

The Power of Your Voice



How sound healing works and how you can use it.



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The Power of Your Voice

One overlooked subject in healing is the power of your voice. It has the ability to generate sound in a range of frequencies (pitches or singing notes) that each have a specific ability to heal. Sound has a transformative effect on us on all levels; you only have to hear a baby crying to know its power. Think about how you feel when you hear a beautiful piece of music which can evoke a huge range of deep emotions which are always different depending on the listener. Nature understands the power of sound and uses it in ways we still yet don't understand such as the dawn chorus, which can bring great pleasure to anyone listening as long as it hasn't woken you up! This article explores how sound can both be beneficial and detrimental, how it works to create transformation and how you can use sound to heal yourself and others.



Frequency is Integral to Healing

As we've mentioned in another article [Healing and Frequency](#) your body contains several million frequencies; of which about 200,000 are created by your cells (physical body) and the rest are held in the water in your body, and derive from past and current life resonant experiences (those that affected you). We neutralise, delete and integrate all the discordant frequencies in both of our [Armichi Method Healing](#) services and this is a transformative process that creates a feeling of both liberation and expansion within. We have discovered that it is simple to clear down the unaligned frequencies simply by focused attention; setting your intention; and then using your voice to create the statement(s) to neutralise, delete and integrate these out of synch frequencies. This process is relatively quick. However, it has to be repeated daily since the mere experience of living when we haven't mastered the ability to stay neutral in all situations generates more out-of-alignment frequencies within you.



Why The Frequency of Sound is Important

Sound at non-aligned frequencies can create huge discordance within. An example of this is music. Some music, especially with intentional discords such as modern jazz, modern classical, can be very jarring to listen to and cause us to feel tired or unsettled. In contrast, have you ever listened to music when the A has been tuned to 432Hz and the other notes have been tuned in alignment? The music seems to reach into our soul

without being heard through our ears. When you listen to music tuned to 440Hz, the music 'hits' our ears and, although sounds lovely, it is nowhere near as gentle a sound as music where the A has been tuned to 432Hz. This is one small example of the power of sound - of which your voice is the master if you allow it to be.



The Power of Sound

Sound is more than just a frequency that can make us feel good. It actually has the ability to create life itself. Our Resonance tests have shown that:

- *Sound reaches the 2nd-12th dimensions*
- *Intention reaches the 1st-12th dimensions*
- *At in-synch frequencies (multiples of Planck), sound converts to consciousness (negentropy)*
- *Consciousness has the ability to create life*

Our Resonance tests have shown that healthy frequencies - which are in alignment with our soul - are all multiples of the Planck constant. The scientist Dan Winters discovered that nature is built on multiples of the Planck constant, including the Earth year, the frequencies of photosynthesis, the radius of the hydrogen atom (present in all living things) and the creation of life from consciousness itself via the [phase conjugate, negentropic compression of charge](#).

So if sound creates consciousness, which through phase conjugation creates life, then you can see how sound is a very powerful creation tool. We have discovered this in our healings (revealings) since, when we use sound at the right frequency, the transformation is much quicker.



Why Resonance is Everything with Sound

We have all experienced how different types of music resonate with us in different ways. Some of us resonate with rock music; others with blues, others with classical and there are so many different musical genres because each of us is unique and what resonates for us doesn't necessarily resonate for others. Our article [Levels of Consciousness: Music](#) explores the levels of consciousness of different genres of music.

Just as we each of us resonate for different sound frequencies, so too do the different issues that we are suffering from. We have discovered through Resonance Testing that different afflictions each have a different resonate frequency. In fact we see this in bioresonance where each issue can be picked up because of its resonant frequency. Our Resonance Testing reveals the following frequencies, which test as being correct to 4%:

- cancer 151,000 - 152,000 Hz

- virus 162,000 Hz
- pain 330,000 Hz
- inflammation 428,000 Hz



What Sound Frequency Can We Use for Healing?

So that leaves the question: how could we use sound to help alleviate pain when the sounds we make with our voice are typically between 90 - 240 Hz?

Our Resonance Tests show that we don't actually need to create the same frequency as pain in order to generate healing energy from sound to alleviate the pain. Instead we make a frequency that is in alignment with source; so a multiple of the Planck constant, or a pure sound. Our tests have also shown that the frequency that is needed is not related to the location of the pain, but to the pain itself. Since none of us typically carry a frequency counter that we can reach for :) we focus instead on helping you understand how to work out what sound frequency is needed.



Using Your Voice for Sound Healing

First you will need to get into a meditative state. You can do this with some deep breathing until you are no longer aware of your body and have become one with the all that is. Now focus on the area you are interested to heal. Let's take the example of pain. Make the deepest sound you can with your voice for as long as you can. Effectively you are singing a single note. If this is not a frequency that is in resonance with the pain, then you will sense the sound rebounding off the area that is in pain. Gradually increase the frequency of the sound (sing in a higher pitch) until you find the first resonant frequency.



How to Find the Right Healing Sound Frequency

When you find this resonant frequency, you will feel the sound going right through the pain as if it becomes one with the pain. You will also feel a sense of expansion within you.

You can check with Resonance Testing that this is a resonant frequency with the statement:

- *The sound I am making is a resonant frequency with the pain I feel.*

Continue to make this sound until you sense that there is no more left to do. Again you can check with Resonance Testing that you have done enough by using the statement:

- *The pain I feel has received enough sound at this frequency.*

Now, make a slightly higher pitch sound and keep raising the frequency until you experience another frequency that is resonant with the pain. Check with Resonance Testing this is a resonant frequency and, once you feel you have done enough, use Resonance Testing to check that the area in pain has received enough.



