The human voice and its vibration

Different expressions of vibration such as sound and light have been used since ancient times to match the natural vibratory rates of human body, soul, and subtle bodies. Healing occurs when the body truly vibrates and resonates its own unique frequency. The purpose of this paper is to understand a little deeper how the human voice and its vibration can aid in human healing.

First, we have to understand that the universe and everything that is in it is made of atoms. Every solid, gas, liquid and plasma is made up of atoms. Inside the atoms the electrons are constantly moving around the nucleus at a very high speed. This movement, this continuous vibration is energy that is contained within each of the atoms that compound all matter. There for, everything in the universe is energy and vibrates at a specific speed or frequency. Human bodies are not the exception.

Vibration is expressed in Hertz, a frequency measurement unit. Stated in Hertz, frequency refers to the number of cycles, oscillations or waves per unit of time. For example, 100 Hertz means that wave repeats itself a hundred times per second.

Our human bodies and every single organ in them vibrate at a specific frequency. That frequency can vary if the organ or body is or isn't working properly. Throughout human history many cultures have discovered that the sound of instruments, instrumental and vocal tones, intervals, melodies, songs and chants accompanied with the intention to heal, might result in the restoration of health.

This healing occurs when with the help of sound, the body restores its natural healthy vibration and is able to express and project it.

Ancient Greeks and Egyptians considered healing and sound a sacred science. They really believed in the power of music to heal the human body and soul. Also indigenous cultures across the world use within their rituals music and chant as a tool to restore health and well-being.

Not only physical body can be healed with sound. Sound also helps to heal the emotional and spiritual body. Through sound, emotions can be released and peace and harmony can be obtained. The vibration of sound is also used to release stacked energy and allows the energy's free flow through the human body. This healthy, natural, free flow of energy is also a sign of health. Through sound, the spirit can also connect with the vibration of God, using sound as a vehicle one can enter into very high states of consciousness as well as to connect to the earth and get very present and grounded.

The sound of our speaking voice, words, thoughts and their vibratory energy are also very powerful and can be used as another tool of healing. Dr. Masaru Emoto, studied the structure of water and discovered that words and thought do actually alter waters' molecular structure. Loving, kind words and thoughts create beautiful water crystals when the water is frozen and observed with a microscope. The contrary happens when the water is exposed to negative words, thoughts and intentions. If the human body's water is as much as 70% of the body weight, we can say that our words, thoughts and their intention affect greatly the well-being of our body.

Tuning is another powerful tool to heal. Through the vibration of the voice we can receive relieve from mental stress, access and understand emotions and directing the tone to any specific part of the body, we can tune it up, restoring physical harmony and even release physical pain.

Overtone singing is also very healing. When we hear a pitch the main note is the fundamental (it is the note itself) but within the pitch there are also present a series of other pitches above the fundamental that are called harmonics or overtones. People can learn to sing overtones with special vocal exercises. If we want to, and practice the right way to do it, we all could learn how to sing overtones.

In conclusion, the vibration of sound is an invaluable mean to travel dip into our selves, to release, to unblock, to restore, and to heal. It is a vehicle to go beyond what we can see and perceive with our senses. If we want to use the sound of our voice for healing it is important to

remember that the human voice is a messenger of consciousness. Intention plus frequency equals healing. He who sings with love transmits love, no matter the beauty of his voice.

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This paper was written with information found in the following web pages:

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