Christine Douglass
Sound Healing Certificate
Online Class
Final Paper

The Power of Intuition

I began the Sound Healing Certificate course because I wanted to understand more of what Sound Healing was. As a music therapist, I have had extensive education and experience with using music from the understanding that it affects our cognitive, emotional, psychological, spiritual, and physical selves. I had heard of Sound Healing but had been pushed away from looking into it due to professional opinions in the music therapy field; however, my interest did not wane. Having had only two sound baths before, one that was done well and one that was not, I desired to discover more of what the truth of Sound Healing is. Serendipitously, I was sent an email from the Globe Institute describing the Sound Healing certificate program nine months ago. I knew at that point that it was time to learn more.

Music therapy and Sound Healing have several components that are similar. Both use sound, simple or complex, to create some kind of shift within a person physically, emotionally, cognitively, or spiritually. Both are facilitated with the intent of helping others by extending opportunities to embrace the sound and to give voice to the clients' experience through the sound. Both begin with some form of checking in at the beginning of a session to assess the current situation of the client. Both have moments of engagement on various levels within the facilitator and the client relationship; and, both use an entrainment concept to work with the client's needs. Both are effective. So what are some of the differences?

Perhaps the most critical difference is the documentation piece that takes place after a music therapy session. Each session has a specific goal and objective unique to the client that is measured with specific data collection tools relating to the client's specific goals and objectives. Based off of this information, the music therapist crafts new interventions for each session to gear toward the desired change. Data is again taken and examined after each session providing a tracking system for progress. If progress is not being made, the music therapist returns to the session to gather more information and to see if a different approach is needed. Within the music therapy profession, recommended interventions have been proven to be effective through quantitative and qualitative research denoting music therapy as an evidenced based practice for therapy.

Techniques that music therapists use have been developed and researched for the optimal success rate of the individual. Music Therapy uses all facets of music elements to meet, match, and reflect the client's place of reference. These elements include dynamics, tempo, form, meter, timbre, lyrics, genres/styles, and more. There are four main treatment branches determining which interventions to use for clients: listening, re-creating/performance,

composing, and improvisation. The client can be active by playing instruments or the client can be passive by listening and thinking or imaging. The music therapist supports musically where the client is and involves the client's perspective in shaping the session; typically by involving their favorite music, watching behavior to adjust music elements to match the mood, or by responding to the verbal cues and communication given in the session.

Within the Sound Healing practice, records of sessions can be taken and referred to but are not required. Many interventions and facilitation styles have been documented to be successful and there are many facilitators who help individuals improve their daily lives. There are many techniques and philosophies that have been developed over time and implemented in many settings including the medical field, emotional realms such as depression and anxiety, and cognitive depleting situations such as dementia and traumatic brain injury, and other populations of individuals such as those with autism. Sound Healing services often branch out into the quantum and etheric body fields inviting higher energetic vibrations to help in the healing process.

Whether a person listens to a sound bath, has tuning forks applied to meridian points, or vocalizes with a voice healer, the vibrations are used with intention that transfers light and love to all levels of the individual. The high vibrations elevate, break apart, or resonate in their healthy state based off of the intention of the facilitator. Timbres of instruments are considered in this process to accentuate the healing. Odd harmonics aid in activating vibrations to break up or break loose while even harmonics aid in calming the emotional states. Other intentions of matching frequency to internal organs help to balance out the inner working systems of our bodies. All intention is focused on the higher good of the individual for optimal healing.

Both Music Therapy and Sound Healing practices help others and are unique with their methods; however, I have discovered the concept of intuition being a guide in creating sound within the Sound Healing practice as a fascinating piece of the puzzle. I have been an intuitive person most of my life and have known it to be a positive influence yet have struggled to explain this element of myself to others. Taking the Inner Awareness course through the Sound Healing Certification Program, and some of the overview classes, has led me on a delightful self-discovery adventure. I learned many things about myself and how to use intuition into my Sound Healing practice.

David Gibson (08/31/2021) introduced intuitive concepts in the Healing Modes Class as we, as a class, were asked to heal his shoulder. Many people sounded using techniques they had gained in previous Sound Healing classes; I used what came to me in the moment. I was new to the program and was just learning the basic ideas. As certain techniques were discussed in class, I was surprised to learn that intuitively knowing what to do and getting right to it was one intervention strategy on the list! This caught my attention as I realized that perhaps I knew more than I thought I did. David taught us to send the sound of love to ourselves, to phrase the positive, and to intuitively know what sound works for us in the process (Sound of Love Class

09/18/2021). Within the Holding Frequency class (09/07/2021) we were taught that the intuitive nature of ourselves has a knowing, and this knowing leads us. We must be careful, however, to be open to it because our belief system can get in the way of it. My interest was piqued in these new ideas of intuition and solidified even more when the Voice Healing method was introduced (01/11/2022). David spoke of allowing intuition to guide the process and eventually allow Spirit guides to work through us.

