

Sound Healing

Everything has a vibrational frequency, including ourselves. Because of this it makes sense that sound would have an effect on our health and wellbeing. Music and particular sounds evoke emotional responses in us.

It makes sense to use the power of sound to heal, energise or bring peace to our own selves.

Each person resonates with sound in their own way. There are a number of sound therapies to access and we will explore these in details in the online classes.

How does Sound Healing Work?

During a sound healing session you are typically laying down on a bed or the floor and the practitioner will use a variety of instruments, or just one sound healing tool, at precise moments creating an immersive experience of vibration through your auric fields, your chakras and your body.

The sound frequencies slow down your brain waves. You may experience the ALPHA, DELTA and THETA waves. Each of these waves put you into an altered state.

In this state you access subconscious levels of healing. Your Soul is always in control and what you need is what you will receive in the healing.

For example if you are healing from a deep trauma, sound healing will access forgotten emotions associated with that trauma, in a controlled setting, allow you to feel then release them. Or you may have an euphoric emotional release. You cannot predict the response and it is important to choose your practitioner wisely so they may assist you throughout the healing.



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How does Sound Healing Work?

Lets look at the brain waves **5**

BETA brainwaves operate at 13-40 Hz. Associated with worry, stress, paranoia, fear, irritability, moodiness, anger. Connected to weakened health and immune system. Fully awake and alert. Nervousness, depression, and anxiety. People spend most of their time in the beta state.

ALPHA brainwaves operate at 7-13 Hz. Meditation Begins • Mind Chatter Slows Down • Great For Learning & Studying • Creative Ideas Flow • Reverse Brain's Aging • Habits, Fears, Phobias Melt Away • Calm & Peaceful • First Layer Of Subconscious Mind • Gateway To Deeper Mental States • Advanced Focus • Relaxation Begins • Serotonin • Endorphins • Good For Anxiety, Depression, Stress, Panic • Mind Power • Happiness • Confidence

THETA brainwaves operate at 4-7Hz. Deeper Meditation • Near The Stage Of Sleep • Vivid, Dreamlike Imagery • Creative Visualization • Feel More Open & Connected • Advanced Problem Solving • Super Creativity • Insight • Intuition • Inspiration • Deeper Subconscious To Super-Conscious Mind • Trance-like • GABA • Immune System • Serotonin • Endorphins • Acetylcholine • Lower Cortisol • Deeply Relaxed • Sleep Better • Emotional Intelligence

DELTA brainwaves operate at 0-4 Hz. Deepest Meditation • Many Scientists Believe To Be The Most Beneficial State • Associated With Deep, Dreamless Sleep • Unconscious To Super-Conscious Part Of The Mind • Super-Healing • Best For Immune System • Rejuvenation • Renewal • Health Restoration • Longevity • Overcome Insomnia • Highly Advanced Awareness



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Sound Healing Types

Sound Baths are the most common type of sound therapy that is led by one or more musicians playing gongs, Tibetan singing bowls, temple bells, and other percussive instruments. A sound bath is a meditative experience where you lie down and allow your body and mind to be filled with soothing sounds.

A sound bath allows us to enter into a state of meditation, where we focus on the instruments and vibrations around us rather than our thoughts. It allows us to focus inwardly while still being aware of what is happening around us. When we listen carefully to these resonate sounds, we can hear the subtle differences in pitch, tone, volume, and rhythm. These variations create a sense of calmness and relaxation.

Guided Sound Meditations are a popular type of sound therapy where, an experienced musician plays specific instruments and guides you through a visualization or meditation. The musician will play the same note over and over again until you reach a state of deep relaxation. You may notice that the notes seem familiar but they have been arranged differently.

Guided Sound Meditations emphasize meditation facilitated mainly by imagery & instruction, rather than sound alone. Sound is present and aids the journey, but only serves as a backdrop to enhance feelings of calm & ease. The sound can take many forms, from nature sounds, to gentle music, or simple droning of crystal singing bowls.

Chanting and Kirtan are a group led practice of people singing and chanting mantras. Kirtan is a powerful tool for cultivating mindfulness, concentration, and compassion. In addition to being a wonderful meditative experience, kirtan is also a great way to connect with a spiritual community and the divine.

Vibroacoustic Therapy uses low frequency sound waves to stimulate the body's natural healing response. A bed, chair, or mat with embedded speakers is used to listen to and physically feel the programmed healing vibrations.



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Sound Healing Types

Acutonics involves placing one or two tuning forks on various parts of the body to stimulate acupuncture points, trigger points, and/or areas of discomfort. These points are connected to meridians and chakras throughout the body, which means they affect the entire system. By stimulating these points with high-frequency sound waves, the practitioner aims to release blockages and restore harmony within the body.

