



Experiential Music by Sissi Makropoulou

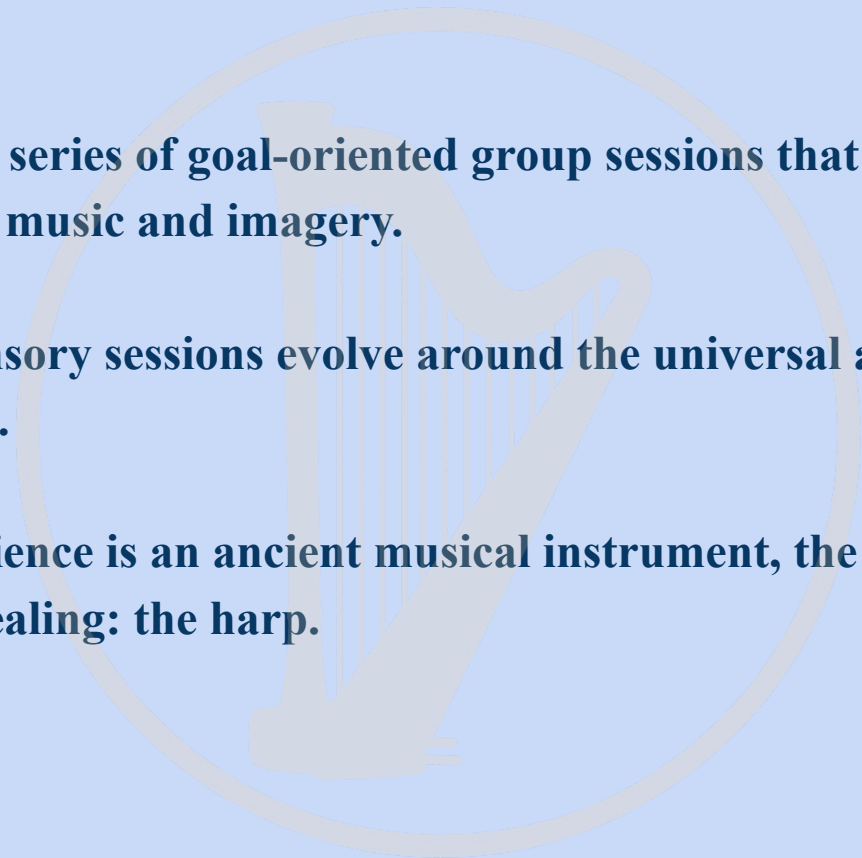


What is it ?

***Experiential Music* is a series of goal-oriented group sessions that stimulate consciousness through music and imagery.**

These active, multi-sensory sessions evolve around the universal and timeless pursuit of mindfulness.

Epicenter of the experience is an ancient musical instrument, the symbol of Apollo, god of Wisdom and Healing: the harp.

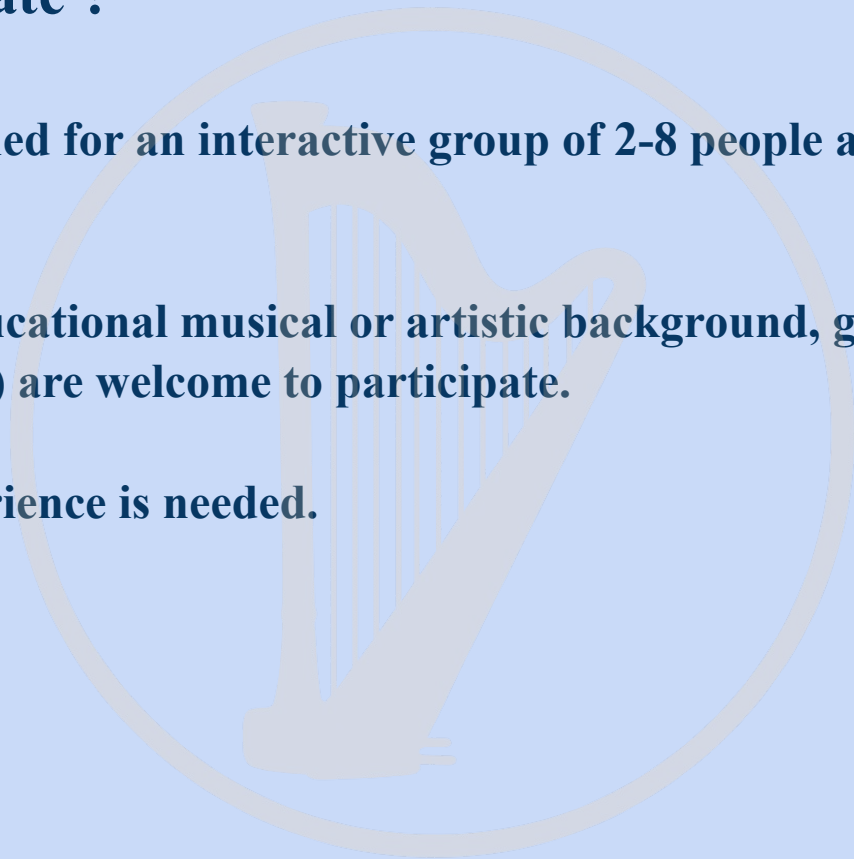


Who can participate ?

