

# Sound Therapy with Best Essential Sounds

“ In raising our consciousness and vibration, our perception of the world will change.”

## What is Sound Therapy?

The use of sound as a healing technique had been used for thousands of years and has been applied to heal and balance many aspects of our lives. Sound is used not only for healing but for spiritual growth.

Sound therapy techniques are delivered using instruments such as Tibetan singing bowls, gongs, the voice, drums and chimes.

Modern science has proven that everything is in a state of vibration. From the movement of the planets to the beating of our heart, every atom, cell, tissue, organ and bone in our bodies is vibrating. Each of these parts of our body are vibrating at a specific rate, that together create our own resonant frequency. When we are stressed or out of balance, our frequency changes, causing internal disharmony.

Sound waves from various different instruments penetrate the many layers of our being, bringing balance and harmony back to our body, mind and spirit. Low sounds are relaxing and higher pitch sounds bring alertness. The resonance from these sounds facilitate the bodies own natural healing processes and re harmonise cells that are out of balance.

Sound is recognised to alter our brain state and our emotional responses, which helps to improve our outlook in life and improve our mental health and wellbeing. Whilst receiving a sound bath, you may experience emotional release, imagery or revelations. Just be open to listening to what arises without judgment or expectation.

Specific musical intervals are played to create harmony between the left and right brain hemispheres. It can also entrain the brainwaves to a theta state promoting deep relaxation and help release deep seated emotions.

Binaural beats synchronise and entrain your brainwaves to enhance a specific brainwave pattern. Upon hearing two tones of different frequencies received at the same time through the left and right ear, the brain perceives a third tone based on the mathematical difference between the two frequencies. The brain then follows along at the new frequency, producing brainwaves at the same rate as the Hertz. This is usually at 5Hz which is in the Theta range. The Theta range state is associated with creativity, insight, deep meditation, healing, reduced consciousness. This is where the magic happens during a sound bath, when you are in a dream-like state. This is what I find fascinating!

Most of the time, sound baths are known to be relaxing and calming and help with conditions such as:

- Stress
- Anxiety
- High Blood Pressure
- Depression
- Feeling stuck
- Disturbed sleep
- Lack of concentration
- Pain and inflammation

## The 5 brain wave states

### Gamma brain waves– Frequency: 32 – 100 Hz

Associated state: Heightened perception, learning, problem-solving tasks

Gamma brainwaves are the fastest measurable EEG brainwaves and have been equated to 'heightened perception', or a 'peak mental state' when there is simultaneous processing of information from different parts of the brain.

Gamma brainwaves have been observed to be much stronger and more regularly observed in very long-term meditators including Buddhist Monks.

### Beta brain waves– Frequency: 13-32 Hz

Associated state: normal alert consciousness, active thinking, and "doing mode"

For example, active conversation, making decisions, solving a problem, focusing on a task, and learning a new concept. We spend most of our time awake daily in this state and they're easiest to detect when we're busy thinking actively.

### Alpha brain waves– Frequency: 8-13 Hz

Associated state: physically and mentally relaxed

They can also often be found during activities such as: yoga, just before falling asleep and when being creative and artistic. During a sound bath, you will shift first into this state before moving into the theta brain wave state. Alpha brain waves are some of the most easily observed and were the first to be discovered. They become detectable when the eyes are closed and the mind is relaxed.

### Theta brain waves– Frequency: 4-8 Hz

Associated state: creativity, insight, deep meditation, healing, reduced consciousness

This is the state where the magic happens. Theta brainwaves are strongly detectable when we're dreaming in our sleep, but they can also be seen during deep meditation and daydreaming.

### Delta brain waves- Frequency: 0,5-4 Hz

Associated state: deep, dreamless sleep

These are the slowest of all brainwaves and are strongest when we are enjoying restorative sleep in a dreamless state. This is also the state where healing and rejuvenation are stimulated, which is why it's so crucial to get enough sleep each night.

## Receiving a sound bath

Having an intention for your own well-being, change or transformation is an important principle underlying the way sound healing works.

"Frequency + Intention = Healing"~ Jonathan Goldman

It's important that you are comfortable and warm lying on the floor to receive the sound bath. Please bring blankets, even a single duvet to lie on. An eye bag is also useful. Keeping your intention loosely in your mind, just let go and listen to the sounds.

Any concerns, please email me.