

## What is Sound Healing Therapy and how does it work?

Sound Healing is probably the oldest form of healing known to man. It was used by the ancient civilisations of China, Greece, Egypt and India. Most indigenous peoples still use sound for healing.

Many indigenous tribes and ancient practices use drumming as part of their rituals. The repetition of the drumbeat allows the Shaman or client to experience meditative or trance like states. It is with this altered state of consciousness that healing can take place.

Hospitals already use sound waves to break up kidney and gall stones. Ultrasound is used to breakdown many different types of tumours and infrasound is used to reduce swelling and inflammation.

How does it work?

Sound healing works due to the principles of resonance, entrainment and intention.

The use of music and sound as a therapeutic tool is a simple, non-invasive process that can bring the mind, body and spirit into harmony and balance. Musical scales encourage a sense of opening and expansiveness. This can lead the client into a deep state of relaxation promoting well-being.

This is realised by toning, singing, chanting or using different instruments of sound: tuning forks, Tibetan or crystal bowls, gongs and drums.

There are several different Sound Healing treatments that work on different levels. As there is a wide choice of treatments, the healer can be more specific about how to treat the clients. Different senses can be awoken by certain resonances and treatments.

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### Tuning Forks

At the moment all my sound healing is done by using tuning forks.

By using different scales and intervals, (2 different notes used simultaneously), I can move energy and unblock imbalances. I can help integrate both body and emotion and reconnect with your true nature. This type of therapy is excellent for anybody who finds it hard to relax. It very quickly takes you into a deep state of relaxation.

Silence is very important in the Sound Healing Process. It is in this space that the body, mind, and emotions can integrate and heal themselves. The breath becomes slower and calmer. You can also hear and see energy moving during this healing time.

Weighted tuning forks are used to target specific areas; these are placed directly on to the body. The vibrations penetrate deep into the affected area.

They are excellent for releasing muscle tension and easing pain.

I also use Chakra Tuning forks. Chakra balancing doesn't only repair deep inside the body but also brings your life back into alignment allowing you to feel totally balanced in all areas of your life.

The sound healing does not only treat physical symptoms, it can awaken peoples' soul and lead them to discover a clearer understanding of their own true nature, self and purpose.

Sound therapy integrates modern science with ancient wisdom traditions. Everybody who has tried this therapy has experienced amazing results.