

Sound healing

"IF YOU
THINK OF THE
BODY AS AN
INSTRUMENT,
SOUND HEALING IS
FOR RE-TUNING
YOUR
FREQUENCY"

Did you know that what you listen to can change the way you feel? The sounds you surround yourself with can have a powerful influence over your health, emotional state and even relationships; so, the more aware you are of how different noises affect you, the greater control you'll have over your wellbeing.

For instance, if you listen to music, especially to block out the everyday chatter of fellow commuters, or neighbours, or just as background noise, you'll know how certain songs lift your spirits and help you move or work faster, while others may make you sentimental, romantic or just drive you crazy. And there's a good reason for this: your body knows what feels harmonious and almost automatically tunes in to what you need at any given time.

Sound advice

The sounds around you affect you in either a positive or negative way, says *Orli Lysen*, who investigates modern-day sound healing that could change your life, so listen up!