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Healing Sounds as Energy Medicine

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Having researched, studied and taught the use of sound for health and transformation for almost 40 years now, I have learned, in part, two very interesting things. The first is that sound is an amazingly powerful way of creating a positive shift and change in our physical, emotional, mental and spiritual being. The second (and the one thing I find most interesting) is the fact that many people do not recognize sound as being a form of Energy Medicine. Yet, in reality, it most certainly is. In fact, it is, in my opinion, one of the most powerful forms of Energy Medicine.

The idea of Energy Medicine is simply that everything in the universe is in a state of vibration — whether it is perceived of as being light, scent or some other form of energy. Through using Energy Medicine, we are able to bring into alignment parts of our body — physical, emotional, mental and spiritual — that are vibrating out of harmony. Most often, we perceive this energy as being very subtle, such as the energy discussed in practices like “Reiki.” However, sound is also a subtle energy. It is simply the least subtle of energy forms because it is slow moving. If, for example, you take a sound wave and you double it 40 times, it moves into the realm of light. And indeed, whenever a sound is created, subtle vibrations of energy, called “harmonics” are also created and manifested. Harmonics are geometric multiples of the frequency

of the sound that continue to double, conceptually going into the frequency of light and beyond.

Our ancient mystics, of course, were aware of sound being so profound and powerful that it was considered the original creative force. So many spiritual traditions have statements such as: “In the beginning was the Word!” Quantum physicists are validating that everything is vibration and that this vibration can be perceived as sound. An example of this is called “Superstring Theory,” which incorporates the concept of simultaneous realities that are resonating at different frequencies — parallel dimensions that co-exist together — vibrating like the string of an instrument that has been plucked.

There are two basic ways that sound affects us. The first is called psycho-acoustics. Here sound enters our ears and goes into our brain, affecting our nervous system, our heart rate, respiration and brain waves. I consciously utilize my knowledge of psycho-acoustics, coupled with powerful intention of purpose and effect, when I create my recordings utilizing sound as a healing modality.

The second way that sound affects us is called vibro-acoustics. This occurs when sound vibrates our physical body, affecting us down to our cellular structure and even our DNA. Self-created sounds, as well as instru-



ments such as crystal bowls, Tibetan bowls and tuning forks can create a deep resonance on a physical level.

In addition, both of these powerful components of sound occur when, for example, we tone different sounds or chant mantras. When we do this, these tones and mantras can affect all aspects of our being, including our subtle bodies and our chakras — putting us in resonance with deeper levels of consciousness and higher levels of being.

Because sound is so powerful as an Energy Medicine, it is important that more people experience the therapeutic benefits of it. Yet, often when I talk about “sound” healing, many people think that I am talking specifically about music and they believe it is necessary for them to be trained musicians or vocalists to receive the powerful, life-affirming energies of sound. This is simply not true. Recently, my wife Andi and I published, *The Humming Effect*, which is the first professionally published book dedicated solely to the sound of the hum. We did this because we wanted to find a sound that everyone could relate to and experience. Humming is a sound that everyone can and does make. We hum and experience the soothing effects from it, whether we are consciously aware of it or not. Thus, our book explores the therapeutic and transformational benefits of humming for everyone. Also included is scientific and medical information that validates this extraordinary power along with review information about the physiological benefits of humming.

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Some of the beneficial physiological effect of self-created sound include:

- Increased oxygen in the cells
- Lowered blood pressure and heart rate
- Increased lymphatic circulation
- Increased levels of melatonin — a hormone that, among other things, enhances sleep
- Reduced levels of stress-related hormones
- Release of endorphins — self-created opiates that work as “natural pain relievers”
- Boosted production of interleukin-1, a protein associated with blood and platelet production
- Increased levels of nitric oxide, (NO), a molecule that is a vasodilator, which relaxes our blood vessels, lowers blood pressure and is associated with promotion of healing
- Release of oxytocin — the “trust” hormone

These are just a few of the many benefits of humming that have been scientifically proven. There are also many subtle body and etheric positive effects that occur from humming. These can include balancing the chakras and enhancing the rise of Kundalini.

“Conscious humming” incorporates information from a formula I created many years ago: “Frequency + Intent = Healing.” Intent is the consciousness that is encoded upon the energy of sound and it is one of the components that make certain sounds so powerful. When I first developed this formula in the mid 1980’s, the idea of intention was something that seemed far-fetched. Nowadays there are many books, television specials and films that focus on the importance of intention. There is also scientific data that validates the power of intention. Whether we call it intention, feeling, placebo effect or belief, I believe these are just different names for the consciousness that we can encode upon sound. Among other aspects, the power of placebo, for example, demonstrates the extraordinary connection between our mind and our body.

Another way of perceiving this formula is: “sound + belief = outcome,” which means that the sound we make, when coupled with the belief of what this




sound can do, will create the outcome we desire. I think that this concept seems to be in alignment with quantum physics and the realization that we help create our reality.

When we teach people to consciously hum, we have people sit quietly, breathe slowly and deeply, close their eyes and hum. We ask that they first project a specific intention onto the hum. Then they make the sound. The responses we receive when people hum in this manner are astonishing; they include everything from the relief of pain from headaches and sore throats to the blissful experience of resonating with higher levels of consciousness. Relaxation, deep healing and even journeying into divine levels of being can occur through humming.

As we journey into the world of humming, we learn deeper and more powerful exercises that seem to enable people to experience physical, emotional, mental and spiritual healing. There is even an advanced form of sonic yoga (Shabd Yoga) called Bhramari Pranayama that incorporates humming as its main sound.

Humming is certainly not the only form of sound that falls into the category of Energy Medicine. In fact, all sounds, depending upon their use — including “ultra sound” — can be considered Energy Medicine. Ultra sound, which is high frequency sound beyond the range of human hearing, is now being found to be very effective for treatment of many neurological injuries. Similarly, I believe that humming and other self-created sounds may soon be discovered to create neuro-genesis — the generation of new cells in the brain. It is our thought that the self-created sounds of the hum for example, will ultimately prove to be an extraordinary tool for various and amazing forms of healing that we have always had at our command but have simply ignored.

I would like to suggest that you work with sound as Energy Medicine whether it is through listening to relaxing music or by making tones that resonate your subtle bodies. Using crystal bowls and Tibetan bowls, as well as specifically created tuning forks, are other

ways that you can use sound to shift and change your vibrational rate, bringing you into states of health and harmony. Whatever you do, whether it is through humming with your own voice or feeling the frequencies of a tuning fork, sound is an extraordinary form of Energy Medicine that I trust you will explore. 



Author Jonathan Goldman can be found at www.HealingSounds.com.