



# Blissful Dragon Therapeutic Sound

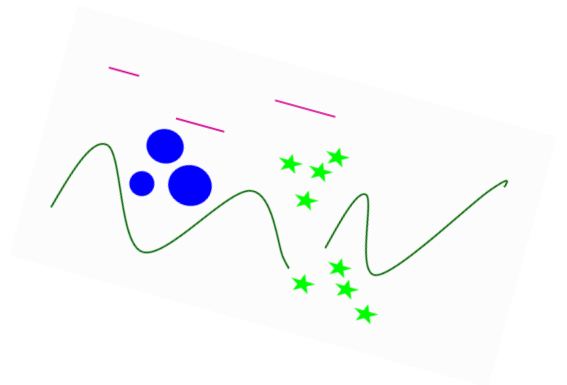
## Sonic Art and Soundscapes

Sonic Art and Soundscapes are compositions where a painting, image, poem, story, narrative, thought, feeling, belief etc. is interpreted in sound.

There are different levels at which the soundscape can be created, exploring what you see, what you believe and what you feel.

Depending on the level, you may portray an image in sound in a literal way, telling a story or choosing sounds to represent the characters or what is going on. Moving on from this, you may then interpret the image in a more abstract way, considering the meaning and the feelings behind it. Finally, you may want to explore your own feelings and beliefs, which can then be expressed in sound.

During the session, you will work with others, and create a composition and a graphic score, which becomes a piece of artwork. There is a large selection of percussion instruments to choose from and of course voices and body percussion sounds are encouraged. The soundscapes are performed, they are recorded and, with consent, are shared with the rest of the group.



**Blissful Dragon Therapeutic Sound**  
07766 789442

[music@blissfuldragon.com](mailto:music@blissfuldragon.com)

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Sonic art or soundscapes can be a powerful process, triggering an emotional response which can be reflected upon and worked through with sound. Feelings and emotions can become heightened even after the composition and performance has finished. Participants are advised to be aware of their process and work through it compassionately and follow the aftercare advice.

## Health and Wellbeing

Your health and wellbeing is most important and regular soundwork will help with reducing stress, encouraging better sleep, and allowing a rebalance of mind, body and spirit.

These sessions are suitable for almost everyone, but there are some people who cannot take part:

- People who have or have had epilepsy or seizures which they believe are triggered by sound.
- People who are being treated or currently have serious mental health conditions.

A health-check form will be completed before the session begins.

If you have any queries or would like further information, please get in touch.



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