

My intent for this article is to share knowledge about the healing qualities of self-created sounds, such as humming and toning. To review extraordinary studies and research on the positive impacts sound can have on the human body. To inspire people to use the information and practices described within to lead a healthier, happier life. And to present techniques and exercises that individuals can try themselves as they begin their journey into the art of humming to heal.

The Power of Self-Created Sound: An Enlightened Retrospective

Karen (KK) Holly, August 2022 for the Globe Institute

Imagine a world where when people got sick, felt stress, anxiety or even were diagnosed with some chronic or fatal disease, that instead of going into a place of fear, or using pharmaceuticals, they knew and were confident in the power of their own voice to heal. Just imagine. I will hold the space for you to imagine a world where sound vibration is truly understood, respected and utilized by the masses for a more healthy, conscious and well balanced way of living harmonically.

In this paper, I want to share and review the power of self-created sounds. I will review some practices and learnings from masters in this field and I desire to inspire people to experiment with their own self-created sounds. To learn what it means to be consciously aware of your body's own harmonic state. Hmmmmmm. Let's begin.

It is said that the human voice is the oldest and most natural sound instrument ever used for healing. Experts in the field of sound healing, such as Johnathan Goldman, Don Campbell, Laurel Elizabeth Keyes and James D'Angelo and countless others even go as far to say that *"Our Voice is the most healing instrument there is."*

Can you imagine having your own personalized healing toolkit available to you 24/7 without a prescription? Well you do! Not only does every human have a voice that is freely available to them at all times, they also do not need special instruction on how to use it. Our voice is the most natural way to project healing sounds. Our voice is the only way to instantly create an internal, on-demand inner body massage. Whether toning or humming, we can use self-created sounds to resonate different parts of our body.

And why does this matter? Since we know that sound is vibration and vibration can alter matter - in a nutshell - we can use self-created sounds consciously to result in the release of stuck energy, pain, emotions and more. The tool that we all have free on-demand access to can help us bring our minds and bodies back into a state of harmony and alignment.

Coming Full Circle: Ancient Wisdoms of Sound

It is no surprise that modern allopathic medicine is finally starting to take more notice of powerful ancient traditions that successfully promote health, both physically and mentally - naturally without the use of remedies (drugs, surgery, etc). Now with TED Talks, articles in the NY Times, programs on TV, Gaia, and Netflix, this ancient wisdom is starting to reach mainstream consciousness - slowly but surely imparting knowledge about the healing and transformative properties of sound as medicine.

The Egyptians, Hopi, Mayan, Polynesian, Tibetan Monks and more all have rituals, practices and folklore that pay serious homage to the power of sound, the power of frequency and the power of vibrations created from sound. Modern information on sound therapy has been available for more than 60 years, yet it's just now starting to gain traction in the United States. Present day physicists understand that energy and matter are interrelated. All forms of energy create a vibration and that includes sound. Whether it is audible to the human ear or not, does not matter, it is the vibration of sound and its corresponding resonance that enables the power to heal and transform.

When a sound is made and the vibrational wave created, the vibration passes into our body and that unique resonance impacts us at a cellular level. We now know that all objects have a unique resonance, from our organs to our bones to our tissues. And as research continues we are learning more and more about the natural rates of vibrations here on earth as well as within the human body. We do know that healthy and balanced bodies have harmonious vibrations between the organs and cells. And when we are sick or imbalanced then the body is in a state of dissonance - meaning we're not vibrating in harmony and our parts are disconnected, blocked or disharmonious.

Both science and physics now support the efficacy of sound healing through the concept of entrainment - the process by which the vibrations of one object can affect the vibrations of another object. With sympathetic resonance we can use one sound to synchronize and harmonize our body to restore our natural resonance. With destructive resonance we can focus on the pathogen or energy that is causing harm and instead use sound to disintegrate malignancy. Both Royal Rife, a scientist in the 1930's, and Anthony Holland from Skidmore College in a 2013 TED talk, researched this form of resonance. They both studied amplitude applied to resonant frequencies to destroy cancer cells and their pathogenic precursors.

The psychic Edgar Cayce predicted that the medicine of the future would be sound - I believe we are getting closer and closer to that day!

Have we forgotten?

I think people forget or perhaps do not make the connection that sound is already being used for life saving procedures in Western medicine. Just think about the fact that sound is harnessed for ultrasound procedures. Think about all the fetal images of babies in utero or think about the destruction of kidney stones via nephrolithotripsy - the process of using sound waves to break up the stones - a procedure that now can be done in less than an hour! This is phenomenal, truly. And the great news is that the field of sound healing and the associated research is expanding daily.

Accelerated Healing with Sound:

Here are some additional present-day examples of how sound medicine is being applied.

