

Sound Healing Certification

Responses to Sound Healing



LIFECHANGING
— ENERGY —

Common Responses to Sound Healing

As sound passes through you, it balances your body, mind and spirit by clearing blockages in the energy flow and helping your body to release tension and stress. Some people have a feeling of well-being after a sound healing session. Others may feel like they need to drink water and rest.

Sound healing has been used for thousands of years in many different. During sound healing sessions, healers use instruments like gongs, flutes, drums, crystal singing bowls, crystal singing pyramids and tuning forks to create vibrations that move through the body. Some people describe these vibrations as feeling warm or tingly. Others say they feel the vibrations in their muscles or bones. And still others report no sensation at all.

During a sound healing session, you can either lie on the floor or sit in a chair, depending on your preferences and what's available in the space where the session is held. The healer then plays one or more instruments while moving them around your head and body, creating sound waves that travel through your body.

Sound can be used as a vehicle to take one into deep states of relaxation and even into meditative states. The sound waves can penetrate deeply and affect the body at a cellular level.

If stress was an issue prior to the session, it may be reduced after. In some cases, emotional issues come up during a session and participants have an opportunity to express themselves.

Sound healing isn't intended to diagnose or treat any health condition. However, it can be beneficial for conditions such as anxiety and depression, which are often associated with high levels of stress.

What are some other common responses to sound healing sessions?

- Some people have an emotional release.
- Some people just feel tired or sleepy.

- Nausea, vomiting,
- Getting or releasing headaches
- You may go into a meditative state; you might doze off.
- Your blood pressure, heart rate, and respiration might slow down.
- You might feel warmth or tingling sensations in your body.
- On the other hand, you might sometimes feel agitated or uncomfortable.
- Some people get emotional.
- Resonance
- Clarity
- Sensation of Energy Movement
- Pain Reduction
- Reduced Muscle Tension
- Improved Circulation, Digestion, and Respiration
- Deeper Relaxation, and Ability to Focus
- Increased Energy and Vitality, Less Fatigue and Depression
- Intensification of All Senses
- Muscle twitching or cramping
- shaking
- tingling
- buzzing
- sensations of heat or cold
- flushing and blushing
- visualization of colors or memories
- deep relaxation, lightness, floating sensations
- Crying
- Itching
- Need to go to the bathroom
- Pins and needles sensations which can be an indication of stagnant energy.
- Increased body temperature and/or sweating.
- Irregular breathing patterns, yawning, and sighing.
- Sensations of physical, emotional, and energetic release.
- Unexpected Feelings or Thoughts
- Realigning with Your True Self
- Relaxation
- Laughter
- Tears

- The body will feel lighter and more energetic
- More flexibility, ability to move fluidly
- Spontaneous stretching or shaking
- Your breathing quickens, slows down, deepens or becomes less steady.
- You feel hopeful.
- you might have a range of emotions come up during a session
- Detox symptoms

What are the Emotional, mental and physical responses to the sound healing purification process?

You may feel tired or experience headache or nausea during the first few days after treatment. This is a normal part of your body's detoxification process. Drink plenty of water, get rest and eat light meals during this time.

You may feel cold or develop flu-like symptoms (runny nose, sneezing, coughing). This is an indication that your body is expelling toxins from your lungs and sinuses. If you have any discomfort, take your normal over the counter or herbal remedies.

During the first week after treatment, you should avoid alcohol, caffeine, salt, sugar and tobacco products. These substances inhibit your body's detoxification process.

If you have dry skin or eczema, you may notice some inflammation or itching during the first few days after treatment. This is normal part of your body's detoxification process and will go away within a few days.

During a sound healing session, some people feel a sense of deep relaxation, sometimes to the point of sleep. When they wake up they are often in a state of bliss, and some people say that they have never felt so relaxed before. Some people report feeling like they are floating outside their bodies.

The emotional release process is not always as subtle or gentle. A person can often make an emotional release in a very dramatic way. This is perfectly normal and it is nothing to be alarmed about.

After the session, you may feel that you want to sleep more than usual, and you will probably feel more tired over the next couple of days. You may also experience vivid dreams, but this is only temporary.

You may also feel hungry after the session – if this happens, do your best to eat healthily. Some clients find themselves craving healthier foods after the session – again this is only temporary, but it is an indication that your body knows what it needs and wants to do the best for itself.

In regards to an emotional release, symptoms may show up like:

Detachment from the old story; it is no longer needed. The liberation that comes from letting go and realizing that you can do it anytime.

Getting clarity, the weight being lifted, the lightness in your body, the feeling of freedom.

The release of the pain and suffering that has been stored in the body. The clearing of negative energy that is not serving you anymore.

Watery eyes due to an overflow of emotion as a result of letting go of all that is not serving you.

That feeling you have when you let go of something by choice and feel so good about it.

In terms of a mental release, symptoms may show up like:

The memory recall and the feeling of remembering something. It may come up like a flash or a visual picture in your head or it may be a feeling of remembering something. Once this happens, your subconscious mind will see this image or feel this feeling and make the connection with what is needed to be released, cleared or healed.

