

# Saunvad Centre For Music And Healing

Website: [www.saunvad.org](http://www.saunvad.org)

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## Sound Healing – Yoga of Sound Anunada

Sound Healing is an ancient healing technique used all over the world in different forms. Sound is the fastest healer. It can travel to the subtlest levels of being, the root cause of any problem.

Sound healing or the Yoga of sound works on the basic principles of:

- Resonance
- Forced Vibrations
- Relative Velocity of Sound in different matter forms and energy forms.
- Relation of Pitch, Intensity, Texture, speed and direction of movement.
- Wave patterns and their combinations.

Forms of Sound healing are Himalayan singing bowls, chimes, pipes, tuning forks, gongs, bells, shaman and other drums, musical instruments, mantras, Omkara, humming, singing, music, Yoga techniques, etc.

In Yoga scriptures and ancient Indian music scriptures explain these concepts. Harmonizing with the Nadabrahma and its methods are explained as spiritual concepts in Yoga and Meditation, and as Healing and Music (raga) concepts in Indian Music. Ayurveda explains sound healing as Gandharva gaan (celestial music), health of vac (voice). Sound healing has other contemporary synonyms as vibrational healing and frequency healing.

### **We can be heal:**

Depressions, psychosomatic problems, infertility, property and finance issues, lethargy, fights and misunderstandings, headaches, digestive illnesses, asthma, all genetic health problems including diabetes, auto immune diseases, allergies and sinus problems, undiagnosed problems, kidney and heart problems, auto-immune diseases, cancer, and so on.

Sound Healing is one of the fastest methods for Mid-brain activation. Mid-brain activation helps children and all adults for:

Emotional balance and stability  
Improvement of concentration, creativity and confidence  
Balancing of the left and right brain functionality  
Better memory retention abilities  
For developing and strengthening intuitive abilities.

It is easy to heal even children, bedridden patients and senior citizens with Sound.

Sound Healing is best for Garbha Sanskar (healing the fetus) and healing in pregnancy (healing the mother-to-be).

Harmony of Body, Mind and Soul

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The best part of this healing method is the patient is always happy and enthusiastic to hear the wonderful sounds, which help him go in the alpha state very easily.

**We conduct regular workshops of sound healing, omkar, mantra healing and voice culture.**

**Minimum 4 hours is necessary time period for basic understanding. 8 hours is a good duration to understand it elaborately. More hours means more depths in the knowledge and experience.**

**We also teach sound healing. It can be taught in person or online.**

**You may arrange a workshop for your group or company. We would be happy to facilitate such workshops.**

**For details of fees whatsapp or sms or message on +91 9987764609 / 8850880351**