

TUNE YOUR BODY TO ITS NATURAL FREQUENCY

It's a Vibratory Experience

There are multiple definitions of *sound* according to the Merriam-Webster Dictionary:

as a Noun:

- mechanical radiant energy that is transmitted by longitudinal pressure waves in a material medium (such as air) and is the objective cause of hearing
- the sensation perceived by the sense of hearing

as a Verb:

- to make or convey an impression especially when heard, to make known

as an Adjective:

- free from injury or disease
- free from flaw, defect, or decay
- stable, secure, reliable

So many different meanings to this one little word, and there are still more than what is given here. It is easy to see with this list how Sound has such an impact on the body. Whether it's Mozart or Motown, music affects us all in different ways. But on a fundamental level, music is just organized sound. Sound therapies deconstruct music into pure sound, harnessing the knowledge that sound can have a powerful effect on our body and our emotions.

Using a Himalayan Therapy Grade Singing Bowl on and off a client creates a soothing massage of rippling vibrations throughout their entire body that many say they see these waves, like the ripples created by throwing a pebble into a smooth lake. As the sounds expand they gather up and break apart that which is not there for our benefit, never harmful or hurtful, as the intensity



of these waves depends solely on what each individual body is comfortable with releasing.

Vibrational Sound Massage (aka Sound Immersion Therapy) is so gentle and relaxing that almost all people fall asleep at some point during the session. The vibrations from the bowls are known to touch every part of our being. We hear the sound not only through our ears but also through the cells in our bodies. Sound helps create the pathway to a place of tranquillity, just as a mantra helps you to arrive at the still point of meditation.

The Healing Power of Sound has been an integral part of human civilization for thousands of years. In ancient Greece, Apollo was the god of music and medicine. Aesculapius cured mental disorders with songs. The philosophers Plato and Aristotle claimed that music affected the soul and the emotions. Hippocrates played music for his patients.

In Ancient Egypt, music therapy was a staple in temples. In biblical times, instruments were used to vanquish evil spirits from human souls. Native American culture uses song and dance and

drums to heal the sick. Himalayan singing bowls have been used throughout Asia for thousands of years in prayer and meditation.

Instances of sound healing therapy are limitless. Western-educated doctors have explored the impact of sound on human health. Ultrasound is being used to break up kidney stones and plaque on our teeth. One study published in the Journal of Evidence-Based Integrative Medicine found that an hour-long sound meditation using a range of singing bowls helped people reduce tension, anger, fatigue, anxiety, and depression while increasing a sense of spiritual well-being. People who had never done sound meditation experienced significantly less tension and anxiety afterward.

Vibrational Sound Therapy has proven to have significant results benefitting our health both physiologically and mentally. The low vibrations increase energy and cellular regeneration in the body. Therefore, inflammation and pain become greatly reduced. The more your muscles relax from the vibrational frequencies, the more your mind relaxes from the repetitive tone and frequencies.

A question now arises: how can this science of sound fit into our contemporary lives? After all, using bowls and forks for anything other than dinner may seem to some people like New Age nonsense. The beauty of these sessions is that they're not invasive and they're not expensive—which means there's no danger in giving it a try if you're interested.

HOW CAN SOUND THERAPY HELP ME?

Sound healing helps to restore harmony and balance to the body's biological rhythms and processes, re-establishing correct functioning of the Endocrine system (the glands) and thus releasing powerful healing hormones such as endorphins, oxytocin and serotonin into the body.

Sound Healing therapies can help with ADHD, Autism, PTSD, and insomnia to name a few. It also helps to reduce blood pressure, heal the effects of chemotherapy. It also relieves pain from stress-related conditions, the discomfort of fibromyalgia, chronic fatigue syndrome & depression and many more.

It can also bring about:

- Deep relaxation for pain relief and muscles, joints, and bones.
- Soothes and strengthens the nervous system
- Clears & calms the mind (anxiety/stress relief)
- Restores natural biorhythms: breathing, improved sleep cycles and circulation
- Strengthens the immune system
- Improved memory, creativity, clarity and energy

What Can I Expect in a Vibrational Sound Therapy Session?

During a session, the body will go through noticeable changes as it responds to deeper and deeper states of rest and a profound sense of feeling nurtured and supported in a safe space of soothing and harmonizing sound. Relaxation during a sound session brings on the same kind of brain states as yoga, tai chi, and meditation.

Your breathing and heart rate will start to slow down, and your body absorbs the waves of vibration into its muscles, bones, tissues and cells. As the heart rate slows, blood pressure falls, and arteries expand which creates the feeling of warmth. Insulin levels will rise, and the cholesterol levels will fall. Your immune system works best when you are in a relaxed state which allows the body to start to heal and repair itself.

Sessions are enjoyed fully clothed and you can choose to be covered with a blanket for warmth if desired. Therapy-quality bowls are then played around your body and head, while you listen to

the soothing, vibrant tones and feel the gentle vibrations (only the singing bowls will touch you as they are placed at different locations upon your body depending on the session type).

Most clients will start to relax as soon as the session begins as you will be invited to immerse yourself in the sounds of the bowls and allow yourself to just listen, deeply relax, and let go. You may even find yourself completely asleep or in a dreamlike state, *some find that they feel what is likened to “a whole-body orgasm”*, and others may feel very little.

Every body is different and every “Sound Journey” is different, as it is essentially an intuitive process, requiring a deep sensitivity for what each individual person needs at that moment. After waking from a state of the deep relaxation it usually takes a few minutes to reorient (fully awaken) yourself. Clients often report a deep sense of tranquillity, sleep soundly and feel the effects of the treatment for several days.

Whether your tune-ups are weekly or monthly, it is important that you remember to take the time for yourself. Here are a few of the Vibrational Sound Session types offered:

- *Mind Detox or Brain Wave Session*
- *Reflexology and Relaxation*
- *Full Body Cellular Toxins Cleanse*
- *Sound Journeys for Children*
- *Sound Baths* - Sound Baths Sessions can be for Individuals, Groups of 2 to 8 people and up (special rates for groups larger than 10).

Why Should I Try It?

Modern-day life is pretty damn stressful, and if you’ve tried other ways to relax with little success, this might help. In fact, some people find it less challenging than meditation because the sounds keep their mind occupied, making it easier to relax and enter into a deep state of calmness.

All you have to do is.....Listen.



SOUND
MESSAGE

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