



## Sound Therapy



**IPHM**

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## Introduction

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## **Sound Energy**

### **Module 1 : Energy**

#### **Part 1: What is Energy?**

Module 1 of the course discusses energy in detail. We talk of the energy that we are made from along with how the universal energy and laws change everything from our health, feelings and even the things around us.

#### **What is Energy?**

Energy is the life force of everything. We used to believe that people were the result of biological science. For so long, we have believed that we are made from solid matter and that we have little control over the world around us. This belief is reflected in medicine to a large degree, even now.

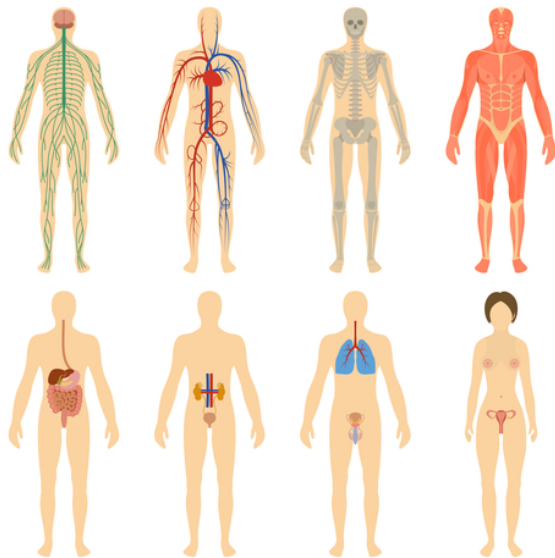
It's true that our bodies are a collection of cells. It's also true that the cells are affected by things in the environment, inclusive of physical diet and external stimuli. Yet we ask you to look a little deeper now and think about what the cells themselves are made from.

Everything in the Universe is a result of energy. You and I are both energy. The screen that you are reading this on is energy in another form, whilst your family and pets are energy too. When you look at it this way, it's unavoidable to accept that we are in fact all one, but simply in different forms.

Quantum physics is currently on a quest to understand energy. Quantum physics literally means the study of the very small. So whilst biological science looks at the human body and mind as cells of matter, physicists look smaller. They look at the atoms and even smaller, the quarks, that make us up as living creatures.

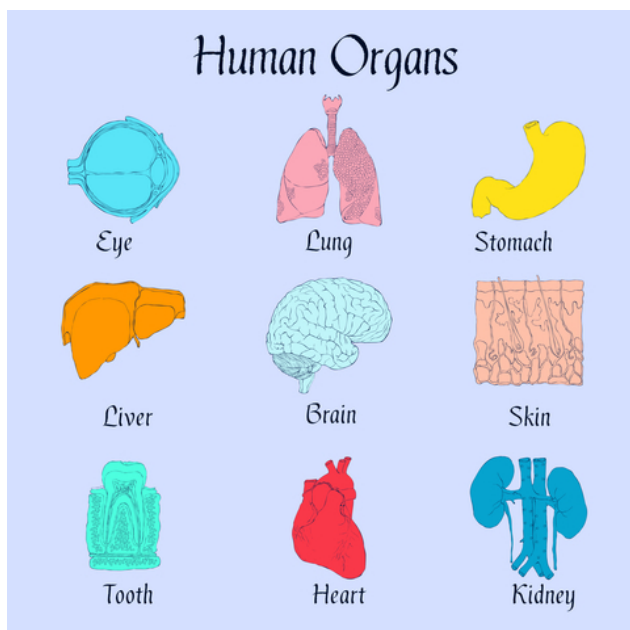
Let's see how this works. Biologically we are made up of the following systems:

1. Circulatory
2. Digestive
3. Endocrine
4. Muscular
5. Nervous
6. Reproductive
7. Respiratory
8. Skeletal
9. Urinary



Each of the systems are made of smaller factors, and as we go smaller and deeper into the body and mind via the route of quantum physics we recognise one fact. We are made up of energy.

Tissues and organs make up each of the systems shown above.



Cells make up tissues and organs

Molecules make up cells

Atoms make up molecules

Forgive my simplification of the process here. I want to press this message because I feel it's important to do so in view of medical sciences disregard for energy healers. When we keep in mind the fact that we are made up of pure energy, we gain a much wider view of the world and our lives as a whole.

It has been recently discovered that atoms are made up of an even smaller substance which has been named the 'quark'. This is the smallest thing we are able to see or comprehend at this point, though quantum physics has acknowledged that, from atom down, the human body is made up of pure energy.

The most fascinating thing about energy that has been discovered is that it cannot be destroyed. It simply changes form. Therefore, the energy that makes up you will always be alive. This doesn't prove that you never die, just that your current energy simply changes form when you do.

## **Part 2: Science and Quantum Theory**

Quantum theory is absolutely fascinating because it looks at the information above in tiny detail. It's the point where physicists begin to contradict biological treatment.

It's vitally important that we understand how quantum physics now offers factual back up to energy healers. This is a big leap in acceptance for natural therapy as a whole.

Physicist Max Planck brought quantum theory to the forefront of the scientific world way back in 1900. His original research was on the colour of radiation from a glowing body and the reason for its change.

Planck learned that the colour change was not possible if the body was a mass of solid energy (matter), yet if the body were accepted as an amalgamation of many smaller energy particles then the colour change was, in fact, possible. Therefore, he made the assumption that all energy was made up of smaller modules of energy.

It was from this point that many famous historical scientists built on Planck's original theory.

Other names associated with the development of quantum theory as it is today, including Albert Einstein, Louis de Broglie and Werner Heisenberg.

Heisenberg theorised the uncertainty principle, which acknowledges that in measuring any particle, we cannot gain a measurement that is specifically correct because different aspects of the particle cancel each other out. For instance, the size, the mass, the vibration and the direction of energy particles all exist, yet it is not possible to measure one effectively due to the existence of the others.

### **What does this mean about reality?**

Because the uncertainty principle exists, we are left with more questions than we have answers. Whilst quantum theory is gaining ground in scientific awareness, there is still the question that exists on the inability to measure particles. We cannot measure particles because the act of measuring them will naturally change them.

When we cannot measure particles, we cannot be certain that they actually exist. As the energy particles are now known to be part of everything that there is, including ourselves, we cannot actually be certain whether we exist.

There is a lot of theory based on what we know so far. Yet, in scientific terms, the word theory is just the name that we give to possibilities. The possibilities that exist because we don't know the facts.

### **The Copenhagen Interpretation**

The Copenhagen Interpretation is a theory that considers that objective reality cannot actually exist as it cannot be measured. Thus, we do not really know if anything really exists when we cannot see it. This gives confusion as to whether the reality that each of us experiences is objective or subjective.

Is everything that we experience real, or is it just real to us? Even the very best qualified quantum physicists do not know the answer to this.

### **Many Worlds Theory**

The second area of possibility as explored by physicists is that of the many worlds theory. We know that energy, on this side of the physical world as we know it, will affect the vibration on the other side of the world. All vibration affects current vibration. My fingers tapping this keyboard and the humming of the PC you are reading this on are naturally affecting all of the energy in the world.

The Many Worlds Theory talks of parallel universe existence, which, in a way, is like the movie Sliding Door. All of the various existences are vibrating alongside each other. It's much more complex than this with variations of all of us existing at the same time and is well worth looking into if you're interested.

As you can see above, we are continually learning, as we have been for many generations, the effect and theories of energy and how it relates to our existence.

Even if we don't know the intricate answers of how energy works, we can be sure that we are made from it and filled with it, as is everything and everyone else around us, inclusive of music and sounds in general.

### **Part 3: Energy, Sound and Mirror Neurons**

#### ***"Everything in Life is Vibration" – Albert Einstein***

Energy is a naturally vibrating substance. Atoms vibrate all of the time and vibration is naturally linked with sound. Even when we can't hear it, feel it or know it is happening, the energy within us and around us is vibrating.

Resonance is an important part of sound therapy. The term describes the internal frequency. When something resonates with a vibration, such as a sound wave, then it becomes greater.

Physics describes resonance as an abnormally large vibration when energies align, whilst chemistry describes it as a drawing parallel of atoms with another vibration.

The main area of resonance within the human body is the chest cavity due to its space. Sound therapy aims to create healing resonance by bringing the sound in tune with the natural vibration of the one being treated.

Finding a personal resonance with voice is achieved by placing one hand on the diaphragm and one on the back parallel and singing from the lowest to the highest note. As the natural resonance is reached the hands should vibrate.

Resonance works in other ways too, which is why we are affected by the energy of others. This is the result of our own energy reading the energy of another and mirroring it.

As vibration naturally draws towards other vibrations we can actually feel our energy dropping when listening to the complaints of others. This is why we must guard our energy wisely or we will end up feeling exhausted.

Of course, we must include our learning experiences, self-esteem and confidence when we consider how our energy is affected by the vibration of others, yet on a deeper level we must consider our natural energy flow too. Regular sound therapy, or other energy healing, can restore the natural vibration whilst untreated negative energy can lead to sickness and depression.

There is also a neuron within the brain known as the mirror neuron which is believed to be one of the most important scientific discoveries of the 20th century, let's take a quick look:

### **Mirror Neurons**

Mirror neurons are important to mention in this context because they talk of energy affecting energy of another. Mirror neurons were first discovered accidentally via experimentation on monkeys.

The mirror neuron is an area in the brain which subconsciously causes one person to mirror the emotional state of another, usually someone they are interacting with. Although we don't know why they exist as it stands at the moment, exist they do. We have to ask ourselves whether mirror neurons are simply an alignment of current energy between two people or living creatures.

Module 2: Healing with sound

### **Part 1: History of the Art**

In this module, we will be talking in more detail of the energy of the body with particular emphasis placed on vibration, along with what happens when the vibration within the body becomes disjointed. We also discuss the history of sound therapy as an art and healing tool.

