

Travel Nevada Goes to Steamboat Hot Springs



Recently Alex Margulies, reporter for KRNV News 4-Reno, Nevada's NBC affiliate, created a short video for their Travel Nevada spot to introduce Steamboat Hot Springs Spa and Healing Center to their television audience. We are making it available to you here in the *Community Communique*.

[Watch the made-for-TV video made by Travel Nevada on YouTube \(2:50\)](#)

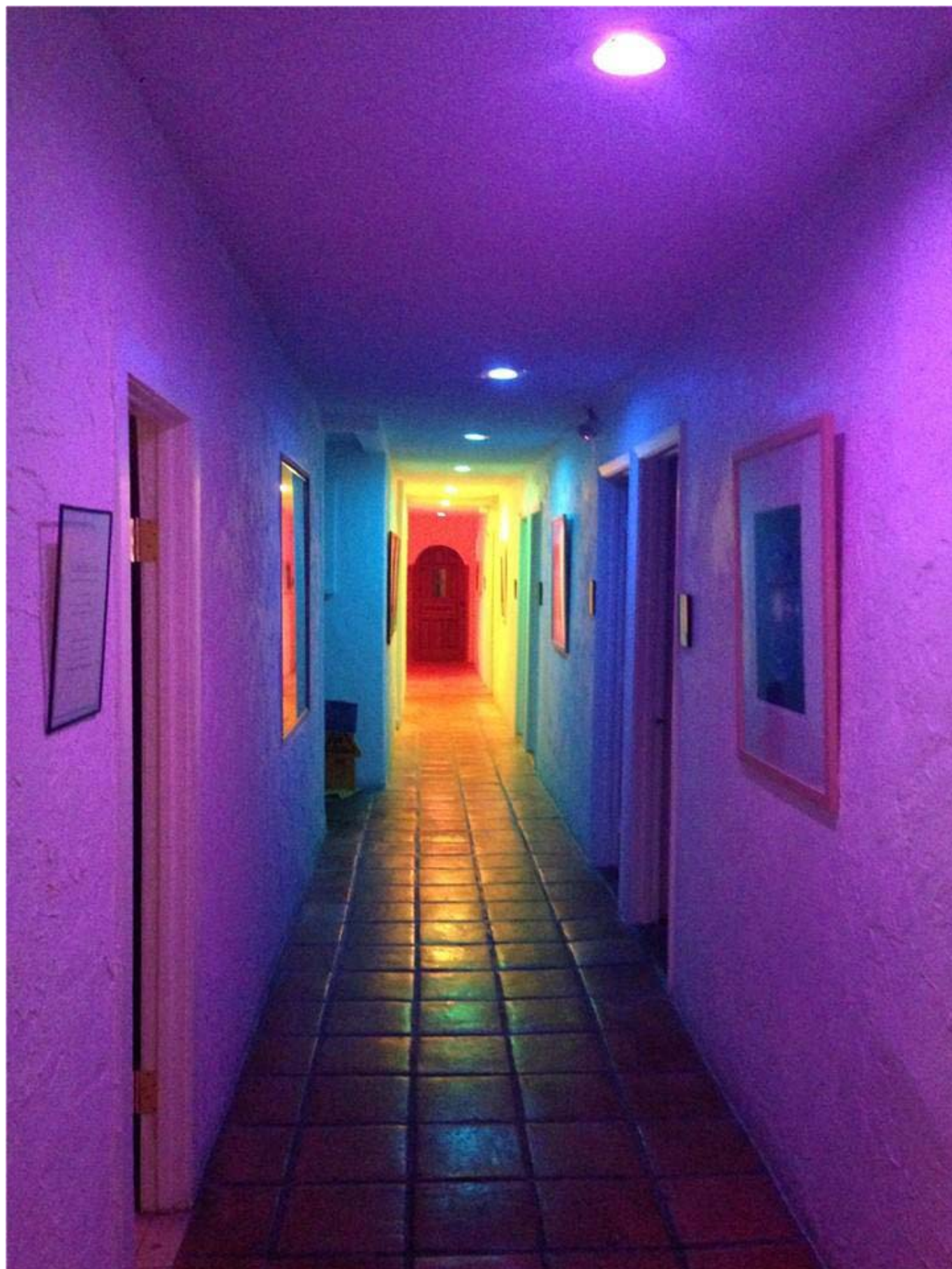
“Vibrational Healing with Sonatherapy®”

By Paul V Young and Dr Gary R Buchanan © 2020

Editor's note: The following article was put together jointly between myself and Gary Buchanan during 2020, following my visit to the healing center late last year.

