

Natural Sound Healing for and by Animals

Listening to the Sounds of the natural world

Humans have long noticed that the natural sounds of nature are, in and of themselves, healing therapy - being out in nature, whether on a walk in a forest or field or along a shoreline, the sounds of the birds, insects, wind and waves can cause a scientifically provable reduction in stress levels and regulate blood pressure, diabetes, insomnia and depression.

The high pitched sounds of birds can bring clarity to a mental problem, in some way clearing up brain fog, while the sounds of water, be it rain, waterfalls, flowing streams or crashing waves, can entrain your brain to a state of both calmness, joy and exhilaration of life that puts problems in perspective.

Nature is our ancient natural environment – the vibrations it produces in our brain with the frequencies of natural sounds are among our most pleasurable and relaxing states since the brain is basically coded and shaped from times deep in prehistory when human communities were co-existing as one with the natural world.

One of the greatest joys of being in nature is to be in symbiosis with it. Listening to its sounds is far beyond rational comprehending. All of this is captured in the emerging field of Ecotherapy, which promotes mutually beneficial relationships between humans and nature. It could be described as anything that gets us involved with living species other than our own

These days many people are consistently exposed to the invasive, non-natural noise of ‘civilisation’ in the cities and suburbs on a daily basis. Our basic instincts are suppressed and such noise can hugely contribute to deep stress, creating illness - however, the basic connection with nature cannot be destroyed. It is coded deeply within our DNA and easily re-activated by being surrounded by nature sounds.

*‘If you listen to car horns and the modern city din, it is possible to transcend noise - which is a value judgement of an energetic event - and open your ears and hear it as music – everything is music.’
There may be something more than what you are thinking or judging. Resonate with whatever comes to you - return to sound’*

Of sound mind and body – John Beaulieu

The music of Animals

When it comes to making natural music, we understand that birds and other animals, both land and aquatic, use song to communicate. Their songs are typically used to defend their territory and attract and woo females.

Bird-songs have been intensively researched and their calls have been distinguished as calls of distress, pleasure, territorial-defence, alarm, flight, flock, nesting and feeding.

Insects such as termites produce sound by tapping the ground, producing a faint drumming noise. Crickets, beetles and some ants produce a shrill sound by rubbing the legs, wings, or other parts of the body together. The result of this filing activity is a complex sound, rich in harmonics.

Animals such as whales, elephants, rhinos and giraffes use infrasound; extremely low-frequency sounds which are far below the range of human ears, to communicate over vast territories.

One of the best loved animal sounds is the 'purr' of felids – it varies between cats by loudness and tone, and from species to species and can be characterized as tonal buzzing.

There is apparently no difference between a cat's purr of contentment and the purr of a cat that has been injured – it sounds machine-like, and is nearly the same across species.

The term 'purring' has been much used in literature, and it has been claimed that animals other than felids 'purr', such as rabbits, squirrels, guinea pigs, tapirs, elephants, raccoons, bears and badgers, most often while eating.

The sounds are not always what they seem

The vibrational rate or frequency, at which every life form resonates, is that which gives it its own unique personality. When the vibrational rate of animal or insect sounds are sped up or slowed down, that particular animal can sound like a different species.

Some examples I have found using Raven software and used in the latter part of the accompanying video;

Crickets slowed down to 0.03 sound like whale sonar calls.

African frogs slowed to 0.04 become African drums or a heartbeat.

A Baboon cry slowed to 35% of the original sound sings intervals using a 6 7 8 1 sequence.

A Baboon speeded up to 3.0 sounds like a Chihuahua dog barking.

A Cape Siskin sweeps dramatically up and down with overtone chanting

A 'thick-kneed' Dikkop slowed to 0.09 produces a very long song using these intervals in pairs down a scale, progressively slowing down... 3-5, 3-6, 3-b5, 3-4, 3-b4, 2-4, b2-3, 1-b3, 7-2, ending with a b7. (b=flattened interval)

Guinea fowl slowed down sound like barking dogs.