The basis of sound therapy is that vibration is fundamental to all matter. The atoms within the body are known to be vibrating at a specific speed. The speed varies dependent on the area of the body, yet each area either vibrates with ease or goes awry, which is described as dis-ease. The purpose of this therapy is the use of sound to restore healthy vibration to the body. The energy vibration, when restored, is believed to restore the sufferer to better health. Whilst not considered a science, there is certainly much truth to energy healing, as we look at biological science we have to ask why it is taking so long to catch up with Eastern traditions.

## History of the Art

There is a vast history to the art of sound healing. Along with many of the ancient healing types that began in the East, sound therapy has been used for many hundreds of years and we are just catching up now. Let's take a quick look at the history right here.

Ancient texts give reference to sound and many societies believe that sound was part of the beginning of existence. Think of something as simple as the big bang theory or a cosmic hum of the beginning of everything. The history of sound itself and our recording of it is interesting:

- Comets themselves have a very specific, recordable sound type.
- Geneticists state that they can record our musical DNA.
- NASA can reference the sound of Black Holes in the Universe.
- NASA can reference the sound of each of the planets in our Solar System.

For 40,000 years, the aboriginal instrument that we know as the didgeridoo has been used as a healing tool. It was used to treat everything from broken bones to illness, muscular problems to emotional imbalance. The sound of this instrument has been found to be completely in line with more recent instrument types.

Healing temples that used the three-pronged approach of light, sound and magnetism are a well-documented part of our history. Large and beautiful temples that enabled many people to travel to them and experience the healing vibrations of sound along with other natural Universal healing processes aimed at the body and its natural energetic vibrations.

The philosopher Pythagoras is documented as the first professional to use sound as medicine. The use of chants and different types of music were used for patients who were both sleeping and awake in order to aid disruptive mental states such as anger, aggression or frustration. Pythagoras gained many followers and it's believed that for his practice, chanting and singing in unison was habitual.



As technology grew, so did the awareness that sound was a definite possibility for therapy choice.

Whilst we didn't have the knowledge of quantum theory that we do now, sound and music stayed in focus for health and even medicine.

It was 1928 when German scientist Erwin Schliephake created the Novasonic, in a quest to use the fact of sound being able to accelerate healing.

In 1938, Raimar Pohlman demonstrated ultrasound's therapeutic properties in a Berlin physiotherapy clinic. Then by the 1950's, ultrasound itself was widely recognised and used as an effective part of healing therapy. Mental health has also been at the centre of sound therapy for some time. The natural vibration of the human body is affected greatly during times of stress.



Whether some or all of the vibration is out of sync, the body energy works together as a whole force.

Whilst the vibrations change so do the cells of the body, they become pulled out of structure and the body becomes a less fluid energy flowing whole being.

As energy affects energy throughout the flow (more of this later) stress starts to cause physical problems for the body itself and whilst the flow is disrupted, physical symptoms begin to appear. This is when we begin to see signs of stress such as:

- Allergies
- Anxiety
- Emotional problems
- Food sensitivities
- Imbalance of mood
- Insomnia
- Lowered immune system
- Pain
- The symptoms of illness

Sound therapy is used in a way that restores vibration to its natural state, in much the same way as kinesiology. A healthy vibration is used in order to attract the vibrations within the body and rectify them – restoring natural vibration and in turn a more natural cellular health. Remember the importance of cells on organs and overall health?

## **Part 2: Can You See Sound?**

It is certainly possible to see sound. Take a minute here and ask yourself why and how.

Seeing sound is easy because the soundwave is a vibration. Therefore, not only do we hear vibrations but if the frequency fits we can see them too. Think of the ripples in water and the way things vibrate when there is a loud bang nearby.

Sound is a mere part of vibration and not the vibration itself.

## **Medicine and Vibration**

When we think of sound therapy we automatically think of the ears, as this is where sound enters our body. However, the vibration of sound can enter the body at any point.

For instance, when I visit my physiotherapist he massages my shoulders and spine with a rapidly vibrating machine. This restores the matter in my body by alleviating the tension and restoring the vibration in these areas.

Medical science has begun to accept the importance of sound in health too. The medical, biological aspect of medicine tends to resist the area of energy healing as the facts are not yet established. It is inevitable that with the continuous breakthrough of quantum physicists, at some point, biological science will have to rethink their stance on energy healing.

Ultrasound treatment is a good example of sound used in medical practice.

## What is Ultrasound?

Ultrasound is carried out as part of both exploration, and sometimes treatment, focused on the inside of the body.

The practice is best known for allowing pregnant women to see their babies before birth. Yet is also used to deal with tense muscles, diagnose disease such as cancer and even break down kidney stones and for similar problems within the body.

The basis of ultrasound is the ability of sound itself to pass through density. As different areas within the body are different density types, we can both explore and treat with an application of the right sound with a useful vibration. Currently, when used as a medical diagnosis, the following procedure occurs.

The sound enters the body at a certain frequency to explore its various boundaries. Depending on the depth of boundary, each wave is reflected back to the machine when it hits a density that it cannot pass through.

The reflected waves are picked up by the probe and relayed straight back to the machine, which then organises them into a two dimensional image that can be read by trained experts.

Aside from the proven positive aspects of ultrasound, modern medicine rarely uses sound as therapy, which is a shame considering it's so effective. Yet in the future, things are likely to change.

## Explore Your Energy

Are you aware of your own energy? Do you feel it and know that it exists?

We are raised to believe that we are simply evolved biological creatures. Even many religious teaching types, despite telling us about a soul, often sees us as biological beings. We are energy, though, but because we have never learned to explore it, we often only feel it when we are feeling low.

### **Do you feel your own energy? Try this exercise:**

Stand or sit with your feet grounded and reach high with the crown of your head. Close your eyes.

Place your hands in front of you palms apart and then imagine drawing the energy from the air above you, into your body and down your arms into your hands. At the same time, draw the energy from the ground into your feet, up your legs and down your arms into the space between your hands. Do this for as long as you need to and you should soon feel the energy between your hands.

It may feel like a solid object, it may feel alive. This really depends on you. But it is energy and it is there, because it's everywhere.

### Part 3: Energy Entrainment

Entrainment is a vital part of understanding energy. Christian Huygens, a Dutch scientist and the inventor of the pendulum clock, noticed that pendulums naturally synchronised after a few hours and began swinging at the same speed.

Entrainment describes the effect of energy being naturally attracted to the strongest energy in the immediate area. The pendulums became synchronised because their energy attracted.

Entrainment of energy is unavoidable. We naturally begin to vibrate in the way of stronger vibrations around us. Just as the pendulum of the clock described above synchronised energy, so does each particle of energy within the body.

There is no way that we can escape entrainment and neither does it choose energy that is good or bad for us. If a stronger energy is bad for the body, or bad for our own emotional energy, we will synchronise with it. The internal and external rhythms will entrain and this is unavoidable.

When the internal vibration or rhythm speeds up, the heart rate speeds up too. You can practice the awareness of this by taking your pulse in a few different surroundings and making a note of its rhythm and changes.

Entrainment happens in everyday life and it works like this. When we are entrained with all of the energies around us, we use a lot less of our own energy. If we step into stressful situations or we feel a bad vibration in an area, it is highly likely that our own energy is being affected by joining with the stronger, environmental energy vibration.

When our energy is affected, the cells will be affected and so will the organs, and eventually health as a whole.

Now, we may feel that something has changed when we are around certain people, noisy areas or situations of stress and it has. We often do not know why, though, yet with the knowledge we now have of vibration, we can say that it is certainly real, backed up by quantum physics.

Examples of everyday entrainment include:

- A good public speaker who captures people with his voice.
- Long distance running in a group, such as fun running or similar where all runners are going the same way and drawing energy from each other.
- Music that reaches many people at once such as festival music.
- The water within the body (70% of us is water) aligning with the moon and tides.
- Women that begin to menstruate at the same time when they live together.

The most important thing to remember about this is that entrainment has no conscience or sense of right or wrong, it simply is. The process is an energetic one and does not involve logic. It's a law of life that when a vibration is stronger, all other energies in the area will begin to attune to its exact vibration.

Meditation and similar calming strategies teach us to slow down our own vibration regularly in order to be able to cope better in the situation of entrainment. Meditation has shown to aid both mental and physical health and well-being; it even changes areas in the brain.

So, meditation slows vibration and attunes it with healthy, natural energy, whilst sound therapy is used as a first aid and long-term healthy approach to bring energy back to healthy levels.

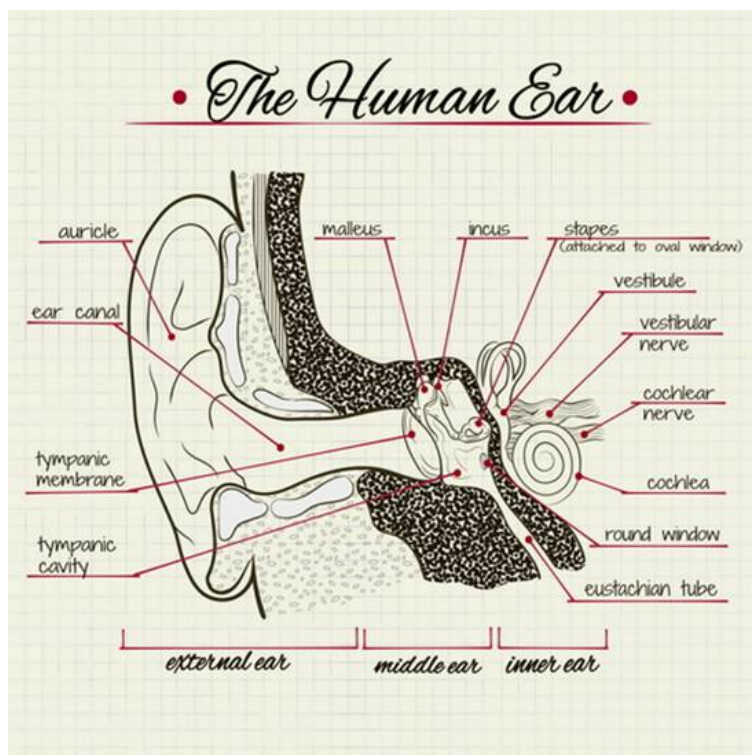
The role of sound therapy is to find the vibrational problems and then rectify them with an adapted vibration to put the energy within the body at ease.