Binaural Beats are recorded music that spaces pure tones slightly apart from each other. They are designed to induce certain brainwaves by creating a frequency mismatch between them. When played back through headphones, the brain will make up the difference in oscillation and become entrained into a different brainwave state, such as alpha, theta, or deep delta. This allows us to enter a trancelike state where we can access altered states of consciousness

Source: <https://www.yogabasics.com/connect/yoga-blog/sound-healing/>



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Sound Healing



Shamanic Drumming Healing: 1

"Rhythmic drumming is used in shamanic ceremonies to induce a state of trance. During the altered state of consciousness caused by drumming you may feel either energized or relaxed. Your body experience often becomes distorted, and you may feel pressure, expansion or vibration in various parts of your body"
Drumming induces relaxation and promotes releasing endorphins.

Drumming ~220 BPM (4-7hz) induces a trance like state and the brain produces THETA waves. At this point the mind is able to enter a deep place of imagination, lucid dreaming and access to altered states of consciousness.

Colour:

Emotion:

Physical:

Impression/Intuition:

Spiritual Message:



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Crystal Singing Bowls



The singing bowls are traditionally made from quartz crystal.

Each bowl is attuned to a musical note. The body, chakras and aura resonate to particular notes and when the crystal bowls are played the vibration of the note will connect.

The vibrations will only heal what is necessary. You cannot overdose on the vibrational medicine of crystal bowls.

Notes and their corresponding chakra points

C - Base Chakra
D - Sacral Chakra
E - Solar Plexus
F - Heart Chakra

G - Throat Chakra
A - Brow Chakra
B - Crown Chakra

Colour:

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Physical:

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Gongs · Chimes · Singing Bowls



Gongs: A gong is a percussion instrument formed from a circular metal disc. Gongs are played with mallets, a type of percussion beater with a large, felted head

Chimes: The chime can be played in many ways both naturally and manually. A light wind or breeze is sufficient to catch the sail and puts the tune at the choice of nature itself. When used as a hand held instrument the chime is easily manipulated into playing melodic passages.

Singing Bowls: Buddhist monks have long used Tibetan singing bowls in meditation practice. Some wellness practitioners use Tibetan singing bowls during treatment.

These three percussion instruments are similar in their effects on the body's vibration. They take you from ALPHA, THETA and DELTA states. They are most used for sound baths and meditation

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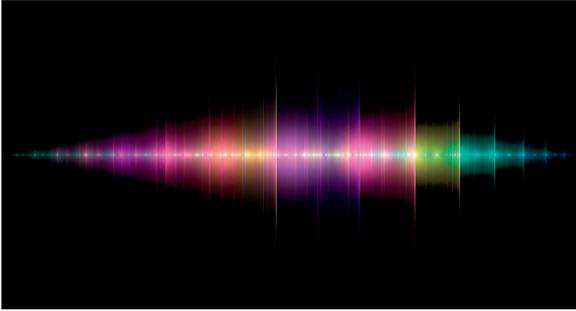
Spiritual Message:

Sound Healing

Solfeggio 2

Solfeggio frequencies refer to specific tones, which can be used to elicit either a mental or physical response. These frequencies positively affect the mind and body with those at a certain amount of hertz the most effective.

The primary 9 Solfeggio frequencies range from 174 Hz to 963 Hz.



174 Hz – Relieving Pain and Stress
285 Hz – Healing Tissue and Organs
396 Hz – Liberating Guilt and Fear
417 Hz – Undoing Situations and Facilitating Change

528 Hz – Transformation and Miracles
639 Hz - Connecting Relationships
741 Hz – Awakening Intuition
852 Hz – Returning to Spiritual Order
963 Hz – Divine Consciousness or Enlightenment

Colour:

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Tuning Forks



Tuning forks vibrate at a set frequency after being struck on the heel of the hand and are used for several reasons, including healing with sound.

They can be held by the stem, not the prongs, and are available in a wide range of frequencies, ranging from 64 Hz to 4096 Hz, however, the 128 Hz Tuning Fork is the most commonly used frequency for sound healing.

When struck, usually with a mallet, on a knee cap, or a hockey puck, the tuning fork tines start vibrating a couple of hundred times per second, thus producing waves that transmit powerful vibrations in the air. These back-and-forth vibrations disturb the air molecules surrounding the tuning fork at great speed, smashing more air molecules that, in the end, hit our eardrums and get processed by our brains as gentle humming sounds.

The faster a tuning fork vibrates, the higher the pitch of the note it makes while facilitating the opening of energetic pathways where the body's energy, life force, or Qi flows naturally.