Forgiveness for self and others becomes easier, because when we allow ourselves to release these traumas from our past we feel lighter, more loving and accepting towards ourselves and others.

Feeling more connected to Source energy and Spirit Guides because now there is more space in your mind to connect at this higher consciousness level.

Regardless of your reaction, your body is adjusting.

We are all different. Even though we may choose the same frequency and treatment time, at a certain point in our lives, our bodies may respond differently. Every person has their own unique way of responding to particular frequencies depending on their age, gender, health level, mental state, physical conditions and emotional condition.

Sound and frequency therapy is not a healing tool that works for everyone. It should be used with caution if you have serious medical conditions or if you are pregnant. Remember, none of this is a sure cure for any disease or illness but it is definitely an effective healing tool that can help people feel better, healthier and stronger.

It's important to understand that people feel and respond differently to sound healing.

People who have a history of trauma, or who have a lot of stress in their lives tend to be more sensitive.

Generally speaking, most people feel the effects of the therapy quite quickly (within the first few days). However, some people feel nothing at all, while others feel it after a few weeks. And then there are some who find that they need a break from it after a week or two and then begin to feel the benefits upon resuming their therapy.

Another factor in someone's healing journey is their current health status when starting. If a person has a metastasized cancer, that person will need more than one kind of frequency therapy to achieve a positive result.

Another factor to consider is that our bodies change constantly. What worked last week might not work this week. You may have to adjust your therapy program to keep up with those changes.

And if you're treating a bacterial or viral infection, the type of bacteria or virus can affect how your body responds to the frequencies. For example, Lyme disease has several strains and each one responds better to different frequencies.

When listening to a frequency, it is the sound that resonates within us that we are hearing. For example, certain frequencies may cause us to feel like we have energy and excitement to do things. Other frequencies may cause us to feel more relaxed or sleepy. The frequency itself does not cause the feeling; it is because of our own personal resonance with the frequency that we feel as if it is doing something to us.

We all respond differently to frequencies because we all resonate at different levels and intensities for each one of them. This does not mean one person is wrong and another person is right. It simply means that everyone experiences things differently, including sound frequencies.

When our bodies are exposed to sound, we are able to release blocked energy, old cellular memories, negative emotions, and other blockages that are the cause of illness or disease. Sound healing works on the physical body and subtle bodies (aura). When we are able to release these blockages, there is space for new healthy energy to come in.

In my experience the purification process following a sound healing treatment can begin at any point within a few hours or days after the session.

When you are undergoing this process it is important to remember that you are releasing old energy that has been held in your cells and tissues for a long time. It is also helpful to remember that these experiences are temporary and will pass in a matter of days depending on the severity of your symptoms.

On the physical level - sound works with the body; it can cleanse the organs of toxins and help to regulate their functions as each has its own frequency. Sound

can help to relieve constipation, headaches, throat problems, stomach-aches, and aches in the joints and bones.

On the emotional level - sound helps to move and release emotions which are stored in the body. Through this process old patterns and behaviors which are no longer serving one's highest good are released. The release of these emotions allows for a greater flow of energy throughout the body by clearing energy blockages. This flow of energy also strengthens & balances each chakra, bringing about greater emotional stability.

On the mental level - sound can assist in relieving stress which is often held in the head area, particularly tension headaches or migraines. It also helps to quieten repetitive thought patterns from a busy mind & relaxes one into a meditative state where deep inner silence & stillness is experienced.

On a spiritual level - sound can clear negative energies or entities that may be attached to one's aura or any other part of one's being.

Some people describe the healing process like a shower running behind the scenes, cleansing you without your awareness of it. The purification process can show up in many different ways, including:

Intense dreams.

Personal insights.

A sudden shift in your perspective on life or a particular situation.

Feelings of being suddenly "in the zone."

An increase in energy levels.

An increase in motivation.

A spontaneous healing experience.

An urge to make changes in your life that you've been avoiding, such as quitting smoking or making a change in your diet.

Once you've experienced sound healing on a regular basis, you'll find ...

The body reaches a parasympathetic state, which is homeostasis or rest and digest. This is because the vibrations from sound healing can have a positive effect on the autonomic nervous system which controls heart rate, digestion, respiratory rate and pupillary response.

The sympathetic state, or fight or flight, is often experienced in modern life because people are constantly in a state of stress. This is when the body begins to break down, so it's important to reach a balanced state – that parasympathetic state where healing can occur and all of our systems can repair themselves.

In this state, the body releases hormones like serotonin and dopamine that help us feel relaxed, happy and at peace. It also boosts our immune function and helps energize our cells.

Your breathing slows down and becomes deeper, your heartbeat slows and lowers, metabolic rate slows down, blood pressure drops and blood flow increases.

Your immune system strengthens and you're better able to fight off colds and flus.

Your organs shift back into alignment with their correct vibrations, helping them to function more efficiently.

You feel more relaxed and at ease, reducing stress levels.

Sound healing is like a big reset button for your body.

The purification process starts as soon as you experience sound healing. It can happen in a few days to months from the time of your first sound healing session. It is an ongoing process that takes place as long as you continue to receive sound healing or meditate with sound.