#### Part 4: The Ear

The human ear, though brilliant, can only pick up certain frequencies. It can be easy to believe that if we have good hearing and can't hear anything at the time, then there is nothing going on.

However, this is not the case. For sound is simply vibration and even if the ear cannot hear, the vibration is still present.

The body is affected by vibrations in the environment all of the time, and our internal vibrations have no choice but to react. When we use sound as therapy, the sound that we hear is secondary to the vibration within the energy of the body.



The ear itself works on vibration. This is exactly why it is called the eardrum. We hear sounds when their vibration makes our own eardrum vibrate. If it vibrates too quickly it can become damaged and even break down completely.

Think of someone who has lost their hearing and yet can still sense the presence of another person approaching. They are reading the vibration via their body's energy rather than hearing the sound the footfall makes.

#### Part 5: Cymatics

Cymatics describes the visual aspects of sound and is used to determine the resonance of musical instruments. We can see sound by the movement of small particles near it, or the movement of water when we run our fingers around the edge of a bowl filled with it.

The movement of sound through matter is a vital area of sound therapy because after all, we are matter above energy and to get to our energy points, our matter must be passed through in the same way.

In the early 1800's, German Physicist Ernst Chladni recognised and explored the effect of sound on small particles of matter. He was aptly named the "father of acoustics" for his studies.

In 1967, *Cymatics – The Structure and Dynamics of Waves and Vibrations* was published by Hans Jenny. The focus of the book was the effects of sound on particles and how the specific particles will still vibrate regardless of whether they are in or outside of the body.

As we learn more about the body and our existence through quantum physics, we are surely having to accept that the ancient teachings of energy healers are based in fact. Medicine and natural therapies are drawing parallels in their knowledge and the things that biological science has rejected for so long are being proven by quantum physicists.

We are living through fascinating times where, with study, we can learn just how powerful we are as individuals. Remember, we are energy and energy is never destroyed. Sound can change the vibration of our energy so by learning more about sound, we can most certainly heal the energy within our bodies.

Then when we have learned to heal ourselves in this way, we can also learn to do the same for others.

Module 3: Beyond listening

### **Part 1: Exercise and Sound Waves**

This module explores the act of listening as it is associated with sound therapy. It explores the difference between listening and hearing whilst teaching the student to differentiate between the two. We also discuss the sounds that cannot be heard by the human ear.

As a species we tend to forget how to listen. We end up doing only the basics, even when we communicate with each other. We spend time in conversation waiting to speak and as we explore the world, most of our other senses take the lead role in this exploration.

There are entire courses teaching people how to listen to each other. It has been given the status of active listening and in business, people are taught to learn and use many cues and body language tricks to get the information they need.

Other than human communications we often hear things but rarely listen to them. We are aware of music in the background but focus on something else. We tune out chatter and take our hearing skills for granted a lot of the time.

Sound therapy involves learning to truly listen to sounds, not simply hear them but to feel them with all areas of the body and mind.

## **Exercise**

What can you hear right now? Stay completely still and listen carefully. You may hear people talking, a radio, your computer buzzing or you may think that you can hear nothing at all.

Wait for a while, can you hear your own breath passing through your nose and mouth? Is there complete silence? Ask yourself whether you have ever heard complete silence.

Whilst we place some importance on teaching our children to listen, and also carry out much remedial listening therapy for people suffering hearing impairment, most of the teachings are focused on communication as opposed to the sounds all around us.

Medical therapists offer many audio visual therapy types. Yet sound therapists do things differently.

When listening and sound therapy meet, we begin to reach the energy within the body. Sound therapy involves listening properly and feeling the sounds to restructure the energy within the body. We will return to listening shortly, but first I must stress the importance of sound waves and their effect on our health.

## **Sound Waves**

What are sound waves?

Waves are how sound travels. Think of the Mexican wave at football games where it begins at one end and the energy moves along to the other. This is how sound travels but unlike the man made wave, it happens naturally and cannot be stopped.

A sound wave is a vibration. It begins at the sound and moves out into the atmosphere, much like the wave of water when we throw a stone into a lake. The ripples flow outwards from the sound and as they get further away, the energy becomes lessened.

The sound wave will change the energy within your body as it passes through it. This is why loud noises can stress you out.

The more physics you understand, the better equipped you will be to heal with sound. So even if you were not keen at school or are not scientifically minded, if you are interested in energy healing then you will find quantum physics useful and fascinating in every level. I highly recommend you look deeper into energy and how physics views it.

## **How do sound waves heal?**

Everything is made from energy, as we have already established. The difference between a human and an inanimate object is how quickly the energy within us vibrates. This is a very simplified description, but for this purpose, it's important to recognise this fact.

Sound waves are energy too. They are vibrations that pass through an object or other material. Sound waves move in frequencies, and dependent on the hearing capacity of the being they meet, they can either be heard and felt, simply felt or neither of the two yet still affect the body that they reach.

This is an important thing to understand within sound therapy because even when we do not feel the vibrations, hear the sound or are not aware of the presence of sound waves, they can still affect our health in a detrimental way.

Whether you click your fingers together or a demolition team takes down a high rise tower the effect will be the same. Sound waves will affect everything in the universe, because the universe is energy and everything within it is vibrating at its own speed.

## **Part 2: Waves Transport Energy**

A wave, regardless of its type, is transporting energy and not matter. Whilst matter may be disturbed by a wave, it always returns to its original form because only the energy is being transported.

The best way to understand this is by looking at how waves in water act. When we throw a pebble into a lake we send ripples across the water, which are waves of energy. After the energy has passed through the water, the lake becomes still again. The lake isn't changed, it just carried energy for a while.

Similarly, when we look at waves in the sea, we are only observing the energy within the water moving. This is caused by the earth's energy and is an altogether bigger topic. Yet sea water is sea water regardless of whether it carries energy or not.

Isn't that fascinating?

Soundwaves move in frequency. The frequency is determined by the current vibration within the wave.

Along with acknowledging the sounds we can hear, it's important to acknowledge that the human ear is incapable of hearing many of the sounds and vibrations that we live with on a daily basis. Therefore, our energy is affected by not only the sounds we can hear but also those that we can't.

When sound waves reach the ear they are diluted by passing from air into solid material, the ear itself.

## **Frequency**

Waves are measured in frequency. This is another area of physics that may take a little while to understand. Frequency describes the regularity of vibration and is measured in hertz.

Frequency means the amount of time something happens whilst period means the length of time that it happens for. For instance, when we drum on a taut instrument, the frequency is how many times the drum is hit, whilst the period is simply how long each hit lasts.

## **How Sound is Measured**

So now we are aware of how the period and frequency of a wave is measured, let's take a look at how sound waves are defined by their volume.

The level of sound is determined by the particles of energy banging together because of the level of vibration that is carried out. So, for instance, if you clap your hands together you are making a sound equal to the vibrations you create with your movement. If we hit a bell, we are creating a different sound because the particles of a bell are different to the particles of our hands. Therefore as they vibrate, they sound different.

If an earthquake happens we can not only feel it but we can also hear it. The sound of the earthquake is louder because the energy affected is on a much larger scale.

Sound is measured in decibels and they relate directly to what the human ear can hear and understand.

### **Part 3: What Our Ears Can Recognise**

Whilst our bodies recognise vibrations, our ears only hear a certain range of sound when it goes into the ear. This range can change with hearing loss and become restricted.

An average the human ear can hear 20 Hz to 20 kHz, with a possible low of 12 Hz and as high of 28 kHz if conditions are carefully managed.

Think of how we have our ears tested. The sounds are often difficult to recognise, being shut away in a soundproof box and straining to listen carefully to bleeps of a certain range.

### **Other Animals**

There is a range of animals that can hear much higher frequencies than humans. Dolphins and whales, dogs, cats and bats all hear much more than we do at the higher end of the scale.

Sound does not just affect the body, though, because it affects everything that it reaches. If the vibration of sound is more powerful than anything else at all, then the weaker item can no longer stay solid. This is why some opera singers can smash glasses with their voices.

Any sound above the highest frequency of human hearing is known as an ultrasonic sound, whilst anything below the lowest frequency that people can hear is called an infrasonic sound.

The vibrations of buildings and bridges are slow and below the lowest frequency of possible hearing. There has been some research on the vibrations associated with bridges, and it is believed that although they cannot be heard, bridge vibration can affect the natural beat of the human heart.

Our vibrations change when sound waves reach us. As previously discussed our vibration speed can affect our health and well-being. Therefore, not only are our ears sensitive to sounds but so are our entire bodies, which is the basis of therapy or healing with sound.

The vibrations of sound that we cannot hear still exist, they always have an effect on our energy to some extent, yet because we can't hear due to the limitations of our ears we rarely consider them.

French scientist Gavreau, along with his team, found that a false ventilator in their laboratory was the cause of nausea within his entire research team. With this finding, he abandoned his current



research to study the possibility of sonic weapons and the effects of infrasound on humans. They worked on a project that was able to emit a distinct ultrasonic sound, which had to be abandoned because it made the entire team very ill the first time it was switched on. In fact, it almost destroyed the building within which they were working.

Many aspects of sound can affect the human body. The purring cat is known to both calm stressed animals and bring down the heart rate of the person petting the animal. Cats have long been associated with stress relief because of this and scientific findings are confirming this all of the time.

There is also a range of home alarms that emit a soundless alarm that renders the intruder physically incapable of moving and even dog whistles that only dogs can hear.

## Module 4: Chakra Energy

### Part 1: What is a Chakra?

In this module, we will discuss the chakras along with the energy flow around the body. It has long been believed in energy healing practices that the chakras have great power within the body. This module introduces the theory of the chakra, the energy flow and how its balance or imbalance can affect health and well-being.

