

# Healing Migraines Through Sound Therapy

My Research and Experience into Migraines  
By Melissa Woods, September 21<sup>st</sup> 2021

I have suffered from these debilitating headaches for five years now. Not had ever experienced this level of pain before, except for the birth of my son, I have had to search for the reasons behind why I developed this disease, understand the origins, and see what can help outside of medications because that is what is prescribed in the medical arena. I will lay out some research into migraines, I didn't have a clue this was an epidemic, and how sound therapy through the Globe Institute's certification program has helped to shine a light as to "why" and "what" classes in the program have helped to decrease the migraines I get.

According to the [Migraine Research Foundation](#), the neurological disease affects 39 million men, women and children in the U.S and 1 billion worldwide. It ranks 3<sup>rd</sup> most prevalent illness in the world, most common between the ages of 18-44 and about 90% of migraine sufferers have someone in their family history who has/had this debilitating ailment. Doctors don't know the exact cause of migraines, but there has been so much money dumped into the research, the thinking is that a migraine likely starts when "overactive nerve cells send out signals that trigger the trigeminal nerve", that is the nerve that gives sensation to the face and head, which releases CGRP chemicals (calcitonin gene-related peptide) then makes the blood vessels in the lining of your brain swell. Most migraine headaches last about four hours, but severe ones can last up to three days.

Through the research, the risk factors for migraines are:

- 1) Gender – Women have migraines three times more often than men.
- 2) Age – Most people start having migraine headaches between the ages of 18-44, but many women find that their migraines get better or go away after age 50.
- 3) Family History – Four out of five people with migraines have other family members who get them.

There are many triggers that cause migraines, but here are some common ones that are listed below:

- 1) Stress – When you are stressed your brain releases chemicals that can cause blood vessel changes.
- 2) Foods – Some foods and drinks like aged cheese, alcohol, and food additives such as nitrates and MSG.
- 3) Caffeine – Getting too much or not enough, but there is some evidence that the start of a migraine and drinking caffeine can stop the headache.
- 4) Changes in weather – Barometric pressure and altitude changes can all trigger a migraine.
- 5) Senses – Loud noises, bright lights and strong smells can set off a migraine.
- 6) Hormone changes – Headaches can occur during pregnancy, menstrual cycle, menopause, birth control pills and HRT (Hormone Replacement Therapy).

How I came to know about the Globe Institute was through my mother. She had a session with a massage practitioner here in Seattle one day and it transformed her arthritis around the knuckles in her hands. The change was so profound, my mom called me to tell me all about it and when I finally saw the results, I became curious. I was a licensed Massage Therapist for over twenty years, left my practice and went into Software sales. The pandemic left me jobless and no direction, so when I saw the results of sound therapy, I needed to find out more. I started the Sound Therapy Certificate Program in May with the intention to reinstate my massage license and go back into practice, but this journey has opened up something else for me in an enlightened more powerful way through healing myself.

The first class, Laws of Resonance, was my first introduction to Sound Therapy and where the journey began for me. The homework assignment was to “make sound” in the shower because the bathroom was a place where one could experience “acoustic resonance.” I had no idea what that meant, only having a few years of piano instruction as a small child, I followed the homework assignment given in class and went into the shower belting out a sound. I had no idea what note it was, but felt a vibration throughout my body traveling up to my head releasing out the top which gave me a strong sense of peace and relaxation. The one thing that stuck in my mind that day was what David said in class, “Everything is vibration and everybody has a song. Sound Therapy is about getting your body back to your song.”

I worked with a massage practitioner for many years that studied Barbara Brennan’s work on Chakra’s to help relieve anxiety symptoms, but I didn’t know that Chakra’s had a sound, musical note. The Sound of Chakra class extended my knowledge with Chakra’s and opened up a whole new avenue to healing. The section in [David’s book](#), Chakra Sounds, Pitches, and Frequencies page 276, really helped to find out which timbres resonated for me. For example, Muladhara the first chakra was Sanskrit LAM (LAHM), Svadhista Sanskrit VAM (VAHM), Manipura Kay Gardner AOM, Anahata Sanskrit YAM (YAHM), Vishudda David’s AH, Ajna David’s EEE and Sahasrar David’s Silence. While listening to the Chakra Sound Meditation

video in class, it really helped me to feel the vibration for each of the chakra's then tune into all seven chakras at the same time. The experience resulted into calmness. I do listen to the meditation frequently as it helps to balance my chakra's and let go of anything that doesn't help in my healing. Total bliss I must say!

