



## Sound Therapy

Effects, uses and benefits

### WHAT IS SOUND HEALING?

Sound healing is also known as a Sound Bath. Being bathed in: **Sound**, Soothing warm **Steam** and **Anti-bacterial Ozone** from head to toe whilst in my Ozone pod and tranquil, healing **Safe Space**.

The science behind sound is that every cell in our body vibrates at a certain frequency (Hz). By matching the ideal frequency with Tibetan singing bowls, crystal singing bowls and gongs we clear all dis-ease from body & mind.

The sound stimulates our circulation and immune system, cleanses our energy meridians, and helps to release emotions stored in our body.

Switching off from the world and its stressors, allows for harmony, creating a space for healing and balance.

Jia Life Wellness provides **stress release** and supportive **sound- and music- therapy programs** based on the **psychoacoustic science** as well as the **proven connection between body and mind**. The **combination** of sound prescriptions, mind-body techniques (breathing programs, guided visualisation) and stress management programs create a **comforting healing environment ensuring whole client care**.

Most of the time we are bombarded by disharmonious noises – e.g., traffic, fridge, dogs barking, loud music, even by electric current. Sound can cripple or heal. Initially thoughts and emotions manifest as frequencies. Sound can change the rhythms of our brainwaves, as well as our heartbeat and respiration. In India there are ragas (meaning 'mood' or 'mode') for every hour of the day and season.

Healing is a manipulation of these frequencies from discordant to harmonious. Both the Earth and body have a vibration of 8 cycles per second, which can be conceived as a

wonderful orchestra of sound.

There are sounds that are so high that they seem to ring in one's head, or so low that the floor under one's feet seems to vibrate like low thunder or an earthquake. The low frequencies, like the noise we experience in cities, are the exhausting frequencies, whereas the higher more refined frequencies (8,000hz) similar to those we hear when we are embryos in the womb are energizing.

Sound has also been documented to have profound effects on mood and mental states by stimulating the release of endorphins which are natural 'feel good' substances. Clearing blockages in the flow of subtle energy Our physical body is the vibrating at a frequency which can be perceived by the five senses. The subtle energy body is vibrating at a much higher frequency and is far less dense. The human eye is not capable of perceiving this rate of vibration. The subtle energy body, although not visible to the human eye, plays a vital role in our health and well-being. Sound waves have the capacity to clear energy blockages and restore flow in the Chakra-Nadi system and the meridian system. Imagine an opera singer singing a note that causes a glass to shatter. In this way the blockages of energy are broken up and energy flow is restored. Natural vibrations; Schumans resonance- in tune with the human brain-30htz, humans 62-68hz. Acoustics, frequency, hertz- unit of one cycle per second. Sound is an acoustic wave caused by a device.

#### **How sounds affect us-**

- **physiologically 60% water- sound travels well in water.**
- **Increases heart rate and changes breathing pattern(adrenals)**
- **Psychologically. Sound makes you happy**
- **Cognitively - Altering brain wave patterns and physiological responses**
- **Behaviourally**

For more details see source data:

<https://healingsounds.co.za/wp-content/uploads/2020/04/EMS-Simplified-website-1-768x938.jpg>

<https://healingsounds.co.za/about-sound-1/>

<https://www.lunasoundhealing.com/chackra-guide-and-benefits.html>

<https://www.freeflowtherapy.co.za/sound-healing>

#### **CONTACT**

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PHONE:  
073 993 4850

ADDRESS:  
1 Ravenscourt Road,  
Parklands, 7441

WEBSITE:  
<https://jialife.co.za>

EMAIL:  
[info@jialife.co.za](mailto:info@jialife.co.za)

**My practice:**

**Bring ritual and ceremony. incense, elements. Pure water, Detox revival.**

**Taken through a process/journey**

**Give yourself 100% permission to relax and at the same time stay present.**

**CONDITIONS OF USE AND IMPORTANT INFORMATION:** This information is meant to supplement, not replace advice from your doctor or healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects. This information may not fit your specific health circumstances. Never delay or disregard seeking professional medical advice from your doctor or other qualified health care provider because of something you have read on Jialife.co.za. You should always speak with your doctor or health care professional before you start, stop, or change any prescribed part of your health care plan or treatment and to determine what course of therapy is right for you.

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Author

Michelle Nel

Owner & Therapist

ITEC (U.K) N.D