In ancient energy practices, a chakra is believed to be the area where energy and matter meet. The chakra itself is believed to be a disk of energy, and there are seven major chakras located within the body, in a line from the base of the spine to the crown of the head.



The lower chakras within the body, moving upwards from the base of the spine, are related to matter whilst the ones higher up are energy chakras. The fourth chakra up from the bottom is where matter and energy meet.

Chakras are the energy disks within the body. They rise up from the base of the spine to the top of the head. Each has a various role and each can become imbalanced in its own right. A lot of

energy healing focuses on the chakras in some way. In fact, all energy healing acknowledges that they exist and have a very real part to play in energetic and therefore, physical health.

So let's take a look at exactly what each of the chakras represent.

In a line from the base of the spine to the crown of the head, they are numbered in increasing order.

Each chakra has its own role within the body and they must stay in balance in order for the body and mind to stay healthy. Let's take a look at the chakras.

### **The First Chakra**

The first chakra relates to stability, security, and the needs of the individual. It encompasses the lower part of the spine along with the colon. The first chakra or the root chakra is associated with:

- Balanced emotions
- Bladder
- Colon
- Security
- Self-confidence
- Stability

With an imbalance, we can feel fear, arrogance based in fear along with being quick to anger.

As the chakra that is associated most with the physical world, this is the one which is the energy area most associated with our basic needs and security.

### **The Second Chakra**

The second chakra is linked to sexual nature and creativity. Located above the pubic bone, below the navel, this is the chakra most related to creativity. This chakra is related to:

- A grounded nature
- Compassion
- Creativity
- Happiness and energetic nature
- Intuition
- Stability of emotions

The second chakra (or the sacral chakra) is our emotional security area and when it's out of balance, we can experience timidity, attachment problems, sexual guilt, trust problems and lack of self-esteem and confidence.

### **The Third Chakra**

The third chakra occupies the area from the navel to the breastbone. Personal power is held by this chakra. It is associated with:

- Self-confidence
- Self-motivation
- Sense of purpose

This chakra is the difference between feeling empowered and motivated or low and lethargic. The third chakra is also known as the solar chakra. When balanced, you are able to ignore the ego and show great appreciation to others around you.

### **The Fourth Chakra**

The fourth chakra is where energy meets matter. It holds a very important place in the body and well-being. Chakra number four is at the centre of energy and matter. It is also known as the heart chakra.

This is the centre point of our love and connection. When the heart chakra is open, we can:

- Experience empathy
- Practice compassion
- Resist judgemental thoughts and behaviour

Yet when the energy disk is blocked, it leaves us feeling shy or lonely, lacking compassion and unable to empathise. We also fall into harsh judgement of others when the heart chakra is out of line.

### **The Fifth Chakra**

The fifth chakra is the throat and voice and this fits well into sound therapy that uses chanting along with the voice to restore vibration. This is the communication chakra and if out of balance, it can cause a lot of problems, inclusive of lying, arrogance, gossiping and harmful talk about others. Imbalance can also lead to manipulative behaviour.

A balanced throat chakra will enable good communication through both the voice and other areas.

### **The Sixth Chakra**

Chakra number six is the spiritual centre, the intuition, and is also known as the third eye. Located between the eyes on the forehead, this chakra is linked with the following:

- Dreams
- Higher consciousness
- Imagination
- Inspiration
- Intuition
- Memory

The sixth chakra is the place we go for inner guidance and awareness. It is the sixth sense and the area that we work on during meditation, as it's the front of the brain. Interestingly, we can change this brain area through meditation.

### **The Seventh Chakra**

Chakra number seven is the crown of the head and is directly linked to spiritual existence. We activated this area when we did the energy influx exercise earlier in the course. It is our spiritual energy source.

The chakras themselves are described as disks or swirling wheels of energy. They are responsible for and control energy flow around the body. They send out the energy flow to all cells and the

energy pathways are called meridians. When a chakra is out of balance, the energy cannot flow around the body, which causes many problems.

## Meridians

The chakras and meridians work together within the body to create a perfect energy flow. The human body is made up of energy, an energy that resonates with everything around us inclusive of the earth itself. The natural energy flow around the body is directed by the chakras to the 12 main meridians, which then pass the energy out to all of the cells in the body in order to maintain good energy flow/vibration and, therefore, good health.

Meridians are the energy channels within the body itself. Originally a concept of the holistic approach to medicine in China, we have started to recognise the energy within our bodies. With this recognition, energy healing has become much more favoured by ever-increasing clients over a constant influx of medication provided by medical science.

The meridians are believed to behave in the same way as chakras. The energy flows freely through them and if an imbalance should occur, then the person will be in a state of ill ease. When used in Chinese medicine, the meridians are key to acupuncture points. The therapy of acupressure also uses these energy points to ease problems in the body, as does kinesiology and many other therapy types.

There are 12 major meridians within the body. If the energy flow to or around these is interrupted, then the body will go into a state of imbalance, as will the human being as a whole.

1. Bladder meridian
2. Gallbladder meridian
3. Heart meridian
4. Kidney meridian
5. Large intestine meridian
6. Liver meridian
7. Lung meridian
8. Pericardium (Circulation/Sex) meridian
9. Small intestine meridian
10. Spleen meridian
11. Stomach meridian
12. Triple Warmer meridian

Energy flows from the major meridians to the smaller cells within the body. A few different natural therapy types work with the knowledge we have on meridians and opening the body's energy flow.

In traditional energy medicine, energy is described in many different ways.

Chinese medicine refers to the energy within the body as Chi (Qi). Whilst traditional Eastern medicine can be shunned by the Western, biological approach, kinesiology brings the two together.

We are also thought to align with the universe, which is unsurprising considering that we are an integral part of it.

## Part 2: Chakra Sounds



Chakra healing is often connected to sound therapy amid other energy healing types. Each chakra has its own resonance and will respond to specific sounds. Vowels and mantras are commonly used for chakra balance and have been for many years. This is at the point where voice therapy as a sound healing treatment comes in.

Voice therapy is a very specific area of sound therapy. For the fifth chakra in particular voice therapy can be used to achieve balance and perfect energy flow. Whether taking sounds in or making sounds (putting sounds out) the fifth chakra will benefit greatly.

### The Aura

The aura and chakras are linked within the energy of the body. The aura is the energy within the body showing itself on the outside and around the body itself.

The aura is a seven-layer energetic field and each layer is associated with the chakra area of energy.

The seven layers of the aura are:

1. Etheric
2. Emotional
3. Mental
4. Astral
5. Etheric Template
6. Celestial
7. Ketheric

They begin at the body and each layer then adds as closest to energy source, which some call God, others call it the Universe. The layers are related as follows:

1. The Root Chakra - Etheric layer of the Aura, which is closest to the body.
2. The Sacral Chakra - Emotional layer of the aura, which is the second layer of the visual Aura.
3. The Solar Plexus Chakra - Mental layer of the aura, which is the mental aspect of our energy.
4. The Heart Chakra - Astral layer of the aura known as the bridge.
5. The Throat Chakra - the Etheric Template. This layer of the aura is the part that is connected to the Astral Plane and out of body experiences.
6. The Third Eye Chakra - the Celestial layer, which is directly associated with the energy source, or God.
7. The Crown Chakra – the Ketheric Template layer of the aura binds all of the spiritual experience to the body and the universe. This area is the aura associated with past lives and spiritual experience.



### Sound and Energy

As we have already established, sound will interrupt the natural vibration of the body. This is unavoidable. If the natural energy in the body is interrupted too much, this can happen via sound or many other ways, the Chakras will become hindered and so will the energy flow.

Whilst emotional upset, physical problems or simple learning can upset chakra balance, hundreds of years of sound awareness in Eastern healing techniques has learned the type of sounds that can restore balance.

Therefore, sound therapy is often used to rebalance chakras, meridians and energy flow as a whole. Therefore, balance vibration and ultimately health and well-being.

### Part 3: Emotion and Sound

Emotion and sound are more accepted scientifically than some of the other energy healing processes.

Have you ever heard a song and been transported back to the place you were when you first heard it? Maybe a wedding, a summer in your teens or a sad time? This is because the emotions react via memory when triggered by the senses.

When we hear a sound, the noise passes through the ear to an area of the brain that explores it. During this exploration, the sound is introduced or reintroduced to the memory area of the brain, to establish whether it has been previously learned.

If a sound has been previously learned, it will be linked in the memory area of the brain, not only with the sound itself but also with the associated memory that was formed at the time.

Even when we have no conscious reason to associate the two things, the memory of sound and memory of circumstance, we still do because the entire experience formed a new memory that is intricately entwined within the brain.

This is why a song can trigger grief, why fireworks can trigger fear in PTSD-suffering veterans and why we can hear the sound of an orchestra and think of a film. For instance, the powerful scene from the movie *Platoon* always comes into the mind when the accompanying music is played or James Cromwell dancing for the pig makes us smile even when we are not watching the movie *Babe*. Because the memory is plaited perfectly between sound and emotion.

Because the area of our brain that deals with memory can be changed, we are always making new memories. Yet we usually retain the ones that affect us emotionally for the rest of our lives.

## Module 5: Voice Therapy

### Part 1: Exercises

This module focuses on the voice. The objective of the module is to understand voice therapy for energy healing purposes. We also discuss how voice therapy is carried out in the medical professions.

The voice itself is a fantastic tool in sound therapy. Sound therapists use the voice in many ways to settle and rebalance the energy in the body. It can be used to bring forth a state of hypnosis and trance, along with sharing information and reciting life changing affirmations and mantras.

The sound of the voice will change dependent on where it comes from. It has been shown that when we speak from the throat people are much less likely to listen than when our voice originates in our chest. Similarly, when the voice is nasal we can rarely hold attention with our words.

