

# Holistic Healing Music Sessions

Every Thursday, right after  
dhikr

(duration: 20min)

See on the website of Haus des Friedens for more  
detailed information.

## Welcome

« Healing sessions are offered on the basis of free and  
conscious donations »



Haus des Friedens  
Zentrum für weibliche Spiritualität  
und Sufismus

*Bismillah ar-Rahman ar-Rahim*

**5<sup>th</sup> January → 23<sup>rd</sup> of March 2023**

**Every Thursday straight after dhikr**

From the 5th of January until the start of the month of Ramadan on the 23rd of March, we are proposing a Holistic Healing Music Session every Thursday, after *dhikr*. These sessions last for approximately 20min. You may lay down, relax, and let the music heal the places of imbalance in your body.

Maqam therapy is an old medical practice of the Oriental Medicine, that considers a human being as holistic: body, emotions, mind, and soul. It balances and cures what may create illnesses and is out of balance.

*Maqam* means « state », and refers to a way of playing a certain scale in music. Each *maqam* has a specific landscape, colour, emotion, character, and nature. The way they are played by the musicians, emphasize their healing power, rebalancing the places of imbalance, pain, blocked emotions, and stress in the body. The role of the musician is to bring out its power, light and beauty in a way that can touch and enter deeply into you. Music goes without limitations into the whole of your being, and embeds you through vibration into the wholeness of existence.

These first series of sessions will focus on different dysfunctional parts in the body (see program below). The music will be played by live musicians. You are welcome to spend a moment of healing, relaxation, peace, meditation, to know more about yourself and the feelings inside you, awakened by music.

## Timetable :

**5.01.23 : \*1 session** : Circulatory dysregulation // Kreislaufdysregulation.

**12.01.23/ 19.01.23 : \*2 sessions** : joint diseases/joint back pain/joint pain // Gelenkkrankheiten/ Gelenkrückenschmerz/ Gelenkschmerz.

**26.01.23 : No session**

**2.02.23/ 9.02.23/ 16.02.23 : \*3 sessions** : Fear/anxiety/restlessness/inner restlessness // Furcht/Angst/Unruhe/Innere Unruhe.

**2.03.23 : \*1 session** : Sciatica/depression/hip pain // Ischias/Depression/Hüftschmerz.

**9.03.23 : \*1 session** : Sleep disorder // Schlafstörung

**16.02.23/ 23.02.23 : \*2 sessions** : Headaches // Kopfschmerzen

**The healing is offered on the basis of «free and conscious donation»**

**A recording of each session will be made (high quality recording) and can be purchased for 10€**

**(see below for payment details)**

*HE only, is the Healer.*



Haus des Friedens  
Zentrum für weibliche Spiritualität  
und Sufismus

**Bank Details :**

Please indicate clearly, what your payment is meant for (needed for our tax advisor).

- a.) donation to the Holistic Healing Music Sessions.
- b.) payment for purchasing a special audio-recording (10€)

Thank you

**Donations (for SAFA association)**

**SAFA – Verein für Frieden sowie inter- und transkulturelle Bildung**

BIC: RLNWATWW

IBAN: AT28 3200 0000 1025 4613

Raiffeisenlandesbank NÖ-WIEN

**PayPal**

[office@haus-des-friedens.at](mailto:office@haus-des-friedens.at)

donate via PayPal

**All money coming in for the Holistic Healing Music is used for other projects  
spreading this healing music locally and globally.**

**In appreciation and deep gratitude for supporting us in these activities.**