The voice class with [Sonja Drakulich](#) was where I found my voice. The first couple of classes were a bit overwhelming because I wasn't a singer. The whole class was amazing, but the most effective part for me was learning the breathing techniques and sounding MA, ME, MI, MO, MU. By learning the proper way to inhale and exhale, for example, breathing through the nose while the mouth is closed. Filling the belly to where the breath filled the space of the diaphragm, extending out the sides and back of the rib cage. Then exhale through the mouth with the count of six, repeating this exercise eight times. Sonja's instruction really helped to practice breathing and sounding the vowels. I incorporated this knowledge in the shower and from the first class on Laws of Resonance, using my voice to sound the vowels, feeling the vibration, I found my migraines started lessening and the pain wasn't so severe when I did get one. This has become a daily practice even if I don't have a headache.

Releasing stuck emotions class, must I say more...wow life changing! It wasn't so much making the sound of the emotion, it was understanding what beliefs I had about myself and how that kept me stuck in the negative space. In [David's book](#), The Complete Guide to Sound Healing on page 224, "Don't runaway from emotions They always run faster. Sit with them and they leave on their own." After class, I sat with myself for a while and uncovered the three negative beliefs I had about myself.

1) Don't trust your intuition. I have a strong intuition, always have and stopped listening to it five years ago when I sold my house, started a new relationship and moved to Los Angeles, that was when the migraines started. The belief I have about myself now is, **I trust my intuition, wisdom and judgement.**

2) What you have to say isn't important. I was raised in a household with a domineering mother and sister who competed with each other, so basically, I was invisible and didn't have the foundation to develop my voice. I wrote and published a book on anxiety, so I was able to have a voice through that media, but it wasn't until the voice and releasing stuck emotions classes it showed up in a different way. The belief I have about myself now is, **What I have to say is important and what I have to say helps people.**

3) Be invisible, play small. As mentioned above, having a domineering mother and sister positioned me in an inconspicuous place within my family so I learned to be small. Also, through a soul retrieval, it was communicated to me that having to "be" small and unseen in the womb was the origins of this belief. I was told as a child that I was a mistake. The belief I have now is, **I have the courage to show-up and let myself be seen.**

This releasing stuck emotions exercise has transformed my headaches through freeing these untruthful beliefs I had about myself, letting go of the sadness and replacing them with the beliefs of who I am. In Sonja's class, she said that sounding the vowel MA can help to let go of grief and sorrow which resonates well for me.

The voice analysis class was at the top of the list because you got to work directly with David with the purpose to assess the physical, emotional, mental and spiritual states. A series of three questions would be asked highlighting the second question, "what one thing that stresses you out." I talked about how I experience migraines, how debilitating they are and how terrified I get when I have them. Through answering all the questions to analyze my voice, the results showed the notes C, A and A# were not at full potency. I reviewed the Voice Bio Chart in the reader and all three keynotes indicated headaches as one of the many symptoms. David sent me the 111 Hz recording to help and reviewing notes from Randy Masters class, he talks about how the frequency 111 Hz is the note A. During the session with David, a classmate sent a private chat saying that she experienced migraines and to buy a product ReMag. I not only bought the liquid magnesium, I purchased Carolyn Dean's book as well, "The Magnesium Miracle." There is a section in the book regarding migraines so I started taking the ReMag and looked on the list of frequencies in the class materials handout. Magnesium is a mineral toning at 186.95 and magnesium citrate is a nutrient source toning at 180.0. Also, Archetypal frequency 111 Hz is a good for cell rejuvenation and Beta endorphins. I have included the 111 Hz recording and listen to it if I feel a headache is on its way as it really helps to lessen the pain to prevent it from getting worse.

Finding your home note class circles this journey back to myself. Coming home to the place where I am at peace and all is well...

In conclusion, I tried everything possible to understand why I was experiencing migraines. Within the five years, I underwent two MRI's, consulted with a Neurologist which he said a woman of my age just doesn't start having migraines, so I knew it was something connected on an emotional and spiritual level. By taking this certification program, learning that everything is vibration, finding my voice through singing and practicing vowels, diving deep in the emotional pool to see what beliefs were keeping me stuck, analyzing my voice to uncover the notes that are not at potency and finding my home note, was an act from Source. I have created a daily practice and am very grateful to you David and the staff at Globe Institute. This experience has transformed my life and I am forever in gratitude!