The first step of voice therapy as an individual is to assess the breathing technique. Breathing only through the top area of your chest, you:

- restrict oxygen intake which prevents plentiful oxygen reaching the brain or body
- allow toxins to stay in the lower part of your lungs

Breathing deeply goes beyond your lungs and brings the diaphragm into the mix. By expanding your diaphragm with deep breaths you are naturally expanding the lungs and bringing much more oxygen into the body.

Deep breathing and conscious breathing are intertwined. When you breathe consciously you are also taking a step into meditation, as this involves first acknowledging and focusing on the breath.

Ask yourself now how often you actually focus on your breath itself. Do you take it for granted? Without making any changes to the way you are breathing at the moment, observe your breath. Do you think you are filling your lungs? Does your breath ever reach your diaphragm?

Interestingly, we tend to fall into shallow breathing in order to stay alive and alert. This may be due to a fear of running out of oxygen and happens on a very subconscious level.

Ironically, the shallow breathing that we tend to embrace also becomes our enemy for we lose the art of listening to our bodies. The lower part of the lungs loses effectiveness and we are unable to procure mindfulness with shallow breath.

Dr Weil shows us two different types of breathing exercise to bring us close to our breath, as below.

## **Exercises**

Breathing exercises help you to become aware of the breath and its effects on the body.

1. One common exercise used during yoga is to breathe deep through the nose but slightly close the back of the throat. The restriction in the throat area should make the breath itself sound like the ocean. By acknowledging the sound, which can be quite noisy to your own ears, you are able to better monitor the breath and your own natural breathing type.
2. Counting your breaths is another way to gain better focus in your body and energy. A common meditation type is to go somewhere relaxing and count 100 breaths. Each in/out is counted as one specific breath. It's a very simple way to enter a meditative state by focusing on the breath entering and leaving your body.

## **Part 2: Exploring the Voice**

Exploring the voice is the next step of sound therapy via the voice itself.

Toning is a method of making sounds with the voice that make the energy in the body feel better. Many therapists use toning in chakra balancing, and some commonly used chakra balancing voice sounds include vowel use. Remember that you can find your own resonance as we discussed earlier, by exploring your voice.

## **Toning**

As we have already discussed the chakras you will be aware of how each of them affect a different area of the body, feeling and sense of awareness. When we begin to use the voice through toning we can naturally speak to the chakra that each specific sound resonates with.

We begin toning early in our lives. Even in the womb, we are experiencing the vibrations of our mother's voice and those around her in the physical world. As we come into the world we are continually learning to use tone. From the screaming baby to the shouting child, all is toning practice.

As children we are often told to keep quiet and thus our toning becomes hindered by the fact that it's inconvenient to others. We start to learn that making sounds from our mouth may simply be too much for those around us and can even be on the first step to repressed adulthood.

Even as adults, if someone talks too loudly we can find it uncomfortable and not entirely socially acceptable. We have even been taught to perfect a silent scream so as not to allow our stress relief to affect others and cause embarrassment. Let's face it, society does not take well to someone talking to themselves, let alone chanting or uttering mantras.



For the reasons described above, you're likely to feel self-conscious when first using your voice for anything other than talking.

Sadly, because we are dissuaded from using voices in this way, we miss the benefits of energy healing with voice. So put aside any embarrassment you might feel and you will quickly feel the benefits of toning practice.

### **Toning in Practice**

Toning in practice is actually great fun. You may want to begin with a vowel sound as these are the easiest to use. A, E, I, O or U. The idea is that you allow your breathing to incorporate a tone until it becomes comfortable.

Place your feet flat on the ground for this exercise. Touching the earth will help. Sit in a chair and take some deep breaths then allow a tone to attach to your breath as you practice. The tone will be completely personal to you regardless of which vowel you are using at this point.

When you are used to the most natural sound direct it into the area of your body it feels most comfortable. This will establish energy vibration in that specific area, the area where your body needs it the most.

It's amazing that by perfecting a toning process and practising it regularly, everything within the body and mind can adapt, leaving us much healthier and capable of dealing with life in a happier, more positive and highly competent way.

As a sound therapist, you will find that each of your clients are different and that toning for them may be difficult, you are there to help them with this.

### **Why We Need To Tone**

Toning restores our natural energetic state.

We can move away from our natural voice tone throughout our lives for many different reasons. Whether our job dictates we speak louder or quieter, we have learned via personal development courses to adopt a certain tone or we simply find that people respond better to a different pitch, we often move further from our natural pitch as we grow.

This can cause problems though because to use a tone that's unnatural to us causes strain in the vocal area and ultimately the energy around that area, inclusive of the throat chakra. Toning is a great way to restore the throat chakra and vocal energy back to the point where it is beneficial to our well-being.

### **Part 3: Chanting and Mantras**

Once you have practiced toning, chanting will be easier and more comfortable to accept. Whether used with meditation or alone, regular chanting will open up the chakra energy points in the body and create natural vibrational healing.

Chanting has a varied history, as do mantras, but they are all associated with energy healing because of the sound, as much as the words that they are made up from.

Remember that sound is vibration and when toning is moved around the body to the different chakras, different vibrations will be achieved. Your role is to attach meaning to the sounds that fit with your own needs and practice them in order to heal your chakra energy. Similarly, if you are offering sound therapy to others you will need to help them find their own tones, meaning and mantras for healing their own energy.

Therefore, it really doesn't matter which words are used. It may be a good idea to associate positive affirmations with longer mantras for ease of mind, but it's the sound, the vibration and the energy that truly matter. This is why the sound OM is so effective. It has no words in any language but can heal your inner energy from vibration alone.



Positive affirmations are a great way to incorporate change whilst also using the vibrational power of chanting. Let's take a quick look at how it all fits together.

The fifth chakra is the one of truth. It also focuses on communication and physically incorporates the throat area inclusive of the voice box and larynx.

When we complain, criticise, gossip and tell lies the fifth chakra is extremely unbalanced. Therefore, we balance it by toning and focusing on the vibration in the area. A chant as simple as a vowel practiced and focused with restore good energy and then we can practice lasting change.

We use mantra or affirmation to make us think before we speak, something as simple as:

*Do I need to say this, is it true, is it kind?*

It is enough to change behaviour that affects everything from relationships to inner peace. When we approach energy in this way, we can find balance in all areas of our lives. A variation of toning sounds can be used as voice based sound therapy. The vowel sounds Ahaa, Eee, Eye, Ooo, Uuu are non-local or non-specific.

If you don't know the sound for an area of the body, you can chant any of the vowel sounds and direct its vibration into that area. Here are some other basic examples of how sounds and body areas can match.

1. Diaphragm - Haa
2. Digestion - Paam
3. Energy and zest - UU-AH-EE-MM
4. Eyes - Eemm
5. Hearing - Nnn
6. Heart - Ma
7. Jaw - Yaa Yu Yi jaw
8. Liver - Shhh

9. Lungs - Sssss
10. Nose - Lmm
11. Reproductive system - Mam
12. Sinus care - Mmm
13. Throat - Kaa Gaa Gha
14. To focus on relaxation - MM-EE-AH-UU
15. Urinary system - Wooo

Vocalisations can also be directed towards the chakras and their balance, starting with chakra number one (at the spine base) right up to number seven at the crown of the head.

1. LAAM
2. VAAM
3. RAAM
4. YAAM
5. HAAM
6. KSHAAM
7. OM

### The Throat Chakra

The throat chakra is directly related to the area of sound therapy with the voice. It's pretty obvious that it would be considering all sounds, chanting and humming begins in the throat.



Some physical conditions can be related to the throat chakra and throat energy:

- Deafness
- Dental issues
- Difficulty expressing the feelings
- Fear of crowds and speaking in crowds
- Fear of saying how you feel
- Gossip and bad words about others
- Inner ear infections

- Neck pain or headaches
- Over-use of mouth for addictions
- Shame
- Shyness
- Sore throat
- Thyroid problems
- TMJ/jaw pain
- Teeth grinding

The throat chakra can be balanced, though. Look at the following actions that can rebalance this area of energy:

1. Hum
2. Whistle
3. Sing
4. Chant
5. Scream
6. Laugh
7. Yawn
8. Kiss
9. Groan
10. Sigh

### **What About Medical Voice Therapy?**

Sound therapy and use of the voice is very different to speech and language therapy. The speech/language therapist works with the voice and throat area on a biological basis. The sound therapist uses the voice to change vibration within the body. Let's take a quick look at what is involved with the role of medical speech and language therapist.

The speech therapy role can involve working with a diverse client group, including people with mental and physical health problems, learning difficulties, cognitive problems and hearing problems. Speech therapists usually work within:

- Charity organisations
- GP practices
- Higher education
- Schools
- Social service areas

There is a lot of study required to become a speech therapist, as it is a regulated profession within the medical world. A sound therapist is classed as complimentary and is self-regulated.

## Module 6: Gongs and Forks

### Part 1: The Gong

This module explores the sounds themselves and how they are used to heal the body energy. The objective is to introduce the gong and tuning forks to the student.

During this module and the next, we are going to explore the instruments and sound types along with the way that they are used for a positive effect on the body. Let's first take a look at gong work.



### The Gong

Other than the voice itself the gong is the oldest instrument to be used as sound therapy.

Gongs are a product of the Bronze Age (approximately 3500 BC). The production of gongs is traced back to Burma, China, Java and Annam. The gong itself has been regarded as a sign of status, power, wealth and success.

Gongs are now not only used as part of sound therapy but also in many orchestras. Created from bronze alloy and tin, many people believe that a gong can only be successfully made when the creator has help from higher powers. They are usually created prayerfully and when we think of what we have learned about energy so far, the reason for this type of creation is obvious.

The gong in ancient history is a precious instrument. It is seen as bad manners to touch someone's instruments without permission. It is also believed that to touch a sacred gong will bring you much luck and happiness.

A variation of gong types is used and sometimes more than one in a session. With the scientific world catching up with the usefulness of sound as a therapy, gong use and the gong bath is becoming ever popular. Tradition states that if you spend 10 days being gonged properly then you will be in perfect health by day 10.

