

HEALING WITH THE SOUND OF UNCONDITIONAL LOVE & VISUALIZATION

BY KELLY BOHL

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It always intrigued me that when you go searching for love, you never seem to find it yet, when you stop your search, love finds you. I believe the fault lies when you start off from a place of lack, and the desperation of your longing builds up a wall in front of the very thing you want. As soon as you relinquish all control of outcomes do you finally flow with your own abundance and attract what you need. The silly thing about love is that we grow up and drift away from our true natural state and think we need to find love outside of ourselves when we are the love we have been searching for all along. If we all fully realized our true potential to give, receive and emanate unconditional love, we would want for nothing as we are fully capable of healing ourselves as the powerful manifesters we were born to be.

I was led by my intuition to research deeper into using the sound of unconditional love after having a wonderful session with my mother where I tried it out for the first time. Witnessing her testimony and the look on her face after she toned unconditional love said to me that there was a profound change inside of her and that she had no idea she possessed such power. How was I to reach more people like this and light them up inside with their own unconditional love? It seemed simple enough to formulate a sound healing session protocol that prompted the toning of love frequency at the end.

Before I even had set up my first client session, I stumbled across something that gave me chills. I was deep down a youtube rabbit hole and came across a video on Neuro Linguistic Programming (NLP), <http://youtu.be/lvO8ZsQYUKo>. NLP is defined as a way of changing someone's thoughts and behaviors to help achieve desired outcomes. The video was a seminar by Dr. David Snyder, an NLP Practitioner in San Diego my mother was trying to get me to go and get training from. The Youtube video is called: 'NLP TRAINING: How to program your subconscious mind to use the law of attraction'. His technique that he practiced on a room packed with people had nothing to do with unconditional love, but it grabbed my attention as it was a method on how to train your mind to let go of something for good. It could be a pain, a memory, an emotion or ailment, anything you wanted to be free of- this method he performed on people in the audience within a few minutes worked wonders. He said that this method is so powerful, it is being used in San Diego emergency rooms because it works faster than drugs.

I tried out his quick NLP method and can say that it 100% worked for me. I wanted to get rid of a traumatic memory, or at least lessen its impact on me. It worked so well, that when I recall the memory now, it is just a simple recall without reliving the traumatic emotions. I went back over his method step by step and realized that I can modify it to include sound. Would the result be stronger and more personal by adding sound to it? This idea of adding the sound modified NLP technique into my research paper along with the sound of unconditional love really got me excited to get research started.

## KELLY'S SOUND HEALING PROTOCOL

I originally wanted 5-10 different participants in this study, but due to many unforeseen reasons, I was only able to get 5 willing to come to my new apartment for 2 sessions on consecutive days for a total of 10 sessions. I also wanted only “in-person” sessions and they all had to be that way to get the most out of the experience. The sound healing would be in two parts: The first is the relaxation and sound bath, the second is the visualization with toning unconditional love at the end. Below I have outlined the procedure in more detail.

### **PART ONE:**

I sit the client down and begin asking the intake questions which are simple and follow our standard assessment form that we use for class. I modify and add questions based on the issues the client has always trying to dig deeper and find out more.

-Name, birthdate, email, phone, what issues they are having today (mental/physical) Rate those issues on a scale of 1-10, 1 means the issues are very tolerable- 10 means they are absolutely intolerable.

-When did these issues start? Age? What big life event surrounded this?

-Do you have any idea why you might be dealing with this or what caused it? What is this issue trying to tell you or teach you?

-Would you want these issues gone completely? Are you willing to do the work to be free of these things?

I then verbally walk them through exactly what to expect from this session and what I will be doing each step of the way. Their main job is to relax, let go of the voice in their head and any expectations and try to go with the flow.

I then lay them down on the couch and have them close their eyes. I usually start with deep breaths and 3 OM's out loud together. This is when I set sacred space and call in Source/God/Goddess energy along with any Arch Angels/Spirit guides that Source will allow for this specific healing session for the clients highest and best good for their soul's journey here at this time. I usually speak to their faith or familiarity when calling in a higher power as to make them the most comfortable. I then begin a guided meditation to induce ultimate relaxation from head to toes and then cast a vision of a golden pyramid of white light as protection to completely contain their body. After the client is completely relaxed, I proceed to do an audible frequency sweep from head to toe, searching for any breaks in tone or dullness. I repeat from toe to head up and envision doing the backside of the client. I take note of the frequency changes, if any, and where in the body so I can spend more of my attention there in the upcoming treatment.

