

Emotional Self-healing with the voice

We all have emotional trauma, whether minor or major, from childhood, adolescence or even past lives. Traumas such as sexual abuse, verbal ridicule, or damage from having parents that didn't know how to properly care for us. When left undealt with or unrecognized these traumas build up and cause painful conflict in relationships, physical ailments and other unneeded hardships. But how does one face and transform something as deeply rooted as emotional trauma? One potent and magical tool accessible to all of us is the power of our own voice.

Most cultures dating back to ancient times used sound to heal. These cultures include the Egyptians, Greeks and Aborigines who used sound to purify the psyche, transform consciousness, and even heal bones and muscle tissue. Now science is developing and bringing recognition to these ancient practices. But how exactly can sound be used to heal emotional issues? With science such as the string theory confirming that everything is in vibration, and with sound being audible vibration, we can manipulate, move and change almost anything with sound. Many people believe that persistent or reoccurring emotions create physical and chemical reactions and can become stuck in the body, causing energy blockages. By pin-pointing and vibrating these stuck areas you can help to get them flowing again. One of the most important aspects of sound healing, is knowing that everything in existence has its own natural resonance. When something is vibrating at its natural resonant frequency, it is in good health. By vibrating a "blocked area", emotional trauma will begin to release and you can begin to heal. Spiritual teacher Reggie Ray once said, "stuck emotions are simply songs that have not ended." With our voices, we can bring these emotionally-blocked areas back to their resonance and help the song end, even if just temporarily.

One easy, very helpful way to begin to vibrate and release is simply to sing! Singing has many great benefits. It releases endorphins, increases immunoglobulin A (proteins that function as antibodies), releases hydrocortisone to lower stress, stimulates deep breathing which increases oxygen flow, reduces anxiety, helps us to relax and have better overall psychological and emotional health. Singing shakes, vibrates and resonates your whole body, promoting detoxification at a subatomic level. Free-flow singing (singing intuitively whatever comes through you) is another kind of vocal practice with even more benefits. It can connect you with your intuitive self by allowing you to bypass your brain to sing and release what you really feel. It puts you into a different state than you experience in everyday life, a state of flow or ecstasis, a state of honesty, a state of listening to your soul instead of your ego. When you surrender to the voice within, you transcend your physical self and go into pure creativity. It can also cause spontaneous "downloads" from outer sources flowing through you. As you can see, singing aids in your emotional well-being in countless ways and is a great sound healing tool.

A more direct way to release emotional blockages is to locate the blockages in your body and sing or “tone” to them (sing a prolonged tone). You can do this by simply paying attention when a painful emotion or thought comes up. Where do you feel it in your body? It could be a pain in or your neck, a tightness in your hips or a heavy feeling in your stomach. Whatever the feeling, focus on its physical manifestation. This is when you can use the body part’s resonant frequency to bring it back to harmony. Feel the the area and do a frequency sweep by singing up and down with your voice or in your head with your imagined voice. When you find the resonate frequency of the area you will feel it vibrate, heat up or activate in some way. Spend some time with full focus on that area – toning its resonant frequency. The Law of Dominant Resonance explains that a stronger vibration will overcome and entrain a weaker vibration, so by sustaining a tone, you are changing the area’s “sick” frequency back to one of health. Also, stable sounds promote peacefulness and harmony while unstable sounds are chaotic and cause discord, so keeping your tone consistent will have beneficial results. Even if you don’t found the exact frequency, you’ll still benefit from the practice in many ways. No matter what, you’re sending energy to the area you’re focused on. You’re also massaging it with vibration and sending positive intention to it. If you get the tone right, the stored energy will be released and the area stabilized. To intensify this practice, you can use visualizations such as filling the afflicted area with purifying white light while toning. Visualizations are powerful because seeing something in your “mind’s eye” causes the brain to react as if it is truly happening. You can also use certain sounds to resonate certain areas of the body. For example, “Ah” will generally vibrate the chest cavity, “Oo” will vibrate the throat area and “Mmm” will vibrate the skull. You can use these sounds to release any blockages you have in those areas. If you can’t find a resonant frequency of an area because your vocal range is limited, simply use your “inner” or imagined voice.

Another practice is the use of shaking medicine along with the voice. Shaking medicine, is also one of the oldest healing methods in the world. It’s the act of “shaking off” built-up energy, just as ducks do after they get into a confrontation. To use shaking medicine, notice when an emotional response arises, feel it in the body, and simply begin to “shake it out”. Incorporating sound with this is an extremely powerful technique. If singing vibrates the body, this method *really* gets things moving. Make any sound that comes to you, release your pain through screaming, crying, laughing, singing, or anything else that comes up. There is no wrong sound so don’t let your ego limit your release. You can try using vowel sounds like: Ah, Oo, Ee, Oh if you don’t know where to begin. Research has shown that when we use our bodies and voices together, more areas of the brain are firing and creating new neural connections, creating a cumulative effect of well-being. The result is a phenomenon called neuroplasticity. Using shaking medicine along with your voice can be very powerful for releasing “stuck” energy and creating new pathways for a heathier brain and body.

Sound truly is a sacred and transformative tool. With applications as simple as singing to practices more advanced, like targeting an emotional block in the body and vibrating it back to health, the possibilities are endless. The powers of sound and the human voice are truly miraculous. Life can be difficult and troubling at times, especially in a society that wants you to ignore and numb your pain. Luckily, we are all gifted with a wonderful tool to get back in touch with and heal ourselves and each other. Listen to your own vibrations, sing your pain out of existence, and dance and shake until you shatter your trauma. We are all beings of love, sound just helps us get back to ourselves.

