

Panel Discussion #1: Tuning & Maintenance for your HD

Rick Fogel (Whamdiddle) and Ray Mooers (Dusty Strings)

Rick and Ray will share their vast knowledge and experience, entertain theories, and attempt to answer questions regarding the hammer dulcimer.

Panel Discussion #2: Music for Healing

Nancy Downie, Rick Fogel, Linda Higginbotham, Victor Simon

There seems to be quite a bit of interest in "healing music" and music thanatology within the hammered dulcimer community. If you have experience or interest in this area, you are invited to join a discussion at 5:00 on Friday. The session will be led by four experienced healing musicians, but is intended to be an open forum for learning and questions. The panel members are Rick Fogel, Linda Higginbotham, Victor Simon and Nancy Downie.

Rick has been working in conjunction with his wife, Marcia Skinner, in their business, called Reiki Acoustically, to help clients enhance their well-being by strengthening their body's innate healing ability. While Marcia delivers Reiki energy, Rick composes, while playing, original therapeutic hammer dulcimer music coordinated to be centered on the note corresponding to the chakra (or energy center) on which Marcia is working at that time. Rick has completed a Reiki I training course, studied Jonathan Goldman's book *The Seven Secrets of Sound Healing*, Alexander Lloyd's book *The Healing Code*, and taken workshops from Nick Ortner, Carolyn Myss, Donna Eden, Louise Hay, Gregg Braden, Wayne Dyer, Bruce Lipton and many others.

Victor began playing the hammered dulcimer about 1990; prior to that he played the violin. He is mostly self taught and became a Certified Music Practitioner (CMP) in 2009, having completed the MHTP (Music for Healing and Transition Program) courses. Since then he has been volunteering at assisted living facilities and working as a clinical music specialist at Mercy General Hospital in Sacramento. He provides therapeutic music for hospice, palliative care, and acute / intensive care patients.

Linda has been playing hammered dulcimer for 18 years and loves it. She plays several acoustic instruments. One of her instructors was a music therapist, which opened her eyes to the beauty of the hammered dulcimer in working with the healing arts, but she didn't want to be an MT. That is a totally different program. When Linda moved to the Seattle area 9 years ago, she found out about Certified Music Practitioners and that MHTP was having training there. She is amazed at what music can do to the body and has been part of benefiting quite a few people with it. She believes that the dulcimer is well suited to this work when played with a padded hammer.

Nancy became a Certified Music Practitioner through MHTP in 2001, while still living in Michigan. She began the program in 2000 after seeing how her relative-beginner hammered dulcimer playing helped calm a very scared newly-adopted kitty. For healing music, she plays hammered dulcimer and Native American flutes. She has served in various hospital, hospice and assisted living settings and currently plays (as a volunteer) in several adult inpatient units at OHSU. Nancy is also a violinist and is learning mountain dulcimer (which she hopes to incorporate into her healing music repertoire). The first kitty crossed the Rainbow Bridge in January, 2014, but now a new kitty is enjoying the music!