Colour:

Emotion:

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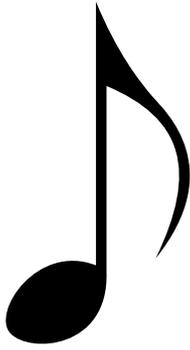
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Spiritual Message:



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Toning

Toning, a form of sound healing, is the practice of making vowel sounds for an extended period of time for therapeutic or meditative purposes. It was developed in the 1980's by renowned sound healer, Johnathan Goldman, who discovered a healing connection between our chakras, vital energy vortexes, and vowel sounds.

Toning is the creation of extended vocal sounds on a single vowel in order to experience the sound and its effects in other parts of the body. No melody, no words, no rhythm, and no harmony - just the sound of the vibrating breath.

In Nada Yoga the chakra tones are:

- Base - LAM
- Sacral - VAM
- Solar Plexus - RAM
- Heart - YAM
- Throat - HAN
- Brow - AUM
- Crown - just listen

Colour:

Emotion:

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Didgeridoo 3

Possibly the world's oldest known musical instrument, the yidaki was developed by indigenous peoples of northern Australia possibly over 40,000 years ago.

Due to its powerful sound vibrations, the yidaki can help listeners enter deep states of relaxation or trance, opening the way for remarkable sound healing that can offer great therapeutic benefits.

Traditionally played as an accompaniment to ceremonial dancing and singing and for solo or recreational purposes, the Yidaki is a wind instrument that produces low frequency sound that we can hear and actual vibrations that we can feel, especially if the end of the instrument is placed close to the body. The Yidaki can be linked to 'musica universaiis' (music of the spheres), an ancient concept that links celestial bodies of sun, moon and planets as a form of music.

Colour:

Emotion:

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Impression/Intuition:

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Music



A pentatonic scale is a musical scale with five notes per octave. Pentatonic scales were developed independently by many ancient civilizations and are still used in various musical styles to this day.

Music makes us feel. Not only does it make us feel happy or sad, music embeds itself in our memories.

Music helps us heal. It lowers anxiety and helps with depression, trauma and stress. The components of music such as lyrics, songwriting and playing all have a healing effect.

Music helps us change. It helps us with our study and self expression.

Music connects us. Where would we be as a group without an anthem or hymn as we come together as one at a concert or music festival to feel part of something bigger than ourselves.

Colour:

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Chanting & Kirtan



When you chant a mantra, you tap into the vibration of that particular combination of sounds, and this has specific effects. The Hindu mantra 'Om' vibrates at the frequency of 432 Hz, considered the basic sound of everything in the universe. Om chanting helps us tune into our connection to all living things.

Kirtan is sung chanting done in a particular way, as part of a devotional practice. It's call-and-response, so you do it with others. Both chanting and kirtan are ways to de-stress and experience more of your human potential.

Kirtan is usually done with traditional instruments such as the harmonium and tabla. With kirtan, there's the added benefit of feeling connected to other people as you share the upliftment in a group setting. This can help you feel a blissful sense of oneness and an openness to the bigger picture or harmony of life – God or the Universe. You don't have to be 'good at singing' – your voice joins with others to form one voice.

Colour:

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Binaural Beats

Binaural beats are when two tones are playing in each ear at different frequencies. The difference in frequencies between the two tones is what your brain ends up processing - this is a binaural beat.

Listening to binaural beats using headphones is best practice.

As an example if you're listening to a sound in your left ear that's at a frequency of 132 Hertz (Hz). And in your right ear, you're listening to a sound that's at a frequency of 121 Hz. Your brain gradually falls into synchrony with the difference – or 11 Hz so instead of hearing two different tones, you instead hear a tone at 11 Hz (in addition to the two tones given to each ear).

Colour:

Emotion:

Physical:

Impression/Intuition:

Spiritual Message:



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Vibrational Healing 4

"Sound is one of the most powerful healers for the Human Energy Field. By imprinting water with sound, the vibration is captured in the water molecule by matching the human energy field with this vibration. Our field resonates with the healing vibration and shifts the energy pattern. Our bodies vibrate and while we all have our own vibration, depending on our attitude, how we think. How we react, changes our we vibrate"



We can make our own vibrational essences using the tools learned about in colours. Using a coloured bottle, add water, add other elements such as crystals or essences, energise your water with sun energy.

Choose your preferred sound and infuse the water with that sound. Use the full length of the sound healing to optimise the benefit. eg. if your song is for 3 minutes, play the full 3 minutes.

Colour:

Emotion:

Physical:

Impression/Intuition:

Spiritual Message:



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Sources:

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- 3** <https://www.livingculture.org.au/yidaki/>
- 4** The Essence of Sound by Evelyn Mulders
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