

## Sound Healing

6 easy and accessible ways to practice sound healing, whether you're just starting or easing into your own ritual work:

### 1. Humming or Vocal Toning

- **How:** Sit comfortably, breathe deeply, and hum a steady tone (like “Mmm”) on each exhale.
- **Why:** Stimulates the vagus nerve and brings calm to the nervous system.

### 2. Singing Bowls (Tibetan or Crystal)

- **How:** Strike or circle the rim with a mallet and let the vibration wash over you.
- **Why:** Clears stagnant energy, balances chakras, and deepens meditation.

### 3. Chanting Mantras

- **How:** Repeat a mantra like “Om” or “So Hum” for 2–5 minutes.
- **Why:** Helps realign mind-body-spirit and calms mental chatter.

### 4. Drumming or Hand Tapping

- **How:** Use a frame drum, djembe, or simply your hands on your thighs in a rhythmic pattern.
- **Why:** Grounds your energy, releases tension, and connects you to primal rhythm.

### 5. Tuning Forks

- **How:** Strike and place near the ears or energy points (like temples or chest).
- **Why:** Balances the body’s electromagnetic field and brings cellular harmony.

### 6. Nature Sounds + Binaural Beats (with Headphones)

- **How:** Listen to soundscapes (ocean waves, rain, forest) or specific frequencies like 528 Hz.
- **Why:** Induces relaxation and supports emotional healing, even during sleep.

If this is your first time working with sound — don't overthink it. You don't need to 'know how,' you just need to feel. Whether it's humming, chanting, bowls, or breath, trust that your body recognizes what your mind might not yet understand. Let the sound move through you. This is less about perfection, more about presence. Let it be messy, let it be yours.

*Raj Vibes*