

The Frequency Of Intention In Sound Healing

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Fueled by the belief that we are capable of far more than many of us previously considered, we are living in an age where there is a growing interest and momentum directed at the human potential. This includes the areas of consciousness and healing. Everyday there is research conducted and individual experiences that expand the boundaries of what was known. As this individual and collective consciousness unfolds, it advances our shared understanding and reveals its significance.

From the earliest recorded history, there is evidence that sound has been recognized and practiced as a transformative power. A power to heal and a power to elevate consciousness. Today, as Sound Healers and practitioners, there is no shortage of tools at our disposal, and with the interest in vibrational healing on the rise, knowledge in these areas is growing exponentially.

The universe is an infinite number of vibrations and rhythms. Music and sound are attuned to this creative matrix, just as everything on the planet is. Understanding these principles it stands to reason that something so fundamental to our nature would be so highly effective in its ability to impact us. From memories to emotions to goosebumps to spiritual awakening, music and sound impact us on multiple planes

Sound is vibration. Emotions, like sound, also have a vibratory frequency. This is one of the reasons that sound can be so powerful as a healing modality. As humans we habituate ourselves into our bodies and unconsciously build up a stockpile of emotions. More often than not, focusing on an emotion, or an experience associated with an emotion, is the goal of the treatment.

It's important to understand that when we are working with sound we are working with energy, and the transmission and distribution of energy. When this energy, in the form of vibration, comes in contact with our nervous system and the vibratory nature of emotions, they become activated.

Think of these sounds as an electrical current. Electrical current is the flow of charged particles through a conducting medium. The charge can be carried by electrons in a wire, or ions in an electrolyte. The energy transfers at nearly the speed of light, while the carriers travel much slower. There is a difference between the energy being transmitted and the carrier, and in the case of radio waves, information is encoded in the transmission. When we are engaging in the practice of using sound to heal, the sound waves are the carrier, and like radio waves, information can be encoded in this transmission.

Similar to a radio tower tuning into specific frequencies, as Sound Healers we need to become attuned to the person who has come to us for healing. We then need to create an environment conducive for the healing process to take place.

This process is started in the physical realm. We establish a connection, we gather information on the issues they would like to address, we build and establish trust. Based on this information we devise a sound healing treatment using a palette of instruments, sounds, frequencies and timbres. There is an intention informing the decisions we make based on the desired outcome of the treatment.

However, different frequencies and sounds are used to heal the same issues, and conversely the same frequencies and sounds are used to treat many different issues. You can apply the exact "sound" treatment and get varied results, whether this is on the same person or different people. So what other constituents

may exist outside of the physical realm? Is there something that can amplify the potency of the sound waves? Is there another form of energy that can be encoded into the medium of sound? There is, and that ingredient is Intention.

Similar to the information encoded in the electrical current to transmit sound, intent can be encoded into the sound current we are creating as healers. It should be noted that the healer's emotional, mental and spiritual states all affect one's ability to create the proper intent. We need to be aware to our "current" condition, and we need to establish an intent for the treatment. Our outward attunement toward our client can only be as effective as our inward attunement. The more we are in touch with our inner world, the greater we can be in touch with the outer. Our individual awareness is placed in the sounds at the time of creation, and this information, or consciousness, is transmitted through the carrier of sound from the subtle to the physical realm. This intention amplifies the healing effects of the harmonic structure of sound as it connects with our physical and subtle bodies.

The definition of intention is a mental state that represents a commitment to carrying out an action. It is a plan. It is also defined as the healing process for a wound. For the sound healer, who has an understanding of the influence of harmonics on emotions, it might be useful to think of intention as a frequency. A frequency that resonates with the desired outcome and issue we are treating in the same way the instruments, timbres, intervals and scales we decide to employ.

It's easy to imagine how intention can amplify the transformative effects of sound healing. We all know that intention is real. We can feel it. It can be communicated and transmitted in a variety of ways, including speech, the eyes or physical contact. There is always intention behind our actions whether we are aware of it or not. In this context it's hard to imagine the effects of the physical components of sound treatment being anywhere near as efficacious without it.

Sound = Energy.
Energy Follows Intention.

The Primary Goal Of The Sound Healer Is To Intentionally Use Sound To Promote The Healing Process.

With the goal being to intentionally use sound, let's explore how intent is manifested in the process. First we need to set an Intent To Heal. This intention needs to be set not only in the mind of the Sound Healer, but also in the mind of the person receiving the treatment. In order for something to manifest on the physical plane, it needs to exist in the mind first. First in the mind and then in the world of form. In the absence of this we are just making and listening to a bunch of random sounds with no real underlying meaning, the success of these efforts will be in direct proportion to the intent from which they are manifesting.

The individual's overall state and clarity (emotional, spiritual, mental and physical) are critical aspects in determining their success in setting the right intention. Clarity allows focus. In addition to tuning into our inner state we can also have the intent to be a vehicle for a higher level of consciousness. Being in contact with our heart and emotions such as unconditional love, joy, gratitude and compassion allows us to tap into the Sacred Energy Of Sound and be a channel for Divine Will and our Higher Selves.

Similar to how electrons are separate from the energy they transmit, this potent current of healing energy is transmitted through the power of sound. When we do this, we are intentionally magnifying the transformative power and aligning ourselves with the highest good. This can open the pathway to a higher level of consciousness and create the environment in which healing can take place.