

Good vibrations

FIRST PERSON

We've all had massages where background music is supposed to help send us into a trance, but Teresa Chambers went one better. She signed up for a therapy where music was the massage. But did it hit the right note?

Don't get me wrong. I'm not a cynic about New Age therapies, but when I caught sight of a cage-like contraption called DreamWeaver at a mind, body and spirit festival, which claimed to transport me to a higher spiritual plane through vibrations, my first thought was, 'How kooky is that?'

But I'm a game girl and when the therapy's inventor, Benedick Howard, offered a trial on his musical vibrating bed it seemed rude not to accept. After all, the therapy claims to eradicate stress, relieve pain and leave you feeling nurtured, calmed and empowered, so why not?

A few days later, after battling through London's rush hour, I'm late for my appointment with Benedick. But as the cheery fifty-something ushers me in he assures me the treatment will not only relax me but raise me to a new plane of blissed-out childlike. He says some people even experience astral projection or meet their spirit guides while in the chair.

When I enter the room, I find a six-foot-high metal cage construction with various speakers positioned around it. Underneath, there's a pastel-coloured bed.

'So, I say, 'what's this all about?'

Enthusiastically, Benedick, who has drawn on NASA space technology and sacred geometry to develop his invention, explains that the pulsing of musical rhythms

resonates through the body via the bed to release stress-induced blockages.

'It's a bit like lying on the skin of a drum,' he says. 'The frame wraps sound and energy in and around the mind, body and spirit. Everyone loves music. In the DreamWeaver you hear it and feel it. Any of your chakras that are out of balance will be brought back into alignment. And if you focus on a goal it can empower you to achieve it.'

After quizzing me about my emotional and physical health, Benedick asks me to pick my favourite colours from a pack of cards. This helps him build a personality profile, which enables him to choose the best music for me.

As I lie down and close my eyes he takes up position behind a control panel. First, Ibiza chill-out tunes flow through the speakers, followed by classical piano, rhythmic drums and dance. You name it, I not only hear it but feel the notes, rhythms, bass and vocals. I'm literally massaged by music, while every now and then Benedick does a bit of reiki over me, wafting over essential oils.

At first, my muscles resist but eventually the tension releases. My thoughts are all over the place to begin with, but by the end I'm focused on the music and my



Teresa tunes in and nearly drops off in the DreamWeaver

breathing, vaguely aware of the rippling vibrations of the bed.

After an hour and a half the session is over. I haven't had any visitations or glimpsed my past lives, but I feel happy and calm, like I've drunk a glass or two of wine.

Thanking Benedick, I head for the door. Laughing (he's seen this all before), he gently sits me down to ask me a few questions. I feel euphoric, burst into fits of giggles and can't give a sensible answer.

'How focused are you out of 10?'

'Errr... focused?' I mutter.

'Empowered out of 10?'

'Empowered?' I've no idea, but

who cares about power!'

I start to feel slightly foolish, but Benedick reassures me it's just my body trying to translate the 'entrainment' I've experienced. Apparently, entrainment is when one thing tunes in to the rhythm of something else, like two people making love, or the effect of the moon on the tide.

By the time I leave (after giving Benedick a big bear hug), I'm on a different planet. Walking on autopilot, I get lost on the way back to the office and keep trying to head for home. Not a bad result after being caged up for an hour. ■



Teresa's verdict

It was brilliant, even without the spiritual experiences. I can easily see where DreamWeaver's inventor is coming from. I'm sure once you've been a couple of times and you're relaxed with it, anything is possible. Would I do it again? Yes, indeed. In fact, can some kind person who knows me buy me one for my birthday, please?



Contact details

DreamWeaver practitioners are based in the UK and abroad. A session costs £95 per hour. To book a session with Benedick Howard, call 07939-268016. Mention Spirit & Destiny magazine and you'll receive an extra half hour. For more information, visit the website www.benedickhoward.com.

PHOTO: ANGELA NOTT