

# Sound and Energy Medicine: A Natural Approach to Wellness

by Desire Keeawok (Dream Daughter)

If we know that energy is vibration and vibration is sound, we can begin to understand this ancient healing tradition that has been passed down through the generations the world over. From aboriginal people to the ancient Egyptians, they knew and appreciated the healing power of sound.

For our purposes, let us imagine that the body is a field of energy which consists of the physical, mental, emotional and spiritual bodies. Each of these is interrelated and mutually effect each other. The least evolved is the emotional body for it holds all the anger, anxiety and fear that is unresolved and not expressed. These feelings are often supported by the mental body, the last part of the self to change. Old programmes and beliefs from every stage of our life can inadvertently hold us in patterns that are not in harmony with our true nature.

Sound is the gateway to the inner planes of the self. Each of us has a series of notes which resonate with the essence or our core being. Sound effortlessly centers into the human energy field, releasing any disharmonies. The emotional body, though the heaviest body vibrationally, responds instantly. Unexpressed emotions will be discovered and spontaneous healing will occur, vibrationally shifting the self into higher states of consciousness. Individuals often feel a profound peace; they say even their physical form feel much lighter. The mental self, however will feel unsure about what has happened. Luckily, sound is unaware of the "personality", so inappropriate thought patterns can be cleared effortlessly. This process, used in combination with colour, will begin to imprint on the physical form. New emotions and thought patterns, vibrating at higher frequencies, replace the sounds which have been missing from the energy field. Individual clients are then able to pursue and maintain whole and healthy lifestyles, re-enforcing the theory that love and fear cannot exist in the same physical form.

As a vibrational therapist, I am amazed at the transformations I have witnessed over the years. Sound can be implemented in a variety of ways. I have found a combination of guided imagery, colour and particular sound frequencies can be the most effective. Individuals are also supported in developing their own "heart song" (inner sound) through tri-ads (a three tone chant) which reintegrate the notes which are missing in their energy field. It is gratifying to watch people finding their voices and learning to develop them to maintain wellness.

It is important to note that sound has been tremendously effective in the treatment of terminal illnesses. Something I perceive as unexpressed emotional and mental disharmonies. In acknowledging these, I help my clients take responsibility for their own healing process.

Perhaps my most exciting and powerful healing tool is the sound of many voices singing as one. Recently, it was my good fortune to travel to Egypt to conduct a healing sound circle inside the Great Pyramid and experience sound in the ancient tradition. Needless to say, those who participated were truly transformed.

In closing, I would like to say that I never thought I could sing but some years ago a voice asked me to begin to sing, and the rest is history. At Whispering Song, we know that everyone has a voice and a series of sounds that supports who they are. May your heart songs be remembered.



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