

# Sound Healing Therapy

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Another form of relaxation is called sound therapy. Usually, when people refer to sound therapy, they do not mean blaring a horn at another person in a high pressured traffic situation. In addition, most people don't google sound therapy and see a yogi meditating in a seated position among JLG lifts and bulldozers on a construction site. Most people think of sound healing when they are sitting by a stream in the woods or when they are listening to a calming song. There are many holistic ways in which sound therapy can be employed whether it's through the use of mantras like the Hindus' started or through Pythagoras' use of interval and frequency.

Sound helps to propel shifts in our brain waves by using entrainment (<https://www.mindbodygreen.com/0-17515/what-you-need-to-know-about-sound-healing.html>). Entrainment balances peoples' oscillating brainwaves by supplying a steady frequency which the brain can adapt to. With the usage of rhythm and frequency, humans are able to stimulate their brainwaves making it feasible to mitigate their normal beta state (normal waking consciousness) to alpha (relaxed consciousness), eventually attain a theta state (meditative state) and lastly, a delta (sleep state). This same idea is employed in meditation, but with sound, the agent used is frequency.

A few tools that can be employed are Himalayan singing bowls, drumming, and tuning forks. Breathing while listening to the sounds will aid the clients and the practitioner in order to calm down more fully. By using osteotonic tuning forks, which vibrate a lower frequency, nitric oxide would be stimulated. This compound is a free radical that 'positively affects pain

transmission and control' (<https://www.mindbodygreen.com/0-17515/what-you-need-to-know-about-sound-healing.html>).

Peoples' 'subtle body' is their energetic body. This body is where peoples' life force exists, which is referred to as qui, chi, or prana. In Chinese medicine, meridian points are employed to discover areas that have restricted energy flow to peoples' physical and subtle bodies. The body contains thousands of meridian lines that are located throughout the body. Just don't try to find these lines on the outside of the body as they are located within. It's similar to when Owen Wilson's character, Hansel in "Zoolander," looks for the programming codes on the outside of the computer when they are really on the inside.

What does sound heal?

- Depression
- Anxiety
- Stress Management
- PTSD
- Reduces Pain

When sound waves reach our ears, they are converted into electrical signals that travel up the auditory nerve into the auditory cortex, the part of the brain that processes sound. Once sound waves reach our brains, they produce sound waves in our bodies. This in, in turn, changes our emotions and relinquishes hormones that enhance our states of mind. Music infiltrates our brain with dopamine, the happy chemical. In addition, music releases oxytocin, a natural hormone and painkiller that helps persons to trust and bond with others. Oxytocin is most prevalently found in mothers during labor.

In addition, music aids in augmenting peoples' IQs. The reason being: music makes people happy and thus, increases their confidence and reasoning ability. Bob Marley was right when he sang the lyrics in his song, "Trenchtown Rock." Marley sang, 'When music hits, you feel no pain.' That doesn't mean that one should listen to this song and then run into a wall. But the point is, music makes people feel good and calm down. So, go book a sound healing therapy appointment and try the sound healing road to happiness.