My mind was contemplating all of this knowledge when I started noticing the high level of intuitive processes in many of the Voice Healing courses. Vickie Dodd (02/24/2022) spoke of becoming aware of our bodies before sounding for others. It is critical to find out where we are physically, emotionally, cognitively, and so on to assess how we are doing in that moment in time. Asking questions like "Where is my energy?" "What does my body feel like?" "What does sound do for me?" helps us find where we are in that place and time. Sounding while walking and asking gives us information. At this point you can then re-assess yourself after sounding. It is important to listen to our own bodies and connect with it to understand our relationship with sound before helping others. She encouraged us to trust that the sound that comes is what is needed and to trust ourselves.

Silvina Vergara (02/22/2022) shared her knowledge about connecting to ourselves, our inner shaman, our own healer as she spoke of developing our inner technology using the words "Infinite In. Infinite Out," as we breathed. She reiterated that the level of intention of what we think is connected to our level of healing. Deep personal work is listening, sounding, and trusting the sound that comes.

Perhaps the greatest concept of intuitively sounding was taught to me in Lisa Rafel's classes. Being a sound supplier, we intuitively receive the sound and invite it to attune more to the body (01/18/2022). We ask the body what sound it wants and then listen. Our intuition, that great sense of knowing, decides what to give and the golden cord between energies receives. We must trust ourselves, the client, and the sound. Through attunement, we become subtle within the subtle energies and become self-aware to notice it. We feel information from the clients and let it sink in, then be aware of the space the sound has and allow it to be its own way (02/08/22).

Others outside of the Sound Healing Certification program have also talked about intuition as being an interpreter of subtle energies. Much like kinesiology, a study of subtle energies stored in the physical as a result of being influenced by vibrations around us that cannot be heard or felt (Nelson Whiting, 2022), the subtle energies influence our body and can be read or interpreted by our right brain. Serenity Marcus (2021) describes "The intuitive right brain is reading your surroundings while the left brain is engaged in something else. The body registers this information while the mind remains unaware of what is going on" (p. 156). When we tap into the information of our body, we learn more.

Ways of recognizing a subtle shift in our energy, or using our intuition to know things, takes time and practice. Many cues are given physically, particularly through the senses. Serenity Marcus describes these in her book "Spiritual Awakening" (2021) as sensations similar to a little voice in your head, a tingle, an urge, a gut feeling, and knowing something before you know it (p. 156). Becoming aware of these subtle changes helps us to further our knowledge as we pay attention to other sensations like: a) feeling like we are in danger – acknowledging the feeling we get within 10 seconds of meeting someone, b) wanting to help others – based off of reading their faces and body signals, c) paying attention to our gut feelings – when we feel down after spending time with someone, d) feeling like we know what we are doing – allowing the natural instincts to take over, and e) when something feels right – using our gut instincts when making big decisions.

Learning to develop our intuition is a process. In his Mastering Your Intuition course, Matthew John (02/19/2022) discusses tapping into the wisdom of the soul by developing discernment. We can gain knowledge of our own intuitive self by asking ourselves a question and feeling/observing what comes your way. Being aware of sensations that you may see or hear is critical in understanding answers. There may even be a sense of knowing. If nothing comes, be patient. It may take some time to begin noticing how your intuition works. Matthew suggests keeping an intuitive journal. When you have a strong intuitive impression or moment, write it down. Oftentimes this comes when you least expect it and are not consciously thinking about anything. Include what you may be sensing physically such as chills, warmth, or pressure in your body. Keep an eye out for information to come, and write down the conclusion whether it matched your intuitive moment or not. Look for consistent impressions. Find out which are accurate. The key to success is practicing daily to sharpen your skills.

The secret to intuition is getting past the conscious mind and allowing yourself to discover how it makes itself known to you. Developing the skill of keeping the conscious mind away takes practice but is worthwhile. Some techniques you can try are: meditation, releasing core beliefs in order to trust your intuition, letting go of negative past experiences in order to replace it with the good, and coming home to yourself – trust that you hold the answers by paying attention and listening (Marcus, 2021).

In conclusion, while I started out my path looking for commonalities and differences between Music Therapy and Sound Healing, I really discovered my intuitive self. Regardless of which method I employ, I have the ability to look deep within me to employ my intuitive self, the self that has the wisdom to carry out the sound or the music to help another. Whether I am a sound provider or a music provider, whether I am a therapist or a healer, I am me. My intuition guides me, gives me instruction, and takes the fruits of my labor where it needs to go.

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