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FEATURED

Harmonic Egg heals through the senses

By Greg Hitchcock | The Sidney Herald
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Gail Lynn, Ann Riedy and installer Rebecca Webb stand in front of the Harmonic Egg in Sidney.
Greg Hitchcock

It is often described as entering a cocoon, a mother’s womb, or receiving a loving hug, but the Harmonic Egg, an invention of Gail Lynn, is purported to help the body heal.

“It is almost like a 3D egg and it is hard to build. I actually had people tell me it can’t be built,” Lynn said.

Lynn's company has 174 eggs in 30 centers in ten countries and four continents with some having them in their homes. They show up in crates and get assembled on site.

Ann Riedy will have one in her home-based center in Sidney with a grand opening on Dec. 27.

Growing up in the automotive industry in Detroit with a background in telecommunications, Lynn said this helped her develop her idea of the egg.

"I needed to have an engineering background. A lot of engineering goes into it," she said.

When you come into an egg center, you are greeted by the owner. She helps set an intention, maybe reducing anxiety, insomnia, or allergies.

They determine what song selections, drumming will do better than piano for some ailments, Lynn said. Another feature of the egg is the lights that are emitted within. According to Lynn, this helps with circulation.

"It is forty minutes of music. And ten minutes of silence," she said. "If people are listening to relaxing music, six and a half minutes of silence helps them to integrate."

The greatest benefit is to do three to six 45 minute sessions within the egg once a week, resetting the body back to homeostasis.

"You do a session and integrate and then you have a new normal," Lynn said.

"Eventually after three to six sessions, you get to hear the intuition that this is my perfection.

This is how health looks," she said.

The nervous system heals with its innate ability, relying on muscle memory where the user can focus better.

"I don't want people to depend on it like blood pressure medicine. I want to empower the body for its innate ability to heal," Lynn said.

She said many people who experience trauma and stress, this can lead to disease where the body conditions itself to the 'new normal'.

When you are in that environment for years, the new normal is disease. But, our body doesn't know disease by name," Lynn said.

Lynn said the medicine of the future is frequency medicine. We have sound beds, red light therapy - and red light therapy is stimulating.

She said modern medicine is not ready to accept frequency medicine because it is not measurable, but holistic medicine is gaining ground.

"Where in the body is the frequency off?" Lynn asked. "You have a wrist injury. What if you can measure the frequency? The frequency should be whatever hurts. The body can heal itself if we bump it up."

God gave us a perfect body, she said, but when we are in stressful moments - you have to pay your taxes, take your kids to school, do your job, pay your mortgage, go through a divorce, or have a fight with a boss or family member - your body goes through fight or flight.

"There are a lot of women who are constipated, because of the stress. The toxins build up, the stress builds up," Lynn said.

“God didn’t allow us to be sick all the time,” she said. “How much stress during covid did we go through? For kids, they couldn’t be near friends and couldn’t do sports.”

Covid also led to more domestic violence, suicide, people losing businesses and jobs, Lynn explained. They are stuck in a fight or freeze after all the trauma.

“They must rebalance and reset, why not reboot the nervous system with an egg?” she said.

Lynn’s company attributes are integrity, reliability and community.

“How do you deal with anxiety if you don’t see the light at the tunnel? Get in the egg and do a reset” she said.

Riedy, a certified nutritionist and functional medical practitioner, will be opening her egg center in Sidney on Dec. 27; There will be a two for one special on opening day running until Jan. 31, plus people can buy family packages and other special deals.

“I worked as a registered nurse for twenty years and have always been interested in health and wellness,” she said.

Riedy said that there are often side effects to pills; From a holistic standpoint, she said people should try different remedies while maintaining their prescriptions.

“What tugs at my heart is hearing people’s testimonials about their health concerns. I wanted to investigate it,” she said. “There is science behind it (frequency medicine), but we often don’t learn about it.”

“This is ancient technology coming into the 21st century,” Riedy said.

To learn more about the Harmonic Egg or to make an online appointment, visit www.harmonywellnessmt.com or call Riedy at (605) 431-7972.

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