



The lyre is an ancient instrument that was used for healing to instill a sense of well-being and peace. It also accompanied poetry and singing. The word lyrical is derived from the lyre and is defined as “strong, personal expression of feelings”. In an Expressive Arts Therapy Session the lyre is ideally suited to complement the various meditative and arts exercises that a person is guided in by helping to create an atmosphere of trust and encouragement for delving into the deeper levels of one's inner being. Since February 2002 Suzanne Mays has been working as a certified music practitioner to bring live prescriptive music by means of the lyre and voice to the bedside for all ages from infants to the elderly who was experiencing any type of illness whether chronic, critical or end-of-life.