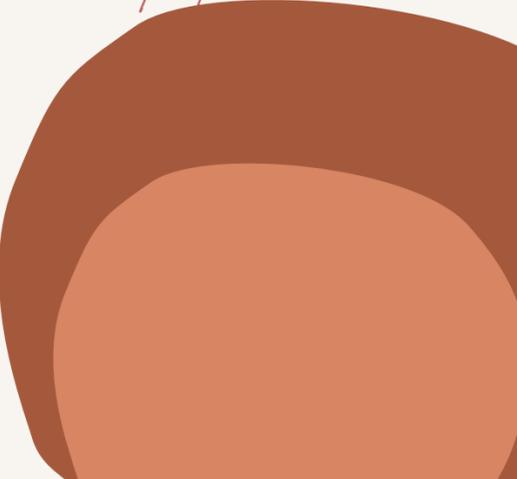
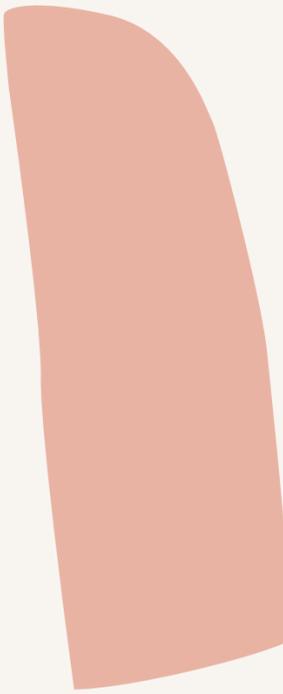


Sound Healing and Pregnancy



Final Paper - Sound Healing and Therapy Certificate

Introduction



Pregnancy is one of the most magical, intense and important periods in a woman's life. Nine months where the health of the baby is directly related with the health of the mother, and fully dependent on. Contrary to my first thought, there isn't as much information on Sound Healing and Pregnancy.

In this paper, I'll explore **first** why Sound Healing therapy, joint with meditation, could help pregnant women and their unborn babies during this period of their lives, presenting the potential benefits of it.

Then, I will showcase the precautions that should be taken into consideration and potential risks.

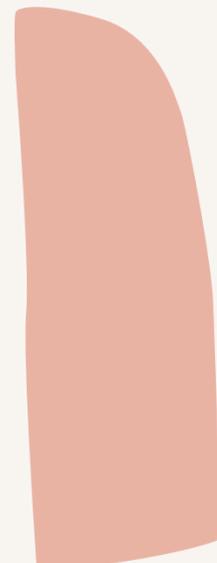
Finally, I'll close with **recommendations for treatment** with the knowledge from my classes and online research.



Sound Healing and Pregnancy: what are the benefits?

Several benefits can be drawn from using sound healing techniques combined with meditation for the mother and baby.

*Could it make a
difference?*





Reduced stress and anxiety

Anxiety suppresses the body's health functioning, especially in terms of the immune system. Anxiety and stress are often common accompaniments to pregnancy, with definite side effects since anxiety during pregnancy may:

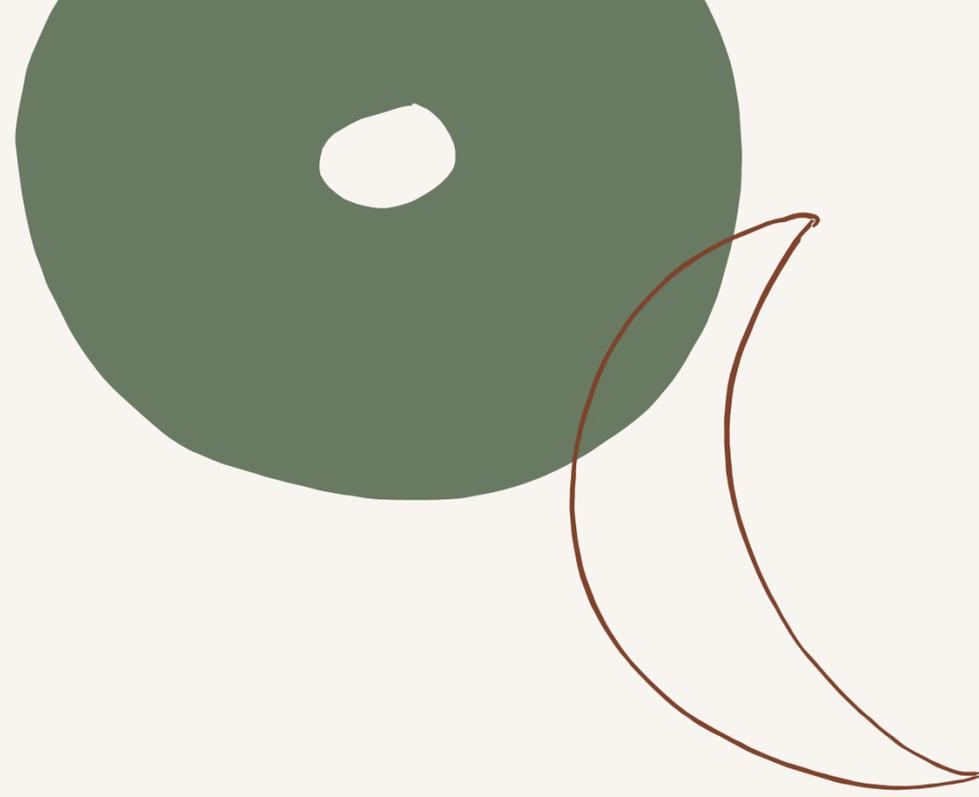
- Lead to low birth weight;
 - Increase the complications of labor;
 - Increase the risk for miscarriage,
 - Increase the risk of birth defects;
 - Lead to premature delivery;
 - Increase use of prescription medications;
 - Make pain worse during labor; and
 - Stress family members.
- 



Reduced stress and anxiety

Anxiety also reduces pain tolerance. Sound Healing meditative states not only **increase pain tolerance** by **reducing stress hormones (like cortisol)**, it also helps the **body produce endorphins**, which go beyond relieving pain to enhancing pleasure.

Reduce heart rate and blood pressure, in turn lowering the risk of pre-eclampsia and pre-term damage to the brain.



Increased Melatonin

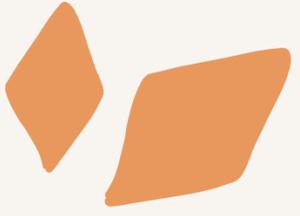
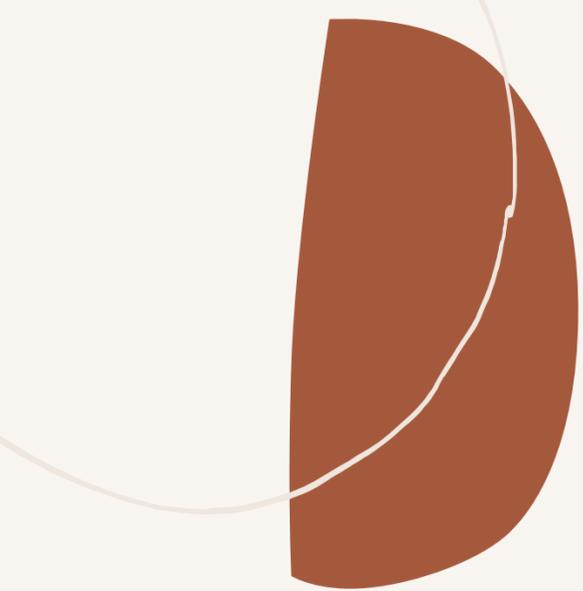
Melatonin is well known to **boost the immune system and overall health**. It has a calming effect, improving mood and enhancing contentment and a sense of well-being. Research at the University of Massachusetts Medical Center confirmed that Sound Healing & meditation **heightens levels of melatonin**. This means mother and womb baby grow calmer and happier through meditation.

Increased DHEA hormone

DHEA is a hormone with many life-enhancing benefits.

- Enhances the immune system;
- Defends against certain diseases;
- Enhances vitality and youthfulness;
- Reduces stress and anxiety;
- Improves mood;
- Balances brain chemistry;
- Benefits vision, hearing, muscles, and bones; and
- Regulates blood pressure.

