



Ancient Sounds, Modern Healing

Jill Ingeborg Mattson

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A unique book that takes you on an extraordinary journey filled with secrets from age-old cultures along with the latest findings from today's scientific community. Together, they reveal the immense power and healing capabilities of sound. Three-time author, Jill Mattson, guides us along this life-altering adventure using the vast knowledge that she's accumulated during her intense seventeen-year study of antiquities and secret societies. These secret societies utilized sound as an effective tool to transform people's consciousness and to create physiological changes in the brain, which in turn helped them heal the mind, body, and spirit. *Ancient Sounds—Modern Healing* illustrates the various ways sound can alter a person's brain waves; increase relaxation; eliminate stress; aid the healing process; and help us to become happier, healthier, and more productive. Ms. Mattson also introduces the reader to a whole new category of sound that is derived from the vibrations and frequencies of the very stars and planets above.

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