- Researchers are using sound waves to turn stem cells into bone cells with the intent of being able to regrow bone that has been lost to cancer or other destructive diseases.
- Research data proves that vibration treatments significantly increase the mineralization required for accelerated osteoporotic bone fracture healing.
- Low magnitude vibration therapy has also been studied in both animals and humans for improving bone strength, increasing bone formation and decreasing bone resorption.
- There is evidence that vibration therapy is useful in treating sarcopenia (muscle atrophy that occurs with aging or immobility).
- Vibration therapy can be used for wound healing. Research on rodents shows that wounds exposed to vibration just five times a week for thirty minutes heal more quickly than the control group. The increased formation of granulation tissue, a type of tissue important early in the wound-healing process, was discovered.
- Author Dr. Andrew Weil has found that sound is effective in treating a surprising range of health challenges, including heart disease, arthritis, emphysema and more.
- And, for me personally my favorite, as shown in Anthony Holland's TED talk, is that focused sound is being successfully used to destroy cancer cells. This could change the entire field of oncology - in a good way!

Understanding the profound impacts that sound, vibration, and frequency currently have and will continue to have on the overall health and wellbeing of each of us intrigues me. Let's dive a little deeper into one of the most beautiful sounds on earth. **The human voice.**

Self-Created Sounds: Diving Deeper

As many understand, sound is simply vibration. And the powerful energy within a vibration can affect particles, matter and shift molecular structures. The human voice - the simplest and most accessible instrument to us all is truly unique in its ability to heal via vibration.

Leaders in the field of sound healing and specifically self-created sounds, such as Johnathan and Andi Goldman, Don Campbell, and James D'Agnelo have seen the shift in energetic states through the resonance of voice. In the 70's, 80's and 90's leaders like Laurel Elizabeth Keyes and John Beaulieu witnessed and wrote about the extraordinary physiological effects that the human voice had on the reduction of stress, anxiety and insomnia.

There is growing research and evidence on this topic, so let's take a look at some studies specifically related to the practices of conscious humming and/or intentional toning.

[These studies are posted in the NIH's National Library of Medicine.](#)

Immediate effect on lowering blood pressure and heart rate:

In 2010, Dr. Tapas Pramanik, Associate Professor in the Department of Physiology at the Nepal Medical College in Nepal conducted a study that had participants hum for five minutes at a time, as part of the ancient yogic breathwork practice, *Bhramari pranayama*. As the participants hummed upon the exhale, they were instructed to focus keenly on the subtle vibration feelings on the laryngeal walls and the inner walls of the nostril. Data showed that both systolic and diastolic blood pressure were lowered immediately. The study also showed induced parasympathetic dominance of the cardiovascular system and the vagus nerve. If you did not know, the vagus nerve is directly related to human sound - both the creation of sound and the perception of sound. Our voice and our breathing are regulated by this nerve, along with our heart rate and our digestion. The study concluded that both blood pressure and heart rate can be immediately reduced via humming for 5 minute increments.


Significant deactivation of the limbic system:

In 2011, the National Institute of Mental Health and Neuroscience in India, completed a study using fMRI (functional magnetic resonance imaging) to observe the brain and the neuro haemodynamic responses with different self-created sounds. Note: Haemodynamic response allows the rapid delivery of blood to active neuronal tissues, which is critical to brain function. When participants chanted OM (humming sound), results showed significant deactivation of the limbic system (including the bilateral orbitofrontal, anterior cingulate, parahippocampal gyri, thalami and hippocampi as well as the right amygdala). When they chanted a consonant sound SSSS, there was no change. Results also noted it was the vibrational effect created and felt during the 'OM' chanting that was not felt with the SSS sound chanting that made a difference. Similar to the Nepal study, this research noted the positive impact on the vagus nerve. The study also

argued for the role of this 'OM' chanting/humming to be included in clinical practices in the future.

Increased Nitric Oxide Levels

In 2002, 2003 and 2006 Eddie Weitzberg and others studied the increased levels of nitric oxide in the body when participants hummed. The paranasal sinuses are a major producer of nitric oxide, and this research discovered that the oscillating airflow and vibrations in the nose produced by humming enhanced the nitric oxide levels 15-fold! That is significant! And you may recall from 1992, that Nitric Oxide was named molecule of the year by Science Magazine because of its benefits to the human body. Nitric Oxide is an important controller of blood pressure and is used by the nervous system as a neurotransmitter to regulate functions ranging from digestion to blood flow to memory and vision.

 **Countless more benefits:** Here are additional benefits that I discovered during my research on the effects of humming and/or toning.

- Increased oxygenation to the cellular structures throughout our bodies
- Increased melatonin levels from pineal gland stimulation
- Increased release of endorphins, serotonin and oxytocin
- Ability to treat headaches and migraines
- Ability to clear sinuses and sinus infections
- Increased energy to the thyroid and neck lymph nodes stimulating lymphatic drainage
- Increased metabolism from thyroid stimulation
- Improved endocrine system regulation (hormone balancing)
- Enhanced oxidation of fats in the body
- Instant AND long lasting relaxation
- Positive support of the cardiovascular system, blood pressure and blood sugar levels
- Help control respiratory disorders, asthma and thyroid problems
- Overall calming and regulation of the nervous system via vagus nerve stimulation
- Stimulation of the pituitary gland, pineal gland, hypothalamus and cortex of the brain
- Improve concentration, memory and alertness
- Relieve throat ailments

Now that you've seen the plethora of positive wellness impacts that the voice can have on the human body, let us look more specifically at what makes the self-created sound practice of humming so effective.