Meditative states induce the creation of this hormone in the adrenals. Combining sound healing techniques focused on the adrenals to the meditative state generated by the sound healing session itself, **could boost the segregation of this hormone.**



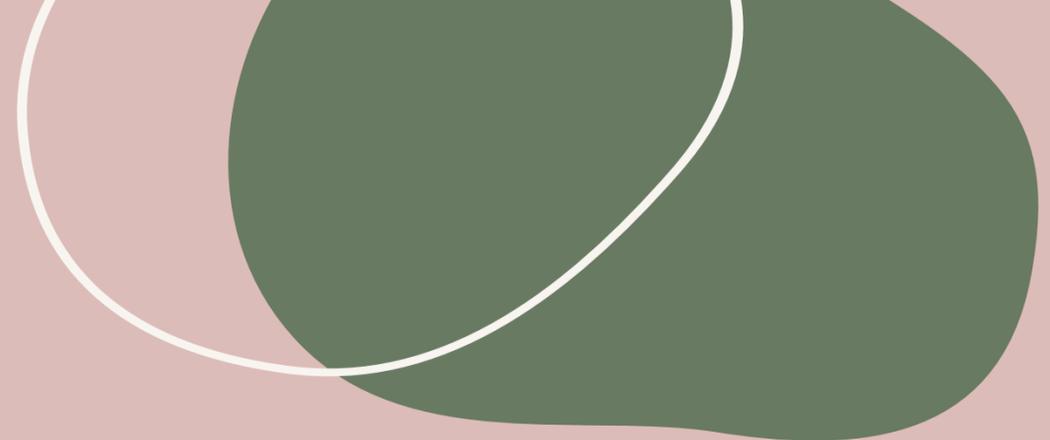
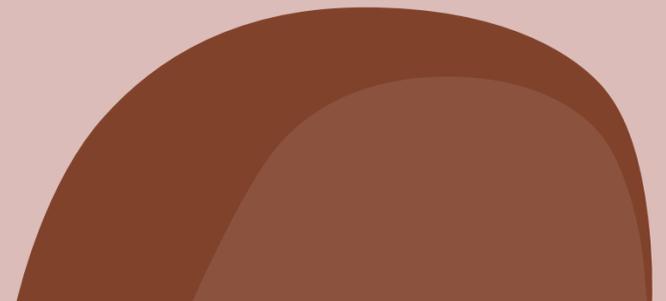
More Endorphins

Endorphins have a powerful pain-relieving and pleasure-enhancing effect. As pain increases during labor, endorphins also increase to help mediate the pain. The more a woman receives Sound Healing & meditation sessions during pregnancy, **the higher her endorphin level will be during delivery.** This could lead to **reducing the need of painkillers and anesthesia** during labor, also providing a more **generally enjoyable experience** that could even be orgasmic.





In summary, the combination of sound healing and the meditative state that is induced by it, can boost the immune system and overall health, reduce stress and increase endorphins, through the release of hormones like Melatonin and DHEA.



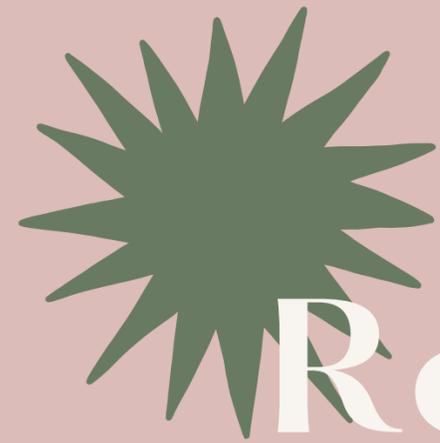
If we add the **quantum effect of a positive intention**, the potential of using this therapy, not only to **increase the health** of both mother and unborn baby but also to provide tools that would support a **better childbirth**, is very high.

So, why isn't this more explored?

