



# Sound Healing

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# Definition of Sound Healing?

- Sound healing is the therapeutic application of sound frequencies to the body & mind of people with the intention of bringing them into a state of harmony and health.
- Sound healing is one of the oldest forms of healing.

(Heather, 2007)

# Purpose of Sound Healing?

- The purpose of sound healing is to be of therapeutic use by using the sounds or frequencies to heal the mind, body and soul.
- Every organ, every bone, every cell in the body has its own resonant frequency. Together they make up a composite frequency like the instruments of an orchestra. When one organ in the body is out of tune it will affect the whole body.
- Every action we perform has a conscious or unconscious intention behind it.
- E.g. Modern medicine now uses sound waves to break up kidney and gallstones in the body. The machine used is called a Lithotripter. (This machine bombards the stones with a specific sound frequency for one to two hours.)
- E.g. When a mother sings her baby to sleep the mother is using sound healing.

(Heather, 2007)

# Sound Healing Examples



## History of Sound Healing?

- The therapeutic practice of sound healing has been in use since as far back as biblical days.
- E.g. The prophets in the ancient Hebrews were known to foretell the future through practices like chanting as well as Moses' sister, Miriam, who was able to portray visionary powers through this ritual.
- E.g. In Greek mythology, many gods and goddesses utilized sound and music for healing remedies.
- E.g. In ancient Egypt, music therapy was used in temples.
- E.g. Native Americans used rituals including songs and dances to heal the sick while practicing with instruments such as a wooden flute.

(Sammons, 2021)

## How it works

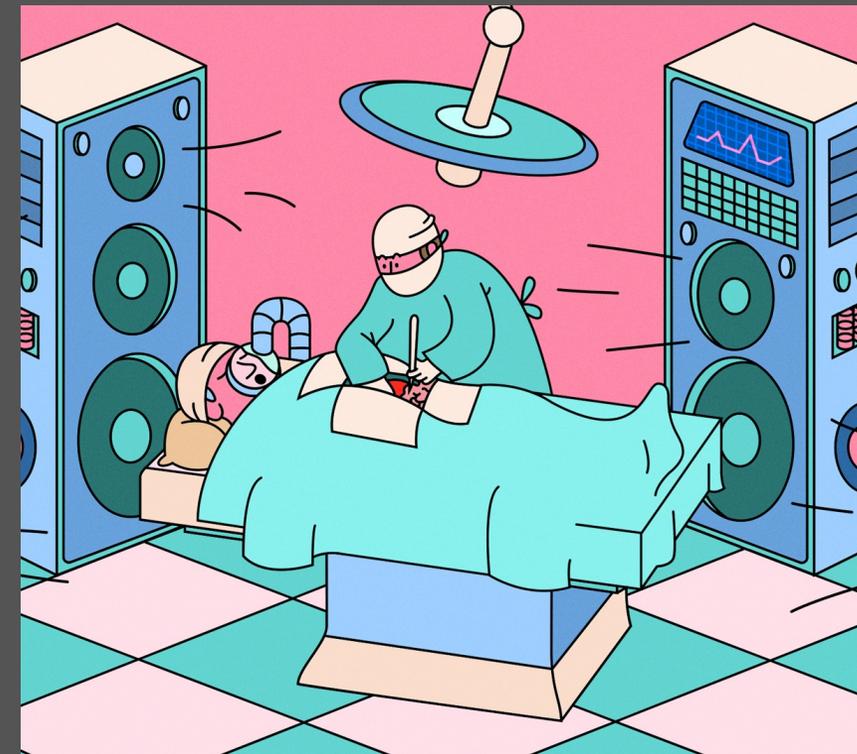
- Sound healing synchronizes brain waves to achieve profound states of relaxation, helping to restore the normal vibratory frequencies of the cells in our bodies (Bhaumik,,2021).

# Examples- Neurological Music Therapy:

Music in operating room to  
help patient with anxiety



Music to help surgeon be  
relaxed and focused



## Examples-Brainwave Entertainment:

<https://www.youtube.com/watch?v=gq8snFSEwIU>

(Healing Vibrations ,2019).





Example: Self



## Best Client



Sleep  
Disorders

Anxiety

Depression

Stress  
management

PTSD

Depression

Pain  
management

(Martinez, 2021).



# Needs License Practice

- Music and sound healing professionals can get certified through the [Certification Board for Music Therapists \(CBMT\)](#). (Natural Healers, 2021).
- Two year for Associate or a four year degree for Bachelors in music therapy
- Practice in hospitals, schools, nurseries, rehabilitation facilities and retirement communities

# Reference

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