

Sound Healing for Trauma
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December 6, 2017

Nearly 70% of people experience trauma in their lifetime.

Trauma impacts the whole person: physically, emotionally, mentally, energetically.

Human response to trauma — as freeze, fight, or flight — is a normal response to an abnormal event. Until it is released, trauma remains a memory that's stored in the body, replaying memories and emotions, with a tremendous energy attached to it.

Trauma survivors have a host of symptoms and struggle to maintain healthy lives and relationships. During trauma, the reptilian brain takes control and shifts the body into reactive mode. It shuts down non-essential body and mind processes and goes into survival mode, which means part of us goes unconscious and leaves. There is even soul loss. The sympathetic nervous system increases stress hormones and prepares the body to fight, freeze, or flee.

When animals experience stress or trauma, they violently shake it off and breathe deeply. Our human bodies are conditioned not to be so instinctual. Physically, the brain's neuroplasticity gets rigid, and affects the amygdala, hippocampus and prefrontal cortex. There is also increased cortisol and norepinephrine. Problems like eating and sleep disturbances, addictions, lack of interest in life, sexuality, lethargy, dissociation and depersonalization, flashbacks, nightmares, and flooding, impulsive, or self-destructive habits.

Emotionally, survivors struggle with anxiety, depression, anger, mood swings, personality disorders, feel numb, shut down, dissociation, disconnection, depersonalization, fear, shame, guilt, loss, hopelessness, find it difficult to connect, trust, so withdraw and isolate, are passive, difficulty with relationships, low self-worth, self-esteem.

Mentally, survivors have difficulty with decision making, find it hard to concentrate, focus, have memory lapses. have intrusive, obsessive, compulsive, negative, or suicidal thoughts.

Energetically, huge amounts of energy are frozen, blocked, imbalanced, constricted.

Spiritually, there can be soul loss, and don't feel whole. The soul is fragmented and dissociated parts leave the body and go to other realms.

Currently:

In Western psychology, modalities like EMDR, EFT, TFT, are holistic modalities that are healing. Psychedelic therapy now uses MDMA and psilocybin and other plant are used with up to 60% decrease in symptoms. Earth-based cultures have traditionally used plant medicines, shamanic work, toning, chanting, singing, shaking, drumming, dancing, movement, and art — all in community. We live in exciting times where we are able to draw from world traditions to create new forms of healing.

Sound healing:

Sound healing treats the body as a hologram. With the healer and clients' intention, sound heals using the Law of Vibration with principles of resonance, entrainment, sound healing. Sound, at the nexus of sound and matter, also carries high vibrations of light and color into all layers of our body, and energy fields. As an energetic nutrient sound can change molecular structure and has unlimited potential to regenerate.

Rhythm regulates and reintegrates the brain. Whether drumming, breathing, chanting, shaking or dancing, rhythm helps synchronize the lower areas of the brain (non-verbal) with the frontal cortex (language and reasoning). This integration produces feelings of insight and certainty. Dr. Bruce Perry says we need “patterned, repetitive, rhythmic somatosensory activity.

Tuning forks, voice, and instruments specific to each client can be used to transmit sound into every part of the body, including chakras, acupuncture points, spine, joints, organs, muscles and cells. Coherent sounds can lead clients into deep states of relaxation including Stillpoint, allowing for deep healing. Combining additional senses with hypnotherapy and visualization and essential oils is a powerful **holographic model**.

Channeling healing codes through voice and the healer's instruments of choice is a way to connect with guides and inter-dimensional energies. Finding the client's **soul note** is a powerful tool for the client to use as homework along with other suggestions made by the practitioner. Spiritually, the client can link to her Higher Self, angels, archangels, and inter-dimensional beings of Light and Love.