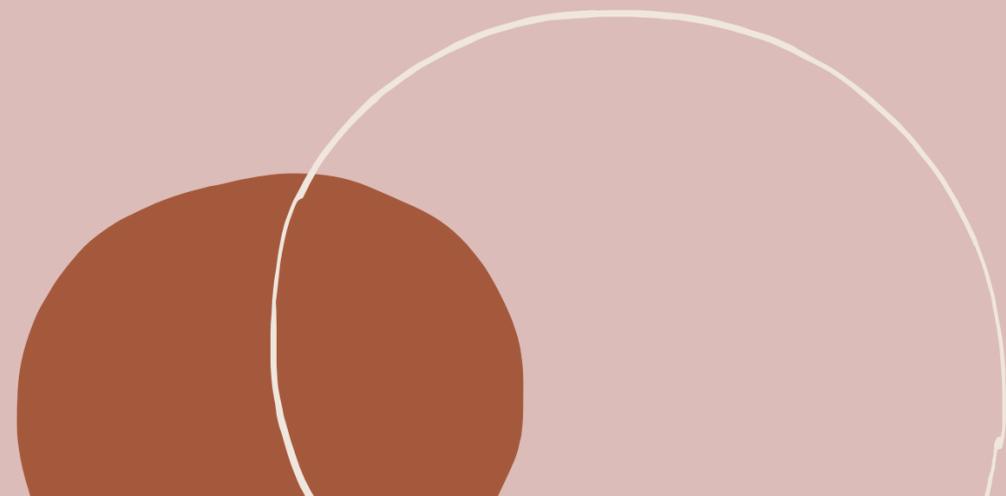
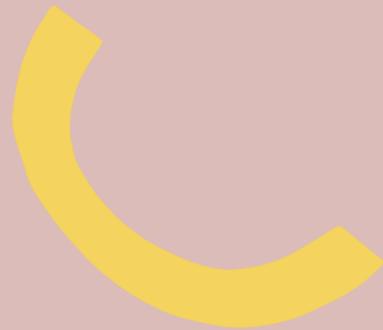
Precautions and potential risks

The National Institute for Occupational Safety and Health advises that pregnant women **avoid routine exposure to noise louder than 115 decibels**. It's important to control how loud the therapy is to prevent potential problems since increased noise levels can cause stress. This can cause changes in a pregnant woman's body that can affect her developing baby. Although this sound will be muffled in the womb, **very loud noises may still be able to damage the baby's hearing**.

Every pregnancy is different and I have not found much scientific research regarding sound and pregnancy. A best practice could be to recommend pregnant women consult their physician prior to attending a session. It would also be cautious to **avoid placing any bowls or other instruments directly on the woman's body** and to keep the **session calming, delicate** and always be aware of the patient's reaction to the sound.



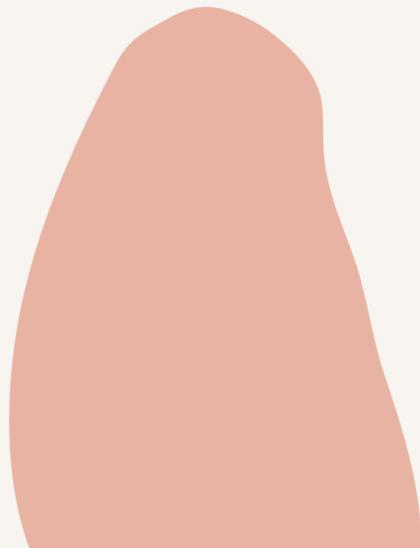
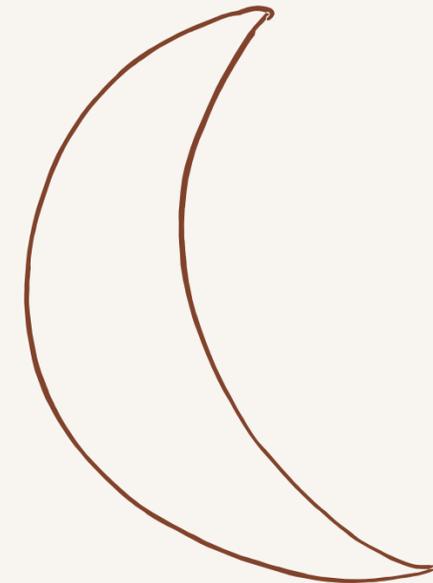
Recommendation for treatment





Set the space

- Ask for consent and if they want to be touched or not.
- Physically, select a comfortable space where the pregnant woman can be seated in a cushion or laying back on her left side (so the baby can get more oxygen).
- Invoke sacred space and call in spirit to do the healing.
- Create boundaries both for you and the client, connecting with a golden chord.
- Ask the client why they are coming for this treatment.



Select instruments and frequencies that will be used

Treatment has to be very delicate and performed with a clear, positive intention. The sound volume should always be below 115 decibels to avoid any potential harm.

