

WIRED FOR SOUND!



Figure 1

Eight flutes have now been found in Europe that have been dated between 35,000 and 40,000 years old. There are many, including Daniel Levitin, and researchers from Rice University and the University of Maryland, among others, who theorize that language evolved from music.

Think about that.

It is very possible had music before we could speak to each other with words!

OUR FIRST HEALER

“The Aboriginal people of Australia are the first known culture to heal with sound. Their ‘yidaki’ (more commonly known as a didgeridoo) has been used as a healing tool for at least 40,000 years. The Aborigines healed broken bones, muscle tears and illnesses of every kind using their enigmatic musical instrument. Interestingly, the sounds emitted by the yidaki are in alignment with modern sound healing technology. It is becoming apparent that the wisdom of the ancients was based on ‘sound’ principles.”

John Stuart Reid 2011



Figure 2

Sound was one of our first healers! The use of sound for healing is as old as the human family itself. We evolved with sound as a healer. It’s in the genetic memory of every human being on the planet.

In these chaotic times, where we have been inundated with sound and noise, we’ve lost touch with that memory.

STRESS BROUGHT ON BY NOISE

Too much noise over stimulates your nervous system, leading to increased stress. In a West European study on traffic noise, results showed that of patients who died of heart attack up to 2014/2015, a statistically significant association was found between noise exposure and the risk of heart disease, with noise accounting for approximately 50,000 deaths annually. Professor Dr Andreas Seidler of the Technical University Dresden said: “Traffic noise can trigger complex psychological and physiological stress reactions.” The World Health Organization (WHO) reported in 2011 that traffic-related noise accounts for over 1 million healthy years of life lost annually to ill health, disability or early death in the western countries in the WHO European Region.

Studies have shown the effects of working in a noisy environment also have consequences. A British Journal Psychology Study published in 2011, reported that there is a 66% drop in performance for those who work in cubicles.

“There is plenty of research that shows that the most destructive sound of all is other people’s conversations”, says Julian Treasure of The Sound Agency.



Figure 3

WHAT IS SOUND?

Science has shown that everything at the atomic level is constantly moving and vibrating. Sound is defined as vibrational energy. It is one of the few energies that can change how matter itself vibrates.

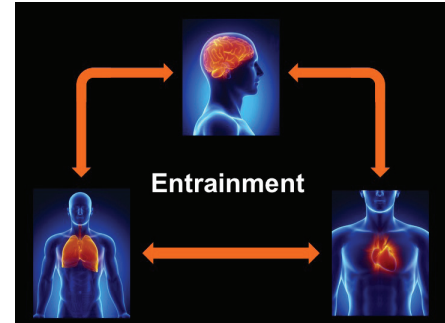
Sound is a physical energy that travels in a wave and pushes atoms and molecules around as it travels through a medium – like air – and like you! Sound goes through you!

Here are a just a few examples of your wiring for sound.

1. Sound moves through the more fluid parts of your body four and a half times faster than it moves through the air. And twelve times faster through your bones.

As sound travels through you, it sets your atoms and molecules into a state of vibration. When the external vibrations stops, your entire being resets to healthy, natural patterns. Depending on the nature of the sound.

2. Rhythm changes your heartbeat, breathing and brainwaves. This is called entrainment. Your heartbeat will match the beat of the music around you within minutes. And you can't turn off this response. It happens whether or not you are even paying any attention to the music. When the music changes your heartbeat, this also affects your breathing and brainwave rhythms. These three systems are intimately connected. When you change one of them, you change all three.



3. Hearing is the first sense that fully develops in the fetus. Sound stimulates the growth of the nervous system and brain. It continues to be food for your nervous system throughout your life.
4. Your body is fed by food. Your nervous system is fed by sound. And as we all know, there is good food, junk food and super food for the body. There is also good sound, junk sound and super sound for your nervous system.

Some sounds, like traffic noise are well documented to stimulate the release of stress hormones. Prolonged exposure to these hormones result in all kinds of health problems and disease.

Nature sounds, like birdsong, gently bubbling water, waves or wind are sounds that create a healthy response. They are good food for your nervous system. Most people feel relaxed, calm, focused and peaceful with these sounds in their environment.

5. Hormones are released whenever you play music or sing with other people and when you are listening to your favourite song. These are feel good hormones like dopamine, serotonin or oxytocin. Oxytocin is referred to as the 'bonding' hormone. It creates connection and community.

Several other hormones are also released that that boost your immune system and help keep you healthy.

