

Lailani Africa
lailaniafrica@gmail.com
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Sound Healing Techniques for Songwriting

Summary

This paper shares my personal experience in using sound healing techniques for healing and manifestation in songwriting. I also share the connection of intention with Dr. Masaru Emoto's study of how thoughts and intention can affect the patterns of water and how powerful intention setting can be as our bodies are made up of 60% of water. I include a sound healing ritual/exercise to try during a songwriting session.

Water Yourself

When I wrote the song "Water Yourself". To "Water Yourself" means to love yourself. It means to tend to your own garden first and fill your own cup so one can give from the abundance. It was my conversation with God/Divine/Source. I was going through major changes emotionally, physically and spiritually. The song brought healing, transformation and connection to source. The song inspired me to research the power of intention and water consciousness. Dr. Masaru Emoto studied how certain types of sound or music can create distorted or symmetrical crystalline patterns depending on what music or intention it was exposed to.

If humans are made up of mostly water (60%) and water is affected by intention, words and music are we able to heal ourselves through our own thoughts and energy? This paper explores the work of Dr. Masasu Emoto and water consciousness and sound

healing techniques learned at the Globe Institute in application to healing and manifesting through songwriting.

Water Yourself

By Lailani Africa

Verse 1

Lack of water

Sunshine

Beating down

My head hurts

Creator says

“Hang Tight”

There’s highs and lows

I’ll fill your cup

Just take it slow.

Fresh soil to grow.

And you will bloom

Chorus

Water yourself my child

Give from the overflow

And that’s how you’ll find love

Verse 2

Lack of rest

Impatient

So anxious

My heart beats

Creator says

“Just wait and see”

I got plans for you

Just trust in me

The seasons change

Take a seat

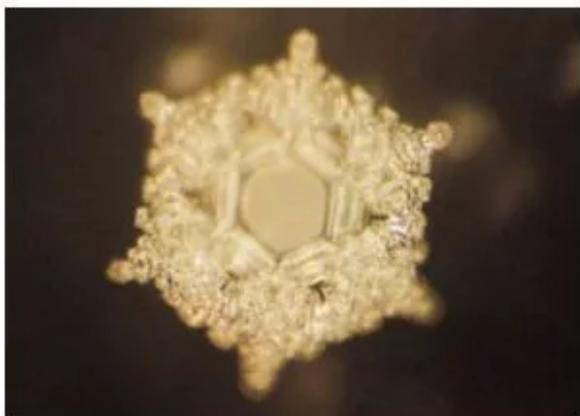
And pray with me

Pray with me

Chorus

Intention

My intention for the song “Water Yourself” was to learn to love myself and even in a challenging season I know that in divine timing God has bigger plans for me. According to Dr. Marasu Emoto the power of words and vibrations can impact the molecular composition of water seen in the photo depicted below. When water was exposed to the words of love and gratitude the water crystal was formed in a beautifully symmetrical pattern. When water was exposed to negative intentions it resulted in patterns that were disfigured.



Love and Gratitude



You Disgust Me

Image from *Dr. Masaru Emoto and Water Consciousness*. (2021, February 28).

Inviting Your Guides & Surrender

During my songwriting session with “Water Yourself”, I said a prayer and invited God/Divine/Source to co-create this song with me. In the songwriting process, It’s important to lose the ego of caring about how it sounds when we sing and let divine light work through us. During David Gibson’s class we were to create the sound of how we are feeling in the beginning of each class. I now approach songwriting in that aspect as sacred, honoring our emotions, an act of letting go and being in harmony with the divine. After writing the song, I felt my creativity flourish in the coming weeks into months. I started writing songs with intention, vulnerability and co-creating with source. It brought peace, healing and I manifested opportunities I have never could imagine.

Vibrating Higher and Manifesting through Music

As I took the time to water myself, self love and opportunities started to arise in my life. I started to change my thoughts, feelings and behaviors as I held the intention to water myself in this season. Law of Attraction states that you can create your reality with your thoughts. As I started to take on a higher vibration of positive thoughts, my manifestation started to come to pass. I took on the vibration of the song and attracted new opportunities that were in alignment.

Sound Healing and Songwriting

I realized I utilized a few of the sound healing techniques before learning them when I wrote "Water Yourself" I then applied the sound healing techniques into a songwriting practice for healing.

1. Set the environment - Create sacred space. Bring in crystals, candles or incense to cleanse the energy of your space.
2. Center yourself - Meditate with singing bowls and set intentions. Make sure you are well hydrated during your songwriting session.
3. See yourself as beautiful, perfect and whole in every way.
4. Ask yourself how you're feeling, current emotions and journal any words that come to mind.
5. Sing how you feel (sing in gibberish/light language) to find your melody or sounds that feel good.
6. After your session say thank you to God/Divine/Source.

7. Drink lots of water after a session and notice any thoughts, emotions & realizations that come through in the days after a songwriting session.

“The true use of music is to become musical in one’s thoughts, words and actions. One should be able to give the harmony for which the soul yearns and longs every moment and longs every moment. All the tragedy in the world, in the individual and in the multitude, comes from a lack of harmony, and harmony is best given by producing it in one’s own life.” Hazrat Inayat Khan. Through this study, I realized how powerful intention setting within creating sound and music, co-creation with high power (however you address it!) and the words we tell ourselves and others can have a great impact. It is a reminder we can empower ourselves to be our own healer and find harmony amidst a world of chaos.

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