

Sound Healing

Presented by: Heidi Osterman

What is energy

It is the Life Force of everything. Energy cannot be destroyed; it just changes forms. Everything is made of energy...including you and me. Our bodies are made up of a collection of cells that make up tissues and organs. Cells are affected by the environment including external stimuli. Even if you don't hear it, feel it, or even realize it is happening, the energy in and around us is vibrating.

To break a cell down further, they are made of molecules which are made up of atoms. Atoms within our bodies are known to be vibrating at a certain speed. This speed varies depending on the area of the body. Each area of the body either vibrates with ease or goes awry.

What is Resonance?

Resonance is the internal frequency. When something resonates with sound, such as a sound wave, it becomes greater. Resonance is an important part of sound healing. Sound healing aims to create resonance by tuning the sound with a person's natural vibration.

How can sound healing help heal us?

Sound healing is used to restore healthy vibration to the body. When our body is stressed, the natural vibration is greatly affected. Whether some or all vibration is out of sync, the body energy works together as a whole. Stress starts to cause physical problems and symptoms may appear such as allergies, anxiety, pain. Insomnia, lowered immune system etc. Sound Healing is a way to restore vibration to its natural state and more natural cellular health. There are several types of sound healing including voice, mantras, tuning forks, gongs, singing bowls and drums as well as others.

Can you see sound?

Yes! Seeing sound is easy because soundwaves is a vibration. Think of ripples in the water. When you think of sound, you probably think of hearing it with your ears, but sound can enter our body at any point.

Sound travels through waves. Think of sports game and the crowd does a wave, that is how sound travels. Unlike that type of wave, it happens naturally and cannot be stopped. Sound waves change the energy of the body as it passes through it. This is why noises can cause you stress or make you feel relaxed. Sound waves move in frequency which is determined by the current vibration within the wave. Waves are measured in frequency, or the regularity of vibration is measured in hertz.

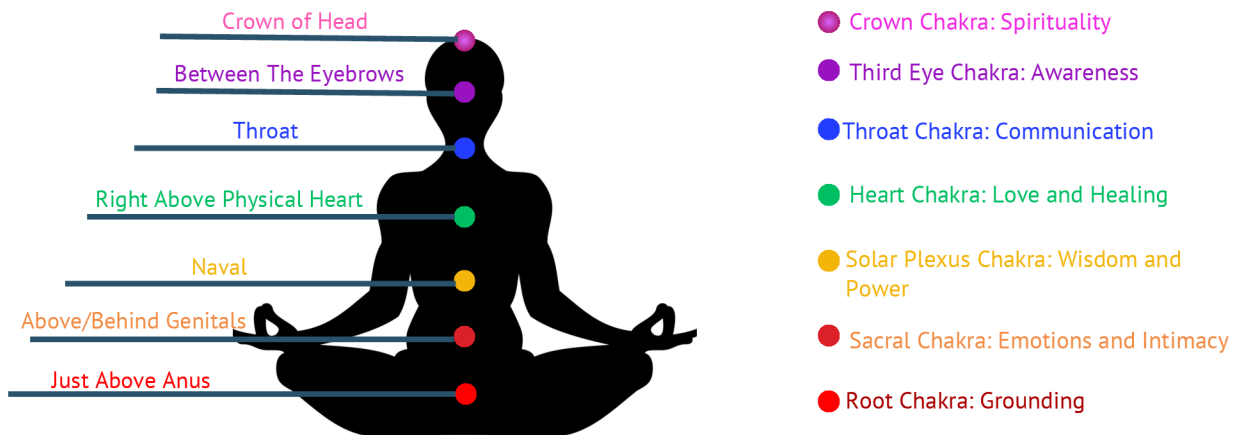


Sound Healing

Presented by: Heidi Osterman

Chakras

Chakras are believed to be a disk of energy. There are 7 main chakras in the body, from the base of the spine to the crown of the head. Each chakra has a various role and can become imbalanced. When chakras are out of balance, energy cannot flow. Each chakra has its own resonance and will respond to a specific sound.

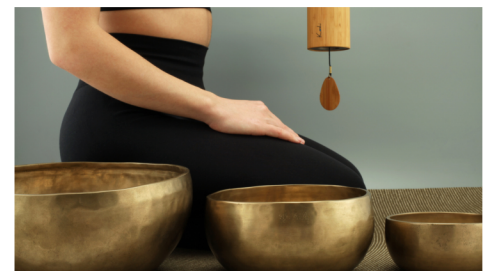
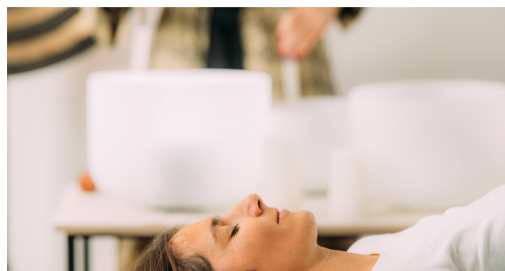


Healing with singing bowls?

The sound from singing bowls have many health benefits aside from balancing chakras. They are believed to clarify thinking and concentration, increase physical activity, reduce stress, promote relaxation, and mind-body balance. The sound from each bowl is unique vibration and are believed to both relax and energize at the same time.

Tibetan singing bowls

Most singing bowls are made in Nepal, the Nepalese people are considered the most artisan designers of the instrument. It is believed that singing bowls date as far back as 5000 years. Singing bowls are a type of bell, known as a standing bell. You can either ring it as a bell using a specific type of wood (or wood covered with another material like rag or wool) mallet to play sound by circling the rim of the bowl. Tradition singing bowls were made from high quality bronzes. Modern singing bowls are made from bronze or tin or a mixture of bronze and precious metals such as gold and silver.



Sound Healing

Presented by: Heidi Osterman

Crystal singing bowls

Crystal bowls are a newer concept, they have only been used since the 1980's. You can purchase a set, with variations in size that promote healing each of the chakras.

The diameter of a singing bowl is associated with the chakras. The lower (Root/Sacral) diameter is 7.9 in-13.8 in or bigger. The mid area (Solar Plexus/Heart) is 6 in-7.9 and the upper area (Throat, Third Eye and Crown) are 4 in-5.5 in. The easiest way to choose bowls for chakra clearing is to deep sounding bowl for the lower chakras, a medium sounding bowl for the mid chakras and a high-pitched sound for the top few chakras.

Things to consider when playing singing bowls:

Sound variations make you feel a certain way. There are many different things that can affect the sound of a singing bowl such as design of bowl, mallet size and type, and where you are striking the bowl. Also, the amount of pressure when playing the rim will affect the sound. The sound and vibration grow as you increase the pressure. With practice, you will find the "sweet spot" that seems to make the perfect sound.

What is a sound bath?

The idea of a sound bath is to create a real vibrational field around a person or group by vibrating different instruments one after another. Sound baths help to purify the aura, restore balance between the right and left hemispheres of the brain, let go of past emotional memories, and to decrease stress and anxiety. Sound baths participants may have moments where they feel very happy or sad, and may even cry during a session.

When doing an individual sound bath, you can place several bowls around the person so they feel more vibration. In a group setting, the sound healer generally sits in the center with participants surrounding them.

Sound baths usually include many different instruments including both Tibetan and Crystal singing bowls as well as things like Koshi chimes, ocean drums, bells, gongs etc. Some sound baths include periods of directed meditation. The end of a sound bath should include a period of silence so participants can process what they felt. This silence can be profound.

