Click... Woosh... Click... Woosh... Click... Woosh... The needle of my turntable runs across the deadwax as I arise from an opiate induced nod. Five years sinking into an existence unlike anything I ever imagined has brought me to this moment. With droopy eyes I glance at a wall of milk crates filled with records. You can't sell these Will.

A couple weeks later while in a residential inpatient rehabilitation center for addiction and alcoholism this moment crystallized in my mind along with a few others from my childhood and showed me the power of music and sound as a healing tool. A beginning was made on that dark, dreary January night, a seed planted, not just for recovery but for an exploration into the power of sound in my life and others seeking release from the same plight.

"My addiction took away my ability to make music. It siphoned away relationships with other musicians. It destroyed my work ethic to continue to practice music making. The obsession of drinking and drugging clouded every thought and executive function needed to make music. Anytime I tried to make music, after 30 seconds I'd get up to use and drink more into oblivion." -Jacob S.

I approached the Globe Institute Sound Healing certification course with excitement and wonder. It was as if the first five years of my recovery were leading me to this. Music, the once powerful, inspirational force that drove me to chase dreams as a twenty something, had again become a saving grace, a powerful tool for clarity, for spiritual development, for shared healing with fellow addicts.

"As a person in recovery I was taught to seek daily meditation which takes a variety of forms but in almost all of those forms there is some incorporation of music or sound. In my opinion, for life and recovery, this is music's greatest gift. That it accompanies us everywhere and grows with us, by its very nature music is reciprocal. From the mundane to the sacred music takes form and life along with our own soul, creating spirituality and meditation anywhere our ears can hear." -Matt R.

"To the rhythm of the beat I pray..." this became my mantra of sorts as I began to decipher years of drug abuse and start living a different way. I clung to the beat of my first love, hiphop, for a little while before quickly realizing I wasn't the same person who loved those sounds. My mindset had shifted. And with that came an onslaught of exploration.

As I began to integrate a practice of meditation and prayer into my life I too began to pick out songs that felt appropriate for these endeavors. Before long I had a 500 plus song playlist that I slept to, woke up to, meditated with and found a healing salvation through. Ambient, frequency driven soundscapes, free and spiritual jazz new and old, beats of both analog and digital varieties - what made the cut was very specific in sonic texture and when I heard it I knew that I'd found another piece of this sonic healing puzzle.

Amidst my own journey I was connecting with peers walking their own path, some of whom had equally compelling experiences with music which allowed us common ground to share, not only

about our addiction struggles but how we were exploring sound as a beneficial practice in our healing.

“Through recovery my process of music making has changed. Prior it was very intellectualized, solely for the final project and how it was received by others. Today it is a ritualized process where I can identify those past self centered ideas and let them go. Today my best music making is when I’m in the moment, not worried about what I just played or what will come next. Allowing something greater than myself to use me as an instrument. I give all credit of the music ‘I produce’ to a greater power that carries my recovery.”
-Jacob S.

At about two and a half years clean and sober I found myself working in a treatment center that offered a service they called “Bio Sound.” It features a sound lounge and an assortment of instrumental healing tracks as well as several guided meditations the clients can choose from to listen to during a session. After several conversations with the director of the facility she asked if I’d be interested in taking the program over. This is when I began to look at sound as a broader healing tool than just what I’d witnessed within myself and through a few others.

“Bio Sound sessions were one of the most impactful therapy sessions I had in early recovery. They made me feel safe, calmed my nervous system, helped with anxiety, sleep and overall well being. Years later I still use this modality in my recovery and recommend it to everyone.”
-Annie E.

Through the power of vibration clients are able to be transported to a space of soothing peace. I have witnessed clients come into a session on guard, full of stress and anger at the world and their situation and seen them walk out laughing and relaxed. I have seen clients lay down on the sound lounge full of negativity over an issue with a roommate and come out of the session with gratitude and a new positive perspective on how to approach the situation.

“I came in unfocused and distracted and now I feel calm, centered and ready to accomplish goals on my to-do list,” stated one client. “It provided me with an emotional ice breaker that led to an unexpected breakthrough around how I was holding back feelings. It gave me some clarity on how to move forward and got me back into the flow of the universe,” stated another.

Through consistent, weekly sessions and conversations with clients I have watched their perspectives shift in regards to recovery and sobriety, faith and spirituality. There is an exploration and an openness present after just one session, it’s a beautiful experience. Witnessing the physical power sound has to shift energy, break up blockages and open up new pathways of intuition and growth is inspiring.

I have continued to conduct Bio Sound sessions while taking classes with the Globe Institute and the lessons I have learned have opened me up to new ways to present the usefulness of the service to both new clients and administration who have questioned its purpose. I continue to witness the power of sound and am excited to begin putting to use my voice and other sound

healing tools I have learned about through these classes and explore more ways to help fellow addicts walk through the healing journey of sobriety.