Change Ringing and It's Healing Powers

The first bells started to appear around 2000 BC. They quickly became known as instruments of the Gods. Bells are used in all Religions to communicate with the masses. They are used to provide peace, clear minds, exile bad spirits and heal the soul. Bell ringing also provides happiness to the ringers and people who hear them. The healing power of bells is something we can all experience. As stress interrupts the natural cycles in the body, sound can help restore and balance the energies back to health. Bells have been providing this balance. If you think about it, bells play a big part of our day. Now and then- waking up, going to sleep, time to eat, etc.

Change Ringing is a set of tuned bells in a series of mathematical patterns called changes. A peal is six or more bells that have 720 permutations. 8= having 40,320 and so on. I showed a video of a twelve bell band (Liverpool Bells.) This video showed band practicing for a striking contest.

One bell ringer said, "When I am ringing I forget all the the tensions and frustrations of the day." It has also been said that bell ringers have less sickness and live longer. It is my conclusion that bells play a long history of healing and balancing and effect our lives in a positive way.