The sessions are designed for an interactive group of 2-8 people and last 60-90 min.

People of whatever educational musical or artistic background, gender, and age (+16 years old) are welcome to participate.

No prior musical experience is needed.



What are the Goals ?

Supportive:

- Enhance creativity through the aesthetic domain
- Expand their repertoire of experiences (behavior, feelings, insights)
- Reduce symptoms of distress and anxiety
- Find healthier ways of relating to self and others

Re-educative:

- Explore personal and transpersonal phenomena
- Restore emotional equilibrium
- Enter possible unconscious territory
- Experience change
- Work towards an awareness and development of a social consciousness



What's the theory behind ?

Listening or playing music in a non-ordinary state of consciousness, participants are encouraged to achieve a form of introversion. Through music, they are drawn closer to a younger version of themselves, before the formation of their metasef. Using various artistic experiences (music-making, music-listening, painting, writing), verbal defenses are bypassed. Music is used as a catalyst for imagery, a force of change, a means of communication, a canvas for transpersonal experiences. Creating a sympathetic musical structure allows participants to manifest and strengthen their personality. Within an evocative artistic space, they are provided with lifelong supportive mechanisms, which they can bring into everyday life.

What inspired it ?

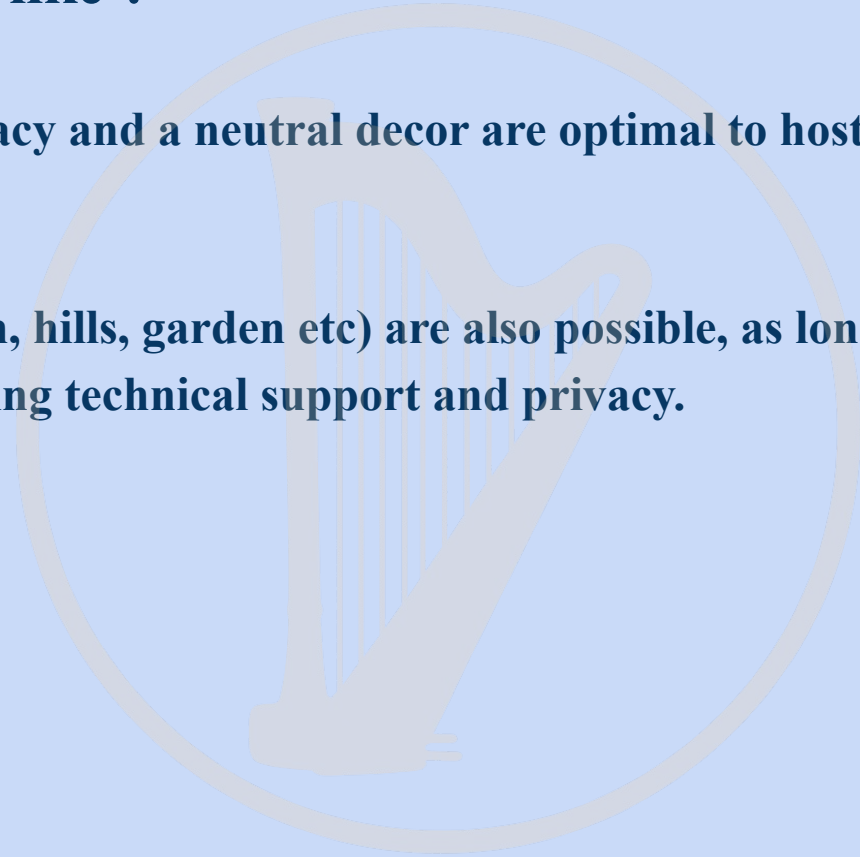
This innovative, pilot program combines various established philosophies and therapy methods: stoicism, Jung's theory of archetypes, Wilber's transpersonal psychology, methods of music and art therapy and James Pennebaker's theory of expressive writing.

The context and structure of the sessions are constantly being developed and revised with the goal of serving people who wish to actively decipher the ancient Greek pursuit of “Areté”(Ancient Greek : ἀρετή): sometimes referred to as excellence, other times as moral virtue.

