



Heart Activation Music

A SOUND HEALING JOURNEY
BY STEVEN NORTH



WWW.STEVENNORTH.COM.AU

PRESS RELEASE

HEART ACTIVATION MUSIC RELEASES MUSIC TO HEAL MIND, BODY, HEART & SOUL

2017 – Steven North, founder of the [Heart Activation Music](#) has released music that calms the mind, eases stress, heals the heart and the soul. This revolutionary project brings this quantum method of sound & light therapy to mainstream platforms, such as Spotify, iTunes and Amazon Music. There are four meditation albums available and the latest released album that is a compilation of happy, upbeat and vibrant music that is an exploration, a journey, into light & sound.

Music has been utilised since the beginning of recorded history in many cultures and in today's world, these ancient sound traditions are being used for the restoration of well-being. The fundamental principle of sound healing is 'resonance' and it's these frequencies of vibration that are transformative and healing. In every organ, bone, tissue, and so on, we are in a constant state of vibration.

It is widely known that sound therapy is used for stress reduction or to facilitate meditation. For some people, the effects of sound therapy may include unlocking deeply entrenched issues, memories or patterns and may help them work through blocks that were previously unknown to them. The results throughout history and our experiences with the Heart Activation Music are profound and we have seen results in working through stress, anxiety, depression and grief with the use of the Heart Activation Music.

The Heart Activation Music utilises a quantum energy that is a non-electromagnetism energy and is referred to as "Scalar energy" which Nikola Tesla wrote that it is a vibrant, dynamic energy that has always been in existence with the universe. The use of Scalar along with binaural frequencies within the music helps normalise imbalances and synchronise the frequency of the cell back to its natural healthy state of vibrational resonance.

The use of scalar energy has many [health benefits](#), physically, mentally, spiritually & emotionally. With the inclusion of these frequencies and resonance within the music not just allows the listener to begin healing and changing their life, it assists with significantly reducing emotional distress, boosting the quality of life, relieving depression, reduction in stress as much more. Steven's own personal journey of depression and grief contributed to the development of the Heart Activation Music.

The music albums released by Steven North promotes life change, inner peace, transformation and healing wounds of the heart. Steven North plans to release more albums in the coming months in both meditation/relaxation genre as well as the more vibrant uplifting & energetic compilations. There will also be albums created specifically for therapists, counsellors and psychologists to work with their clients in their business practices.

Steven North aims that with the Heart Activation Music we can reach out to many people around the world with its creations and avenues for other musicians to assist with personal change, mindfulness,



Heart Activation Music

A SOUND HEALING JOURNEY
BY STEVEN NORTH



WWW.STEVENNORTH.COM.AU

meditation, emotional healing and to bring in what humanity deserves and that is true love, peace and happiness.

Visit www.stevnorth.com.au for more information on Steven North, the Heart Activation Music and to preview the music creations.

ABOUT STEVEN NORTH

Steven North is based in Perth, Western Australia and is the founder of the Heart Activation Music Therapy. He has presented the Heart Activation Music at Expos and radio shows. Been a keynote speaker panel member on Connecting with Spirit and has a worldwide audience for his articles and music and works as a team with his spirit guide & twin flame Amy North. Steven & Amy coach people & guides on how to work together and to improve communications among other things. They are both passionate about helping people transform and change their lives so that they can make the most of life.

For more information, visit: <https://www.stevnorth.com.au>

MEDIA CONTACT

Contact Person: Steven North

Email: customer.service@stevnorth.com.au

Phone: +61 402 538 684

Country: Australia

Website: <https://www.stevnorth.com.au>