



What is ... Sound Therapy?

by Lynn Liniger

www.soundalivetherapeutics.com.au

Sound therapy is a technique that uses sound vibrations to assist the body and mind to relax out of habitual patterns of tension, imbalance and stress response. In doing so, it facilitates self-healing.

In Australia, Sound Therapy is a relatively new term. Traditionally, the approach would be to use Sound Healing or a Sound Healer. The difference is that there is a more reflective element involved, and a methodology behind Sound Therapy.

Sound Therapy works on any slight resistance in the body. If you were to look at your body with a powerful microscope, you would see that it is not a solid object, but is, in fact, a myriad of tiny particles of energy.

Over time, these particles are subjected to a variety of different stressors such as diet, lifestyle, environment, relationships, job, and other factors. These stressors and emotions can cause imbalances and weaknesses in the system, which could then lead to illness and dis-ease.

Sound Therapy has been known to have positive effects with body resistance related illnesses such as Tinnitus, Arthritis, Cancer, Parkinson's, ME, and MS, along with chronic pain and children with learning difficulties. Research* has shown that rhythmic stimulation for just half an hour over a certain period improved the rehabilitation of stroke victims.

The initial signs of body resistance can be clenching the teeth or fists, tightness in the neck and shoulders, or always thinking about your problems. These are often unnoticed until they develop further into diverse reactions within the body. They can be described as being secondary conditions to the primary condition.

There are many traditional solutions for people, to assist with body resistance. The first step is to recognise your stressors and then apply what best suits you. Some may prefer medication, others yoga, running or a hobby. These solutions can be effective, and help tremendously, but what about finding something that can help work through the cause or primary condition and shift the pattern?

To explain scientifically, sound travels into the body and hypo stimulates the Nitric Oxide in that area and can interrupt patterns of tension and pain, allowing the nervous system and muscles to relax into a normal state**.

To understand further, we need to consider how sound affects us. We know that sound and music either calms or stimulates the mind, as certain sounds are known to relax, and others energise.

Using Sound Therapy, the sound is a mirror through which the individual may see themselves more clearly. The individual then reflects on their experience, with the help of the facilitator, allowing for change to occur.

* *Rhythmic Auditory Stimulation in Rehabilitation of Movement Disorders: A Review of Current Research* Thaut, M.H. & Abiru, M., Music Perception Volume 27, Issue 4, PP. 263-269.

** *Sound Therapy Induced Relaxation: Down Regulating Stress Processes and Pathologies* (2003) by John Beaulieu.

Because blood pressure, heart rate and skin resistance are reduced, Sound Therapy has a positive impact on the Autonomic Nervous System. It is gentle, non-invasive, simple and efficient, yet it is powerful, as sound travels four times faster in your body than in the air.

Your body is made up of around 70% water. When sound is played on the skin or around the body, it vibrates the water, bringing your cells back into resonance and least resistance. Sound can be deeper than hypnosis and meditation.

Methods and instruments can vary. The British Academy of Sound Therapy (BAST) method uses instruments such as tuning forks, the voice, Himalayan (Tibetan) and crystal bowls, and percussion instruments. These can be played on and around the body, either one-to-one or in a group session. The group sessions usually last around 45 minutes and can be known as a 'Sound Bath' or 'Sound Immersion'. This is because gentle, harmonious sounds bathe the whole body like a 'sonic massage'.



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Formulated and presented by Vera Emmi (PM RAoA)

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