



Sound therapy promotes physical and psychological healing by putting your body into the parasympathetic state. Also known as the 'rest and digest' part of the nervous system, it's the state in which our bodies naturally repair and heal; the opposite of 'fight or flight.' This state improves the immune system, lowers cortisol, lowers blood pressure, keeps you more alert during the day, and helps you sleep deeper at night.

The vagus nerve controls the parasympathetic nervous system and extends from the brain stem down to the colon and branches out to the heart, lungs, stomach and intestines. The vestibulocochlear nerve in the ear connects to the vagus nerve.

Every sound you hear sends information to the vagus nerve, which will either switch the parasympathetic nervous system on or off. In other words, the sounds you hear impact your hormone release, digestion, blood sugar levels, inflammation, heart rate, blood pressure, and more.

Our bodies have energetic frequencies that can go 'off-key' when we don't resonate with some aspect of our environment or experience. Just as harmony promotes health and healing, our internal dissonance can lead to illness. The premise of sound therapy is that our energetic frequencies can be re-tuned by carefully chosen sonic frequencies.

By restoring the normal and healthy vibrational frequencies of our cells, sound therapy can guide us into profound states of relaxation. Sound therapy can help us achieve deep sleep and parasympathetic states where our bodies can repair, regenerate, and come back to a place of health and happiness.

Some Things to Consider Before Your Sound Bath / What Happens During a Sound Healing Session:

- Keep yourself hydrated throughout the day. Sound waves travel better through water. When you are well hydrated, you will have a better experience.
- Eat a light and healthy meal. A sound bath become more impactful when you have an empty stomach. Set your intentions for the session and feel positive emotions about what you will gain from the session.
- Wear warm and flexible clothing. You will be lying down for the session in a dimly lit room.
- If you like scent, we can choose an essential oil to diffuse during the session to add to the calming effect of the sounds. Please let me know if you would like to use scent in your session.
- During a sound bathing session, you will feel intense vibrations surrounding their body. Some people receive these vibrations and feel themselves moving to a meditative state. Others may experience emotional release. Before your session, please have a clear intention for what you hope to achieve during the session. This is a time just for you, to deeply relax and find connection to your inner self. Whatever you feel during the session is perfect, let your feelings come and go like clouds in the sky. Being open in this way will help you release deep-rooted emotions that can become trapped in your physical body. During the session you might have moments where you feel very happy or very sad. You might even cry during the session. Whatever happens is completely fine. Let your emotions flow and accept the release. This session is for your greatest benefit, whatever that means to you. All sessions are different and perfect.
- The session will last approximately one hour.
- We will begin the sound bath by lying down and taking gentle, calm breaths which will gradually calm your mind.
- I will use the tuning forks to balance your body / chakras- energy centers at the beginning of our session. The tuning forks will be used near your head (unweighted forks) and on your body (weighted forks). If you have any metal implants in your body we will not use the weighted forks on your body. If anything feels uncomfortable during the session, please be sure to tell me right away. You will be lying on your back when I use the unweighted forks and on your stomach when I use the weighted forks.

Next, we will begin a sound bath using both Tibetan singing bowls. Singing bowls have been used since ancient times to: relieve stress , worry, and anxiety, promote relaxation, improve sleep, release old and unhealthy patterns and tensions, increase the speed of recovery from injuries, support the reforming of new healthy patterns of harmony, balance and well-being.

The vibrations produced by singing bowls can positively affect our mind and body as their sounds have a powerful impact on our brain waves, which leads to a sense of deep relaxation. Sound therapy triggers the relaxation response required to reduce the following key indices of mental and physical well-being: Tension, Anxiety, Depressed Mood and Physical Pain.