Do the diagnostic tones and as usual, send a stable vibration, focusing on even harmonics and avoiding odd harmonics would help provide a calming state of being. Focusing on a clear, positive and loving intention, maybe even defined between the soon-to-be mother and therapist would also be key to an effective treatment.

To maintain the safety of the mom-to-be and future child, **using the voice** as the primary instrument for healing could be a great choice. Doing the sounds that present themselves while connecting with the golden chord could be one of the best options.

Select instruments and frequencies that will be used

A potential treatment with **weighted tuning forks** specially tuned to those frequencies and placed in the specific parts of the body where the DHEA hormone, Melatonin and Endorphins are created could help induce health and the release of these beneficial hormones. Following Cymatherapy of body correlation to frequencies (table shared in the class), we can select the following frequencies as potentially positive:

- 1165 hertz to stimulate the adrenals to secrete the DHEA hormone.
- 874 hertz to stimulate the pineal gland's secretion of Melatonin.
- 1175 hertz to stimulate the pituitary glands to produce Endorphins.
-

Note: we are using weighted tuning forks in the woman's body only because these will be put far away from the baby (in the head or upper torso). I would not recommend any instrument touching the woman's body.

Unweighted tuning forks could be used for the aura of the mother and baby, maybe with the following frequencies, according to Ranc

- 1080 hertz, the frequency of the divine
- 1746 hertz, the frequency of the divine fusion: the divine child of the blend of the divine male and divine female.

Select instruments and frequencies that will be used

If the healer would like to complement with other instruments and sounds that could help, the **safe recommendation** for a pregnant woman could be to use the following instruments (never touching the person):

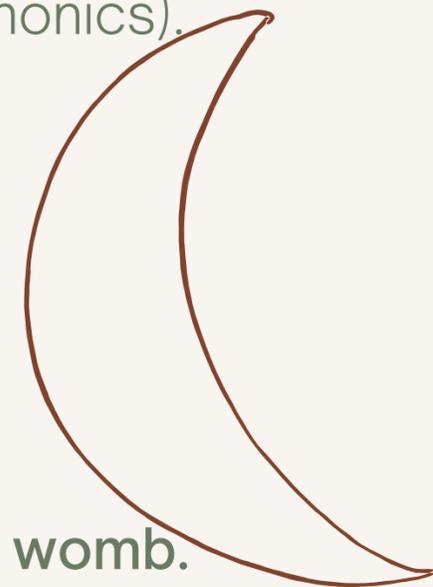
- Strings on a harp
- Classical guitar
- Tongue or wood drum
- Crystal pyramid
- Tingshas
- Vowels: UU, OH (carnatic vocals ideally)

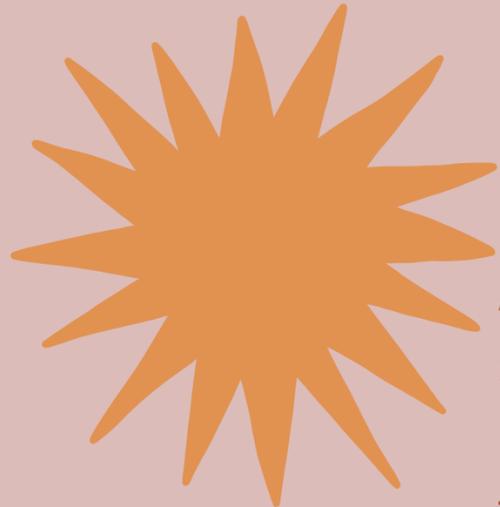
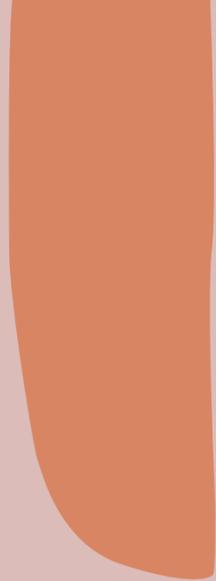
Select instruments and frequencies that will be used

Instruments to avoid:

- Gong
- Bagpipes
- Reed instruments
- Tibetan bowls (the bumps of the metal Tibetan bowls make the odd harmonics).
- Harmonium
- Shruti Box
- Anything made of metal
- Rough surfaces (e.g.: Janis Joplin's voice)
- Vowels: EE, EH (could be used in carnatic vocals and with moderation)

Never use instruments touching the woman's body and of course, not the womb.