An Eagle owl slowed to 0.3 says 'Moon';

Aside: This makes me wonder whether the Creator only had a couple of sound samples to play with when 'He' gave the creatures their voices...



'Eric', the alpha male of the local Chacma Baboon troop, 'healing himself with food he aquired from my kitchen.

How Animal sounds can heal humans

Nature provides us with many aural cues for elevating our consciousness - in the wind, the ocean, and the song of birds. These signals have always been there and science has proven that higher frequency sounds charge the cerebral cortex, which is a part of the auditory system performing basic and higher functions in hearing in both animals and humans.

When you are in a state of heightened listening awareness, you actually feel the effect of a bird's song. You can feel it ripple through your body, which can subtly alter your awareness.

Therefore, if this happens to humans, one could assume that it happens to birds, elevating their consciousness through their song, calls, chirps and squawks, alongside healing other listeners, be they animal or human.

With this elevated consciousness comes an open path to inner healing through their sound.

A great deal of evidence suggests humans respond positively to birdsong because it is made up of random sounds – there is no repeating rhythm or pattern to focus on. This lack of repetition 'resets' our ears, allowing us to hear properly. Most of us walk around with our ears 'switched off' because so much noise is unpleasant. Unlike so many other modern sounds, there is no maximum exposure to birdsong.

Whales communicate over thousands of miles and produce amongst the lowest frequencies of all living creatures. Research has shown that while listening to whale song, our brain rhythms slow to match these low frequencies, which help us reach the deepest most restorative (delta) stages of sleep.

It has been said that the song-lines of Whales weave a sonic web of energy through Earth's waters. The frequency and vibration of their singing actually helps to keep the magnetic fields of our planet in balance.

When the whale song is felt inside of you, its vibration will resonate like a sonic filter for your consciousness, expanding your awareness and attuning you to the song of the spheres.

Humans have always found the purring of a domestic cat to be a healing, comforting sound.

A standard veterinary school saying is *"Put a cat and a bunch of broken bones in the same room and the bones will heal."*

A cat's purr falls well within the 20 - 50 hz range, and can extend up to 140hz, with the dominant harmonic at 50 hz. Cats have a tendency to lie on the part of your body that is ill or aching and purr and many have reported healing of bones or tendons as a result of 'purring therapy'.

How animals might perceive sound

Some animals, like dogs or bats, can hear sounds at a higher frequency than we can, meaning that they will hear notes in some songs or noises that we do not. This is called a 'hearing threshold', and different animals have different thresholds. Some are narrower than ours, and some are wider. Either way, animals will hear any event slightly differently than we do, including music. Certainly they tend to hear overtones more prominently due to their hearing a much wider frequency range.

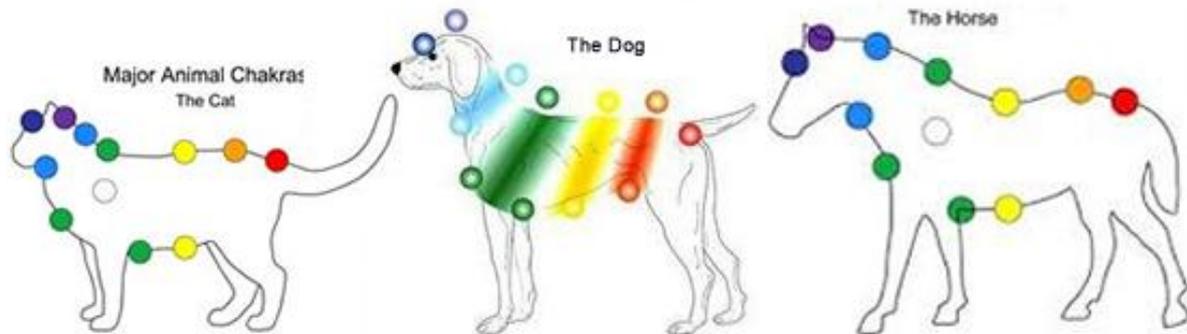
The structure of the ear is important in determining an animal's range of hearing, and the size and dimensions of the cochlea limit which wavelengths can exist inside the cochlea. Bigger ears on large animals hear lower frequencies while smaller ears like a cat's are more sensitive to higher frequencies.

