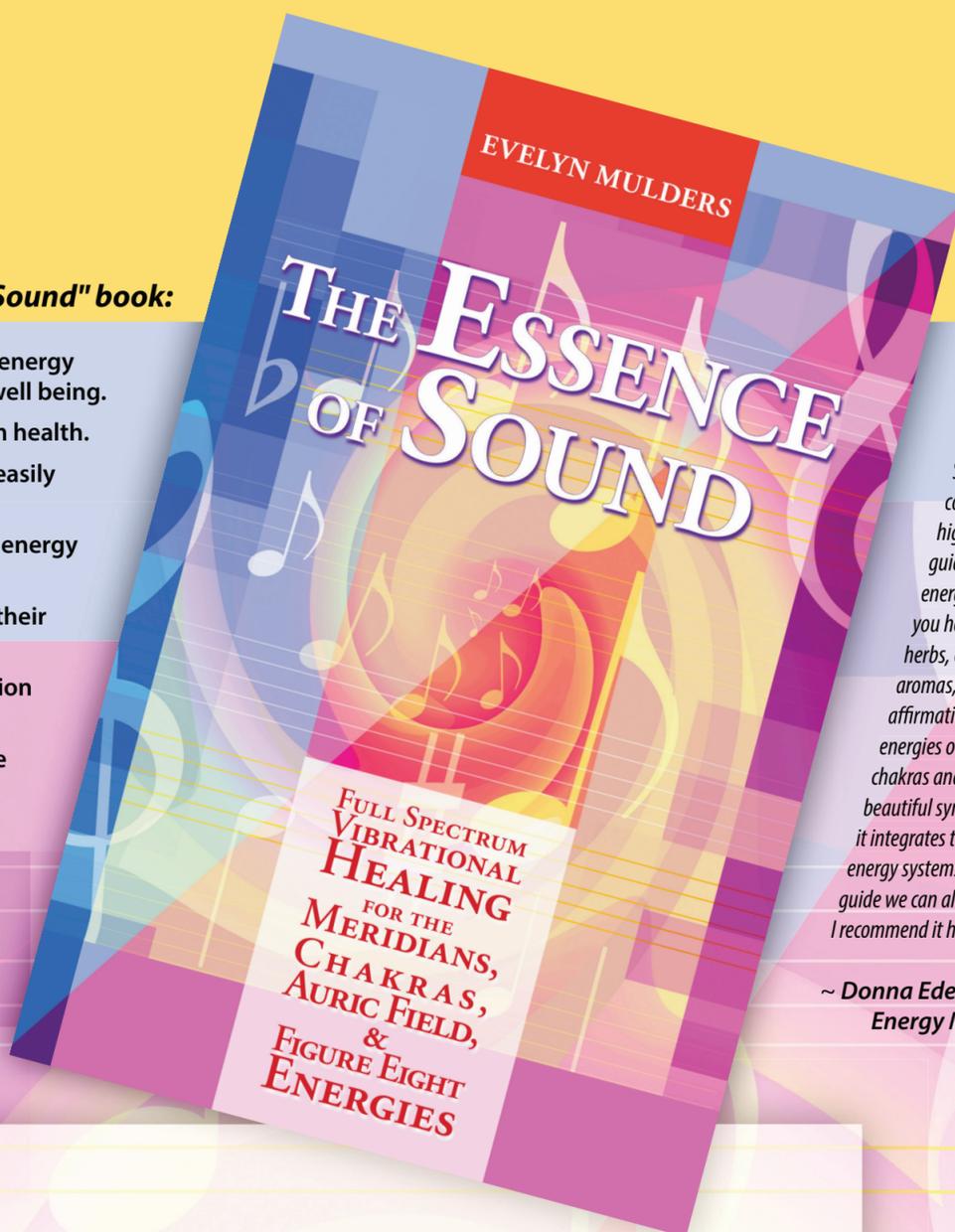


# THE ESSENCE OF SOUND *by EVELYN MULDER*

## What you will glean from the "Essence of Sound" book:

- An innate understanding of why keeping the energy body balanced is integral to creating overall well being.
- Insight regarding the missing link to optimum health.
- The healing implications of Energy Medicine easily explained.
- Sound and its resonate healing effects on the energy body.
- A thorough description of the Meridians and their impact on body balance.
- How the seven senses support vitality in relation to the seven Chakras.
- The realization of the body's inherent immune system; the Auric Field.
- The role Figure Eight Energy plays in Energy Medicine.
- How "Sound Essence" is full spectrum vibrational healing that fully supports the body's energy anatomy.

~ Evelyn Mulders ~



*"The Essence of Sound is a welcome, comprehensive, and highly sophisticated guide to the body's energy systems. It teaches you how to use sound, herbs, crystals, gemstones, aromas, colours and affirmations to orchestrate the energies of your meridians, chakras and aura into a beautiful symphony. Beyond this, it integrates the body's complex energy systems into an encyclopedic guide we can all use and understand. I recommend it highly!"*

~ Donna Eden, Author of Energy Medicine ~

## Abstract:

Evelyn Mulders is a mother, herbalist, reflexologist, energy kinesiologist and workshop facilitator, and the founder of the Kinesiology College of Canada in Lake Country. When she can find a spare moment she also writes. Her latest book "The Essence of Sound" is out and is available locally, nationally and internationally.

Energy Medicine is the medicine of the future and sound has been predicted to be the healing modality of the 21st century. This book "The Essence of Sound" blends both of these predictions to offer the reader a unique understanding of how Energy Medicine has the potential to enhance health, vitality and personal growth. The sole purpose of this book is to help the reader take the mystery out of understanding the three-dimensional aspects of the energy body and bring awareness to the healing potential of nature's resources through the use of vibrational remedies. Some have claimed this book to be an encyclopedia of Energy Medicine.

The energy body is the first place that a health practitioner can detect potential illness. Mulders diligently explains each energy template in her chapters on meridians, chakras, auric field and figure eight energies. She says the physical bodies can be supported with air, water, food and herbs. But the emotional and spiritual dimensions of our body need support from other aspects of the universe, which include sound, light, colour, aroma, crystals and gems and flowers. It is only once all three dimensions of our body have been sufficiently nourished that one can expect to fully gain that wholesome feeling.

Evelyn Mulders' research came by first intuitively creating the alchemy of Sound Essence vibrational remedies in 1999 and then discovering their unique impact on health. This work is a compilation of 10 years of research with inclusions of new metaphysical discoveries. This research is now available to the reader in a way that is easy to read and simple to understand. It is a resource book for any health practitioner while at the same time a great introductory book for anyone interested in exploring the secrets of energy medicine for vital health.

A very unique aspect has been included in the "The Essence of Sound" book. These are discussions similar to mini-workshops explaining how each of the seven senses, yes seven according to Mulders relate to the the chakra system. The notes relating to the meridians, chakras auric field and figure eight energies have meaning and are described in relation to supporting one through their life experiences.

Being of practical nature, Mulders has included in the appendices, a questionnaire helping the reader discern which area of the three dimensional energy needs the most support. The appendices also include flower essence descriptions from two prominent flower essence producers and 75 aroma descriptions and a complete step by step approach on how to monitor muscles by way of energy kinesiology. These are all valuable tools relating to energy medicine.

While enticing the reader to participate in his or her own personal healing journey, this book could be considered a manual for personal introspection and yet offers the clinician information to support clients on their journey. By exploring and integrating the healing attributes of various vibrational remedies into daily life, there exists the potential of becoming empowered to support the health of the whole being, physically, emotionally and spiritually.

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