

pSound Healing for Children: Raising the Harmony by supporting the Children's Level of Frequency
Mine Somçelik, May 2014

The Idea of Research

This paper will describe my approach for supporting children's level of frequency by using sound and voice as instruments, that will naturally help raise the vibration of humanity and of our Universe.

Of course, there is not only one factor but also a combination of factors effecting children's frequency. The relationship with parents is the most important one affecting children's frequency. Other important factors are their relationship to teachers, to other children, to the physical environment and the culture in which they grow up.

Krishnamurti who was a speaker and writer on philosophical and spiritual subjects said:

"If we are constantly judging the child according to our personal likes and dislikes, we are bound to create barriers and hindrances in our relationship with him and in his relationships with the world. Unfortunately, most of us desire to shape the child in a way that is gratifying to our own vanities and idiosyncrasies; we find varying degrees of comfort and satisfaction in exclusive ownership and domination."

And he says: *"As long as we want our children to be powerful, to have bigger and better positions, to become more and more successful, there is no love in our hearts; for the worship of success encourages conflict and misery."*

This behavior of most of the parents shows that they are not really aware of their children's uniqueness. They do not accept them as they are and try to change the children toward being "normal", "like everyone else", "more successful", and "more powerful" "more intelligent in maths" and so on. Then only the vibration of conflict, scarcity and self-doubt is transmitted to them and as a consequence spreading all over the world. On contrary will be compassion and love in our hearts we would support children in a more sensitive, integrated, centered and more intelligent way, not causing forget themselves, but encourage and show them how to live creatively and spontaneously, how to trust their own intelligence and hearts and how to see the mystery and beauty of life. I believe we can create a harmony in the world by helping the children to be free human beings, unique individuals.

A.H. Almaas, Phd in psychology covers that, because of interference from and conflict with the environment, Personal Essence, value, joy, and strength and so on can be developed only partially. Every time there is painful trauma, there is a lessening of a certain quality of Essence. Sometimes our strength, sometimes our love, sometimes our self-value, or compassion, or joy, or intuition, are hurt, and then, eventually blocked. Then there is only sense of emptiness, deficiency and a hole left in place. Almaas says that, regardless of how loving the parents are toward their children, if the personality is the center of their life, the same will happen to the children. They will end up with personality being the center, Essence being buried.

In this process children also disconnect from the flow of Essence in their body which would support their natural health state and act as the resource from which address the difficulties of life in a more confident way. So how can we raise harmony by supporting children's frequency at this point?

The best guidance that parents and teachers can give children is to help them get in touch with and trust their feelings which is the wisdom of their soul. With this support they will feel confident about listening their inner guidance system which will definitely affect the vibration of our Universe in a positive way. So how can we make them reconnect with their Essence by using sound as a tool?

For the last 2 years I have worked with children between 7-12 years old in a 10 days Voice & Rhythm Workshops, there I could observe that there can be several ways to guide them to trust, express their individuality and use their voices freely. Breathing exercises, imitating the sounds of animals and nature (rain, thunderbolt etc.), creating musical instruments from everyday objects and materials, playing rhythm and voice games, playing the with instruments that they created, toning, interpreting paintings with voice, encouraging them to share and express their experiences, using movements to support voice expression are some of the techniques that I had been using. I also worked with rhythm to build team consciousness and break down social barriers in order to guide them in a more safe and pure environment.



Here below I bring some evidence and researchers about experiences of the effect of sound on children which showed important results.

Toning and Meditation has been proven that it is very beneficial for releasing stress grounding and balancing. Imagine how powerful it would be if children learned Toning which contains the own unique frequency supports them to remind the power of now and resonate in that peaceful frequency and continued toning all their life. Teaching how to tone and making some practices and encourage them will give them a powerful tool that they can use throughout their life. By helping them channel with their Spirit and keeping it clear we create more self-confident, alive, lovely, passionate, strong, joyful and happy children. <http://www.sacredenergyhealingcenter.com/children.php> , <http://www.healingvoice.com/>

Drumming is an excellent way to connect children to their heart beat and the maintain connection to the rhythm of life and Earth. It brings them back to the comforting sound of the womb. It provides grounding, centering, and a wonderful release of stress, anger and frustration and builds concentration, supporting self-expression and self-confidence. Drumming changes brain wave activity, inducing a state of calm and focused awareness. Drumming and Rhythm promotes freedom of expression, non-verbal communication, unity and cooperation. It decreases depression, anxiety and stress, boosts immune system functioning and benefits biological health.

<http://remo.com/portal/pages/hr/research/index.html> , <http://www.psychologytoday.com/blog/your-musical-self/201103/drumming-development-how-drumming-helps-children-special-needs> , <http://musictherapydrumming.com/a-taxonomy-of-drumming-experiences-2/> , <http://www.drumcirclemusic.com/>

Chinese QiGong Techniques can help children to transform negative feelings into positive ones by using gentle movement, visualization, sound, breathing and conscious intention, the ancient practice of Qigong energy healing dynamically restores the life energy and creative power within oneself. The exercises were developed thousands of years ago in China to help people to purge toxic negative emotions from their bodies, strengthen endocrine and immune system, reduce stress also deepen your connection to universal healing energy. <http://www.chicenter.com>

Musical Intervals - Pentatonic scale

The pentatonic scale plays a significant role in music education, particularly in Orff-based, Kodály-based, and Waldorf methodologies at the primary/elementary level. The Orff system places a heavy emphasis on developing creativity through improvisation in children, largely through use of the pentatonic scale. Orff instruments, such as xylophones, bells and other metallophones, use wooden bars, metal bars or bells which can be removed by the teacher leaving only those corresponding to the pentatonic scale, which Carl Orff himself believed to be children's native tonality. Orff believed that the use of the pentatonic scale at such a young age was appropriate to the development of each child, since the nature of the scale meant that it was impossible for the child to make any real harmonic mistakes. In Waldorf education, pentatonic music is considered to be appropriate for young children due to its simplicity and unselfconscious openness of expression.

http://worldsciencefestival.com/videos/the_power_of_the_pentatonic_scale,
<https://voices.no/index.php/voices/article/viewArticle/547/408>

Conclusion

To live in connection to our Spirit can be learned most effectively in childhood, before the ego is fully formed causing disconnection from Being. In order to maintain this connection is important to practice activities with children that build a steady link with their spirit. To keep this connection firmly establish is the secret for living a happier, joyful and real life when they will be adults.

I observed positive results in working with sound and voice with children, and I would like to share what I learned to benefit more children following my passion and creating a Sound Voice and Consciousness workshop. What I summarized above are the results of some other experiences that supports my direction.

Most of all, I will use all my intuition and intention and love to reinforce each child confidence to trust who they are and by using their voice as a tool how to express their uniqueness in a natural way. We don't have to wait for them to become sick. By raising each children's frequency, we can shift in vibration, we can heal the Universe and we can reach harmony.

"We grown-up people think that we appreciate music, but if we realized the sense that an infant has brought with it of appreciating sound and rhythm, we would never boast of knowing music. The infant is music itself."

— **Hazrat Inayat Khan**