6. New evidence is emerging from the Neils Bohr Institute that the main communication system within the body is by a sound wave called a soliton. Your cells talk to each other with sound.

The above examples of your wiring for sound are like the tip of the iceberg for what is being discovered.

NATURAL PATTERNS

Human beings are incredible harmonizers! We harmonize with so many things in our environment –



Figure 5

like a co-worker who always complains. We harmonize with thoughts and beliefs, like – ‘everything is so hard’ or ‘I always get sick during the holidays.’

When you harmonize with being ‘Crazy Busy’, you end up with:

- sleepless nights
- catching every cold and flu that comes around
- muscle aches and pains
- getting upset easily
- and more...

This is the dark side of how you harmonize with what is around you. As you know, everything has its opposite.

On the light side, you thrive on harmony. Like listening to a song that makes you feel like melting into the floor – ahhhh. Or smelling a rose. Or standing on the shore and watching the waves flow in. Or gazing at the stars in wonder.

Your soul needs this! So does every other part of you! When your soul is fed with harmony – your whole being responds with health and well-being!

Do you remember what it felt like when you were a child? There were no worries, no fear, and no inhibitions.

And you end up with

- calm
- centredness
- presence
- connection
- happiness
- peace

Your entire being was designed to perform in perfect harmony. Your body, mind, emotions and spirit know how to be healthy.

Every part of your being dances its particular rhythm and tone of health in a natural pattern. In our fast-paced busy lives, there are many situations that can cause your natural harmony to fall out of tune and your natural patterns to fall out of step with the dance of harmony.

Natural patterns exist everywhere in the universe, from the natural patterns within the creation of galaxies to the patterns within an atom and everything in between. Life would not function without natural patterns.

Examples of natural patterns at the physical level are your natural pattern of walking. Have you ever noticed how uniquely every person walks? On your next trip to the mall, take a few moments to notice how uniquely the people around you are walking.

If you are under stress, three natural patterns usually fall out of harmony – your heartbeat, your hormonal system and your breathing rhythm.

Sleep follows a natural pattern. If you have difficulty sleeping, this is a sign that your natural pattern for sleep is out of harmony and this has consequences in immune system function, body repair in deep sleep and alertness.

Natural patterns can also be rhythms like how often your heart beats when at rest. Your brain has rhythms that change when you daydream, close your eyes or go to sleep. Your intestines contract in a specific rhythm. So does your stomach. Your kidneys process your blood in a 24-hour rhythmic cycle.

At the microscopic level, your cells have many natural patterns as they go about their day. And all of this is just at the physical level.

At the mental level, your brainwave patterns affect your alertness or ability to relax. Your mental and emotional systems are deeply connected.

Many thoughts have emotional charges. You know the ones. Like the ones you think about the person who cuts you off in traffic. Like the ones you think when you are engulfed in sadness. Like the ones you think when you are playing with your children.

All of these thoughts with emotional charges are intimately connected to your hormonal system. Every one of these thoughts affect every cell in your body.

At the spiritual level natural patterns are your moments of silence and connection to your inner presence. This exquisite presence is available to you at the beginning and ending of every breath you take.

The human energy field or aura is also filled with natural patterns – from the rhythmic pulsations of the meridian systems and rotation of the chakras to the comfortable, peaceful frequency of your soul that lives there.

Natural patterns are healthy and coherent when you are in harmony and whole. In these turbulent times, natural physical, mental, emotional and spiritual patterns are deeply affected from moment to moment.

Sound is one of your greatest allies in restoring and maintaining natural patterns. It has the ability to change body chemistry, cellular function, hormonal balance, create mental clarity, manage pain, calm or energize the emotional state and create spiritual connection. Our passion is to help you trigger your ancient memory of sound and of how deeply you are wired for sound. And how effective sound is at resetting your entire being to normal, natural healthy patterns.

The human body is a natural resonator for sound. You are deeply and intimately wired for sound – physically, mentally, emotionally and spiritually.

Your natural wiring for sound and music is a great asset when you are looking for effective ways to sleep better, improve your health, make your days easier and so much more.

IMPORTANT NOTICE

The use of Sound and Music has been scientifically validated as a methodology for supporting your health and reducing your stress. And it has been proven to complement traditional medical treatments.

HOWEVER, our responses are unique to us, and as such, the information presented here is not a substitute for professional medical advice.

DO NOT discontinue any medications or treatment without the consent of your medical professional.

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