What's the setting like ?

A large room with privacy and a neutral decor are optimal to host the sessions.

Outdoor settings (beach, hills, garden etc) are also possible, as long as they provide the following technical support and privacy.

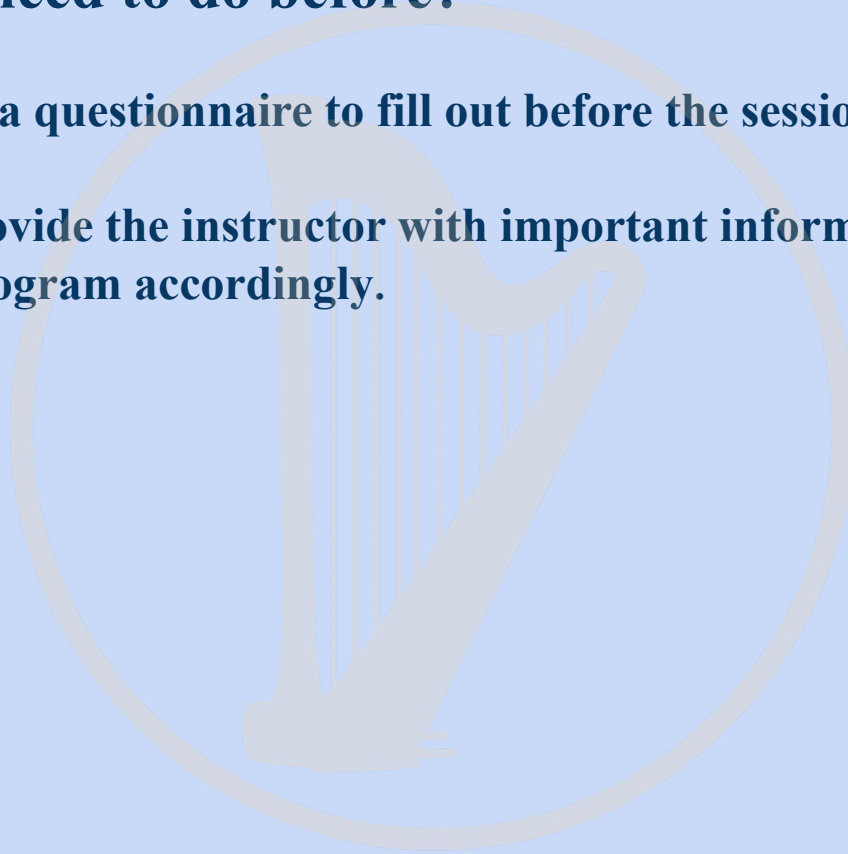


Any preparations I need to do before?

Participants will be given a questionnaire to fill out before the sessions.

The questionnaire will provide the instructor with important information to adjust the various specifics of the program accordingly.

[Find it here](#)



What kind of equipment will be used?

- 1.Sound system: 2 or 4 speakers (between 15-100 Watts according to the size of the room) placed symmetrically along the walls, angled inward and pointed towards the group, forming an equilateral triangle between the speakers and the listening position**
- 2.A pedal harp placed in the middle of the group (group forms a circle)**
- 3.Instrumentarium (various portable instruments, easy to use by participants regardless their musical background)**
- 4.Yoga mats**
- 5.Gouache/ Aquarelle paper**
- 6.Aroma sticks, laptop, various cables**

Pedal harp, Instrumentarium, gouache material, aroma sticks, laptop and cables are brought by instructor. Participants are welcome to bring their own yoga mat or instrument, if they happen to play one. The sound system is provided by the space.

Privacy Policy

Sessions and their content will be absent from any social platforms. Safeguarding personal information about individuals obtained in the course of practice is our obligation.

We aim to provide participants with a fostering, trusting environment, where they can confide private experiences.

These sessions require not only everyone's discretion, but also full concentration.

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Bio

Sissi Makropoulou is a versatile harp virtuoso and composer based in Athens and Berlin. She has collaborated with prestigious ensembles such as the Berlin Philharmonic, Deutsche Oper, musicAeterna, and has won various prizes as a harpist and composer.

In addition to her classical work, she creates and performs her own music under the name *Sissi Rada*, where she blends classical harp with experimental sounds. She has released 6 albums on various labels.

Sissi is exploring with enthusiasm the world of therapy. She is a Music and Imagery Therapist (Level 1) and is currently pursuing another master's degree in the fields of health counseling. As an intern she has focused on teenage mental health and children with autism (Agia Sofia Children's Hospital, Association of Parents and Friends of Autistic Individuals 'Anagenesis').