



# TECHNIQUE: Sound HEALING

*Simon Heather of the College of Sound Healing introduces this technique...*

**S**OUND healing is one of the oldest forms of healing known to man. Sound healing was used by the ancient civilisations of China, Egypt, Greece and India. The oldest known musical instruments include bone flutes, which date back over 42,000 years and resonant rocks. In the Bible, David played his harp to lift King Saul's depression and Handel wrote his Water Music to help King George's problems of memory loss and depression.

Sound Healing is the application of sound through the voice and instruments to balance mind, body and spirit. It's a natural way to treat pain and illness. Sound healing is simple to use and has no harmful side effects. Recent scientific research has shown that certain sound frequencies help to heal the body and speed up the body's natural healing processes.

**HOW SOUND HEALING WORKS**

The body is made up of energy vibrating at different frequencies. Illness is caused by disharmony within the body, mind and emotions. Sound healing helps to bring the body, mind and emotions back into harmony. Sound healing works due to the principles of Resonance, Entrainment, Intention, 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. Infra-sound 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 the vibration of sound, while some cancer cells can be destroyed this way.

**Entrainment** - The powerful rhythmic vibrations from one source will cause less powerful vibrations of another source to synchronise with the vibration of the first source. If we create a positive harmonious sound over another person, their body will lock onto that sound and gradually 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** - Some music is energising and other music is calming. Listening to slow music like Pachelbel's Cannon at 64 beats a minute slows down our heartbeat and our 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



that they felt relaxed and calm afterwards. You can find out more about this at <https://www.collegeofsoundhealing.co.uk/research.php>.



**THE BENEFITS OF SOUND HEALING**

Sound Healing stimulates the body's natural healing mechanisms. It can relieve headaches, menstrual pain, back pain and other ailments. Most sound healing treatments treat the whole person rather than focussing on particular symptoms.

harmonics, like Gregorian chant or Indian classical music, it creates 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 each interval will have a different effect on our body, emotions and mind. Consonant intervals are healing while discordant intervals help us to express painful emotions.

**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. A research project carried out at Concordia University in Montreal, Canada by Dr Shelley Snow, found that subjects who experienced sound healing experienced a change from negative to more positive thought patterns and to the relief of pain. People receiving sound healing reported

than focussing on particular symptoms. Sound Healing is a natural form of healing and is completely safe if practised by a qualified sound healer. Sound Healing should be used to complement medical treatment, rather than replace it. Most conditions will respond to sound healing. We will generally not treat people with epilepsy, Ménière's Disease and women in the first three months of pregnancy.

Sound Healers use a wide range of instruments such as crystal bowls, drums, gongs, Tibetan bowls and tuning forks. All these instruments have a healing effect. Gongs have been shown to produce huge amounts of ultrasound which is now used widely in medical healing. Tuning Forks have the ability to release nitric oxide in body tissues. Nitric oxide is involved in many of the healing processes in the body. Many Sound Healers also use their voice to direct healing sounds into the client's body. The human voice can be used to diagnose areas

of imbalance in the body as well as to project healing tones into the client's body.

**A TYPICAL TREATMENT SESSION**

A Sound Healing treatment will last between 45 minutes and an hour. Usually, the client will lie on a therapy couch while the practitioner makes sounds with their voice and chosen instruments. Most people feel deeply relaxed after a sound healing treatment.

Generally, people need more than one Sound Healing session to get their body into balance. We recommend that people have three weekly treatments, then review the progress. If a person has a serious illness they may need more sessions before they start to feel well again.

**TRAINING AND QUALIFICATIONS**

The College of Sound Healing offers four Sound Healing Practitioner Training Courses in the UK. These cover Sound Healing Training with the Voice, Gong Practitioner Training Courses, Sacred Drumming Training Courses and Bowls Practitioner Training Courses. All these certified courses concentrate on practical experiential learning.

Look for a training school which offers accredited courses, well-qualified and experienced staff and good student reviews. The College of Sound Healing is a non-profitmaking organisation and is a member of the Therapeutic Sound Association, the Complementary Medical Association and the ICT. One of the best ways to discover if you would enjoy training in Sound Healing is to book a session with a qualified practitioner and experience it for yourself. The College of Sound Healing has over 350 members. The typical charge for a sound healing session is between £30 and £40. To find a Practitioner click on the Practitioner heading on the College website at <https://www.collegeofsoundhealing.co.uk>.

**i** Simon Heather is an internationally known workshop leader, sound healer and author, with over 20 years' experience. He is a qualified acupuncturist, healer and bodyworker.

In 2004, Simon founded the College of Sound Healing. This is a non-profit making organisation dedicated to promoting sound healing in the UK. For more information, please visit [www.collegeofsoundhealing.co.uk](http://www.collegeofsoundhealing.co.uk) or [www.simonheather.co.uk](http://www.simonheather.co.uk)