A New Daily Supplement

People everywhere are becoming more and more conscious of their physical and mental health because they want to live a healthy life or they have to make healthy changes because of illness or threat of illness. Most of us think of healthy choices being related to diet and exercise, many people go to great lengths to achieve perfect health with the aid of supplements and multiple vitamins in addition to a healthy diet and exercise.

Recently I thought of a new concept for a daily supplement in the form of sound to achieve the healthy lives so many of us desire. Sound healing might be a new concept for a daily supplement, but is in fact a very old practice. I found a resource about ancient practices of sound healing that speaks of the Aboriginal people of Australia being the first known culture to heal with sound, their yidaki (dideridoo) has been a healing tool for at least 40,000 years . The Egyptian culture dates back to 4000BC with a tradition of vowel sound chants. The Greek Pythagoras Mystery School used flute and lyre as primary healing instruments. These practices were shared with many cultures and a variety of instruments , sounds and chants were used for thousands of years. During the 1400's the traditions in sound healing almost died out, until the 1930's when ultra sound technology and a new era in sound healing emerged.

The variety of instruments used in sound healing range from the simple, organic sound of our own voice to the very technical supercomputer that can analyze the harmonic structure of the voice and breath in order to achieve our maximum potential physically, mentally, and spiritually.

Chanting, toning, overtone singing, crystal bowls, tuning forks, gongs, drumming, and binarul beat frequency are just a handful l of the supplements we could be taking every day for optimal health.

The ear has external , middle, and inner portions. Sound causes the eardrum and its tiny attached bones to vibrate and vibrate the cochlea, a spiral shaped part of the inner ear. Receiving frequencies through our ear connects to every part of our bodies. Every organ and system of our body depends on frequency for balance and if it's not being received can cause major havoc in our lives. Maybe at first these imbalances may seem minor and go unnoticed, but with time will snow ball causing the major problems like cancer and diseases of all kinds. Frequency can also be received from external methods placed directly on the body to provide needed help from deteriorated well -being.

I have hope that with a shared knowledge in the field of sound healing all people can be educated in this simply divine practice. Setting aside barriers of fear of the unknown can provide the awareness to offer a variety of daily supplements from an endless supply for everyone and everything to be healthy and happy. ☺ By Darcy Marino