

# SELF HEALING WITH SOUND: 4 WEEK JOURNEY

## WEEK 1 – RESONATE & RELAX!

### FOUNDATIONS & SOUND FOR STRESS RELIEF

We already know that Sounds can have a positive and negative impact on you.

Think about when there is construction work going on outside. Or traffic noises when you are trying to work or concentrate. How does it feel if someone greets you by shouting angrily at you vs if they walk into the room telling you in a calm voice how glad they are that you're there.

Can you feel that the effects are on the whole body? Not just the mind. You may find that you start to tense or open up accordingly!

On a physical level every molecule and atom we are comprised of is in constant motion, vibrating with its own wavelength.

On a biological level, our cells are able to detect and respond to vibrational frequencies which can alter their function.

We live in a world of frequencies. Only within a specific range do we recognise them as "sound" but we are constantly surrounded by vibratory frequencies which influence us from the grossest to the subtlest level. This journey together is about learning the basics of taking an active rather than passive stance with the effects of sounds in our lives so that we can live our lives in greater harmony with our original selves, one another and the forces of nature.

#### Over the 4 weeks we will cover:

- Understand the basics of how sound works as a healing modality
- Introduction to 3 simple but powerful sound-based techniques
- **Cultivate a home practice which over time can have a powerful transformative effect.**
- Learn how to apply these to real life situation: stress, emotions, anxiety.
- Using intention and sound to bring about positive changes
- Cultivate the sense of listening and enter this as a doorway to the present moment.

## WEEK 1 QUESTIONS

### Stress & Release

Describe briefly your answers to these questions

1. Do you have any go to ways that you deal with stress?

2. Are you aware when you are feeling off balance or out of sorts?

3. What are the things you do to help yourself relax?

List below:

Now beside these things, honestly write down if these things are either an "escape/distraction" or a true release?

4. Do they help you to tackle the stress? If so, **how** do you think they manage that?

## HOW CAN SOUND HELP US TO RELAX?

### **Restoration of natural frequency**

When we are in a state of harmony, our body and cells will be vibrating at a certain unique frequency which represents this balanced state.

When we lose our balance for example due to stress or illness, then the natural frequency may be altered.

When we introduce certain sounds which represent the natural frequencies contained in nature and the cosmos, it is possible to “remind” the cells of our body of the natural frequencies through a process known in physics as entrainment.

### **Effects on our brainwaves**

It is now well documented that when we are engaged in different activities our brains are producing different frequencies which correspond. One of these states is known as theta which is associated with meditation. We can entrain our brains to enter these states and it can help us to bring us back to a state of calm as we deal with our daily stressors or to reset ourselves and rejuvenate.

### **Good Vibrations**

When we chant or hum repeatedly or listen to healing sounds our physiology becomes regulated. This happens through the breath and also through the exposure to the rhythmic cycles of frequencies. The vibrations themselves have a tonifying effect on our body, so producing the sounds ourselves is one of the most powerful ways to experience a healing sound.

## INTRODUCTION TO DEEPENING WITH OM

Om is the most renowned mantra. Its single syllable is actually comprised of three parts A – U – M which represent creation, sustenance and dissolution.

Before the universe was created it is said there was simply silence. When this silence began to vibrate the first sound that was produced was AUM.

This has been the experience of ancient sages across continents throughout the ages whilst in deep states of meditation. It was realised by the same yogis that this sound can also be used as a raft for those who have not achieved those states, to experience a deeper state of connectedness to this original silence and consciousness.

Chanting Om can bring our busy minds to stillness, it can soothe our nervous systems, calm anxieties and bring us into alignment with harmonious and creative force within us.

It can help us to let go of attachments, as well as to embrace situations that we might not usually have the capacity, it has this potential to reveal to us on a cellular and even subtler level the true nature of existence.

## HOMEWORK FOR WEEK 1

### 1. Practice

Make a commitment for yourself this week to practice the sound meditation at least once a day first thing or last thing at night. When possible, try and do it both times!

### 2. Listen

Pay attention to sounds this week. When you have time a 5 minute pause then simply sit and observe how the sounds around you affect you.

### 3. Bonus – In Action

If you encounter a stressful situation this week. Either beforehand (if it is a known situation) or Afterwards use the om chanting practice to ground yourself and process the experience. Journal briefly on how this experience was.

## HOME PRACTICE GUIDELINES

### OM MEDITATION

Prepare a quiet space, light a candle and pleasant incense.  
Either use the meditation track or a timer

#### Optional preparation

- A few gentle stretches beforehand e.g moon sequence
- Double breathing x 10
- Write down a few thoughts in a notebook e.g about how you feel right now, setting an intention

#### Chant (10 minute mp3 provided)

- Om for 5 minutes (A in the belly, U in the chest, M in the throat and the head until it naturally starts to emerge as Om)
- Hum for 2 minutes
- Hum for 1 minute with fingers in the ears
- Sit silently afterwards, gently watching your breath.

#### Journal before and after the practice starting covering the points below

- How you feel
- Any major / minor personal themes
- Any intentions that you have set for yourself (keep it simple)

REFLECTION BEFORE WEEK 2

Reflect on the following points briefly.

Did you manage to use the practice daily?

How was the overall experience?

Did you manage to use the practice to realign yourself before and/after a stressful scenario?

Did you use your other strategies to combat/avoid stress? If so how did they feel compared to using the sound techniques? Or did you find them complimentary?