I began with the Spring notes Koshi Chimes and sang a light melody. I tried to stick with soothing tones and sounds with even harmonics. I then played my crystal bowls in 432hz using the perfect 3<sup>rd</sup> and 5<sup>th</sup> harmonics. I sometimes used the small string of Tibetan prayer bells in between instruments like a bridge or filler as needed. I started with the Tri-thalamic tuning forks (111hz & 112.45hz) on each side of the head to achieve the 1.45hz differential tone. Next, I used the weighted OM fork of 136.1hz directly on the body in the trouble areas and on the reflexology points of the feet. I finished by sweeping the energy body top to bottom with the 528hz un-weighted fork as to clear stuck energy and resonate love while concentrating on the spots that I felt had issues and needed more attention. I then used the 9" Tibetan bowl followed by the 11" deeper tone Tibetan bowl directly on the belly/ solar plexus and then the chest/ heart chakra. The treatments varied with added rain stick, buffalo drum and harp depending on what the client's needs were. I ended with the gong very softly rolling the sound as to rumble the client to come back to the moment.

As I jingled the string chimes lightly, I call the client to start to come back to the room and this present moment. As they are wiggling fingers and toes and adjusting/stretching where they lay, I walk them through the 2<sup>nd</sup> portion of the treatment as to prep them for what will come.

## **PART TWO:**

I begin by asking them to think about something they would like to release and be free of. It could be the issues they came in with, a specific pain, a traumatic memory, or an ailment. I remind them that if it is for their highest and best good, aligned with their soul's journey to let it go today and they make up their mind that they want to let it go, it will be done. So, I have them nod to me when they decide what they want to release. I ask them to picture it somewhere in their body. See it as a ball of energy somewhere in your body with a specific color. This ball of energy is spinning one of 2 ways clockwise or counter-clockwise, ask them to check which way the energy is spinning in that moment. Tell them our objective is to shrink that energy ball all the way down to the size of a penny. I tell them that a sound or tone they will come up with in a moment will make it spin the opposite way and shrink. I ask them to now pull the energy ball out of their body and place it in front of them and make it big. Now, tell them in a moment on the count of 3, they will let out a tone or a sound that will reverse the spin of the energy ball and cause it to shrink all the way down to the size of a penny. Once they have completed that task, I will know because they will be holding the penny in their hand. I count to 3 and I assist by saying, "It's spinning so fast now! It's shrinking down!". It usually takes a good minute of them toning for them to complete the shrinking and then I see them holding an invisible penny.

At that point, I ask them to silently ask the energy what lesson it was trying to teach or any message it has for the client. After a minute of silence for them to explore this, I tell them that they are going to keep all lessons that it was here to teach, whether or not they got an answer. Tell them, whenever they are ready to set it free, to say goodbye to it and throw it

over their shoulder. This is where Gaia will take it and transmute the energy back to where it can be best used, and it will no longer be connected to them. As the client should feel a sense of peacefulness and lightness, remind them that the space in their body that they took it out of is now empty space that we will fill with unconditional love. Tell them to place one hand on the void (if they can), and the other over their heart. Tell them to think and embody unconditional love by thinking of a loved one, a pet, or anything else that allows the strongest feeling of love to flow throughout their body and overflow. Instruct them on the count of 3, they will make a tone or sound to channel that feeling, see it as a vibrant color emanating from their heart center and it will flow through that hand into the other hand holding the void to fill it up and seal it in with unconditional love. As they start to tone it, I begin to tone it with them as to fill the room with the sound. I will then use my chromatic tuner to get the note of their love frequency and write it down to tell them later. After they finish toning, I let them lay in silence for a minute to sit with the healing they just gave themselves.

I close the session and sacred space and thank them for the opportunity today as well as thanking the angelic guides and Source for guiding the healing session.

### POST SESSION PROTOCOL

All of my subjects were in a saucy glaze of relaxation after the sessions. I got them some water and gave them a little time to absorb what just happened. I remind them of the issues they came in with and then I ask them on the scale of 1-10 how they feel now post session. I was happy with the results and the data that is shown below.

**RATING ISSUES 1-10 BEFORE & AFTER SESSIONS**

CLIENT	A	A	B	B	C	C	D	D	E	E	SUM	AVERAGE
SESSION #	1	2	3	4	5	6	7	8	9	10		
BEFORE RATING	4	2	5	2	8	9	8	4	5	3	50	5
AFTER RATING	1	1	2	2	2	4	3	1	3	2	21	2.1
DIFFERENCE	3	1	3	0	6	5	5	3	2	1	29	2.9

Each client was brought back to the beginning of their session and I walked through it with them step by step recalling anything significant that stood out to them during any phase. You can refer to each client's assessment forms per session for all details. Below I will highlight the most significant points of the sessions.