Animals such as frogs, toads, insects, and some mammals have an external hearing structure called a tympanum which receives airborne vibrations and transmits them to the inner ear.

While some researchers believe that animals have no concept of the emotional content of music, I think that may be human arrogance. Animals would quite possibly hear anger or other basic emotions contained in vocal passages at the very least, but we cannot say how they process it. They also seem to enjoy 'species-specific music', which are tunes especially designed using the pitches, tones and tempos that are familiar to their particular species. In terms of genres of music, very simple, gentle classical music seems to be preferred.

Ways of using sound healing for Animals

All animals are receptive to sound and energy medicine because of their instinctual nature. Similar to humans, it is believed that animals have a Chakra system.



How energy healing works for animals:

When exposed to sound and vibration, their body relaxes, then the muscles relax and the body releases endorphins. When the muscles relax there is increased space between the cells, and circulation is increased so that nutrients to the body are better absorbed; enzymes build for proper digestion and hormones are regulated. Toxins are also released and that promotes healthy cell growth which promotes regulation of the immune system, helping the body to self-heal.

"I have found that animals pick up on people's intentions and healing frequencies, as well as the sounds in their environment – all these factors can help them to relax and heal, often quite miraculously."

- Inna Segal, creator of Visionary Intuitive Healing

Animals are extremely sound sensitive and can hear more layers of sound and a greater span of frequencies than humans. Because animals 'live in the present' and are not bogged down with endless 'monkey mind stories' as humans are, they can react instantly to sound.

Many case studies by both sound healers and pet owners attest to the positive calming effects of sound treatments on their animals. They have reported that sound treatments seem to reduce stress and pain, and create vitality and spontaneous healing.

Various vibrational sound healing methods for animals:

Voice

Vocal toning is very effective on animals. They will respond to it just like humans do. Simply place your focus on your animal, state that you are going to tone for them, and then tone in the same way you would for yourself.

Bowls

It has been found that sound healing with Tibetan bowls can be extremely healing for dogs, cats, horses and other animals. They respond well to bowls with lower tones played in a soothing manner. I have however noted that high, rasping bowl sounds can be irritating for cats who can find these higher frequencies painful.

