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Book Review by  
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### **Handbook of Human Vibration**

**M.J. Griffin**

**ISBN 0-12-303041-2**

Sound healing as separate from music therapy is becoming more popular and present in the world today. The value sound brings to our lives and the healing that simple listening can create are important in a world that hits our bodies with 100,000 times more waves a day than it did in the 1990's (Chavillier, G, 3-20-25). While this book has been available for years, we wanted to bring it to the attention of our community. With an original copyright in 1990, many in our community of readers were not yet born , so it felt important to share a book that has provided insight and information that has stood the test of time. This is a complex book and not for the faint of heart. It is book for a scholar, scientist, devotee and those who aspire to wisdom. The book is two inches thick and all of the information enclosed therein is valuable. Read it in small pieces relevant to what you are working on. It will bring you gifts of a very positive kind.

Many people involved in sound therapies today are not musicians but still should consider reading and learning this material. There is resistance in the sound therapy community

to learning the basics of things like music theory. That is a concern about this attitude as there are thousands of years of wisdom to strengthen what you do as a sound healer and how you do the work. From the tone poems for healing from traditional Turkish culture, to the shanties from traditional Irish music, to classical German, French and Italian opera, to musical motifs developed on the historic Silk Road and beyond, an understanding of sound and the emotion that it creates and releases are vital to the advancement of the community. Please consider learning simple things like the circle of fifths. You may be surprised at the wisdom it can bring and how much more you will “hear” when you listen to the body.

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