

## SOUND HEALING - USING THE VOICE

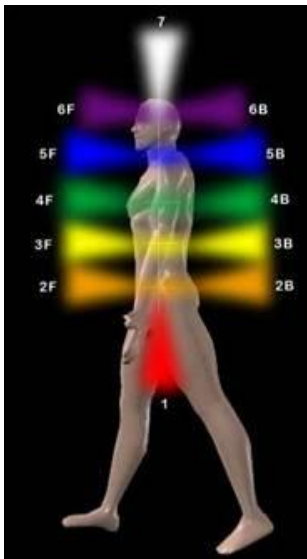
By Delores DeVore

What is sound healing? Well today, it takes many forms, from our own voice, to music, to tuning forks, to musical instruments and with today's technology, even machines that can produce sounds.

Most people think that we have only 12 unique tones (from the piano) that can be used. – What a box we have put ourselves in! How do I know this? Well in teaching classes, I find that when I play a tuning fork, or tone, or play a tone on the computer, people often ask – what “note” is that? I think they are trying to grasp a way of associating something new, with something they know – which is the 12 tones on the piano.

In fact, almost none of the tones I play are any of the 12 tones on the piano. This is because there are an infinite number of tones and we are just beginning to have an understanding of how to use these tones.

This article will deal with the most primal of tones, our voice. When we are in real pain, you will notice that people will 1) rock themselves in a very slow rhythmic movement and 2) moan. This is because these deep sounds soothe the body and help with the pain. Yes, lots of people scream, but this is for sudden acute pain – not the long chronic pain that seems to come with some advanced illnesses or age. This type of pain is best handled with low / deep tones that you make within the throat and belly.



Many of us, have been taught that crying is bad, so we do not let ourselves make sounds, even when we are in pain and yet, it is the most natural way to relieve pain.

We can also use our voice to “tune-up” the body. There are many systems out there for this – saying that for this chakra use this color and this tone, but NO ONE agrees 100% across the board. From Sanskrit, to Tibetan, to Egyptian to Western sounds, they all use a difference color or sound (vowels and consonants) and even tones / or frequencies here and there.

There is a consensus that the chakras have certain colors and therefore use the colors of the rainbow (red, orange, yellow, green, blue, indigo and violet) for the chakras. But there are other systems, like using green for the base chakra and moving up – or more importantly they are using the complimentary color of the chakra – and that too can be important.

So if you want to “tune-up” your body with sound and your voice. Try this:

- 1) Find a pitch that will cause the particular part of the body you are focusing on to vibrate. For example, say the first chakra. Focus your attention on the base of your spine. Then begin breathing in and out, imagining that the breath moves in and out at that point.
- 2) Next, add a sound – play around this different pitches until you find the pitch that gives you the most vibration. Low sounds work best in the lower part of the body, and move up in pitch as you move up the spine.
- 3) Next, add a vowel sound that will cause the vibration to “amp-up”, or become stronger. Usually the vowel sounds of “U” and “O” work best in the lower part of the body and the vowels, “E”, “I”, “A”, and “AH”, work from the heart up. But if you get a different sound, use it! – Stretch – get out of the box – see what can happen. – Oh and don't forget the consonants – they make great vibrations too.
- 4) Then continue up the spine, stopping at each chakra and breathing, add a color and then a sound. You will soon find yourself vibrating, and feeling much more alive and energized.

Other techniques:

- 1) When you get to the head, try to find the sounds that will cause the whole head to vibrate.
- 2) Try using A-U-M from the base of the spine to the top of the head – imagine that the A starts at the base and begins to move up, changing to U and when it reaches the head, changes to M.

Give yourself permission to play with your voice – don't be so shy – we are not singing here – our voice does not have to sound like some great singer – you are looking and discovering for yourself what your own voice will do – and how you can “tune-up” your body for FREE!