

New Age Therapies

The New Age movement includes elements of older spiritual and religious traditions from both East and West, many of which have been melded with ideas from modern science, particularly psychology and ecology.

Sound therapy

Sound therapy is a method of recharging the cortex of the brain and distributing the latent energy throughout the nervous system. This therapy employs sound in a rhythmic form to unscramble the stressed out nerves and brain, relaxing the mind and body. The effect of therapeutic sound upon a person is revitalizing, harmonizing and curative at almost every level of being. Sound therapy is one of the best techniques for relieving effects of stress. Sound Therapy consists of listening to therapeutic sounds, for at least three hours a day to a total of 100 to 200 hours. The therapist decides the length of time depending on the condition of patients.

Certain sounds have telling effect upon the state of our brain, apart from specially created sounds, we can access and utilize the natural sounds all around us. Nature has a vast repertoire of soothing and rhythmic sounds----- sounds of ocean, breeze, rustling of leaves, bubbling sounds of a cascade and even the sound of silence can have a very soothing and anti-stress effect on a person.

Walking Therapy

Walking provides an excellent opportunity to recharge and invigorate your body with the inhalation of oxygen and release of tensions. Through long walks, important organs such as heart, lungs, digestive system, and muscles get thoroughly exercised, facilitating blood circulation.

Regular walking sessions can make you feel surer about you can improve your physical and mental discipline apart from keeping your body healthy. Walking is a therapy with versatile benefits; it is especially effective for stress as in the course you release your blocked energy and negative feelings and thoughts.

Music therapy

Music, whether vocal or instrumental, basically sends out various forms of vibrating sound-energy to its surrounding. The sound of music, when coordinated with one's inner vibration untangles the knotted and stressed out nerves, soothes the mind-body, and promotes well-being in us. People are generally attracted to the types of music appealing to their inherent body vibration. Some people may love to listen to the high and racy vibrations of jazz, but

some prefer the slow and lilting sound of a flute.

Music has tremendous relaxation effect on our mind as well as our body. Surveys on the effect of music therapy reveal that favorable musical vibrations can promote a positive thought process in an individual. Music can be a source of emotional enjoyment, whether one performs or just listens to it.

Autogenic Training

Autogenic training is based upon passive concentration and body awareness of specific sensations. Autogenic, which means "self-regulation or -generation," refers to the way in which your mind can influence your body to balance the self-regulative systems that control circulation, breathing, heart rate, and so on. Autogenic training allows you to control stress by training your autonomic nervous system to become relaxed.

The technique is used for relieving stress symptoms such as anxiety, tension, sleep disorder, and examination stress as well as in chronic stress induced medical conditions.

Craniosacral therapy

Craniosacral therapy is a subtle and philosophical healing form, which aims at organizing the body's inherent life force and the natural intelligence of the body. It helps nurture the auto-functioning principles, increasing vitality and well being. The healing effect rings about structural changes in the body, and also improves management of self at the mental and emotional levels.

Dr. William Sutherland, an American osteopath, had discovered intrinsic movements of the bones of the skull as well as different rhythmic tidal motions in the body. It became apparent through research that these movements are inextricably linked with not only physical health but also mental and emotional health.

Conclusion

To really enjoy the benefits of radiant health and a harmonious and serene life, you need to be regular in practicing the therapy of your choice. A daily practice of physical exercises, breathing and meditation, a balanced diet and a mind focused in positive thinking are the best ways of keeping the stress demon away.

About the Author

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