- I will play the bowls near your body while you lay on the table. You may fall asleep while listening to the sounds. This is totally fine and can be a wonderful way to find deep relaxation. The sound will still benefit you, even if you fall asleep. The sounds will resonate through your body. Some people have a meditation like experience. Other just feel relaxed. Sometimes emotions rise. What is meant to happen for you will happen if you relax into the sounds. They will do the work for you.
- After the Tibetan bowls, I will play the Crystal bowls. The bowls will correspond to the Chakras or energy centers in your body. It can be nice to visualize and meditate on the colors and purpose of each Chakra as I play the bowls. **(See notes below on the Chakras meanings and colors.)** We will begin with the Root Chakra and end with the Crown Chakra. I will then play the bowls spontaneously including a “Master Healer” bowl that will help anchor the healing sounds within your body. We will end the sound session by playing the Root Chakra bowl a final time to ground your body. You may lay down quietly and integrate the work by taking slow deep breaths. It is helpful to get up slowly and move about with ease for the rest of the day / evening. It is also helpful to drink plenty of water. Our bodies are electric, and the sound has a profound impact on our energy. You may feel tired and emotional after the session. This is exactly what is supposed to happen- much like after a massage.

WHAT IS A CHAKRA?

A chakra is an energy center in our body. It is a kind of a vortex, exchanging energy with our surroundings.

A well-balanced chakra is in-tune with the external energies and can process the full vibrational spectrum of its range without interference (blockages).

When all the chakras are balanced and in tune, our perception of reality is much clearer because our view becomes guided by energy and not so much by the mind. We begin flowing through life and the life energy flows within us. That's when we reconnect to nature, return to our natural learning path, work our karmic obligations, become flexible and open to changes and new life challenges. We develop our intuition, we walk with ease, and radiate with positive energy.

The seven chakras in the human body are a part of a connected system of seven major and numerous minor energy transforming centers. There are 114 chakras in the human body, which are connected through an energy network called the 'Nadis'. There are 72,000 Nadi channels that connect all the major and minor chakras and are forming the complete human energy body.

WHAT DOES THE WORD "CHAKRA" MEAN?

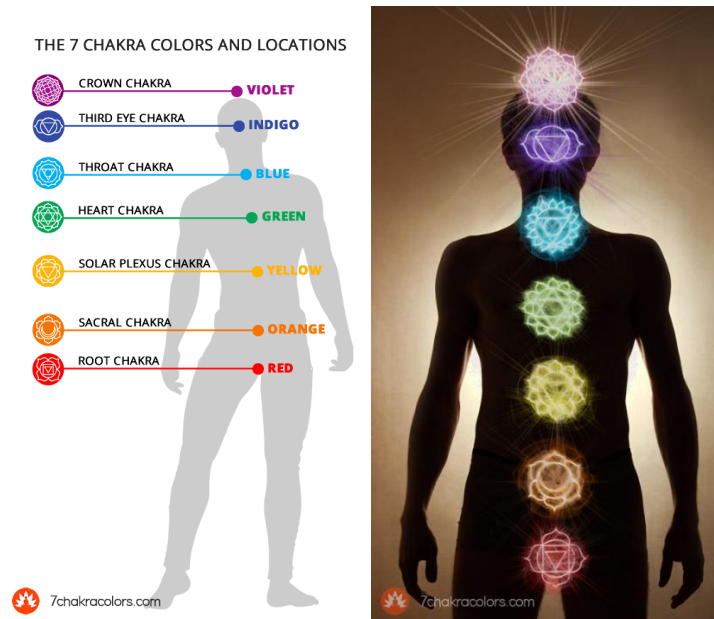
'Chakra' is a word for 'wheel,' 'circle' or 'cycle' and is primarily a Hindu concept. However, many other traditions have similar concepts but use different terminology. Originating from Sanskrit, the word 'Chakra' can be translated more directly as 'a spinning energy wheel'.

During chakra meditation, we can often feel chakras spinning as vortexes, or visualize them as such with our inner vision. These centers which exist in the energetic dimension have a conical shape that extends and opens up to our front and back. The main seven chakras are aligned along the vertical axis from the base of the spine to the top of the head. Chakras are linked to each other through energy channels. These are the main lines in a complex system of energy lines, called the Nadis.

WHAT IS THE FUNCTION OF CHAKRAS?

The main function of chakras is they connect with the energies of our surroundings and transmit these energies to our bodies and vice versa.

This process has a direct impact on our physical, psychological, emotional, mental and spiritual perception. It affects what we perceive, how we feel, and ultimately what we think.



Activating and balancing the chakras can trigger an energy transformation within us. This means that bonds to ego-driven actions are being loosened and we become more in tune with universal energies.