#### **CLIENT 'A':**

-Felt lots of warm, surging energy and physically got hot. There was visible sweat on the brow. Feeling the deep, low frequency of the 11" Tibetan bowl on her belly/solar plexus was an amazing feeling. The highlight for client 'A' in session one was the end visualization and toning love that allowed her to send herself love and give herself a hug for the 1<sup>st</sup> time in a long time.

-Client 'A' 2<sup>nd</sup> session was slightly interrupted by my crying baby. I tried my best to play the instruments all while rocking/nursing/wearing the baby until he fell asleep. Client 'A' said the session was still very helpful, but she was already feeling good that day after the 1<sup>st</sup> session. The 2<sup>nd</sup> session just smoothed everything out and really got the loose ends. Client 'A' rated her issues a 4 in the 1<sup>st</sup> session and left after the 2<sup>nd</sup> session feeling a 1.

#### **CLIENT 'B':**

I realized how hard this was going to be for me to give sound treatments to people with a baby, so I ended up having to use client 'B' twice as he is also client 'E', and also my fiancé. He was very understanding of our child that was on a mission to disrupt his 2<sup>nd</sup> session. It is interesting to see the results for him as he got 4 treatments in total, but the 2 blocks of sessions were almost 2 months apart from each other.

-Client 'B' had many deep visualizations during the treatment and he felt relaxed and refreshed afterwards. His highlight for the 1<sup>st</sup> session was the 9" Tibetan bowl on his belly/solar plexus.

-The 2<sup>nd</sup> session was very disjointed because of the baby crying, but he did feel some significant energy running up and down each side of his left wrist that he was having issues with. I was using the weighted OM (136.1hz) tuning fork on him. He ultimately went from a 5 down to a 2 from his 1<sup>st</sup> to 2<sup>nd</sup> sessions.

#### **CLIENT 'C':**

-Noticed colors changing with the sound during the crystal bowls. Client 'C' really wanted more of the higher frequency crystal bowls. She wanted to be closer to them as well. She could feel how blocked she was when I played the Tibetan bowls on her belly.

-The 2<sup>nd</sup> session she really opened up to me about wanting to finally leave her boyfriend of 8 years and felt like she finally had the strength to do it. She did in fact break up with him two days after her 2<sup>nd</sup> session and told me she couldn't have done it and felt comfortable with the decision if it wasn't for these sessions. They really opened her up and changed something

inside of her. She still wanted the crystal bowls to be louder as well as the tuning forks. She said it would help drown out the constant mind chatter in her head. I loved seeing client 'A' and client 'C' both smiling during the toning unconditional love portion. She felt very balanced after the sessions and went from an 8 the 1<sup>st</sup> day to a 4 the 2<sup>nd</sup> day.

#### **CLIENT 'D':**

-This client came to me in desperate need of healing. She had just gone through some physical and mental trauma so I knew this would help her a lot. She was dissociating, not present in her body, unbalanced, and very anxious. After the 1<sup>st</sup> session she felt as if she was floating and weightless, yet strong, solid and grounded. She was so happy to be reconnected to herself. When I used the weighted OM tuning fork on her chest/heart chakra, she cried. She explained later that it felt like I actually touched her heart and that she felt safe finally. All of the tuning forks used brought her body and system back online. She really connected with the rain stick as she is a water sign and said her safe space is water. This is a very interesting point to consider people's signs for working with elements in the future. Feeling the Tibetan bowls on her body reconnected her chakras back into alignment.

-After her 1<sup>st</sup> session, client 'D' had a bowel movement that was notable and felt a real purging of energy. She said her current issues she had from the day before were almost non-existent and wanted to get closure on the item she chose to release for the visualization. She had picked a different thing to release other than the issues she walked in with. Right when I started with the koshi chimes and sang, she started to cry. She later explained that she was learning forgiveness and my voice was very comforting. When I toned her unconditional love tone with her, I could feel it fill the room around us and become very intense. She concluded that the 2 sessions were enough to resolve her issues and loved the process. Client 'D' went from an 8 in session #1 down to a 1 for session #2.

#### **CLIENT 'E':**

-Back for his 2<sup>nd</sup> round of sessions, client 'E' returned to me with the same exact issues. I felt like I had failed him so I really wanted his next 2 sessions to be amazing. The crystal bowls tapped into his body vibrations and resonated deep. The tuning forks made his arms vibrate and his left arm went numb for a bit. The Tri-thalamic tone tuning forks clicked him over into the deepest zone of relaxation. During his visualization, he wanted to be free of anxiety and he saw it in his left arm/shoulder area.

