

# Aquatic Sonic Bodywork

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Oct. 25 2012

Water and sound's profound connection is like no other relationship in the physical world. Sound and vibration constantly influence water whether or not the effect is consciously directed, and water constantly impacts the very foundation of our bodies and the Earth. Every thought we think, all the frequencies we encounter, the music we listen to, and the words we speak, send vibration into the very essence of our beings and changes the water crystals within us accordingly. Water flows as the most important substance next to breath that we need to intake into our physical bodies, which are approximately two thirds water. When used consciously, sound and water can come together to create an unparalleled healing force. The truth of this conclusion, came from studying how sound effects water, how water effects human bodies, and how they can be used consciously together in the form of aquatic sonic bodywork to create an optimum healing modality.

Before our bodies take their first breath of oxygen, they take breaths of water. More precisely, as fetuses, we float around in amniotic fluid, which is composed mainly of water, and let it circulate through our lungs to prepare us for the outside world. It supports us internally and cradles us externally while we are formed. Water continues to be the very life sustaining substance we rely upon throughout physical existence. Among the obvious things it does, such as keep us hydrated, water dilutes toxins and removes them from our body, helps regulate our body temperature, and our DNA threads actually open and close in response to cellular water waves.

When we engage in healing modalities that support us externally in the water, such as aquatic bodywork, amazing things happen. In most forms of aquatic bodywork, the practitioner moves the receiver above and below the water's surface using gentle stretches, massage, dance, energy work, and shiatsu points. The results are extremely beneficial. Physically, the water stabilizes and decompresses joints by moulding to the body, hydrostatic pressure helps clear waste products by increasing lymphatic return, and it slows the heart rate by moving some blood from the extremities and abdominal vessels to the large veins of the thorax. In addition to the physical benefits of water, while in session, it is shown that our brains entrain to the alpha state. There has also been huge success with helping emotional imbalances, and releasing abuse trauma, as well as relieving PTSD. Water, both internally and externally, encourages healing on all levels.

Sound's effects on water have become well known since the work of Dr. Emoto in the 90's. He measured the effects of intention, sound, and music upon water. Negative thoughts and intentions, such as hate, create disharmony, and chaotic water crystals. Positive thoughts and intentions create symmetrical, beautiful water crystals. Classical music, such as Bach, makes exceptionally stunning patterns, while heavy metal creates broken, darker images. Polluted lakes, which give off clouded water can be changed just by prayer, which is sound, and intention. Stewart Hot Springs in Mt

Shasta, as well as other natural springs, show stunning sacred geometry shapes. From this research, it becomes obvious that, since our bodies are two thirds water, the sound vibrations and intention we fill them with is crucial to healing and overall well being. We know for a fact that the thoughts we think, music we listen to, vibrations we are exposed to, and the words we say, profoundly influence the vibrational state of at least two thirds of our body! The healing potential for this discovery has barely been touched upon. Imagine the water within you being tuned and turned into beautiful geometric matters from using intention coupled with sound healing. Then imagine being cradled and moved through water that has been charged and treated with sound. The combination of sound healing used through water touches all levels of beingness, internally, externally, spiritually, emotionally, and mentally.

Aquatic sonic bodywork will combine the frequency and intent of sound healing with the fluid life sustaining properties of water, making use of their unique relationship. It's incredible that this modality has not been explored more, due to the healing potential it has to impact everything from Parkinsons, to PTSD, nervous system disorders, and the wheel chair bound. While doing research, I've only found one person who combines aquatic bodywork with any sound healing at all. He plays a didgeridoo and crystal bowls at the end of a session while the client floats in the water. In my practice, I am going to incorporate a lot more sound healing because the

vibrations are key to unlocking extra healing potential. I want to start the experience with the client laying for ten minutes on a sound table. While the client rests, I will enter the pool and play floating crystal bowls with healing intention to charge the water. The water will have sea salt and other beneficial minerals in it, as well as a healing green hue from a pure light emitter. Then the client will be given an aquatic bodywork session, stretching, massaging, using shiatsu points, cranial sacral touch, and dancing with them in the water, while toning into their body and singing when intuitively appropriate. When that is finished, I will attach extra floats to the person's neck and shoulders, and perform a tuning fork session in the water. To end, they will lay down on a crystal biomat in silence to integrate the whole experience. Then I will prescribe them to drink pure spring water as much as possible and teach them how to use sound and intention to charge all water they drink. An easy way to feel the effects of sound and water's powerful healing potential at home is to run a bath for yourself, add some essential oil or epsom salt if you have some, and play a Tibetan or crystal singing bowl in the water while it floats. One can also use tuning forks in the same manner.

The study of sound's impact on water and the combined effects on humans has only just begun. Water is a master at receiving, storing, and transmitting information and sound is a frequency containing intention, together these two forces are, as of yet, unfathomable in healing potential

on all levels. As the years develop, it is my hope that more of human kind will begin catch onto this new form of healing. The possibility for a whole healing field to develop out of the connection between frequency and water would be beneficial to so many people, especially if it became available in hospitals, psychiatric facilities and the mainstream. It will be exciting to see how water and sound's profound connection is directed in the future to help heal our bodies and world.

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