Each of the seven chakras has its own vibration and serves a specific purpose.

Chakras are associated with body organs, emotional states, levels of consciousness, colors, planets, natural elements, frequencies and have different meanings and aspects. Each chakra relates to a specific color of the visible spectrum – red, orange, yellow, green, blue, indigo and violet.

Clearing and opening these energy centers is referred to as “**chakra balancing**” or “**chakra healing**”. This process can lead to a profound transformation of our emotional, physical, and spiritual state.

WHAT ARE THE MEANINGS OF CHAKRAS AND THEIR COLORS?

Chakra colors represent a visual manifestation of frequencies (vibrations) of the seven main chakras in the human body. The colors of chakras correlate to the rainbow color spectrum of light. Each color is connected to a specific chakra and it has its own meanings and properties. Here are **the seven chakras, their colors and meanings** – explained in a clear way ordered from root to crown:

1. **RED** – Root Chakra – Muladhara
Red color is connected with ***strength and physical energy, stability, and power***. The main function of red chakra is to connect you to your roots, to ground you and offer a **firm foundation to all other energy centers in your body**.
2. **ORANGE** – Sacral Chakra – Svadhisthana
Orange color is the color of ***sensuality, creativity, passion, and sexuality***. It is warm and stimulative. In connection with the sacral chakra, it helps you develop your creativity and to allow yourself to **enjoy sensual pleasures in life**.
3. **YELLOW** – Solar Plexus Chakra – Manipura
Yellow is the color of ***pure energy, clarity, joy, and optimism***. It is related to the power of the sun and fire. In connection to the solar plexus chakra, it allows you to gain strong willpower and **inner strength to pursue your life goals**.
4. **GREEN** – Heart Chakra – Anahata
Green is the color of ***nature, equilibrium, life, and growth***. It flows from nature and the universe through your heart chakra and its energy has healing properties. The power of unconditional love helps you **heal on an emotional and physical level**.
5. **BLUE** – Throat Chakra – Vishuddha
Blue is the color of the sky, sea, and air. It symbolizes ***truth, intelligence, and freedom***. In relation to the throat chakra, it helps you to express your thoughts and emotions verbally in order to **bring your inner desires to material manifestation**.
6. **INDIGO** – Third Eye Chakra – Ajna
Indigo color symbolizes ***inner depth, intuition, wisdom, and devotion***. The energetic quality which indigo color brings through the third eye chakra will help you develop your **intuition, perception, and gain trust in your insights**.
7. **VIOLET, WHITE** – Crown Chakra – Sahasrara
Violet color is the color of ***dreams and imagination*** and white is the color of ***purity, innocence, and illumination***. These colors help you **connect your inner-self to its source, and get support from higher spiritual realms**.

WHY CHAKRAS HAVE COLORS?

Chakras have colors **because they vibrate with different frequencies**. Each chakra has its own density and pulse which **can be perceived as color, sound, or even a feeling**.

Chakra colors and their order correlate with seven colors that compose the sunlight. These colors are **red, orange, yellow, green, blue, indigo, and violet**. **The red color has the longest waves**, which means it has the lowest vibration or frequency. **Violet color has the shortest waves**, which means it has the highest vibration or frequency. The same principle can be observed with chakras, where the root chakra (red) vibrates with the lowest frequency, and the crown chakra (violet) vibrates with the highest frequency.

When your chakras are balanced, they are channeling the energy which is sourced from the universal energy field and distribute it throughout your body. **If your chakras are out of balance** and not functioning properly, they remain partially or completely closed to energy and therefore cannot receive or distribute it. Problems in energy distribution result in physical, emotional, and mental disorders and can lead to health issues.

Most holistic healing practices share the notion that **all diseases stem from a disturbed balance of force in our spiritual body**. They show at first as mental conflicts or emotional issues and, if unaddressed, proceed to manifest as physical illnesses as well. If you react to negative experiences by blocking your emotions, the flow of energy that runs through your chakras will be disturbed, and imbalances will occur.

The benefits of having your chakras fully open and balanced are extremely rewarding and can positively impact your life on all levels – **physical, mental, emotional, and spiritual**.