What You Need To Know About Sound Healing

Sound has been utilized in various cultures for thousands of years as a tool for healing. Whether through the use of mantras as with the Hindis, the Icarus (medicine melodies) of various Indigenous peoples from Central and South America, or Pythagoras' use of interval and frequency, these various techniques all have the same intention: to move us from a place of imbalance to a place of balance.

**How does it work?**

Sound helps to facilitate shifts in our brainwave state by using entrainment. Entrainment synchronizes our fluctuating brainwaves by providing a stable frequency which the brainwave can attune to. By using rhythm and frequency, we can entrain our brainwaves and it then becomes possible to down-shift our normal beta state (normal waking consciousness) to alpha (relaxed consciousness), and even reach theta (meditative state) and delta (sleep; where internal healing can occur).

This same concept is utilized in meditation by regulating the breath, but with sound it's the frequency that is the agent which influences the shift.

**What is it like?**

A sound therapy treatment is both a passive and participatory experience. The passive aspect is that you become more relaxed by lying down and slowing your breath. By doing this, you prepare yourself to become the receiver of sound. It's in this place of stillness that you participate by becoming more open and aware of each sound that comes in. Sound helps create the pathway to this place of stillness the same as a mantra helps you to arrive at the still point of meditation.

Some of the tools I use are voice, drumming, tuning forks and Himalayan singing bowls. It's important to note that awareness plays a huge role in our own healing. I find that vocal toning is an incredibly powerful practice that gives us the ability to fine-tune our greatest vibrational instrument: our own body. I always encourage clients to incorporate simple, but effective breathing exercises and vocal toning exercises in their daily routine, to help bring a greater sense of balance into their lives.

**What can sound heal?**

Using sound as therapy can provide results for a variety of issues including:

* Sleep disorders
* Anxiety
* Depression
* Stress management
* PTSD 810-584-5241
* Depression yourpathforwardholistics@gmail.com
* Pain management