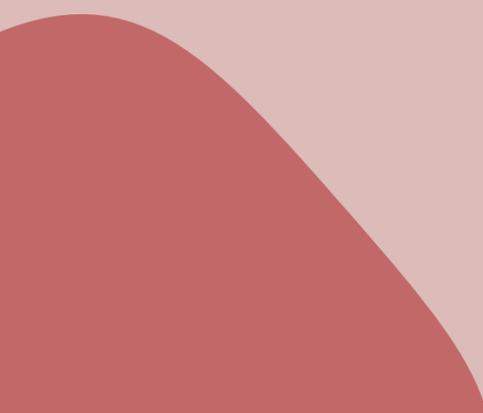
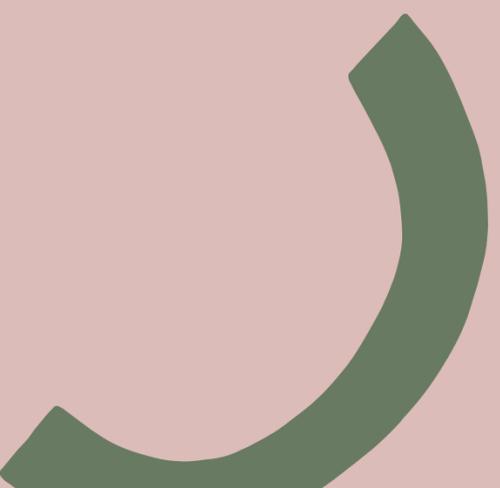


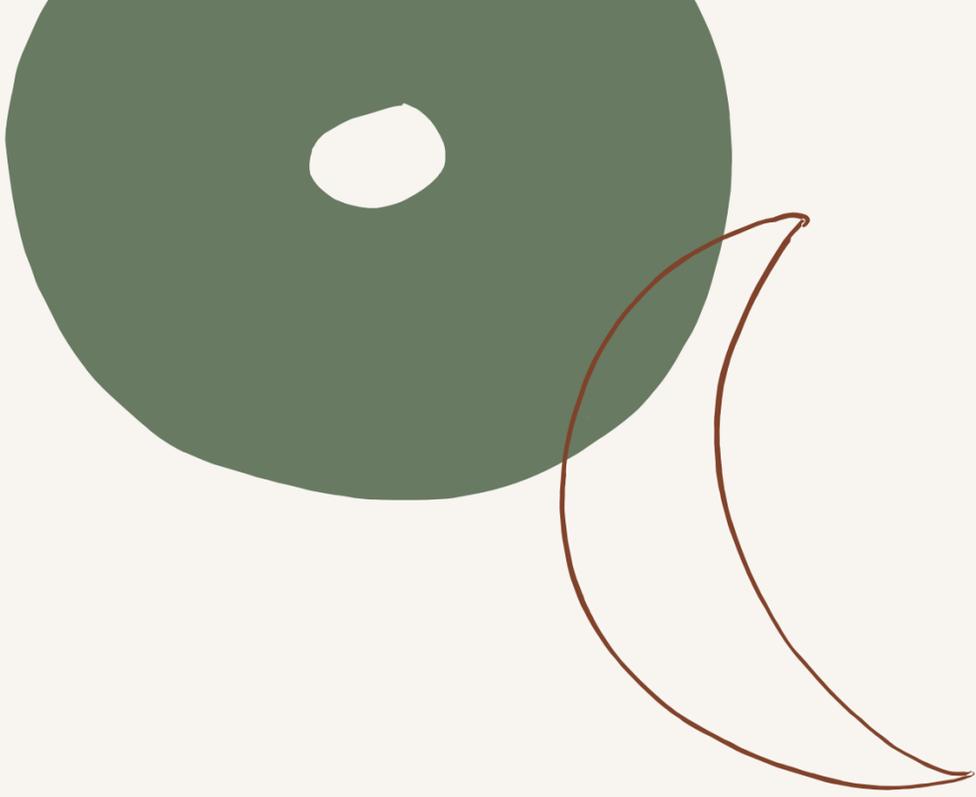
Closing

After making the healing sounds, close the session and sacred space. Disconnect the golden chord.

