

# Resources

## Web Sites:

- *Harp Connection* web site: [www.harpconnection.com](http://www.harpconnection.com) 1-888-287-4277
- *Janet Harbison harp school in Ireland*: [www.irishharpcentre.com](http://www.irishharpcentre.com)
- *Scottish Harp Society of America*: [www.shsa.org](http://www.shsa.org)
- *American Harp Society*: [www.harpsociety.org](http://www.harpsociety.org)
- *Historical Harp Society*: [www.historicalharps.org](http://www.historicalharps.org) 1-630-584-5259
- *Folk Harp Journal Magazine* - Official publication of the International Society of Folk Harpers and Craftsmen, Inc. [www.folkharpsociety.org](http://www.folkharpsociety.org)
- *Amherst Early Music Festival* [www.amherstearlymusic.org](http://www.amherstearlymusic.org)
- [www.harpspectrum.org](http://www.harpspectrum.org)

## Harps & Equipment:

- *Lyon and Healy Harp makers*: [www.lyonhealy.com](http://www.lyonhealy.com) 1-866-831-5478
- *R Harps*: [www.rharps.com](http://www.rharps.com) 303-480-5028
- *Salvi Harp makers*: [www.harpworldinc.com](http://www.harpworldinc.com)
- *Harp strings: Robinson's Harp Shop*: [www.robinsonharp.com](http://www.robinsonharp.com) 619-473-8556
- *Sylvia Woods Harp Center*: [www.harpcenter.com](http://www.harpcenter.com) 1-800-272-4277
- *Harp Cases*: [www.harpcovers.com](http://www.harpcovers.com) 303-828-3476
- *Markwood Strings and Cases*: [www.markwoodstrings.com](http://www.markwoodstrings.com) 1-541-535-7700
- *Triplet Harps*: [www.triplettharps.com](http://www.triplettharps.com) 1-866-831-5478
- *Blevins Harps*: [www.blevinsharps.com](http://www.blevinsharps.com) 1-800-398-4277

## Harp Therapy

- *Music For Healing and Transition*: [www.mhtp.org](http://www.mhtp.org)
- *International Harp Therapy Program* [www.harptherapy.com](http://www.harptherapy.com)
- *Stella Benson* : [www.healersway.com](http://www.healersway.com) and [www.healingmusician.com](http://www.healingmusician.com)

## Some of my Favorite books:

- *Cymatics* - Hans Jenny (the best!)
- *Soprano on Her Head* - Eloise Ristad
- *The Art of Practicing* - Madeline Bruser
- *A Harp Full of Stars* - Joel Andrews
- *The Rhythmic Language of Health and Disease* - Mark Rider

*A man who has committed a mistake and doesn't correct it, is committing another mistake*  
Confucius

- Healing Sounds - Jonathan Goldman
- Body, Mind and Music - Laurie Riley
- The Mozart Effect - Don Campbell
- The Inner Game of Music - Tim Galwey
- The Music of the Spheres - Jamie James
- The Healing Energies of Music - Hal Lingerman
- Healing and Regeneration through Music - Corinne Heline
- Shifting Frequencies - Jonathan Goldman
- How We Die - Sherwin Nuland
- Quantum Healing - Deepak Chopra
- Sacred Sounds - Ted Andrews

### **One More Tip!!**

For Coordination: Practice **BRAIN TEASERS!!** Great stuff for coordination!!

Examples:

*Put both hands together for this exercise!*

inside out motion:

treble hand:	C D E	D E F	E F G C
fingers:	3 2 1	3 2 1 4 3 2 1	
bass hand:	E D C	F E D	G F E C
fingers:	1 2 3	1 2 3	1 2 3 4

Outside in motion:

treble hand:	G F E	F E D	E D C C
fingers:	1 2 3	1 2 3	1 2 3 3
bass hand:	C D E	D E F	E F G G
fingers:	3 2 1	3 2 1 3 2 1 1	

*Success is never final. You have to take the glory in the pursuing rather than the capturing*  
Herb Keller