



Welcome to the June Newsletter for Wind Willow Consortium!

We have a very exciting summer coming up! We hope you will join us for a time of relaxation at a variety of locations.

Upcoming Events

Wind Willow Consortium

Shades of Lavender Farm
in Mattawan, MI

July 12th & 26th
2-4 pm

Experience the soothing sounds and relaxation while enjoying the aroma of lavender and all the farm has to offer



your monthly moment of peace...



Sound 'Scapes
with Wind Willow Consortium
Session 2: June 27
6pm - 7:30pm

We welcome you to experience the
therapeutic benefits of sound therapy in a
tranquil group setting.

Registration is required, space is limited.



Register with the Portage
Parks & Recreation Dept



Sound Lessons

Wind Willow Consortium board members are graduates of Michigan's Wind Willow Sound Health therapy program, trained extensively in using instruments like Biosonic tuning forks to promote deep relaxation. Developed by Dr. John Beaulieu, these tuning forks use sound and vibration to reduce stress in both individual and group settings. (John Beaulieu, N.D., Ph.D., is one of the foremost philosophers and major innovators in the area of sound healing therapies.)

Examples of how Biosonic tuning forks aid in stress reduction:

1. Vibrational Healing

Tuning forks produce specific frequencies when struck. These vibrations can be applied to the body (on bones or muscles) or held near the ears to influence the nervous system. The body is thought to "entrain" or synchronize with these calming frequencies, shifting from a stressed state

system).

2. Sound Frequency and Brainwaves

Certain frequencies are believed to influence brainwaves, promoting alpha or theta states, which are associated with deep relaxation and meditation. This can reduce mental chatter, anxiety, and physical tension.

3. Balancing the Energy Field

In sound healing practices, it's believed that stress and emotional trauma can create dissonance in the body's energy field. Tuning forks are used around the body (in the biofield or aura) to detect and correct these imbalances, restoring harmony.

4. Stimulation of the Vagus Nerve

When used on certain points of the body (like the sternum or around the neck), tuning forks can stimulate the vagus nerve, which plays a key role in calming the body, slowing the heart rate, and reducing stress responses.

5. Mindfulness and Presence

The act of listening to the pure, sustained tones of tuning forks in various frequencies naturally brings attention to the present moment. This meditative focus can be a powerful tool for stress reduction by interrupting worry loops and encouraging calm.

To learn more about Dr. John Beaulieu's sound research and tuning forks, please visit his website: <https://biosonics.com>

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