

## Vibrations as Sound and Healing



By Michelle Hackney

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Vibrational sound healing can be traced back to ancient civilizations and it is currently practiced in San Diego by musician and healer Elivia Melodey who offers crystal bowl therapy, helping to balance the chakra system and re-energize the auric field of the body.

Today Elivia, with her twenty-five singing crystal bowls and an inspiring ensemble of Middle Eastern Oud, Zither, Native American flutes, Celtic harp, Australian Didgeridoo and drums musicians extend sacred healing throughout Southern California and offer energizing and purifying music to all they encounter.

"People use our music to balance the body's energy and to shift that energy into harmony," said Elivia.

The size of her crystal bowls range from five inches up to eighteen inches, for twelve of the body chakras and are tuned to specific vibrational frequencies found within humans. When the sound moves through the atmosphere and touches the body, it causes cells to move in different directions in different speeds in rhythm with the sound wave. Thus, the sound penetrates into the cells and re-balances them through oscillation and resonance.

With the release of her long awaited CD, *Celestial Memories*, Elivia has established herself as a recording artist and performs concerts throughout the United States. She has given concerts for churches of all denominations, for healing retreats, meditation groups, conferences, and rituals. Each concert begins with a journey through the chakras and grows into its own personal performance as the music is uniquely created for each audience.

"Concerts vary in length from a simple twenty minute crystal bowl meditation to two hours of *Crystal World Music* with the entire ensemble," said Elivia.

On her mission to spread the light of the Spirit and the Sacred, Elivia Melodey, founder of *Crystal Vibrations Music*, teaches classes in *Sermon and Speech Development* at the *Harmony Grove Spiritualist Association's Summer Institute* and is available for lectures on a variety of topics.

"Her talks are always insightful, uplifting, humorous and healing," said Sarah Perkins, San Diego resident and supporter of Elivia's work. "Her personal style of energetically connecting with her audience allows for true communication to take place."

Over the years she has assisted thousands of people to create healthier minds, bodies and spirits. Going hand in hand with her seminars, she also offers a myriad of mystical medicine for the soul.

"I work with a Spirit guide and angels to channel insights on a person's life during *Spiritual Intuitive Counseling*," said Elivia. "During these consultations, light is shed on issues at hand as I assist each individual on their life path."

Taped sessions are also available and can be tailored to fit anyone's needs. Elivia often suggests *Bach Flower Remedies* and *Aromatherapy* to compliment her sound and crystal healing as she channels Spirit, Reiki Energies and the "Lightbody" asking only that her clients have a desire for inner peace.

Sessions usually average 2 hours and may include hypnotherapy, as Elivia uses a meditative practice that allows the access of a "Higher Self," angels and "Spirit Guides."

"Here you can know the reason behind the issues that you would like to shed light on, heal and release as you come away with a personalized action plan for change and wisdom about your problems," said Elivia.

Although there are many varied modalities that Elivia utilizes, the recurring theme is always Spirit based. Utilizing a highly creative approach in her explorations and interactions, she is able to work with individuals and large groups. With joy, wit and wisdom, Elivia inspires others to become more loving and accepting of themselves. She encourages all to fearlessly embrace the journey and grow at their own pace.

Elivia Melodey is a woman of many gifts: musician, speaker, vibrational healer, teacher, spiritual counselor. She is an MFA artist, trained in Holland who taught printmaking only to become a healer as a Jin Shin Jyutsu practitioner. She has touched lives as a Past-Life Regression therapist and was ordained as a Metaphysical Minister

in 1995. Presently she leads workshops in spiritual development and vibrational healing in Carlsbad. She is a Reiki Master and Spiritual healer.

When asked how she would describe herself she replied: "You could call me a born-again Spiritus with my head in the clouds and feet firmly planted on the ground. I am a joyful servant to Spirit, dedicated to holding the light for those who desire conscious inner growth and healing."

Experience this talented and creative woman publicly at one of her lectures, seminars, meditations or healing services. She is also available privately for consultations or sacred services. You can visit her website or phone 888/ 712-3833 for an appointment.