



## **Sounding** By Lynn Bieber

"All" is sound before it takes material form. "In the beginning was the Word." One thing for sure, sound is powerful and mysterious. It is vibrational. We can focus the power of sound through the use of our own voices. Healing and whole are produced with ease and grace by combining the voice, natural intuitive abilities and loving intent.

Sound is common and extraordinary, simple and complex. Sound is very powerful and, of course, a constant in our lives. We are surrounded by sound. Ancient stories have intimated that sound was used to move large stones in the building of the pyramids. These technologies have been lost to us. However, new technologies using sound as an instrument are providing growth and healing in the physical, spiritual and emotional realms.

Some definitions of sound that apply to Sounding are: fresh, unharmed, healthy, strong, free from injury and disease; marked by solidity, firmness, ability; complete, thorough; melody, noise, tone; to make a noise or sound; to make known; to order, signal or indicate by sound; sounding line, act of sounding; to measure the depth of; feel out, probe.

The skeletal structures of our bodies respond to sound. Our emotions respond to sound. Our brains respond to sound. Extensive research has proven that sound is far reaching in its effects. The use of chants has been central to many spiritual practices for thousands of years.

The Sounding that we will be exploring is our personal sound, the sound of our own voices. Tuning in to our own being, our own thoughts, feelings and emotions is of utmost importance in this experience. Giving them form through Sound changes them. You can also effect healing on others through the use of sound.

Intention is of prime importance in Sounding. Always set your intention "for the highest good of all concerned." Work in cooperation with each other, trusting the process and going with the flow of the experience. Laughter is helpful in keeping the entire experience in proper perspective. Turning the experience into one of playful exploration is at the heart of successful healing.

Research shows that the energetic structure of a person is actually changed, rearranged as a result of specific sounds. Sound can change patterns of behavior, thought and emotion. Larry Dossey, Candace Pert and Mitchell Gaynor are three of the leading researchers in this exploding field.

An expansion of tools and techniques for healing with sound is taking place. Practitioners have moved from recordings of music to chanting, Tibetan bowls, crystal bowls, tuning forks, drums, rattles, and the use of the human voice referred to as toning or sounding.

It is an ancient healing form and there are numerous schools of training specifically to teach sound therapy. Certainly the time for Sounding is here.

### Suggested reading:

"Sounds of Healing" by Mitchell Gaynor, M.D.

Don Campbell has authored many books and tapes on the subject.

"The World is Sound: Nada Brahman" by Joachim-Ernst Berendt

"The Healing Voice" by Joy Gardner-Gordon

"Healing Sounds" by Jonathan Goldman

"The Way of the Shaman" by Michael Harner

"The Creative Power of the Voice" by Laurel Elizabeth Keyes

"Molecules of Emotion: Why You Feel the Way You Feel" by Candace Pert

"The Conscious Ear" by Alfred A. Tomatis

### Cassettes/Videos:

"Music of Light" by Dr. Valerie Hunt

"Sound Wave Energy" by Nicole LaVoi

Quartz Crystal Singing Bowls: 1-888-682-1178 or [www.crystalsoundcenter.com](http://www.crystalsoundcenter.com)

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