey has seen some remarkable health transformations in people. From those who say their physical pains have disappeared to others who report cancer remission, it seems Melodey's music has struck a positive chord in more ways than one.

Armed with a large selection of crystal bowls, Melodey has been making "music for inner peace" since 1999. Prior to her entry into the field of music, she wore many hats--as a medium, Jin Shin Jyutsu practitioner, past-life regression therapist and Reiki master. While she continues to work as a medium, Melodey says the sound healing work is her passion and mission. The road to her calling started innocently enough.



Elivia Melodey

"I have no background in music. ... I was at an event and heard a sound (from a crystal bowl) and was drawn to it. So I bought a crystal bowl and began to bring the bowl to spiritual healing sessions. I heard you should have six more ... then I had seven. I read up on the Internet about playing seven bowls after healing sessions. ... People would come up to me with tears pouring out asking, 'What did you do?' They credited pains going away."

With the gift of clairaudience, Melodey began to hear music and incorporated the heavenly sounds into her creations. She taught herself how to play the bowls and says she plays them like bells. She also plays a harp, chimes, flutes, drums, rattles and a gong.

But Melodey's 42 crystal bowls take center stage. "Crystal bowls have been around going on 25 years. They are man-made out of pure quartz crystal. ... They are frosted, clear and handheld. Alchemy bowls are specifically created for sound healers, beginning in the last 10 years."

The bowls range in size from 3.5 to 24 inches, with Melodey's largest at 18 inches. The crystal bowls are a descendent of Tibetan brass bowls. The sounds of the two are different, with crystal resonating longer and producing a pure sine tone, which is a single frequency tone with no overtones.

Sound healers know how to use these tones to assist with healing. "Our bodies are made up of energy, and we only appear to be solid," explains Melodey. "We have huge fields of energy outside our body. As our energy shifts, we get emotional and have physical disharmony. Sound healers play frequencies to help the body get into harmony. They know when to play certain frequencies and beats so the emotional and mental bodies will change. It helps in healing at all levels.

"Sound healing is used as part of integrative medicine. Scripps (a San Diego health system with hospitals and

specialty centers) works with sound healers. Andrew Weil incorporates sound healing. Dr. Mitchell Gainer (oncologist and author of *The Healing Power of Sound*) uses sound healing with cancer patients. ... We are at the infancy of learning about sound healing."

But is everyone sold on its powers? "You cannot please all people," admits Melodey. "I love skeptics. I don't have to do anything; the sound does it all. You don't need to know about sound healing to be affected by it. Just like you don't need to know about Vivaldi to enjoy the music."

Melodey enjoys various types of music and "looks for other musicians who are of like mind." During her upcoming concert in Tucson, she will be joined by Dumas, a Sedona musician who plays the didgeridoo, Native American flute, whistles and percussion instruments. Baritone Darwin Hall--known as "Mr. Smooth"--will sing jazz selections to round out the evening. All three performers will have CDs for sale.

Melodey has produced five CDs on her label, Crystal Vibrations Music. One of her CDs is a sound healing workshop, appropriate for new listeners.

Newcomers to Melodey's concert will first hear her speak about how the music can help create new outcomes. "I begin the concert telling people about intention. Sound and intention equals manifestation. If you set your intention, the crystal bowls will magnify it."

Perhaps mirroring her enjoyment, the Old Pueblo has been receptive to Melodey's music. "I love playing in Tucson," she says. "Tucson is so open to this. Each year, we have a wonderful turnout. Last year, the mayor came, and that was a really nice thing."

Countless listeners in other towns have been graced with Melodey's music, also. Last year, she traveled 12,000 miles from the tip of the Northwest to the tip of the Northeast. Her venues have included hospices, retreats, senior assisted-living centers, churches, medical centers and spas.

Melodey says she finds pleasure in the "joy and healing it brings to others. There are many heartwarming stories. When I play this music, magic happens."

A Crystal Bowl Concert with Elivia Melodey and Friends takes place at 8 p.m., Saturday, Feb. 3, at Anjali, 330 E. Seventh St. Guest musicians will be John Dumas and Darwin Hall. Tickets cost \$15 in advance and \$20 at the door. Call 409-8439 or e-mail singingdesert@gmail.com for reservations. Visit elivia.com for more information.