Sadly, Dr Buchanan passed away at the age of 72 at his residence at Steamboat Hot Springs in Reno, Nevada in the early morning of October 16, 2020.

The article is published here in his memory, with respect and gratitude for his life of service.



Are you aware that the vital life-force energy proceeds from, and is dependent upon, wave fronts of light and sound (photons and phonons) for its existence? Your life energy can become disharmonized when your system is out of balance, manifesting in any number of physical ailments.

A welcome remedy is to be found in the form of **Sonatherapy®** which, having its technology based scientifically on sound and vibrations, reduces this dissonance and helps boost and stabilize the body's vital energies. With the use of acoustic wavefronts called *Sonations*, programmed around the holistic needs of the individual, a Sonatherapy treatment invariably results in improved health, both physiologically and psychologically.

Based in the USA, Sonatherapy has affiliates in Japan, South Africa, Dubai, Israel, Europe and Britain. While there are no Sonatherapists practising in Australia as yet, they do offer a one-year online Training Course which is primarily directed toward students with a background in alternative healing, therapy or medicine, but is open to all interested parties. (See contact details at foot of this article).

Sonatherapy has its headquarters in Reno in the high desert of northwestern Nevada, at the Steamboat Geothermal Hot Springs. Steamboat is a nationally recognized historical landmark that was given its name by Mark Twain. The springs are known to have been enjoyed by early pioneers of Nevada in the 19th century when a sixty-foot geyser was a major attraction. In 1861 a 34-bed hospital was constructed at the site to treat patients using the natural healing properties of the hot springs.

The founder and driving force behind Sonatherapy is Dr Gary Robert Buchanan, whose first passion has always been in music as a conductor, composer and teacher. He is also certified in Cymatic Therapy and is part of a global network, which includes his Japanese colleague, Yukinori Matsushita. They

conduct monthly on-line 'self-healing sessions' with clients around the world. In-residence, Dr. Buchanan has treated hundreds of clients and compiled a myriad of successful case studies over the past two decades.

The use of sound and vibration as healing techniques dates back to antiquity. Notably, Pythagoras and his successors taught and employed music and sound therapy at the Temples of Asclepius in ancient Greece. The present-day modality continues that tradition by combining sound, light, colour, water, sacred geometry and subtle energies, and is fast becoming recognized as the healing technology of our time, and of the future.

The facility at the *Steamboat Hot Springs & Healing Center* in Reno consists of an outdoor hot pool, steam room, dry sauna, individual massage rooms and private mineral tubs. The first thing the visitor notices once inside the complex is the hallway leading to the treatment rooms, which is bathed in all the colours of the rainbow by overhead lights. Each light unit is wired with the *Sona-Lite* system that places sound (or music) on the light beams (modified Li-Fi). The frequencies/music are not heard, although the effect upon those beneath the beams, while subtle, is real and measurable.

Temperature-controlled geothermal hydrotherapy is offered in the ample-sized tubs, and clients presenting for Sonatherapy treatment are encouraged to first bathe in their waters, so that the body is warm and moist prior to initial inductions. Sonations are also sounded in the baths and pools for increased absorption (sound travels 4.3 times faster in water). The unique geothermal water of Steamboat Hot Springs contains: calcium carbonate, magnesium, sodium sulphate, sulphur, lithia, soda, and a high level of silica. (The only water known to be comparable is found at Cajamarca in Peru).

In Dr Buchanan's Sonatherapy treatment rooms, the client may not be familiar with all the electronic gadgetry on his desk,

but will find the ambience immediately soothing as they notice the line of chakra-coloured lamps on the ceiling in a row above the sound-table.

In therapy, sound arrays are applied to form wave fronts directly upon and within the body and its enveloping morphogenetic fields for healing. The sound array may help stimulate areas of low energy, lack of sensitivity, or weak physical strength. It may also aid in self-healing functions. Specially designed *Wave Front BIOresonance™* combinations are utilised to nurture the individual's inherent vibrational processes and functions at their 'optimal' or 'signature' rates. The key to such acoustical combinations lies in the fact that the Sonations are synergetic, as well as coherently harmonic, and are readily absorbed by the body and its enveloping quantum fields.

