

Restoring Health Through Sound

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Said to be the seed of all creation, sound has many restorative and healing benefits for the physical, subtle, and spiritual bodies. In this session, we'll explore the use of sound through seed mantras (one-syllable sounds) and various instruments, including singing bowls, chimes, bells, and tuning forks. This experience includes movement, music, and mindfulness, and ends with a period of silence to rest the ears and allow the sound vibrations to settle into our body.

What is sound?

The definition of sound is “vibrations that travel through the air or another medium and can be heard when they reach a person's or animal's ear.” Sound can be made with one's voice, as in when speaking, singing, chanting, and it can also be made with a variety of instruments such as singing bowls, chimes, bells, tuning forks, etc.

Many cultures acknowledge the power of sound and many belief systems see it as the source of all creation. In the story of creation in the bible, Genesis 1:3, it says “and God said, Let there be light: and there was light.” In the Yoga Sutras of Patanjali, an ancient yogic text, sutra 1:27 translates to “The word expressive of Isvara (Supreme Being) is the mystic sound OM.”

We have seen how sound can produce patterns and even move matter in the study of wave phenomena known as cymatics (*search YouTube for “CYMATICS: Science Vs. Music - Nigel Stanford” to see a beautiful display of this*).

How does sound restore health?

At the molecular level, everything on this planet is vibrating even if it is still to the naked eye. The rate at which something vibrates is known as frequency. A molecule has its own vibration and can pass its vibration to other molecules around it. Essentially, the vibrations of the molecules that make up our organs, glands, muscles, etc in our body communicate with each other.

When two objects vibrate at the same frequency, it creates **resonance**. When a group of objects vibrate at the same frequency, we have what's known as **entrainment**. We've seen this phenomena when a group of clocks have a second hand ticking at different times eventually resonate with one another and move at the same time. A beneficial entrainment is known as **coherency**, and a disturbance in the vibration of something is known as **dissonance**.

The basis of sound healing is entrainment. When dissonance occurs in the subtle energy body system, this may lead to illness, disease, misalignment of the structure of the body, and even emotional and mental disruption.

Sound is used to move stagnant energies that are causing dissonance and will then allow the molecules of the area to resonate at a higher frequency and entrain with the whole system.

Instruments to Restore Health

Singing bowls, sound baths, ting-sha bells, drumming, tuning forks, voice in the form of mantra, chanting, bija (seed) sounds)

Healing chants used in this workshop:

Om Asatoma

Om Asato Ma Sad-Gamaya Tamasoma Jyotir-Gamaya Mrityor Ma Amritam Gamaya (Om Shanti Shanti Shanti)	<u>Translation:</u> Lead me from the unreal to the real Lead me from the darkness to the light Lead me from death to immortality (Let there be peace, peace, and peacefulness)	<u>Sanskrit</u> ॐ असतो मा सद्गमय तमसो मा ज्योतिर्गमय मृत्योर्मा अमृतं गमय ॐ शान्तिः शान्तिः शान्तिः
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Ra Ma Da Sa

Ra Ma Da Sa Sa Say So Hung	<u>Translation:</u> Ra - Sun Ma - Moon Daa - Earth Saa - Impersonal Infinity Saa Say - Totality of Infinity So - Personal sense of merger and identity Hung - The infinite, vibrating and real	<u>Gurmukhi</u> Known as the miracle of healing, it can be chanted to heal the self or send healing to anyone who needs it
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Wahe Guru

Wahe Guru	<u>Translation:</u> Wahe - a statement of awe and ecstasy Guru - the one who brings us from darkness to light	<u>Gurmukhi</u> Wahe Guru is an expression of complete ecstatic awe of the Divine. A trikutee mantra, it balances the energies of the generating, organizing, and transforming principles.
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