



Sound Healing Bath



What is a Sound Bath?

A sound bath is a therapeutic and meditative experience, where you “bathe” in the sounds and vibrations made by different instruments like gongs, tuning forks, and crystal bowls. Through these sounds and vibrations, your mind enters a meditative and relaxed state. This brings about healing at mental, emotional, and physical levels.

A sound bath/sound therapy affects your whole body. If you’ve been at a concert or a music party, you can literally feel the bass vibrate every cell in your body; you’ll have a similar experience during a sound bath.

It’s a way of managing anxiety, soothing the nervous system, and blocking all the ideas and thoughts out of your consciousness as you connect with your body.

The six main healing frequencies are 396, 417, 528, 639, 741, and 852. These frequencies are believed to help assuage physical pain and even assist in DNA repair.

When vibrations travel through the body, they promote circulation, energy flow, and rejuvenation. The frequency of the sound synchronizes with your brainwaves and activates de-stress responses in the body.

Research has already demonstrated that sound healing can induce profound benefits and can include improved sleep, reduction in chronic pain and blood pressure, lowered cholesterol, and a decreased risk of heart disease.

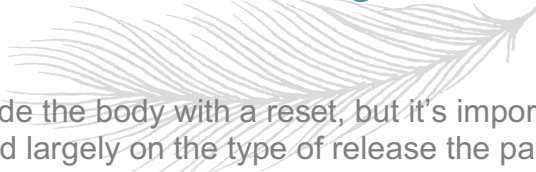
It’s also been discovered that sound can be an effective healer for a range of mental, emotional, and physical ailments, and has been a valuable treatment for conditions such as depression, anxiety disorders and PTSD.

A sound bath releases emotions that have been trapped in your mind and this leads to self-inquiry. The vibrations shake things up at the root level and release energies gained through past experiences. So, you may become overly sad, overstimulated or overjoyed, during your experience. It is also possible to feel a sense of calm one minute and then a feeling of unease in the next.

Sound baths are a form of meditation as well as an opportunity to flush the body, as people connect to their inner selves. They allow the body to come into a place of balance.



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Sound baths can provide the body with a reset, but it's important to keep in mind that the experience is based largely on the type of release the participant has and the environment the practitioner creates.

You can access uncomfortable emotions while engaging in a sound bath, but that doesn't mean that the exercise itself is a negative experience.

No matter what feelings start to arise, there is no need to be alarmed or concerned, these emotions are surfacing because the environment is promoting a release from within.

Even when therapy and restoration are uncomfortable, that discomfort usually has a purpose. It's information that brings you closer to a resolution and personal growth.

Whilst every journey is unique, some may involve the release of uncomfortable feelings. It is important to be surrounded by people with positive energy in a sound bath experience, as people's chakras open up so much, and participants can absorb other people's energies and negative emotions.

The human experience is multidimensional. As blockages are released, it is possible to experience the release as unpleasant. In this sense, the uncomfortable feeling is not a negative, but part of the integration process and it will subside.

It is suggested that you clear your energy after a group sound bath, as you can absorb energies and negative emotions from others as the energy swirls around in the room. If you are very open, you can take it in. Palo Santo, sage, fresh air and grounding practices like walking on the earth barefoot can help clear, as can breathwork, guiding your attention back to the sounds in the present moment and the rhythm of your breath.

It is recommended that you drink extra water for the following three days to support the body as it detoxes and try not to analyse the sensations. Instead, it's better to observe the sensations.

Potential Side Effects

Singing bowls can be placed directly on the body. The purpose of this is to target that area; for example, if you want to work on your heart chakra, a sound healer may place the bowl on your chest. There are a few instances in which this can become a problem. First, those with metal allergies may develop a reaction to coming in contact with a metal alloy singing bowl. In most cases, it will be a minor rash or irritation, but it should still be avoided.



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The second case is up for debate. Some report that sound healing with singing bowls is good for pregnant women, but others warn of the risk. The bowl does vibrate when placed on the body, and we want to be mindful of the potential for adverse effects. Therefore, the safest bet is to avoid placing singing bowls directly on the body when pregnant.

Finally, there's an important warning for those with epilepsy. While it's rather uncommon, singing bowl sounds may be able to trigger seizures. If you have any history of epilepsy, speak to a neurologist before using singing bowls or engaging in sound therapy.

Among the many great benefits people have reported, some say that singing bowls can help soothe a headache. But you may start to get a headache or migraine while listening to a singing bowl. If you experience any new pain or discomfort during a sound healing therapy session, you are getting the opposite of the intended reaction. This is a sign that you should stop and speak to your GP at your next opportunity.