

From work deadlines and family obligations, to traffic jams and long queues to grab your morning coffee, the stress of the everyday can fill your mind with chaos. With so much bustle, it can be hard to decompress. **How do you find the “off” switch in your mind?**

Sound meditation is the use of sound as a tool to cultivate and support deep relaxation. Ultimately, the purpose is to create a gentle, yet powerful, experience that heals the body, clears the mind, and helps rein your attention to the present. **Switch off your mind and tune into yourself.**

Sound has the ability of making, breaking, or rearranging molecular structure. If it can do this, what can't it do? The chanting of mantras and other sacred sounds has been used in a variety of different traditions for many millennia. Sonic tools, such as bowls, bells, and tuning forks have become commonly utilized in many spiritual and healing practices.

We will be specifically focusing on working with the voice—going from the alpha to the omega of sacred and healing sounds—to create simple sounds that are most profound and can cause major beneficial shifts and changes in everyone.

Because we are so exposed to negative entrainment in our day-to-day (sounds from the news, media, and traffic), sound meditation fosters positive entrainment instead. And practicing it changes the brain's physical structure. “The practice rewires the brain, boosting mind and body health.

What is the power of sound meditation?

The vibrations used in sound meditation can help create a meditative state, allowing for a more profound connection to the present moment that strengthens the more you practice it. A regular sound meditation practice can lead to increased self-awareness, emotional regulation, and overall well-being

There are many ways to balance the chakras. Some people use meditation; others use crystals or essential oils. One way to balance the chakras is using sound

therapy with the solfeggio frequencies. Using solfeggio frequencies as background music or guided meditation can help clear and balance the chakras.

BUT WHAT ARE THE BENEFITS OF MEDITATION AND SOUND?

There are thousands of scientific studies that prove the health **benefits of meditation** – it's indisputable. RESEARCH has found that it can decrease anxiety, reduces stress, can decrease depression, can improve memory, and reduces both physical and psychological pain.

Physiological benefits include a reduction in heart rate, cortisol, lactate, epinephrine and blood pressure, and an increase in melatonin, skin resistance and blood flow to the brain. **On the benefits of music more broadly**, a REVIEW of 400 research papers has shown that listening to music has been found to reduce levels of stress and improve the body's immune system function. Research has also found that binaural beats – two tones played in unison at slightly different frequencies, have been found to ENHANCE MOOD STATES and REDUCE ANXIETY LEVELS.

Where traditional meditation requires focus and an effort to stay present, sound meditation allows the participant to stay passive and be led by the sounds and vibrations. Tuning out can be quite difficult in standard meditation – in sound meditation it's easy to get out of your head.

IN TERMS OF SOUND MEDITATION

RESEARCHERS have found that sound waves affect the human nervous system and decrease blood pressure more than traditional meditation does, and one STUDY found that a low-frequency stimulation improved sleep and decreased pain in people with fibromyalgia, which allowed almost three quarters of participants to reduce their pain medication.

Further, a STUDY published in the *Journal of Evidence-Based Integrative Medicine* in 2016 examined the effects of sound meditation classes, specifically Tibetan singing bowl meditation, and found participants reported significantly less tension, anger, fatigue and depressed mood compared with the pre-meditation participants.

The study added that “Tibetan singing bowl meditation may be a feasible low-cost low technology intervention for reducing feelings of tension, anxiety, and depression, and increasing spiritual well-being.”