-Checking in with him right before his 2<sup>nd</sup> session he said his constant left wrist pain had moved. It moved up to his shoulder where he had seen it the night before. Overall, he felt pretty good. The crystal bowls were the highlight for him in the session as they just penetrate deep at a cellular level. During the visualization he said that everything he had from yesterday had gotten better and he improved in all aspects.

## OUTTAKE QUESTIONS

I wished I could have gone back and done a set of outtake questions one or two weeks after the last session for each client to get a controlled view of the after affects. What I did before wrapping up my data for this research was ask each client some follow- up questions even though a lot of time has elapsed since some of these sessions.

### QUESTIONS:

- 1.) On a scale of 1-10, how resolved were your issues that you came in with right after the sessions? (1 means total resolution and 10 means no resolution)
- 2.) How would you rate those issues today? (1-10)
- 3.) If you chose a different issue to release during the visualization, from 1-10 how resolved was that issue right after the sessions?
- 4.) How would you rate that issue today? (1-10)
- 5.) Please choose as many of the following choices that you have noticed to be directly correlated to having the two day, consecutive sound healing sessions:

-A significant INCREASE:

\*mental stability \*positive outlook \*grounded \*daily energy

-A significant DECREASE:

\*pain or discomfort \*anxiety \*stress \*depression

**OUTTAKE QUESTIONS RATING 1-10**

CLIENT	A	B	C	D	E	SUM	AVERAGE
Q#1	1	5	5	1	2	14	2.8
Q#2	4	5	2	3	2	16	3.2
Q#3	4	5	1	3	4	17	3.4
Q#4	4	4	1	2	3	14	2.8
Q#5	7	5	8	8	6	34	6.8



## CONCLUSION

I have so much to take away from this research experiment. This section will highlight things I have noted that could improve future sessions.

In the beginning when I am explaining the session process, I feel that it would make more sense to prompt the client for the visualization portion, they should pick and focus on one thing to release. I originally left it up to the client, but giving them more direction will help with greater focus. This study showed me the people who picked one thing to release had better resolution results than the people who lumped all of their issues together to be free of. I personally need to cleanse and remember to protect my own energy before each session as I forgot for about half of these treatments and felt depleted afterwards. I strongly believe that the sessions went well because they were all in person. All the feedback I received from the clients said the tuning forks (on & off the body), the Tibetan bowls on the body, and the crystal bowls were incredibly important to the session and needed to be in person for the strongest results. I am looking forward to our next class on tuning forks and meridians because I only have a vague knowledge of that and really want to be able to be more precise in utilizing the tuning forks on the body. During the 2<sup>nd</sup> half of the treatment where the client tones their unconditional love, I tried toning the sound with them as to add to the frequency field. I wasn't sure if this would be annoying/distracting to the client, but when I asked them all about it later all of the clients said that they liked the accompaniment. They all noticed the frequency field was strengthened and amplified as well.

My clients told me that they have had improvements in so many aspects of their lives because of the sound healing sessions. Some have a more open heart now and let down some walls and outdated defense mechanisms. Client 'A' is now trying to meditate every day and listens to guided meditations with Oms. Client 'B & E' is getting back into a daily meditation practice. Client's 'C & D' couldn't have found the peace they needed if it wasn't for the sound sessions. Everyone who walked in with current pain had an improvement after their sessions. The visualization portion helped people release things they wanted to let go of and they all noticed a difference immediately afterwards. Toning the unconditional love was beautiful to watch as some clients were not used to using their own voice in such a vulnerable yet powerful way to heal themselves. Across the board, everyone wanted more treatments. They felt very strongly about needed this treatment in their self-care regimen. It seems that a bi-weekly or once a month session could help maintain a sense of grounding and being centered. I feel that seeing someone once a week would be more beneficial for people needed more maintenance with specific issues and discomfort. The 2 consecutive treatments would be best used for someone like clients 'C & D' in this study. Both clients had some very recent trauma and issues that needed immediate attention and resolution.

In closing, everyone is better for having been apart of this research experience. I have gained so much knowledge and confidence in my own abilities and practice of this new method and feel excited moving forward using this for every client. I am so thrilled that I can help facilitate healing through visualization and resonating unconditional love because I know the profound power it has. I recently read a quote, “*Unconditional love is the outer expression of inner peace.*” I feel this so deeply because I know the more love we show and give back to ourselves, the more love we can bring to the world.