The gong bath is becoming extremely popular as a form of therapy. Take a look online now for recordings of gong use and in particular gong baths and you are likely to benefit from the resonation of sound.

A gong bath does not involve taking off any clothes, nor does it involve water in any way. The gong bath is literally a state of being bathed in sound. Therapy clients lie on the ground, comfortable and wrapped in blankets whilst the sound restores their natural energy.

The deep sound and vibration of the gong is able to penetrate all areas of the body. It is used to treat the energy related to depression, anxiety and negative thinking patterns that affect the life as a whole. The vibration is a direct route to the associated energy and will bypass the mind completely.

A gong bath will use a variation of sound types and gongs. Each will resonate with a different area within the energy of the body. A gong bath is believed to heal the client emotionally, physically, spiritually and energetically.

## **Part 2: Kinesiology Overview**

If you have heard tuning forks played well, you will never forget it. The sound actually does resonate with the energy of the body and you can literally feel the energy within you lift.

Tuning forks are often used in the practice of kinesiology. The therapy of kinesiology itself is an amalgamation of Western and Eastern therapy that is simply explained as the study of movement. In the West, it is regarded as a complementary therapy.

Kinesiology is the name given to muscle testing to establish energy breakdowns in the body.

Kinesiology is a physical treatment and is known as the treatment of movement. Whilst there are many different approaches to this practice, the original kinesiology founder Dr George Goodheart (an American chiropractor) added a practised muscle testing technique to his chiropractic sessions, thus creating applied kinesiology.

The original muscle testing technique that became the integral part of applied kinesiology was developed in the 1930s by a husband and wife team of therapists called Kendal.

Kinesiology comes from the Greek for motion. Science calls it the study of mechanics and movement. Muscle testing, at the time, was described scientifically as a means of testing the motor function of limbs and already used in many types of practice when kinesiology was developed.

It is predominantly known as applied kinesiology yet also given slightly different titles such as health kinesiology or simply just kinesiology when used in other health areas. There is a difference between them.

Dr Goodheart discovered the effectiveness of muscle testing as part of chiropractic during a process of exploration. Questioning the reason for problems, bringing him to the point of awareness that led to applied kinesiology today.

With his unique exploration of theory, Dr Goodheart drew information from many other practices inclusive (but not exhaustive) of:

1. Biochemistry
2. Chiropractic
3. Meridian imbalances
4. Osteopathy

5. The difference between applied kinesiology and other forms of the treatment is the re-alignment process

Applied kinesiology includes re-alignment as in chiropractic adjustment as a regular part of the treatment programme. Realignment is the act of “cracking” the joints. As it is not truly known whether this is a beneficial long-term, medical experts are generally torn.

Applied kinesiology (the realignment area in particular) is in part a controversial subject. Chiropractic in the United Kingdom is an approach that is not completely accepted by all areas of medical science at this point in time.

Kinesiology works to free the energy meridians in order for energy to flow properly around the body in much the way chakras are treated. It is thought in some ancient cultures that the energy via meridians flow directly to and away from the chakras, in much the way blood flows around the body via the veins and arteries, to and from the heart.

Meridians are believed to be close to the surface of the body and kinesiology in practice will explore the body to work out which are out of balance, and then use a variation of approaches to re-balance the energy. Sound therapy involves the use of tuning forks in the area of meridians along with general use.

### **What Does Kinesiology Treat?**

As with sound therapy, kinesiology treats energy. It can be useful for all of the following conditions, as energy affects everything:

- Anxiety
- Fears
- Food allergies
- Food sensitivity
- Imbalances with organs such as IBS or similar
- Muscular functions
- Pain
- Phobias
- Posture problems
- Reflex and development problems
- Restore co-ordination
- Sensory problems
- Stress

### **Part 3: Meridian Therapy**

Meridians connect everything in the body.

These have been measured and mapped by modern technological methods as specific energy flow points and are split into Yin and Yang. The difference between the two is the direction of energetic flow.

Yin meridians include:



- Heart
- Kidney
- Liver
- Lungs
- Pericardium
- Spleen

Whilst Yang meridians include:

- Bladder
- Gall Bladder
- Large Intestine
- Small Intestine
- Stomach
- Triple Warmer/Burner

### **The Meridian Cycle**

Yang energy is believed to flow from the fingers to the face or from the face to the feet, away from the sun. Yin energy is believed to flow from the earth from the feet to the torso, and from the torso along the inside of the arms to the fingertips.

The energy that is all around us and within us is referred to as Chi. A word which means many different things dependent on history and culture, yet generally always refers to the energy of life.

### **Part 4: Tuning Forks**

This instrument is used to tune up the energy in the body, much as we would tune a piano. The sound tuning forks make is intense and original, and they simply make you feel good.





Therapy with tuning forks can be various. The sound can be played over the body's meridian areas or simply played in the area requiring treatment. The defining factor will be the sufferer's individual circumstance and condition.

The positive aspects of using tuning forks include:

- Balances the body and mind
- Balances the systems of the body, particularly the nervous system
- Boosts mental energy
- Boosts physical energy
- Enhancement of meditation and massage
- Improvement in mental clarity
- Increases concentration
- Instant relaxation
- Stress relief

Originally, the tuning fork was used for tuning musical instruments. The vibration given off by the fork was soon recognised as a potential therapy tool as it has such a profound effect on the air around it.

## **Tuning Fork History**

In 1711, British musician John Shore first invented the tuning fork and used it as a pitchfork for instrument tuning. The tuning fork is still used for this today.

During the late 19th century, tuning forks were used as the most precise measurement instruments and this remained the case right up until electronic measurement devices were created in relatively recent history.

Since the early 1960s, tiny quartz tuning forks have been standard in high-precision watches. With battery-powered motion, the tiny tuning fork maintains high precision better than any other invention for the role.

## **Part 5: How Do Tuning Forks Work?**

In the same way as all sound therapy, tuning forks work by changing the energy in the body with very specific and powerful vibrations of sound. They can be used in two different ways. The fork can be played as is music, or it can be placed over the area of the body that needs healing and simply hit to create vibrations.

By using the tuning fork over the body we are reminding the energy within the body of its natural vibration pattern. Remember how we explored the way that energy will entrain to the strongest energy type?

The vibration of the tuning fork near the body gives the internal energy something to copy, follow and to rectify its resonance for better energy flow. This will affect the meridians, the chakras and the aura of the body. One of the benefits of tuning forks as sound therapy is the absolute purity of the sound and vibration that they make.

Activating the sound properly not only requires the use of a fork, but also a block of wood covered in rubber or fabric. The fork should only be held by the stem and hitting it should not damage it in any way as this will eventually affect the purity of sound it provides.

The block should only strike one of the prongs of the fork for the best effect.

The fork can be placed on the skin or above it to promote deep relaxation and the elimination of built up stress and toxins from the joints. Some therapists practice in this way whilst others place the fork near the body. Either way, the sound will send the vibration through to the energy around muscles and joints.

If you are considering sound therapy as a profession, then you may also want to study kinesiology, as tuning forks used along meridians and energy points can have the best effect on rebalancing energy.

The tuning forks may also be played near the ear and this will aid balancing of the energy within the nervous system. It's important that the fork is not struck any closer than 10cm to the ear to prevent damage.

Like every other sound therapy tool, tuning forks create a bridge between matter and energy. They are used as a vibratory tool in order to create a sound wave that is both strong and effective enough to change the vibration within the body.

Basically, it becomes the strongest vibration within the area and the body energy resonates with it, in order to return to its natural state.

Resonance, in terms of tuning forks, is based upon their ability to re-order the geometric energetic states within the body. Every set of forks is different and plays a different sound, plus each will have a different effect on the individual human being. Therefore, it's important that you carry out a lot of research of fork type when matching them to your own plans as a sound therapist.

Practice on yourself and different areas of your own body before using tuning forks with your clients. The beauty of sound therapy is that just as there is no definite black and white body energy rhythm, there is also no rigid structure.

Your sound therapy practice will be unique and your experiences based on how sounds make you feel. As you grow in skill, you will learn to use your energy and intuition in a way that will help others via sound therapy.

Module 7: Drums and bowls

### **Part 1: The Singing Bowl**

This module focuses on the use of drums and bowls in sound therapy. The objective of this module is to make the student aware of the other instruments used during the therapy of sound.

Singing bowls are used in a variation of types and sizes. They are often referred to as Himalayan or Tibetan singing bowls. This type of instrument creates a sound and vibration that is widely associated with energy healing.

### **The Singing Bowl**

Most singing bowls, despite their names, are made in Nepal. This is because the Nepalese people are considered the most artisan designers for this instrument.



The history of singing bowls is varied. Whilst they didn't come into existence as part of Buddhism it is likely that they date back to that particular era. They may even have been originally used as eating implements.

The singing bowl is a type of bell, known as a standing bell. It can either be rung as a bell with a specially designed mallet that is covered to prevent damage, or played around the rim with the same tool used in a different way. Have you ever dipped your finger in wine and moved it around the rim of the glass? This is the same way that singing bowls are played. Singing bowls have been found and used in China, Japan and Korea along with the Himalayan regions.

It is believed that singing bowls date as far back as 5000 years although the specifics are unknown. The bowls are used in the vicinity of the client or can be placed on specific areas of the body.

Singing bowls are used in great variation by sound therapists. Some people call them energy bowls, whilst others name them chakra bowls and use them specifically for balancing chakra energy. The sound of singing bowls is so unique that the vibrations are believed to both relax and energise at the same time.

The way that bowls have been traditionally designed is lost in history. That said, a newly manufactured bowl can make a variation of sounds perfect for healing and therapy. If you are to purchase a bowl it will either be a newly designed one made from modern manufacturing or an antique bowl, which are highly coveted.

Modern bowls are created from bronze and tin, whilst the traditional antique bowls will be shaped from high quality bronzes. Many are a mixture of bronze and precious metals such as silver or gold.

