

**Anna Barbara Dütschler** – I was born in 1957 in Bern and grew up in Thun, where I was educated to become a teacher. My studies of both violin and viola began in Bern and continued in Holland, where I married and lived for 11 years. As a musician, I have worked in many different chamber music ensembles and orchestras. After returning to Switzerland in 1990 I taught for 20 years at Thun's music school.

Even as a child I was aware of hidden emotions and secrets behind people's behavior, the presence of unconscious feelings concealed beneath the surface. I was confused by these inconsistencies and wanted to understand and learn to trust my perceptions and intuition. I wanted to understand who I am and why we experience multiple and often contradictory realities. What connects people with each other, what separates them and how can I communicate better? My questions led me into different directions and courses.

In 2005, I trained in music kinesiology. I continued with studies in many complementary subjects such as the Work (Byron Katie), Voice Dialogue (Hal and Sidra Stone), end-of-life care, Ho'oponopono, trauma work and astrology. In 2013 I trained with J.E.Sigdel in regression therapy. Several education-based trips to both India and Hawaii have provided expanded vision and cross-cultural experiences. My ever-growing clarity and trust assist and guide me in working with people. I live in Switzerland, and with my partner in Germany, and work as a freelance musician and assist people in their life journeys.



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**Anna Barbara Dütschler**  
Musician | Music Kinesiologist | Teacher



## I am happy to offer you:

### Music Kinesiology

Inner discovery journeys aimed at serenity and increased freedom by releasing inner blockades through stress relief.

### Pulsor Balance

Small break with big effect.  
Energy balance with microcrystals (pulsors).  
This calms your nervous system.

### Past-life Regression

*According to J.E.Sigdell*  
Insights into former lives with healing and conciliatory consequences.

### Voice Dialogue

*According to Hal and Sidra Stone*  
Get in contact with the different inner voices and bring conflicting ones into harmonic flow. The goal is to strengthen the conscious self.



**Price on enquiry.**

**Possibility for home visits or  
collection up to 5 km.**

**Please contact me for further information.**

## What is music kinesiology?

The term has its origin in the Greek word *kinetik* (ie. movement) and deals with the science of displacement of energy. During the past decades kinesiology, which is an independant discipline, has undergone extensive scientific research. It embraces all recent medical discoveries, particularly in the fields of neurology, naturopathy, acupuncture and psychology. It views the human being from a scientific, holistic angle.

Music kinesiology enables a creative expansion with the help of musical elements; musicality on the part of the client is however not a prerequisite at all. Rosina Sonnenschmidt and Harald Knauss, both professional musicians, have developed music kinesiology into a means of aiding musicians, enabling them to better deal with professional problems and helping them towards more creativity.

Kinesiology neither manipulates, values or judges. Self-responsibility and an open mind are of major importance. Music kinesiology holds ISO-certification.



## How can we benefit from music kinesiology?

On the one hand, blockages and tensions (fears, trauma etc.) can be resolved; on the other, potential is freed and personal development stimulated, whether in artistic, professional, personal or everyday spheres. Any issue may serve as a starting point.

Music kinesiology is a valuable means of penetrating through deep, long-forgotten layers of consciousness which often conceal surprising discoveries and positive attributes. Kinesiological muscle tests are employed in order to gather the information needed for the actual process. The essential part takes place on an inner level however, whether through images or other sensory impressions, these differing from person to person.

Although the therapist offers assistance on the inner journey of remembering and discovering, ultimately it is the client that discovers his own personal solutions.

Through getting a new experience of oneself, much trapped energy can be released. Free inner mental spaces are established and energies released or re-arranged in a positive and creative manner.