Light and colours are also applied during the non-invasive therapy sessions – using light organ attachments – with the light pulsing and panning in synchronicity with the audio signals. This pulsative approach allows for dramatically greater absorption of irradiations. Applicators (stereo speakers or transducers) are placed at the area lacking in energy, for example, at the solar plexus. The sound is never loud, as it only needs to be “felt.”

For the technically-minded, Dr Buchanan eschews the use of digital sound in favour of analogue technology. The frequencies applied vary according to the needs of the individual, however the range of 90 to 111 hertz is notable for being the range that releases endorphins in the brain; 40 hertz is often the frequency intoned in Buddhist chants and is favourable for certain applications.

Acoustic footbaths are sometimes part of the Sonotherapy treatment. During such a session, the Sonations are also played through the water and synchronized with the light and colour applications, in a very precise manner.

Each treatment generally lasts one hour or less. More time is needed when geothermal bath and/or consultation with staff physician are added in. Adjuncts might include sessions with aura colour reading, relaxing on the sound table while receiving further light/colour irradiations, or other tailor-made treatments.

Conditions that are treated typically include bones, nerves, muscles, and joints; inflammation, pain, and circulatory problems; organic, respiratory, and digestive disorders; simple strains, fractures, bruises, along with skin conditions; and a host of common ailments that conventional medicine rarely addresses. Post-surgical sessions can also speed the healing of wounds, reduction of scar tissue, and restoration of movement. All kinds of issues, including arthritis and gout, for example, are treated with good outcomes.

In addition to Sonatherapy, Steamboat Hot Springs offers a full menu of healing services, such as therapeutic massages (including those using CBD oil and promoting lymphatic stimulation), detoxifying mud wraps, exfoliation scrubs, and Ayurveda consultations.

Steamboat Hot Springs & Healing Center in Reno and Sonatherapy® are both subsidiaries of **Cosolargy® International**, which has been introducing students to the arts, sciences and technologies of its System via a global training program since its inception almost sixty years ago.

The philosophy behind the Cosolargy teachings is that all life is engendered, sustained, and eventually transmuted by wave fronts of Light emanating from our parent Sun. The Sun is the master Cymatic organism in our part of the galaxy, constantly pulsing and emitting complex patterns of photon and phonon waves. Cosolargy incorporates sun-gazing (photo-syntotics); light, sound and colour irradiations; activation of the third-, fourth-, and fifth-dimensional fields, all of which lead to

increased absorption of what are known as Information Factors contained in the solar and cosmic fields.

Certification in Sonatherapy®

Steamboat Healing Centre offers Certification and Training in the technologies and treatments of Sonatherapy. Those interested should contact Dr. Gary Robert Buchanan in the United States (Cymatics Sonatherapy <gary.buchanan1011@gmail.com>). Students who would like to set-up a home system, or who have a professional background and/or practice (such as physician, nurse practitioner, chiropractor, massage therapist, sound healer, or other) into which they would like to include elements of Sonatherapy are eligible for immediate “basic” certification.

During the training course students will use the Analog Box program that accompanies the text, *SONA: Healing with Wave Front BIOresonance™*, as their main application system on the computer. (Programs and files are designed for Windows XP, 7, 8, or 10. MAC users can download “Virtual Windows” online). By the end of that year, students will have compiled a complete library of Sonations applicable for most general conditions.

For more information about the one-year Training Course in Sonatherapy, visit:

<http://sonatherapy.com/certification-training/>

The basics of Sonatherapy may be found in three books authored by Dr Gary Robert Buchanan: *SONA: Healing with Wave Front BIOresonance™* (2008); *Sonatherapy®: Healing with Light, Color, Sound, Water & Subtle Energies* (2012); *Vibrational Healing: Wave Front BIOresonance™ and Sonatherapy®* (Ebook) (2019). Some of these are available on Amazon, or directly from Dr Buchanan, via the Sonatherapy website.

To learn more about the organizations mentioned here, visit:

Sonatherapy: <http://sonatherapy.com/>

Steamboat Hot Springs & Healing Center:
<https://steamboatsprings.org/>

Cosolargy International: <https://cosolargy.org/>

Disclaimer: Sonatherapy® is not meant to replace any other medical or diagnostic system. Rather, the technology is designed to provide complementary assistance in more rapid and complete healing of conditions, which in many cases traditional and alternative approaches do not address.