As a new therapist, it can be easy to believe you have bought an antique bowl when really it's a newly manufactured one which has been designed to look old. Therefore, it's vital to take care when looking to purchase a singing bowl.

## **Part 2: Making Sound**

Singing bowls are used in a variation of sound therapy approaches. There is an important rule that the bowl rim should never be played in a counter clockwise direction, as this will work against the natural energy flow direction within the body.

The singing bowl is played like a bell. In fact, it is a bell with extra possibilities. As with every other sound therapy instrument, you can learn the basics of how to play but your true skill will come with time and practice.

The singing bowl set should come with a mallet, as striking the bowl like a bell is an integral part of the instrument. The mallet will be made either from soft bare wood or from rag/wool covered. The bare wood type will produce higher harmonics. If you get the chance to try different types of bowl and mallet before you commit to buying a bowl, then do that.

Practice is everything with this type of instrument. Sounds and vibrations will make you feel a certain way. The higher up the bowl you strike the more vibration you will produce. Striking to low or close to the base is likely to be ineffective. The rim or just below it will have the effect that is closest to the vibration that will be beneficial.

So many different things can affect the sound of a singing bowl when you strike it. Remember that sound also affects vibration. Things that affect sound, thus things to experiment with, include:

- Mallet type
- Mallet size
- Mallet covering
- Age of bowl
- Design of bowl
- The exact place that the bowl is hit
- The power of a strike

When you have learned how to use your singing bowl and where to strike for the best effect, you will be completely unique as a sound therapist. It's not like learning conventional medicine - this is energy therapy and very much based on the individual and intuition.

When you practice hitting the bowl, you are likely to find a place where it seems to make a perfect sound. Every singing bowl has this. It will take practice to find and work at this point. Sound therapists often call this the **sweet spot**.

Whilst practicing, spend some time focusing on the energy that the bowl produces. Remember you are creating this sound and yet its vibration is affecting the vibration of energy within your body and the entire world.

When you play a singing bowl around the rim, you should only use a leather or bare wood mallet.

The trick with playing the rim of a bowl is to learn to use the pressure, as it is pressure that ultimately makes the sound. Hold the mallet low and close to the bowl whilst relaxing your hand and wrist into the act of playing.

The sound and vibration will grow as you increase the pressure and speed.

### **Part 3: Healing Bowls**

Along with all other types of sound healing, the singing bowl is used to balance the vibrating energy within the body.

Along with all of the benefits of sound therapy, the sound from singing bowls is also believed to be the best sound to stimulate brainwaves. Health benefits also include:

- Boosts mental energy
- Chakra balancing
- Clarifies thinking
- Increased physical energy
- Increases concentration
- Mind and body balance
- Provides stress relief
- Quietens worries and anxious thoughts
- Relaxes thoughts and aids relief from mental chatter
- Silences the internal dialogue of negative thinking
- Used with meditation provides enhancement

## **Brainwave Therapy**

Singing bowls speak directly to the theta brainwaves. These are the strongest and most effective brainwaves for change. When Tibetan monks meditate for many hours at a time, they are tuned in to their own theta state brainwaves. Singing bowls, when played well, do exactly the same.

The most recent findings on theta brainwaves are showing us that we can reprogramme habits and destructive beliefs by using theta state waves, which is an interesting aspect of singing bowl therapy.

## **Crystal Bowls**

Crystal bowls are a newer concept in sound healing and utilised for their specific sound that is beneficial to human energy in much the same way as the Himalayan bowl. Crystal bowls have only been used since the 1980's but are popular healing tools for sound therapists.

Some suppliers sell and promote crystal healing bowls as chakra packs, with a variation of bowl sizes that are thought to heal each of the chakras. Many sound therapists use one or two crystal bowls though, so it's important to be certain about what works for you before buying a whole expensive chakra kit.

It's vitally important to listen to the vibrations within your body and learn to read your resonance, as opposed to assuming any instrument will work in the same way. This is a skill that takes much effort and experience, along with extensive professional development.

## **Part 4: Drums**

Drum therapy uses rhythm techniques to accelerate healing, produce happy feelings, maintain good health and overcome mental trauma.

Drumming has been shown to boost immunity and aid the stimulation of complete body and mind balance.

There are a lot of studies that show drumming as an accepted and important part of medical science. The health benefits are immense, here are some of them:

- A sense of belonging and connection with others

- Aids with Alzheimer's management
- Allows and increases self-realisation
- Anxiety and stress reduction
- Encourages mindful thoughts
- Helps to overcome emotional problems in young people
- Immune system boosting properties
- Pain management
- Release of negative feelings
- Tension reduction

Along with all of the benefits above, drumming also aids brain energy and even science confirms this.

Drumming as a sound synchronises the brain and thus produces a healthier mental state. It brings non-verbal information right up to the forefront of the brain, which, in turn, triggers the following feelings:

1. Certainty
2. Conviction
3. Insight
4. Integration
5. Understanding

Because of its rhythmic nature, drumming is becoming a specific area of music therapy, along with a well-used area of sound therapy.

Module 8: Therapy in focus

### **Part 1: What is Music Therapy?**

Module 8 talks about music and its place in healing therapy. The objective of the module is to explore the importance of music whilst also exploring the current stance of biological science on sound therapy. We also consider sound enrichment and tinnitus treatments.

**What is Health?**

Health is made up of a variation of aspects. Medical health is focused on matter whilst energy health on the smaller areas of existence **energy**.

***Energy recap: The cells of within the body comprise of a nucleus and then a lot of space. This space, it is believed to be, energy. It is referred to by physicists as dark energy.***

Quantum physics is currently on a quest to understand energy. Quantum physics means the study of the very small. So whilst biological science looks at the human body and mind as cells of matter, physicists look smaller. They look at the atoms and even smaller, the quarks, that make us up as living creatures.

The cells within the body are considered matter. There are millions of them and they each have a role to play in overall chemical health.

The cells within the body are fuelled by the food that we eat, yet they can also be affected by many other things. Health and how we feel really does depend on the cellular health within.

Cells are the smallest **biological unit**.

Each cell is a tiny fully operational factory that needs to be fed and cleansed in order to function effectively.

Cells need to be nourished completely by good circulation within the body and good healthy nutrition brought to them by this circulation. They need to be cleansed in order to prevent damage or even being killed by waste products that are not eliminated from the body. Cells are the smallest unit of physical health.

Physical health refers to is the biological aspects of health that we naturally associate with the medical profession. Physical health is also referred to as structural stability. Nutrition, exercise and other areas of keeping the body fit are part of physical health.

Emotional health refers to the health of the thoughts and feelings, and how they affect the individual.

Whilst the above description is based in simplicity, as with any other area of holistic health and well-being, it's a good idea to be aware of vibrational energy, as an every growing area of awareness with holistic therapy.

It's true that our bodies are a collection of cells. It's also true that the cells are affected by things in the environment inclusive of physical diet and external stimuli.

Yet with sound therapy, we have to look deeper at what the cells themselves are made from, not only that though, we have to ensure that our clients understand the basis of sound therapy in the same way.

## **What is Therapy?**

Therapy is a broad word that simply means to add a treatment in order to heal. There are many variations of therapy types, including:

- Physical
- Mental
- Spiritual

Each of them is again split into different types or labelled differently. When we talk of sound therapy, we are specifically looking at holistic therapy that works with energy. Holistic therapy means that we consider a person a whole being. Within this consideration is the energy of the person.

Therefore, sound therapy can be called holistic, natural or complementary therapy and can be practised as such, in good faith.

## **Music Therapy**

Music therapy is a recognised role within the NHS in the UK. A therapist who works with music is considered a complementary therapist.

Music therapy and sound therapy are two different things. Whilst the sounds from playing instruments may have a similar effect to sound therapy, the instruments and approach are very different.

Music therapy involves easily accessible instruments, singing and lyrics. The instruments are not a priority within this therapy type. The creativity, social aspects, feeling of belonging and connection with others all have positive psychological effects on the individual.

## **What is Music Therapy?**

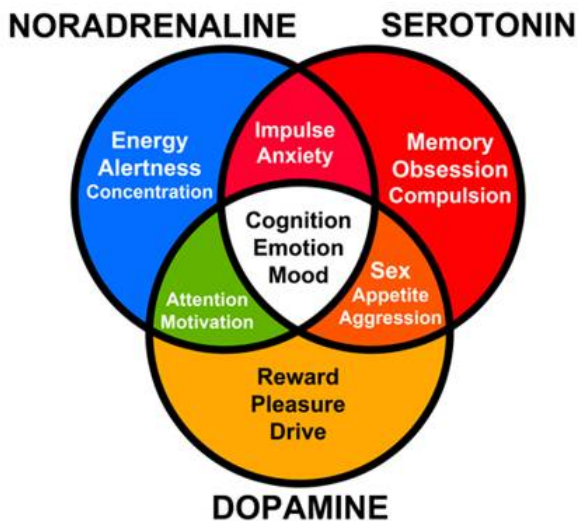
Music therapy speaks to the brain, experiences, emotion and the feeling of togetherness as part of healthcare, particularly care for mental health problems.

As with many other therapy types inclusive of art and play therapy, music is used as a communication medium between therapist and client. Whether working with children right through to people suffering with dementia, music can play a fantastic communication role to help the client get the very best possible relationship and results from a course of therapy.

Another important area of human needs that music therapy can fulfil is that of engagement.



Engagement is the act of being fully and completely engaged in something. To become engaged is good for mindful awareness, which is a type of meditation and naturally helps healthy thought patterns and resilience to develop. Engagement in itself is a growing area of awareness within the field of positive psychology. It is linked directly to resilience, which is being increasingly proven to prevent the onset of reactive mental health problems inclusive of stress and depression.



There are many studies showing how music can aid good mental health and emotional strength. Studies have shown that music that affects emotions can trigger dopamine to be released into the brain of the listener. Dopamine is the brain's reward system and also controls emotional responses along with motivation.

