

## WHAT IS A SOUND BATH? WHERE DID IT COME FROM?

A sound bath is the process of “bathing” your body in sound waves. That said, it’s different from music therapy. Sound baths don’t include a melody, beat, rhythm, or repetition of tones that the mind can hook onto like music does. It’s centered on changing resonance and overtones to push the listener to release and let go of emotional and physical trauma and pain. This practice pushes the brain to enter the Theta state to begin sending healing brainwaves throughout the body. This lowers blood pressure, reduces stress, anxiety, depression, fatigue, improves mental clarity, digestion, aids in sleep and improves mood just to name a few.

While the history of sound baths goes all the way back to ancient Greece and Egypt, you can find some form of this in many cultures around the world. In Australia, sound baths involved didgeridoos. In the Himalayas, they are done with Tibetan bowls. The Greeks used sound baths for more than just relaxation and calming nerves. They used it for aiding mental disorders, indigestion, insomnia, and other medical conditions. The ancient Greek philosopher Aristotle said that a sound bath is excellent for soul purification, in *De Anima* in 350 B.C.

## WHAT CAN I EXPECT FROM A SOUND BATH?

Sound baths are a meditative practice involving the use of resonant music frequencies to balance energy. This creates an immersive sound that fills the room and the body, aiming to help people relax and let go of stress, anxiety, or other worries and concerns. People report feeling deeply relaxed after sound baths, which has extreme health benefits.

## HOW DOES SOUND HEALING WORK?

The vibrational frequencies of sound healing instruments like quartz crystal bowls have the ability to move through skin, fluid, and bones of the body, creating a full body relaxation and recalibration down to the level of the crystalline cellular structure. Each bowl is tuned to specific frequencies to help heal energy centers of the body known as Chakras. The experience creates an environment of “resonance” and harmonic convergence within the body, mind and spirit.

## Quartz Crystal Sound Bowls Chakra Healing Frequencies

- 6”) Crown Chakra – 768 Hz – Musical Note B
- 7”) Third Eye Chakra – 720 Hz – Musical Note A
- 8”) Throat Chakra – 672 Hz – Musical Note G
- 9”) Heart Chakra – 594 Hz – Musical Note F
- 10”) Solar Plexus Chakra – 528 Hz – Musical Note E
- 11”) Sacral Chakra – 480 Hz – Musical Note D
- 12”) Root Chakra – 432 Hz – Musical Note C

*Sound therapy is a remarkable and natural technique that can help your body, mind and spirit without invasive procedures. Our everyday life is full of situations that can increase our stress. According to modern research, our healthcare system is ill-equipped to help us beyond using pharmaceuticals, which many times don’t work or create other issues. Being in a constant state of stress has been documented to lead to a plethora of other health problems, lowering the quality of life we live. That’s why so many people are turning to more holistic approaches such as sound therapy to improve their wellness. Using crystal singing bowls and sound healing techniques are getting more popular daily.*

Remember to drink plenty of water!  
Progressive Muscle Relaxation Technique

Use this breathing technique anytime to relax, reduce anxiety and promote a sense of calm. Excellent for beginning your meditation, falling asleep and redirecting negative thoughts throughout the day.

- Sit comfortably and relaxed, or I prefer to do this lying down.
- Close your eyes. Bring your attention to your feet. Breathe in through your nose and tense the muscles in your feet, hold the breath for 5 counts, and then release the breath and relax the muscles in your feet.
- Continue up through your body—feet, shins, thighs, glutes, lower abdomen, upper abdomen, chest, hands, forearms, upper arms, neck up to your head —taking slow, deep breaths as you tense, hold, and then relax each section of your muscle group along the way. Don’t worry about having a checklist of muscle groups, just move along naturally through the body.
- Notice the difference between how a muscle feels before and after tensing and relaxing it.
- Take your time going through this technique, be mindful of your body noticing how everything feels. It becomes a meditation, and you may even fall asleep along the way!

Practicing this technique regularly—before bed or otherwise —will help you learn to relax your muscles during tense and stressful situations when we don’t necessarily realize we’re tensing them. Progressive relaxation helps to tame the tension in your body, and refocus your energy anytime, anywhere.