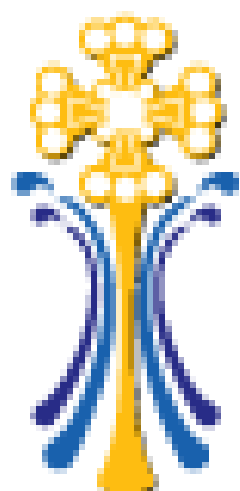
Paul V. Young is a freelance writer who blogs at SouthernSunlight.com. He is a certified practitioner of Reiki, NLP and LOA and a Rosicrucian. He is the authorised representative of Cosolargy in Australia and may be contacted at AustralianEsoteric@gmail.com

Dr Gary R Buchanan is an internationally recognized composer & conductor. His qualifications include H.S. & BM, N.C. School of Arts; MFA, Univ. of N.C.; DMA Can., Univ. of WA.; Hon. DMA, Queensland Conservatorium, Brisbane, Australia. Director Wave Front BIOresonance™ Research & Development, Steamboat Healing Center; Cosolargy® International Ord., Admin., Lect.



*This article first appeared in the online publication
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Healing Center at Steamboat Reopens



THE HEALING CENTER & SPA
Steamboat
HOT SPRINGS • NEVADA

**Welcome for Massage &
Private Mineral Baths**

Entire facility is sanitized through out
the day. Masks are required.

Steam Room, Sauna and Outdoor Tub
are limited to single user.

Health Checking Practiced

Temperatures & Oxygen level
Social distancing practiced.

**We will be unable to serve
Clients failing these Checks**

By Appointment Only

**Call today to book your Appointment
775-853-6600**

Regular Hours
Sunday – Wednesday: 10 am – 8 pm
Thursday – Saturday: 10 am – 9 pm

Visit Steamboat Website



16010 South Virginia Street
Reno, NV 89521

Steamboat Hot Springs added

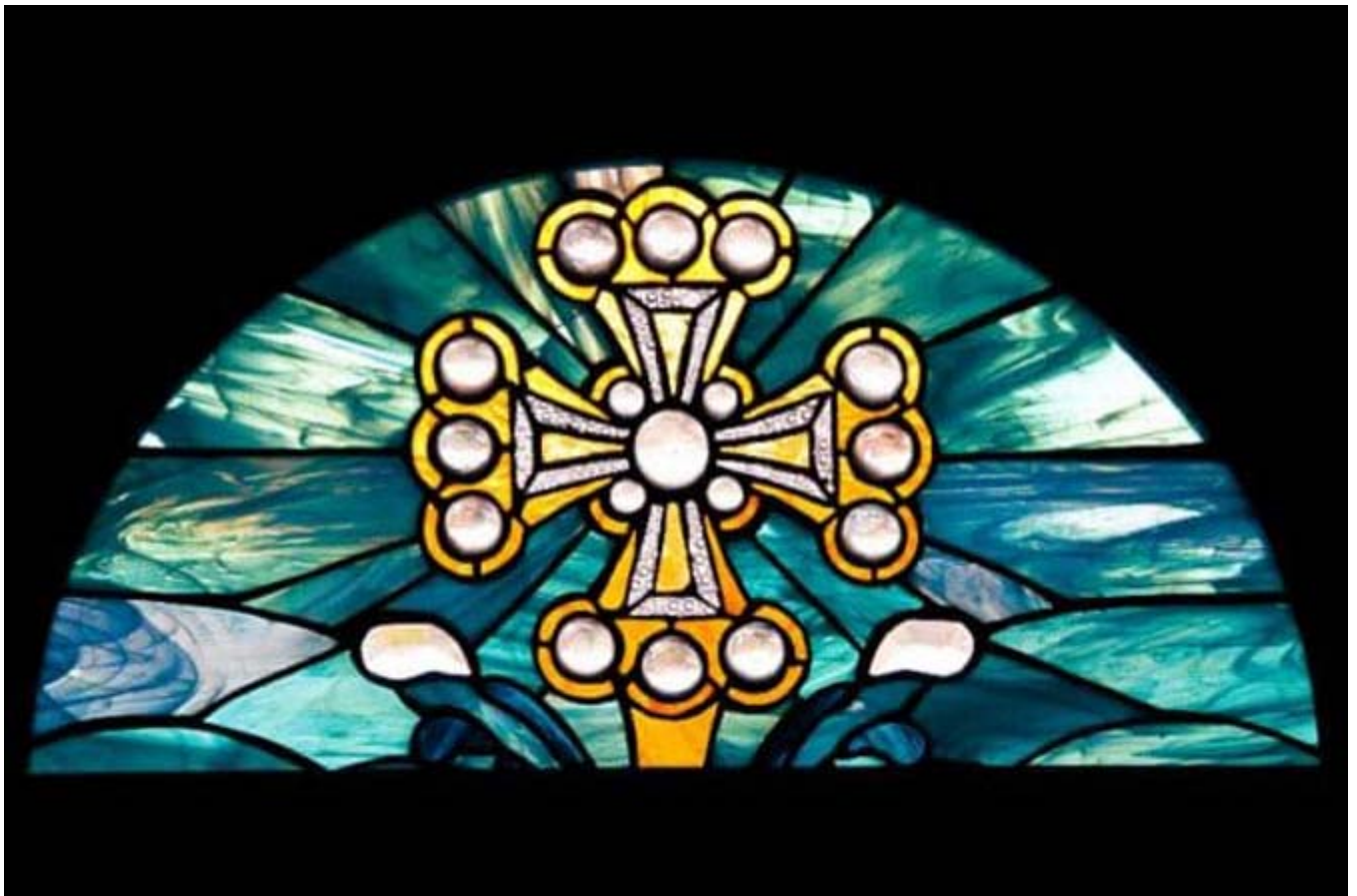
**to the member listing on
RenoTahoe.com**