The difference between sound therapy and music therapy is that sound therapy is based in eastern traditions as an energy healing practice, whilst music therapy is based upon the scientific study of the brain as it responds to playing and listening to music. Whether the two overlap is not yet researched.

There are also other therapy types that use sound.

## Part 2: Sound Enrichment and Becoming a Sound Therapist

You may find some treatment types that are labelled sound therapy yet are actually not based in traditional healing but the science of matter.

The treatment for tinnitus is often referred to as sound therapy although it is usually labelled sound enrichment. Yet its approach is very different to the traditional use of the term. Some of the acts that this includes are:

- Distraction, an act where the sufferer of tinnitus is distracted away from the sound in their ear by external sound.
  - Training the sufferer's mind to believe that the tinnitus sound is insignificant and doesn't affect them or their well-being.
  - Exposing the sufferer to louder noises than their tinnitus.
  - The use of chosen, planned sound to minimise the brain habits and pathways, which are believed to be the underlying cause of tinnitus.
- Tinnitus, broadly speaking, is one of two types.

1. Subjective tinnitus describes head or ear noises that only the sufferer can hear. It is believed that the majority of cases of tinnitus are subjective with only a tiny amount being objective.

2. Objective tinnitus is the type that other people can hear too. This is only the case for a tiny fraction of sufferers but it does exist.

## The Sound Therapist

The therapist role can be one of many types. If you are already a therapist, then you will be aware of the skills required to act in this type of role. If you are looking for a change in career, it's a good idea to explore therapy in general and what it entails before deciding to take the plunge.

That said, the role of energy healer is different to the talking therapies, as there is little talking involved after establishing why your clients are seeing you. The sound therapist role is a skilled one which has its roots set in tradition. It's a physical, emotional and psychological approach and considered natural therapy, or holistic therapy.

As the information on this course has shown, there is certainly a great opportunity for healing by using sound in the traditional way. The skill can be added to other therapies, such as kinesiology or massage, or simply delivered in the form of a unique energy healing type.

## Becoming a Sound Therapist

Therapy and working in the natural therapy field is an interesting topic, predominantly because of regulation and how it is carried out. Sound therapy is classed as a complementary therapy type and, therefore, it is a self-regulated profession.

This means that you must maintain your own knowledge and awareness but you do not have to register with any regulatory body in order to become a sound therapist.

That said, if you are looking to work as a full time therapist, then your customer base may be small so it may be a good idea to amalgamate a few natural therapy types in order to meet a bigger base of customer needs and grow your business quicker.

Let's take a quick look at other complementary therapy types that will work well alongside sound therapy.

**Reiki** is a traditional Eastern therapy that directs energy to where it is most needed.

To learn Reiki, we must be attuned with the universal energy so that we may become a channel of it to help to rebalance the energy of others.

A spiritual healing process yet not a religious one, Reiki is designed to aid relaxation and well-being. The practice works on five essential principles:

Mikao Usui who founded the practice in the early 20th century the five principles of Reiki for practitioners to consider, which are:

1. Just for today, do not worry.
2. Just for today, do not anger.
3. Honour your parents, teachers and elders.
4. Earn your living honestly.
5. Show gratitude for every living thing

6.

**Kinesiology** works in perfect alignment with energy healing. This is because not only does kinesiology find the breakdown in emotional energy, via muscle testing. It also finds the breakdown in physical energy by monitoring the hormone awareness in the muscles in relation to stress.

Other energy healing types include:

- Chakra Healing
- Chinese Nutritional Therapy
- Crystal Healing
- Energy-Focused Bodywork
- Essential Oils
- Healing Touch
- Homeopathy
- Indian Head Massage
- Naturopath
- Polarity Therapy
- Pranic Healing
- Shamanic Healing

### **Part 3: Sound Therapy and Animals**

Sound therapy is as useful for animals as it is for people. The basis of energy healing work with animals is much the same as the energy healing process for people and aims to restore energy vibrations and good health.

It is believed that animals have:

- 8 major chakras
- 21 minor chakras
- 6 bud chakras

It is also believed that animals have a specific chakra that is specific to them, one that humans do not have. This is called the Brachial chakra and is located near the shoulders on either side of the body.

Despite our difference in the way our energy is formed, animals are still formed from and consist of vibrating energy, therefore sound therapy can resonate with them in the same way as it does with us.

### **Treating Animals**

Energy healing with animals is seen as a complementary therapy type in the same way that it is with humans. The Veterinary Surgeons Act of 1966 states that a qualified vet should always give permission for an animal to be treated naturally.

According to The Royal College of Veterinary Surgeons, a code of conduct based upon the Veterinary Surgeons Act of 1966 states that no one but a veterinary surgeon should treat animals but for the exceptions detailed here.

1. Manipulative Therapies. This covers only physiotherapy, osteopathy and chiropractic and allows these therapies where a vet has diagnosed the condition and decided that this treatment would be appropriate.
2. Faith Healing. Faith Healers have their own Code of Practice that indicates that permission must be sought from a vet before healing is given by the "laying on of hands".

#### **Part 4: Your Future**

We have shown you all of the necessary information that you will need in order to decide if a career in sound therapy is for you. Here are some starting points for a new business, if you aim to become a therapist.

Starting a small business as a natural therapist is certainly possible, particularly if you have belief, which you can teach yourself. Let's take a quick look at what exactly it takes to set up a small therapy practice.

1. The business plan is the starting blocks of your new venture. If you are looking for funding support, then people that you apply to will want to see your plan. With the best will in the world, people are less likely to put their money into something that is poorly planned. Even the smallest business needs a plan if it is going to become a success. If you begin your venture professionally, it will be easier to manage as it grows.
2. What are the objectives of your business? What do you want to achieve and when by? This is a great place to brainstorm your dreams and then put them down on paper. Self-belief is the biggest step to success and your business objectives should fuel your self-belief.
3. A mission statement is vitally important. You may change it one day. In fact, as you learn and develop your business venture you can learn to improve your mission statement, yet if you don't have one to start with then you will have nothing to work on.
4. Description of business. Create a concise, positive and clear description of your business. Include the service you will be offering and how it will benefit your clients.
5. Who will own the business? Will you start as a sole trader selling your service? The difference between the two is ease of accounts. You might want to start as self-employed then register your business as it grows.
6. Where will you operate or operate from? Are you looking for premises and if so, is the location conducive to your target market? Or will you work on a mobile basis or in your own home.
7. As a therapist, it's vital to remember that you will need a calm and conducive work area, therefore crying children, barking dogs or a noisy home will certainly disrupt the energy that you are trying to work with.
8. Not only do you need to state the type of therapy that you will use but also how it will benefit the client. Whether you will be offering one off consultations or long-term treatment plans should be included here.
9. In addition, it's a good idea to define your operating hours at this point. Make it clear on your business plan whether and when you will be contactable outside of office hours. In the beginning, with a new business, it can be easy to completely throw yourself into your customer service. It's ok to do that but you must also consider your own sanity. If you don't mind answering emails at 10pm, then that's fine.
10. Finances are one of the things that small business owners and the self-employed struggle with most of all. Yet they really are the difference between creating a successful long-term business and one that cannot manage to survive.
11. How well you market your business can play an important role in its success or failure. It is vital to know as much about your potential customers as possible—who they are, what they want (and don't want), and expectations they may have.

12. Small business accounts are quite an easy process, particularly so with the self-assessment option within the UK. It's a good idea to take a really good look at your business expenditure because many surprising things can be used to lower your tax payment. So, before you fill in your first tax return, find some independent advice on what has the potential to be classed as lawful business expenditure. Registering with the Inland Revenue as a sole trader essentially means registering your business name. You are completely in control of the business, and keep all profits after tax – but if you do get into any trouble you and your business are seen as the same in the law, so you bear all responsibility.

## **Self-Belief**

To finish this module and the course overall I wanted to talk about self-belief. The difference in whether you succeed or not in any venture is belief.

As we have spoken about energy healing during the course, I don't need to explain energy too much more, however I do need to point out the link between belief, energy and your business.

### **So let's take another look at energy.**

We have established that energy is not only within us but that we are actually made from it. We are big, often clumsy, unaware balls of vibrating energy. I say unaware because so many of us are capable of so much, yet we don't achieve our dreams.

This is so often directly linked to self-esteem, self-belief and the lack of awareness of how powerful we actually are.

Your success as a therapist relies not on your capacity for learning, not on luck and not on your clients – it relies on your belief. This is because the way that we feel is energy too and as we feel things, our subconscious minds are absorbing them and we are learning to feel the same things, again and again.

If you nurture doubt, you are teaching your subconscious mind to look out for more doubt. If you nurture every occurrence as a step to success – no matter how small – then you are programming that subconscious mind for success.

You will be looking for opportunities and you will see every event as a positive one when you begin to envisage success. And getting out of your job, working for yourself and becoming a fantastic therapist will only be your first step.

## **Overcoming Setbacks**

It's important that you know, particularly in the beginning, that you will experience setbacks. It's part of the journey! You must think like a successful person and there is no doubt that your business will thrive.

Successful people are successful partly because of their attitude. They've been persistent and have used failures as opportunities to grow and change things up. They could have given up, but they looked at the failure or setback, learned valuable lessons and implemented those lessons moving forward.

Whilst the above may seem a little daunting, it's really not. You can do anything at all that touches your heart, inclusive of starting your own therapy business. Just get yourself in a position of self-belief and/or gather the knowledge and information you need and everything else will follow.

## **Books**

Chakra Colours Guide by Dr Daniel Amos.

Healthy Vibrations Discover Your Highly Vibrant Wellbeing – Dan Harp.

Music and Sounds in the Healing Arts by John Beaulieu.

Sound Medicine by Wayne Perry.

Sounds Good! The Spiritual Science of Sound and Vibration by Dameon M Keller.

The Biology of Belief by Bruce H Lipton.

Vibration and the Physical Being by Pamela Warfield Hart.

## **Websites**

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