

Sound Heals

Sound awareness is the conscious recognition of the effects of sound intentionally in our lives to create healing environments, for balance, for enhancement of learning-mental function, and increased productivity. It is a shift from holding music as only entertainment to a sonic tool that can charge and discharge the nervous system. The cornerstone concepts in psycho-acoustics are resonance and entrainment. Resonance is the effect of one frequency upon another as it vibrates and changes it. Each object has a frequency in which it most vibrates. If one tuning fork (A=440 cps*) is struck the second tuning fork (also A=440 cps) will vibrate even if "unstruck". This is because it was "struck" by the sound waves in the air from the first tuning fork. As people we experience this within our energy fields. Our inherent wisdom state tells us if we resonate with the environment and those around us, or not. If the energy around us is tense, excited, fast-paced; we internalize this and respond by matching it. Likewise, if the environment and people around us are calm, peaceful, and slower-paced, we act in kind-even unconsciously. Entrainment is the process where consistent rhythms cause our internal pulse systems to synchronize with the ongoing surroundings. Our heart, breathing, and brainwaves speed up or slow down. As those interested in the healing process, it is important to know that the tenth cranial nerve attaches to both sides of our eardrums which in turn attach to the thoracic and abdominal viscera. Therefore, the rhythms that vibrate our eardrums will vibrate our whole body-literally. The high performance mind and optimal levels of consciousness for healing work that we experience are attributed to the theta and delta brainwave states. Neurophysiology tells us that these brainwaves, combined with our rational sequencing beta waves, can be carriers of positive intentionality to our pulse systems-affecting our overall wellness of being. Sound is like food and by choosing what we imbibe, we can harness the power of sound to our advantage. Sound is a nutrient of the nervous system, charging and discharging our energy levels, thought processes, and physical functioning.

Understanding it is of vital importance in any healing process.

In a session, if the client is receptive to using sound therapy, I will use tuning forks on and off the body, use breathing techniques (pranayama) to open channels, sound Tibetan bowls to which their body may align, chant Bija (seed) sanskrit syllables along with yoga postures, and play CD's or have a fountain during a session. Sound therapy helps the client access and move the transverse currents (as does EMDR techniques) , as well as, spiral and long line currents of the body.

*cycles per second