

Nahoko Inaba
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Vibrational Healing Massage Therapy

I have always been fascinated with sound since I was a little girl. I loved singing and creating songs (which I still do love). Just making sound (noise:) gave me so much joy. I was always curious about alternative/holistic therapy so I dived into the world of energy medicine - Reiki, Acupressure, Aromatherapy, Herbalism, Healing Meditation, etc. about a few years ago. It has been an amazing adventure for me and I have enjoyed learning it a lot. One day, one of my good friends showed me tuning forks and asked me if I wanted to get a session from her. That was a beginning of my spiritual sound journey. While taking the Sound Healing & Therapy Certificate Program at Globe Institute, I am currently going to a massage school to become a massage therapist.

I was very interested in using tuning forks with a massage therapy session and wanted to see how incorporating tuning forks into the session can truly enhance the power of human touch to the highest possible level. So I did an experiment.

First, massage is generally considered part of integrative medicine which focuses on the human capacity to heal and on a collaborative approach to patient care (Williams, Ch1). A massage therapist manipulates the soft tissues of the body — muscle, connective tissue, tendons, ligaments and skin using varying degree of pressure and movement. There are significant advantages of receiving a massage through the power of touch such as reducing stress, helping the body rest and recover, increasing relaxation, decreasing pain and muscle tension, and improving immune function.

From scientific stand point of view, researches have shown that massage has a direct impact on lowering the stress and pain levels by creating feelings of euphoria in response to the release of neurotransmitters like endorphins, dopamine, serotonin and oxytocin. Massage also increases activity in the vagus nerve which helps control the parasympathetic nervous system (PNS) to some extent. By increasing vagal and PNS activity, massage can help lower the body's circulating levels of stress-related hormones like cortisol as well. Therefore, medical professionals may recommend massage therapy to help people manage the pain and stress of various conditions, such as cancer, arthritis, plantar fasciitis, fibromyalgia, depression, anxiety, and so on (Williams, Ch4 & 7).

Then, what is Sound? Sound is an intricate part of our world. Any sound is created when something vibrates. The law of nature states that there is nothing more than vibration. Sound therapy is based on the fundamental that everything in the universe is made up of vibrational fields. Sound vibration communicates with the body because every cell is made of vibration.

Per *The Complete Guide to Sound Healing* by David Gibson, "Massage can access all levels of vibration." He also mentions that massage practitioners connect to their soul frequencies and their grounding affects the quality of massage. The quality of the flow (smooth and continuous flow) in massage is also essential, which creates a flow in the client's body. The intention of the practitioners during the session plays a significant role and takes the massage to another level (Gibson, 74).

Next, tuning fork is one of the instruments that demonstrate pure frequencies and create the consistency and stability in us physically, mentally, emotionally, and Spiritually (Gibson, 36). According to the research of Dr. John Beaulieu and his colleagues, they discovered that the Otto 128 tuning fork causes the instant release of nitric oxide. Nitric oxide is a naturally occurring gas which is fundamental to all life – human, animal, insect, and plant. In the human body, it's released from blood, which causes the cells to relax and stimulates PNS (Beaulieu, 55). Aside from the research, it has been reported that working with weighted tuning forks makes massage therapists' work easier and more effective due to the relaxation in the body – the muscles, joints and nerves – caused by the vibration. Therefore, tuning fork is a powerful, non-invasive healing tool.

For this experiment, I used Acutonics tuning forks that have specific frequencies based on the rotation time of various planets on different acupuncture points on the body during each massage therapy session. The tuning forks that I used for this experiment were Ohm, Zodiac, and Earth Day. I practiced the massage therapy with Acutonics tuning forks on five different clients.

The general protocol I created as follows:

1. Conduct an intake
2. Place client in a prone position
3. Open Sacred Space
4. Ground and center myself
5. Set desired intention for the session
6. Sound two Ohm tuning forks and hold them around the client's ears
7. Activate two Ohm tuning forks again and place them in acupuncture points

- a. KD1 for grounding
- b. Each vertebrae of the spine (from top to down)
- c. Both sides of the spine (from down to top)
8. Activate Ohm and Zodiac tuning forks and place them in acupuncture points
 - a. Four Gates (LI4 and LV3) to move Qi and reduce stress
 - b. BL10 and BL60 to open entire spine
 - c. Around pain region if any
9. Start a regular massage session (prone positioning)
10. Turn client to a supine position
11. Activate Ohm and Earth Day tuning forks and place them in acupuncture points
 - a. DU4 to tonify the kidneys
 - b. ST36 to boost immunity
 - c. REN6 to tonify/regulate Qi
 - d. REN4 to energize
 - e. Around pain region if any
12. Start a regular massage session (spine positioning)
13. Ground and center client and myself
14. Check with client to get feedback before closing
15. Close Sacred Space and thank the client

In conclusion, integrating the use of tuning forks into my massage sessions can help my clients gain a profound state of relaxation and experience a restored sense of well-being. All the clients stated that they enjoyed the vibration going through my hands (the forks) into their body tissues. It worked, and my clients felt whole, relaxed and balanced. They loved the unique treatment! In addition, I, as a massage therapist, found them beneficial before massage to relax the client's tissue. This treatment experience is totally fluid and grounded at the same time. The power of sound can energize, uplift, and relax undoubtedly.

What would be my next experiment? I would like to explore so many different ways to give my clients a massage therapy in the best possible way. I can definitely try using different types of tuning forks – other Acutonics forks, Fibonacci, Pythagorean, Archangels tuning forks, to name a few. One of the methods I want to seek is using a Quartz Crystal or a Lemurian Seed Crystal with the forks in order to amplify the benefits by placing the forks on a crystal and putting the crystal on the body. Another method could be placing a Tibetan Bowl or a Crystal Bowl under a treatment table and activating it at the beginning and ending (and maybe during) of a session to get a calming/soothing effect and overall intensifying the treatment. Needless to say, there should be a plenty of ways to explore... I cannot wait to see the new healing world!

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