Tuning forks

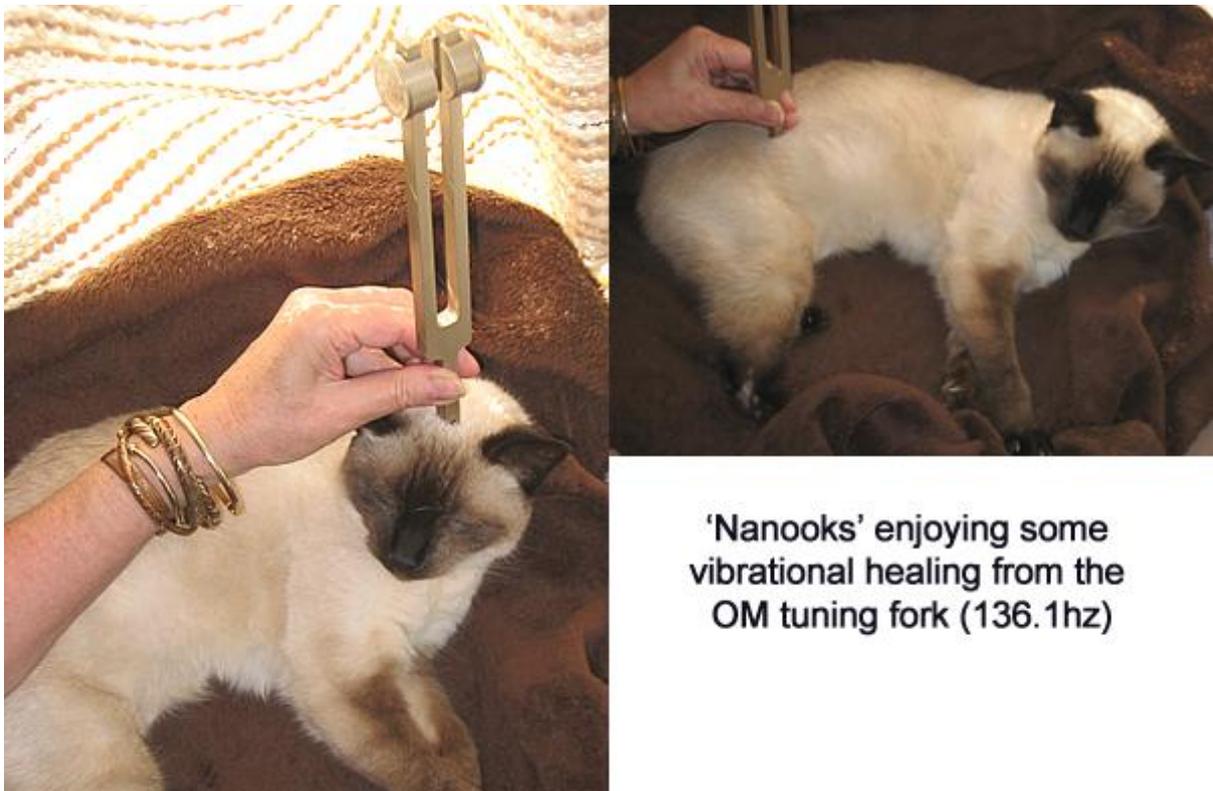
Most animals seem to love the sounds and vibration of tuning forks. It seems generally as though cats like the 528hz and dogs prefer the OM fork. Forks have also been used on birds, snakes, horses, tortoises and other small animals.

It is suggested to start a fair distance away from the animal so you can gauge their reaction first. You can then activate the fork and hold it over the treatment area until it stops vibrating.

Perform a set of three activations at the same treatment area. The first activation opens the body's energy system, the second clears it, and the third creates balance within it.

There have been many experiences reported of owners healing their animals simply by first using the tuning forks on themselves, with the animals being in their space. This can be especially good for frightened rescue pets.

I have noticed that by holding a vibrating OM fork on my 20yr old Siamese cat's head and over her diseased kidney area, she seems to become very calm and shows enjoyment by squeezing her eyes.



'Nanooks' enjoying some vibrational healing from the OM tuning fork (136.1hz)

As a general rule, vibrational therapy will help integrate at a deeper level other healing modalities for animals, such as Reiki, TTouch, acupuncture and massage while Sound therapy will help to settle and ground your animal.

Video Slideshow – Healing from the ‘hood

The following video slideshow is the result of several weeks of walking around my neighbourhood armed with a portable audio recorder and stills camera. I am fortunate to live in the far South Western point of South Africa, in the small coastal village of Kommetjie. Here we are surrounded by mountains and sea with abundant bird, aquatic and plant life. This area is the smallest of only 6 Floral Kingdoms worldwide with over 9000 species of Fynbos endemic to this region.

(Fynbos is a type of vegetation unique to the Mediterranean-climate region of southern and southwestern South Africa, characterized by evergreen hard-leaved shrubs and almost no trees)

[David to play Video slideshow]

https://www.youtube.com/watch?v=yBJ_QaD-8-M&feature=youtu.be

Research conducted on the internet with material from various sound healing websites, blogs and scientific sound studies as well as discussions with local animal healers and my own investigations.

Trisha Bailey

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