

How Does Sound Healing Effect People In Early Recovery From Drugs And Alcohol?

Sound healing can have positive effects on people. I wanted to see how sound healing would effect people in early recovery stages from drugs and alcohol. I went to a live-in program that housed people in early recovery. There were six men that were available to receive a treatment on a group level. I gave them all a questionnaire to fill out before and after.

The treatment I have was 45 minutes long. I used some music and a stretching routine. I then did a seated guided meditation that was centered around "letting go" of an issue or idea that was bothering them. I used a Lepidolite Bowl and played and guided them through a meditation. After the guided meditation, I asked them to lay down and I continued to use the bowl to guide them with dialogue into a deep state of relaxation.

After I closed the meditation, I asked the participants to fill out the second questionnaire. We then went around and shared what each individual's experience was. The feed back was that they all enjoyed it and felt very relaxed. Different people liked different things. Everyone really seemed to like the crystal bowl.

When analyzing the results I found that every person treated had some improvement. While vocally they all expressed that they felt so much better, the questionnaire only showed slight changes in their being. I realize that I may need to change my questionnaire a little. Over all, everyone felt rested or tired and peaceful after the treatment. My conclusion is that during difficult times like early recovery from drugs and alcohol, sound healing can be beneficial to people. Sound healing can help people's nervous systems calm down and help them to relax and sleep better.