The Sounds You Make With Your Voice are Enough

Continue until you reach a point with your voice where you feel comfortable. We have found that we are naturally designed to be able to make the right frequency sounds to heal ourselves and others so don't worry that you don't have a wide range of sounds. What you can do is enough. If you have doubts about this, think about how our bodies come in all shapes and sizes but are all right for us. Or consider how each of us has different size noses and ears and yet this variation doesn't prohibit us from smelling and hearing.

The sound you make doesn't have to be particularly loud so don't be embarrassed that other people will hear you!

When you have practised using this technique you will find that you won't need to go through the different sounds to find the right one, since you will see or feel the right frequency. You also won't need to use Resonance Testing as you will begin to learn when you have done enough without checking. This is what human biofeedback is all about!



Use of Sound in Healing

You will find that you can use sound to help pretty much anything and any affliction. We have discovered that by combining healing with light (consciousness) with healing with sound, the sessions are incredibly effective and the healing can be very quick. We have used sound healing for opening chakras and helping physical symptoms as two examples.



How Sound Effects Change

We wanted to find out more about this with Resonance Testing and got as far as the following statement:

- *Sound is effective in healing as the frequency creates energy - positive*

And then we got stuck as we tested many possibilities and ended up with a long, long list of statements that tested negative. Then we asked for help and received guidance that, for us to understand this, we needed to experience that change for ourselves so we could feel what was happening. So the author of this article, Sarah Diggins, did sound healing on herself and discovered:

- *The vibrations of sound effect the change - positive*

Note that vibrations are a consequence of the frequency. So we went on to find out more:

- *Whatever is exposed to sound resonates in synch with the sound vibrations - positive*

So if we are exposed to a pure sound, which is in is alignment with source, or a multiple of the Planck constant, then our cells and the fields start to modify so that their frequency is also in alignment with source.

We see this in the [Chladni plate](#) - sand table - experiments where sand is exposed to various sound frequencies and, when those frequencies match pure tones or those in alignment with source, the sand re-organises into beautiful shapes resembling sacred geometry. We have discovered that sound has the same effect on us - it helps us to re-organise so that our natural resonant frequencies are in alignment with source.

It is interesting to note that, just as sounds that are in alignment with source organise our cells and systems so that they are in alignment with source, sounds that are not in alignment with source effect their disorganisation. This is why it is really important to be aware of the music you listen to on a regular basis for it is literally re-shaping your cells, processes, functions into discordant frequencies.



Sound in Distance Healing

A remarkable feature of sound healing is that it transforms even when the person being healed is not present. It feels like a contradiction to say that even when a person cannot hear the sound it affects them, but somehow it does. We tested the statements:

- *Sound is effective in distant healing - positive*
- *Sound is effective in distant healing because we connect with the consciousness of the person we are healing - positive*

We wanted to understand the physics behind why sound is so effective in distance healing so we again asked a lot of questions with negative results until we discovered:

- *In distance healing, sound vibrations affect the resonance of the person's consciousness - positive*

Which is not very specific so we went back to Dan Winter's proposal that creation arises out of phase conjugative negentropy and tested the following statement:

- *in distance healing, sound vibrations create phase conjugation (alignment) of consciousness, which creates negentropy (organisation) - positive*

So it seems that in distance healing, sound that is an alignment with source works on the person's consciousness to create organisation (that is also in alignment with source).



The Power of Statements in Healing

We have noted how statement healing is so powerful in our sessions and wanted to find out if it has anything to do with the sound vibrations that are created with our voice.

- *The power of statements in healing is due to the vibrations of the statement - positive*
- *The power of statements in healing is due to the intention behind the statement - positive*
- *The power of the statements in healing is due to the frequency of the statement - positive*

We wondered if the intention of the statement is what sets the frequency so we checked:

- *The intention of the healing statement sets its frequency - positive*

We were curious as to which has a stronger influence so tested:

- *The sound vibrations of a healing statement are responsible for at least 7% of the effect of the statement - positive*
- *The intention behind a healing statement is responsible for at least 93% of the effect of the statement - positive*
- *The frequency of the healing statement is responsible for at least 99% of the effect of the statement - positive*

So it seems that when you make a healing statement, you generate a frequency and it is this frequency that effects healing. However, this statement can be made without using your voice as the frequency of the statement holds enough power to effect change without the sound of the statement.



How to Use Sound in Healing

Many practitioners use sound in their healing practices with instruments or chimes. These make beautiful, pure sounds that help effect change but if you really want to maximise the power of sound, we have found making the sound with your own voice enables you to generate precisely the frequency that is needed. By doing this we can also feel which sounds are needed since those that are merge with the issue you are focusing on and become one with it. So don't be afraid to sing when you're healing and, as you sing, notice which sounds seem to infuse seamlessly with the area you are focusing on as these are the resonant frequencies. If you are healing someone at a distance, don't worry if the person isn't present for when you connect with them during a distance healing session, you are directing the sounds into their consciousness. If you would like to experience the power of sound as a healing mechanism and to learn how to use sound as a healing tool then please book in for a [Special Session](#), which is a one-to-one service where we heal and teach you how to heal in a personalised session via Zoom.



We hope you have found this article to be helpful and if you would like to share it with your friends or network that would be wonderful, thank you!

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