Thank them, the future child, spirit and thank yourself for allowing yourself to do this work. Open the option to discuss the session, but don't pressure the client: sometimes they don't want to express themselves.

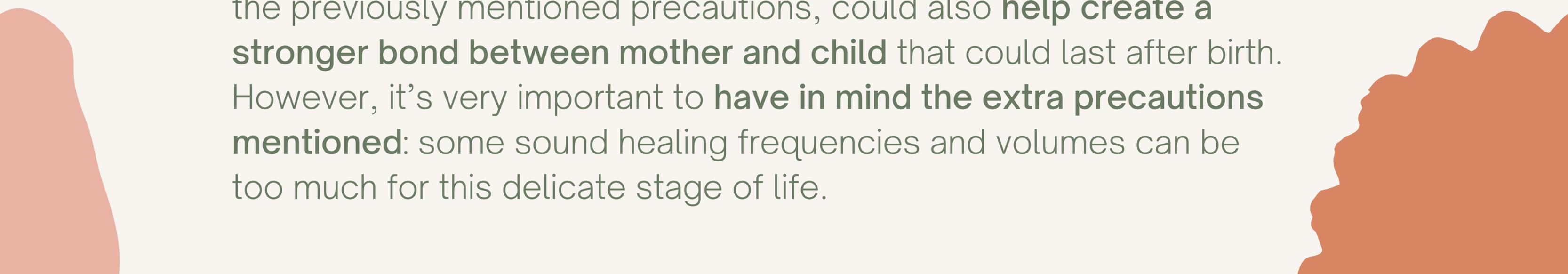
Discuss next steps and try to take notes to keep track of what happened.

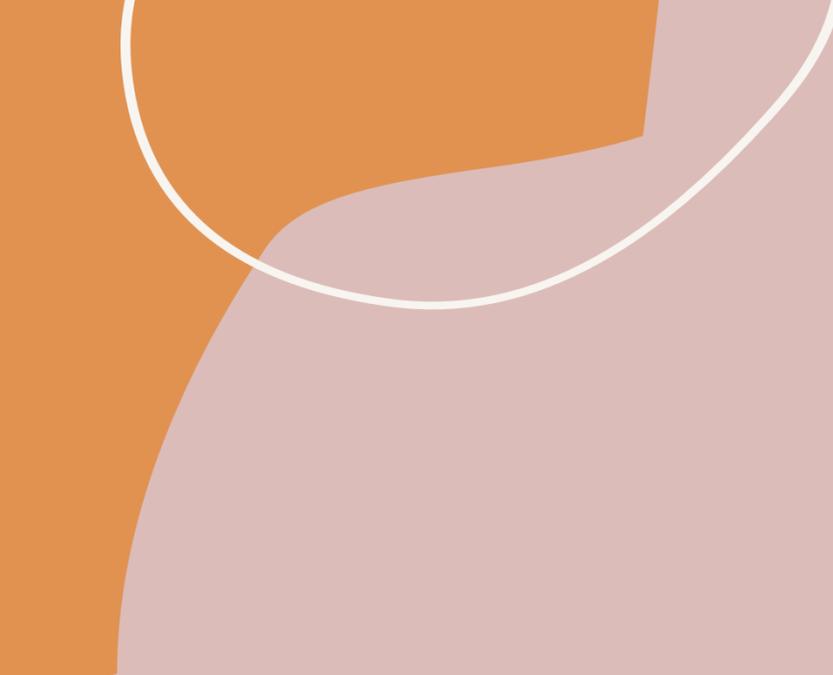




Conclusion

I conclude that treating a pregnant woman and her unborn child with sound healing, can create a meditative state that combined with selected frequencies to enhance the desired effects, **can lead to a better pregnancy, healthier mother and baby and more enjoyable labor**. This treatment, done with care and taking into consideration the previously mentioned precautions, could also **help create a stronger bond between mother and child** that could last after birth. However, it's very important to **have in mind the extra precautions mentioned**: some sound healing frequencies and volumes can be too much for this delicate stage of life.





Thank you !

Johanna Fiore

Sound Healing
and Therapy
Certificate

October 13th,
2021