
*A Causal-Comparative Study to Determine Different Health Outcomes by Using
Different Sound Instruments for Overall Wellbeing*

by

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Abstract

We know that uncontrolled stress can wreak havoc on our bodies both mentally and physically. When stress is uncontrolled, mental problems may occur such as anxiety, and depression. Physical symptoms may include headache, stomach pain, chest pain and problems sleeping. When not addressed stress can worsen these symptoms and cause diseases in the body. The purpose of this study is to further research the effects of different sound tools such as singing bowls, tuning forks, chimes, rain sticks and tingshas, and the effects they have on mood, stress, physical pain and overall wellbeing. The research attempted to compare if adding different sound tools to the group meditation would effected or change the overall outcome of stress and pain.

Participants

Various healthcare workers from Northern Ca Kaiser Permanente healthcare services were surveyed with their consent. No PHI (Private health information) names or medical information was asked on the intake forms. These workers included doctors, nurses, medical assistants, management and health education personnel.

Design

Participates in this research agreed to complete an intake form pre and post the meditation class on 2 separate occasions. An intake form was given as the participants arrived asking them a two item questionnaire to rate on a scale from 1-7 any stress, pain or discomfort that they were experiencing at that moment. The number 1 on the scale consisted of no stress, pain and no discomfort. The number 7 on the scale consisted of debilitating stress, pain and discomfort. Post the meditation participates were asked to complete the second half of the intake form which consisted of the same two questions and scales. Participants were asked to use the same scale prior to meditation to rate how they are feeling now after the meditation.

Sound Meditation Protocol

Participants were asked to sit or lie down in a comfortable position. Participants were asked to set intentions for the meditation and what they would like to receive. They were also asked to scan the body for any feelings of discomfort or pain. Visualization, positive intention and deep breathing were used to prepare for the meditation and to release anything that does not serve our highest good. In the first session Tibetan Jambati singing bowls of various sizes and frequencies were used by striking with a soft mallet or rubbing with a leather mallet along the rim for 35 minuets. These

bowls were played in different sequences with long soft fades for the whole duration of the meditation, only to end with 3 rings of a tingsha to bring the participants back to the awareness of their bodies.

The second session included the same bowls and similar sequences of fades with the addition of chimes, Ohm un-weighted tuning forks and a rain stick. These tools were used throughout the mediation to add more sounds for relaxation for the participants.

Results

After each class there were similar differences between pre and post meditation responses by the participants surveyed. The data below shows the difference of pain and stress reduction as well as any feedback that was received after the class. This feedback shows the experience that one group of instruments and frequencies may have in comparison to another group of frequencies and sounds.

The first class consisted of six participants who reported pre and post meditation stress and pain results on a scale from 1-7. Results are on Table 1 below. The second class consisted of the same six participants using the same scale, as different sound tools were added to change the experience. Results are on Table 2 below.

Table 1

Results on measures Pre and Post Sound Meditation Sound Bowls only

Date 6/14/19	Rated on a Scale from 1-7 (1) No Pain (7) Debilitating Pain				
Sound Bowls	Stress Before Class	Stress After Class	Pain before Class	Pain After Class	Feedback from Participant
Participant 1	6	1	4	1	Headache went away
Participant 2	4	1	1	1	Peace
Participant 3	3	1	3	1	
Participant 4	4	1	4	1	
Participant 5	4	2	4	2	
Participant 6	5	3	3	2	

Table 2

Results on measures Pre and Post Sound Meditation with added sound tools

Date 6/28/19	Rated on a Scale from 1-7 (1) No Pain (7) Debilitating Pain				
Sound Bowls, Chimes, Tuning Forks	Stress Before Class	Stress After Class	Pain before Class	Pain After Class	Feedback from Participant
Participant 1	5	1	3	2	Chimes and Forks were soothing
Participant 2	5	1	1	1	
Participant 3	6	4	7	3	Back Pain decreased used bowl on back
Participant 4	4	1	3	2	
Participant 5	4	1	2	1	Sounds of Chimes Enhanced meditation
Participant 6	7	1	6	1	Peaceful feeling

Conclusion

In conclusion we can see from the data received that both sound sessions showed significant outcomes from the participants who were surveyed. Both classes showed a reduction in stress and pain. More verbal feedback was given after the second class as the participants stated that the added sounds of the chimes and tuning forks added a more peaceful and spiritual component to the session.

The overall benefits of sound have been studied as far back to Ancient Greece as Plato and Aristotle used music for healing as they claimed it affected both the emotions and the soul. Today music and sound continues to sooth our emotions and feed our soul, as new evidence continues to show the effectiveness on our emotional and psychological wellbeing.