We have a new listing for the Steamboat Springs Healing Center at RenoTahoe.com. A great description, videos, and photos are featured.

[Click here to see the new listing for Steamboat Healing Center on RenoTahoe.com.](#)

Steamboat Retaining Staff during Shut Down



A MESSAGE TO OUR MEMBERS

**Our Quality Service is More than Water
It is Also Our Excellent Staff**

In our effort to keep our Steamboat team and family intact, we

want you to know that when we are able to reopen you will receive the same great service and experience from our loyal staff and expert therapists. We value our dedicated team, and we're sure you do, too. During this crisis we are doing all we can to retain and support our team so you will be able to book your future appointments with your favorite therapist(s).

We thank you for your past support of Steamboat and look forward to serving you again soon once we are able to reopen. In the meantime, stay healthy and positive!

– Steamboat Healing Center

“Travel Nevada: 22 Reasons to Hightail it to Steamboat Hot Springs”



STEAMBOAT HOT SPRINGS NEAR RENO NEV.

Steamboat Healing Center has partnered with Travel Nevada to promote northern Nevada. For this Valentine's Day, they are collaborating on a Virginia City promotion: VALEN-TWAIN'S DAY in honor of Mark Twain.

Travel Nevada just posted an article about Steamboat on their Facebook page as well as their website: "22 Reasons to Hightail it to Steamboat Hot Springs, 'Cause Baby, Something's in the Water | Sydney Martinez ."

"If anybody is after a good solid off-grid soak, you better believe it's us. With more natural hot springs than any other state in the damn country, saying it's easy to become obsessed with checking every last one off the list is the sexiest truth we love to tell. But, maybe you've already picked off all the wild ones and are looking for a different sort of soak? Mapping 'em out, spending every last waking minute chasing them down is a type of adventure rush that's hard to describe, especially for you ol' pros, but what about jumping on the freeway and 20 minutes later, BOOM! You're in the type of hot

water people have been raving about and coming to since before Nevada became Nevada? Ain't no shame in that game baby, especially if it involves unwavering devotion to chakra-fied mental and physical wellness, "volcanic healing waters" loaded down with all the right minerals, and our boy Mark Twain. Does it get better than a wellness-centered soak with a side of history? Rookies or veterans, read on for 22 reasons why Steamboat Hot Springs should be at the tippy top of your hot springs game this season."

[Read the entire article on their web site at travelnevada.com.](http://travelnevada.com)

Steamboat Spa Participates in Alliance 2020 Business Expo



Courtesy Photo

Steamboat Hot Springs Healing Center & Spa participated for the first time at Alliance 2020 – 3rd Annual Business Expo on Wednesday, February 12, 2020 which was held at the Reno-Sparks Convention Center from 3 to 7 p.m. Gene Savoy, Jr., president of Steamboat, and Sonya Savoy, Assistance Manager of the Spa, attended with a booth on behalf of the Healing Center.

