

# Elizabeth Anne Huxtable Profile

## Sound Therapist and Research Scientist

Originally a research scientist and educator in Australia, Elizabeth Huxtable began her journey into complementary therapies 30 years ago. She is a qualified masseuse and Reiki practitioner, with many years of experience using a variety of modalities including energy psychology techniques such as EFT (Emotional Freedom Technique) and Emotion Code.

As a musician and singer, Elizabeth developed an interest in how music and sound can be used for healing and energy balancing. This led her to study harmonic overtone singing in Australia. Later, while studying Sound Therapy at the Globe Sound and Consciousness Institute in San Francisco, she tapped into the healing power of her voice and began toning sounds with healing frequencies. She brings these frequencies through her voice during group sound meditation sessions and in private sessions.

What differentiates Elizabeth from other sound therapists is her voice and also her specially matched set of Alchemy crystal singing bowls. They are tuned to musical chords to create powerful blended sounds that easily induce altered states of consciousness in the listener. She also uses



Energy Chimes, xylophones, crystal harp, gong and tuning forks. She is highly sensitive to vibrations and energies in people and places.

Sound therapy is especially powerful in treating adults with sleep issues, depression, stress, anxiety and emotional issues. It is also effective in treating pain that does not respond to other therapies.

### Sound Therapy for children with special needs

Elizabeth is currently researching how sound can benefit children with special needs, using it to balance their energies and calm them. She has observed remarkable improvement in several children in Malaysia, Indonesia and Singapore. Elizabeth believes there is a strong link between emotions, mind and body and integrates all three aspects into her sessions. Children with special needs are often highly sensitive and are affected by the emotional states of those around them. Therefore, when working with the children, she also focuses attention on the parents. She combines therapeutic vibrations using various tools such as chimes, tuning forks, singing bowls, crystal harp and voice, along with essential oils, EFT (Emotional Freedom Technique), Emotion Code, affirmations and Reiki, as needed. She calls this **Vibrational Integration Therapy**.