

SOUND

Today we are rediscovering how important sound and music are for us. Modern science now supports the ancient belief that all matter comes from vibration or sound. Physicists have found that the physical world is made up of vibrating energy.

Sound healing is the therapeutic use of sound and music for healing. Sound healing offers the possibility of a drug-free way of treating pain and illness. It is simple to use and has no harmful side effects.

HISTORY

Sound healing is probably the oldest form of healing known to man. It was used in the ancient civilisations of China, Egypt, Greece and India. Most indigenous peoples use sound for healing. In the Bible we are told that David played his harp to lift King Saul's depression. Handel wrote his *Water Music* to help King George's problems of memory loss and depression.

WHAT DOES SOUND HEALING INVOLVE?

Vocal Expression – toning, singing, chanting, laughing.

Using Instruments – crystal bowls, drums, gongs, Tibetan bowls, tuning forks and other musical instruments.

Sound Healing Therapy – where a person receives a sound healing treatment from a sound healer.

Self Healing – using sound healing exercises for self healing.

Music – the use of music to relax, to reduce pain or assist before surgery.

HOW DOES IT WORK?

Sound healing works due to the principles of resonance, entrainment and intention. Sound healing also works through rhythm, harmonics, musical intervals, prayer and mantras.

Resonance – Hospital doctors now use sound waves to break up kidney stones and gallstones. Ultrasound is also used to destroy many different types of tumours. Infrasound is now used to decrease pain, reduce swelling and inflammation and accelerate healing at a cellular level. Research has shown that healthy cells in our body enjoy sound vibrations while cancer cells are broken up by it.

Entrainment – The powerful rhythmic vibrations from one source will cause less powerful vibrations from another source to lock into the vibration of the first source. If we create a positive harmonious sound over another person, their body will lock onto that sound and come back into balance.

Intention – We can see the principle of intention at work when a mother sings her baby to sleep. In a sound healing treatment,

the sound carries our healing intention to the person receiving treatment.

Rhythm – We know how the rhythm of certain music make us want to dance. Listening to slow music like Pachelbel's *Canon in D* at 64 beats a minute quickly slows down our heartbeat and breathing. Each rhythm has a different effect on the body.

Harmonics – All natural sounds contain harmonics, as does all music (except electronic music).

When we hear music that is rich in harmonics, like Gregorian chant or Indian classical music it induces in us an altered state of consciousness and changes our brain patterns.

Musical Intervals – If we sing or play two different notes we create a musical interval. Each musical

interval creates a different mathematical ratio and will have a different effect on our body, emotions and mind.

Prayers and Mantras – Repeating prayers and mantras has a calming effect on the mind and helps the person focus on positive energies rather than worrying about their problems.

“ In the Bible we are told that David played his harp to lift King Saul's depression. Handel wrote his *Water Music* to help King George's problems of memory loss and depression. ”



HEALING

Your guide to the oldest form of healing known to humanity

By Simon Heather



SCIENTIFIC RESEARCH

Harp Music – Hospitals are now using harpists to calm patients on the operating table after research found that the instrument eased pain. The sound and vibrations have also been shown to lower the heart rate, decrease blood pressure and combat heart disease.

Several private hospices and care homes already employ harpists and the National Health Service is following suit with the Royal Brompton Hospital, in London, and Cardiff's Velindre Cancer Centre looking set to become the first trusts to take on players.

Research in the United States found that the range of vibrations emitted by the plucked strings affect the body's nervous system and some American surgeons employ harpists so that patients need less anaesthetic.

Sound Healing – The College of Sound Healing recently participated in a research project carried out at Concordia University in Montreal, Canada. The study found that sound healing led to a change from negative to positive thought patterns and to the relief of pain. People receiving sound healing reported that they felt relaxed and calm afterwards.

Hormones – Research published in the *Journal of Music Therapy* found that listening to certain types of music increases the body's production of immune-boosting hormones and decreases the level of the stress-related hormone cortisol.

A SOUND HEALING TREATMENT

A sound healing treatment will last for around one hour. In the treatment you will

lie on a therapy couch while the practitioner sounds over you. There will then be a period of silence to allow you to integrate the sound healing.

The practitioner will use their voice as well as musical instruments such as crystal bowls, Tibetan singing bowls, gongs and tuning forks. The practitioner uses a range of sounds to balance different areas of the body. Most people feel deeply relaxed after a sound healing treatment. Sound healing treats the mind, body and spirit.

THE COLLEGE OF SOUND HEALING

The College of Sound Healing is a non-profit making organisation. The aims of the College are to:

- Raise awareness of the positive and negative effects of sound.
- Promote high-quality training courses in sound healing.
- Take sound healing into schools and into the community.
- Encourage scientific research into sound healing.
- Provide a register of qualified sound healers.

COLLEGE ACTIVITIES

Sound Healing in the NHS – At the Nevill Hall Hospital in Abergavenny, Wales, around 40 volunteers and musicians are participating in the 'Soundscape' project. Participants use their voices and instruments such as gongs and singing bowls to create therapeutic sounds for patients.

Disability – Members of the College use sound healing in day centres where they help people with disabilities and complex care needs.

Dementia – Members of the College are currently working with researchers from Newcastle University on a scientific study using sound healing to help people suffering from dementia.

Hospices – Members of the College work in hospices using sound healing to comfort those close to death. They will often join with family members in singing healing songs and chants to their loved ones.

Schools – A number of College Members work in schools using sound work to help children express themselves better and gain greater confidence. Work with sound is particularly helpful for students with learning difficulties.



Simon Heather is an internationally known author, healer and workshop leader. Simon is the founder of the College of Sound Healing, a non-profit making organisation dedicated to promoting sound healing in the United Kingdom.

Simon is one of the leading teachers in the field of sound healing. Over the last fifteen years he has written nine books and produced seven CDs.

For more about Simon and the College of Sound Healing, visit: www.simonheather.co.uk and www.collegeofsoundhealing.co.uk