

# SOUND BATH ENERGY HEALING

## WHAT IS A SOUND BATH?

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 energy healing and 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.

## 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 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.

## WHAT CAN I EXPECT DURING A SOUND BATH SESSION?

Sound baths are an energy healing, meditative practice involving the use of resonant music frequencies played live by a certified practitioner, 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. Lying down or sitting comfortably, dim lights, peaceful Aurora Therapy Lights dancing across the ceiling, Aromatherapy diffusing with calming essential oil. All you have to do is simply be present and listen. Whether you choose to meditate, relax and just be, or even fall asleep... the energies will still continue to work in and through you. People report feeling deeply relaxed after sound baths, which has extreme health benefits.

## CAN I BENEFIT FROM SOUND HEALING AT HOME?

Yes! You can look up “healing frequencies” on YouTube or anywhere you listen to podcasts. There are endless options online. Look for ones that resonate with you. Listening is very beneficial to help promote sleep, during meditation, mindfulness practices, or just taking a 5-minute break during the day to re- group, center, balance and ground yourself. See Chakra list for which frequencies can help heal specific areas.

## WHY DOES QUARTZ CRYSTAL MATTER?

These bowls are made out of pure Quartz Crystal. This is significant because our bodies and cells are made up of crystallin DNA structures. Essentially, our atoms vibrate at the same frequency as these healing bowls. When quartz crystal bowls are played live, you can feel the energy flow through you. Also, quartz crystal has the ability to be a conduit and broadcaster of energy. Think of liquid quartz crystal in computers, cell phones, TVs and electronics, quartz crystals used in watches and time pieces. This Earth element is pure and can be positively charged to help heal the body, mind and spirit.

## SOUND BATH BENEFITS

Induces deep relaxation, lowers stress and anxiety, improves mood, improves quality of sleep, heightens focus and energy, a feeling of rejuvenation, emotional trauma release, lowers blood pressure, improves mental clarity, balances your energy, allows you to be at peace.