The event is a collaboration among the Reno-Sparks Chamber of Commerce (RSCC), the Reno-Sparks Convention and Visitors Authority (RSCVA), the Economic Development Authority of Western Nevada (EDAWN), and the Reno-Tahoe Airport Authority (RTAA).

About 1000 people attended the Expo, the third of its kind. More than 200 local businesses were represented – twice as many as last year. This was the first time Steamboat Hot Springs was represented. Gene had this to say, “This was a great event for Steamboat to be a part of. We have been actively collaborating with the Chamber of Commerce, and they

have been great partners for us. We look forward to attending again, and partnering with other local organizations, such as the RSCVA, Travel Nevada, and Reno-Tahoe Territory, in order to promote historic Steamboat Springs and its healing waters, which we are proud to be custodians of.”

In addition to complimentary beverages and appetizers, music was performed by the Reno Philharmonic and the Reno Jazz Orchestra. It is anticipated that Steamboat Hot Springs will attend next year’s expo.

“Steamboat on ‘Hot Springs of America’”



Visit the Steamboat Healing Center page on the Hot Springs of America web site and take a tour of historic Steamboat Hot Springs with Phillip Goodman and Leslie Byrd on an episode of the "Living in Reno" YouTube series (2:47).

[Follow this link to Steamboat Healing Center on the Hot Springs of America web site and watch the video.](#)

“Few People Realize There’s An Active Volcanic Field Right Here In Nevada”



Steamboat Springs Nevada Historical Marker No. 198, Reno, Nevada

Posted in Nevada August 10, 2019 by Emerson

When you think of volcanos, Nevada isn't exactly the first place that comes to mind. Instead, you might think of Hawaii's iconic volcanic landscape or Washington's famous Mount Saint

Helens eruption. However, there are regions of Nevada where volcanic activity can be found, and one of them is incredibly active. In fact, this volcanic field has been used by humans for generations. You may have even visited it yourself without even realizing that you were on top of an active volcanic field! Keep reading to learn all about this hot spot of geothermal activity and where you'll find it in our state.

When you hear the term "volcanic field", you probably picture some sort of fiery hellscape complete with bubbling magma. However, that's not at all what you'll find at Nevada's most active volcanic field found in the historic destination of Steamboat Springs.

[Read the entire article posted online August 10, 2019 at
onlyinyourstate.com >](#)

link submitted by Marilyn Taylor

Hot Springs Connection Conference Attended



The 2019 Hot Springs Connection Conference, held November 4th – 8th at Indian Wells and Desert Hot Springs, California in the Greater Palm Springs area, was attended by Gene Savoy Jr. and Radheka Patel Savoy.

This was the 2nd annual conference of the Hot Springs Connection, a collaboration to unify the hot springs industry in the United States and abroad. Attending were 125 owners and operators of hot springs, primarily in the United States. Also represented were hot springs from Canada, Australia, and New

Zealand. Gene and Radheka attended on behalf of Steamboat Hot Springs Healing Center and Spa.

[The Hot Springs Connection](#) is receiving world-wide recognition to unite geothermal soaking facilities on a global level. During the week, like-minded industry professionals discussed and shared ideas on balancing environmental, social, cultural and economic aspects for successful hot springs management. Some of the topics discussed and addressed at the conference were: historic/heritage preservation; water stewardship; natural resource protection; wellness trends; product customization; efficient operations; regulatory requirements; utilizing geothermal energy; new design standards; tourism marketing; and hospitality training.

Also introduced and launched at the conference was a new [Hot Springs Association](#), a trade association of hot springs owners and operators. The purpose of the Association is to bring together owners and operators to collaborate and cooperate with each other in order to promote the hot springs industry to the public, to share information and ideas, to influence policy, to share new technology, and to work together to represent the diverse hot springs of North America. In addition to the Association, a separate [Hot Springs of America website](#) was announced and launched. It is the only site that lists and maps every hot spring in the United States. Steamboat will be joining the Association and will be listed on the Hot Springs of America website.

[Take a look at the excellent story and photos that the City of Desert Hot Springs posted on their website!](#)

by Gene Savoy Jr.