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T H E   S O U N D   O F   H E A L T H  
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Everything that we experience affects the body's energy balance. In practicing Touch for Health, we try to maintain and restore this balance in a way that is most appropriate for the people that come under our care.....and

the more choice we each have in technique, the greater is the likelihood that we will have an appropriate technique for the individuals we work with.

The Sound of Health gives you one more way to approach the concept of balancing....it is easily learned and applied and can be used alone or in conjunction with other Touch for Health techniques.

THE SOUND OF HEALTH emphasizes energy balance from within..... using an energy source supplied by the body....S O U N D....to release physical and emotional tension, remove blocks to energy flow, and facilitate the process of healing.

This is a SIMPLE yet P O W E R F U L technique!

We start with breath and voice.

AHHH-HAAAAAAAAAAAAA

The basic sound to be used with deep breathing.  
You can do this for yourself or when working with a partner BEFORE BALANCING.

Use the following words as a guide. After you have done this for a while you can modify the words to suit your own style.

(1) Standing or sitting with the spine straight or lying down on the back

I want you to take a long, slow deep breath starting now, bringing all the air you can into your stomach first and then up into your chest.....keep bringing in the air .....feel it entering your lungs and experience the tension as it builds up...see the air swirling around in your lungs as the tension builds..... building up ... gathering into the air... Continue to hold your breath...in just a few seconds I'm going to tell you to exhale and when I do I want you to make a sound... like this HAAAAAAAAAAA and let all the tension out with it... Ready....E X H A L E .....

(2) the next step

- a. Sound can be more than just one voice and when two join together there is a synergistic effect.....soothing...powerful....balancing for both people involved. It can be a directed sound.....

AHHHHHHHH  
OHHHHHHHH  
OMMMMMMM  
HUMMMMMM

.....or it can be a naturally occurring sound that emerges from the person you are working with as a result of the following directions:

- b. Use a calm steady tone of voice and say:

"In just a minute, when I tell you to do so, I'd like you to take a long, slow deep breath and then I'd like you to hold it. While your holding your breath you'll notice that a sound is coming into your awareness, it most probably will be a deep sound at first or perhaps some other but when you get ready to exhale that sound WILL EMERGE almost of its own accord WITH HARDLY ANY EFFORT ON YOUR PART.... And then I'd like you to keep breathing regularly and continue to make this sound for a while."

"O.K....inhale...bring the air in..... hold that breath...and when it feels ready let your sound emerge...."

WHEN YOUR PARTNER BEGINS TO MAKE A SOUND START TO HUM ALONG WITH THAT SOUND. START SOFTLY AND CONTINUE AS LONG AS IT FEELS RIGHT....AT LEAST AS LONG AS YOUR PARTNER. THE OBJECT IS TO CREATE A HARMONIOUS JOINED ATMOSPHERE.

DON'T WORRY ABOUT MAKING ANYTHING HAPPEN ! HAVE PATIENCE ABOVE ALL AND A L L O W THE ENERGY TO TAKE EFFECT.

You can also start the process by asking your partner to join you in humming a particular sound for a minute or so before you start a balancing. A deep, soft humming of HUMMMMMM is powerful and relaxing. An alternative to try....AHHHHHHH. Let the sound rise and fall naturally with your breathing. Do not force anything. Allow the process of relaxation and balance to proceed and if IT FEELS RIGHT continue for a few minutes until you both feel that the sound has reached its NATURAL CONCLUSION.....for now.

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FOCUSING SOUND for Balancing and Pain Reduction.

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Up to this point we have used SOUND in a very general way to assist in tension release and to facilitate the balancing process. Most of the time you will find yourself using this technique PRIOR to a general balancing session.

FOCUSING continued....

Now, rather than using the general effect, we are going to F O C U S our attention using INTENTION, VISUALIZATION, IMAGINATION and that continuing sense of FEELING RIGHT.....to effect specific changes in energy balance, both physical and emotional.

NOTE: While you are experimenting with this technique remember to verify the effect you are achieving by using indicator muscle tests to gauge the effect of SOUND on your partner and yourself.....PRACTICE.....PRACTICE.....PRACTICE!!!!!!!

- (3) Locate a weak muscle and check the various systems for out of balance indications....neurolymphatic, neurovascular, meridian energy ...etc.

As you stand/sit next to your partner start to hum the following sound ...HUMMMMM...softly and deeply. As you do this imagine that you can see/sense/feel I N Y O U R M I N D S E Y E that particular point or meridian on your partner's body that is out of balance.

As this becomes clearer to you imagine a sense of pleasant warmth entering this area or energy channel.....and then see/sense an increasingly bright, but pleasant white light in that area.

Continue to HUM and visualize for about TWO MINUTES or so.....

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Check with your partner....How do you feel? Do you notice any changes? and.....re-check the effected muscle systems.

Working this way often will effect MORE than the system you FOCUSED on ....take some time to check effects on related energy systems..... for both over energy and under energy imbalances.

WHEN DO I USE SOUND TECHNIQUES

Sound can be used as a healing process alone or in conjunction with other techniques. The important thing to keep in mind is..... is this APPROPRIATE for this person, at this time, in this place. Sometimes ....the sound of S I L E N C E can be the most powerful sound of all.

Sound also takes the form of MUSIC....and can balance many body systems, relieve pain, promote healing and be generally beneficial to the entire organism.

Music easily fosters the development of an altered state of consciousness....which in itself is an aid to reduced tension and is very effective in allievating the effects of chronic over-stressed conditions.

What music? Music without words would be the first choice.. and some particularly effective selections are listed below.

Try playing them for yourself and evaluate how YOU feel afterwards. Try this for a friend or client BEFORE a balancing session and notice if many of the usual stress imbalances are corrected before you start your usual balancing procedure.

#### Selections

Vangelis - Chariots of Fire  
Vangelis - Opera Sauvage  
Mike Oldfield - Ommadawn  
Music for Zen Meditation

Julian Bream - Romantic Guitar  
Enviornments Two - Tintinabulation  
Tibetan Bells I & II  
Ananda Shankar - Metamorphasis

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