The Internal Sonic Massage and Humming

After experiencing the various voice teachers at the Globe Institute and reading texts from Johnathan Goldmen, Joshua Leeds and Laurel Elizabeth Keys as well as James D'Angelo, it is consistently noted that the most important aspect of humming is the actual resonance that occurs inside our body as we hum. Vibration is again at the root. While most of us were taught to hum as a way to make sound, it is the actual internal vibration that our cells feel and experience that helps to promote and affect positive healing changes within the human body.

We know from our Chinese and Ayurvedic medicine cultures as well as Reiki that many illnesses start with blocked energetic areas or disharmonic states in the body. We can now detect when organs may be vibrating off resonance, providing us with intel that energy is blocked. When parts of the body are out of sync, they may become vulnerable to disease, viruses, bacteria and general deterioration.

But there is hope! Both humming and toning create a gentle internal massage. By using vocal entrainments we can help restore a healthy frequency to the parts of the system or organ that are out of sync. Natural resonance can be restored and the ill part of the body can regain its energy while the dissonant vibrations that were causing damage may cease to exist. Voila - health can be restored as the body returns to a harmonious state of vibration.

This internal massage is able to reach places in the human body that massage devices or machines can not. And again, it is all natural, with no negative side effects. Vibroacoustic therapies are probably the closest someone can get to resembling the internal massage created by our own voices when we hum or tone.

Since we know that sound can change molecular structures, then it makes sense that when specific frequencies are directed to specific parts of the body, a re-balancing via resonance can heal the disharmonic areas.

“The Humming Effect is a powerful non-pharmaceutical prescription for self-healing that has only positive side effects, such as harmony, health and happiness” ~ Dr. Bruce Lipton, Ph.D

The Art of Humming: “The How”

Each of us has been given our own vibrational instrument for mental, emotional and physical transformation. While there are many perspectives on how to “correctly” hum, I've gathered below some tips from the experts in the field. The most important thing to remember is to

remain flexible with yourself, do what feels right for your body, and what provides the highest sense of vibratory sensation.

1. **Mouth:** The position of the mouth impacts the vibrational state of your hum. It is commonly suggested to keep your lips lightly closed (or very slightly open), jaw relaxed and teeth unclenched. This is very individual, so you will need to experiment with what works best for you and/or your clients. I do think it's important to experiment to see what all these different mouth, throat, neck, jaw positions feel like when you hum. Feel the difference and take note.
2. **Volume:** Remember, louder is NOT better, specifically when you are working for health and wellness results. Remember, sound vibrates and creates resonance even when soft. So just hum to a state that creates a noticeable vibration that you can move throughout your body.
3. **Pitch:** Choose a comfortable pitch at which to hum. Our goal is to not stress the vocal cords. If you feel any discomfort around your throat area, you are trying too hard. Relax.
4. **Nose:** This may sound silly but the nose IS always OPEN when humming, just try it, if you pinch your nose shut while humming you will see, the hum is no longer possible.
5. **Focus:** This may be the most important part of learning how to hum to heal. FEEL your body, your whole body. Assess where the natural resonance is occurring within your body when you hum. Feel how the vibration moves based on the type of humming you are doing.
6. **Eyes:** Keep your eyes closed or wear an eye mask. Decreasing the senses available allows you to hone in and focus on the vibration within your body. It is likely the hum vibration will be amplified when you close your eyes.
7. **Comfort:** The goal is to be comfortable and relaxed in the humming sound you create. No stress to the vocal cords, no stress to the body, no stress to the mind. Just relax into comfort.
8. **Rhythm:** You may also use different rhythms to connect to or influence bodily pulses, heartbeat, respiration, brainwaves, etc.
9. **Intent:** Intent may be considered more advanced as it brings the art of humming to a highly conscious state for healing. This aspect is also the signature of Johnathan Goldman who teaches that "Frequency + Intent = Healing ". Jonathan believes that the addition of intent increases one's own ability to feel the vibrations in the body and amplifies the effectiveness of the sound. He states that the consciousness that we encode onto our sounds (our intent, our beliefs, our thoughts) when we make them, is one of the most important aspects of sound healing. He even goes as far to say that the

hum may be the most potent of all tones to be utilized in quantum sound. The power of intention has been supported by others in both the scientific and medical communities such as Dr. Bruce Lipton, Dr. Joe Dispenza, Dr. Masaru Emoto and Lynne McTaggart.

The Art of Humming: “The What”

Similar to “the how”, the tips below on “the what” are key to helping you understand what you may experience and what you should focus on as you hone your humming skills.

1. **Vibrations:** Feel for vibratory sensations in your throat, on your lips, on your cheeks, your neck and even in your sinus cavity. The more you practice the art of humming, you’ll be able to direct your humming vibration to different parts of your body. This is key to the healing art of humming. Cavities in the body often resonate differently with different sounds. So your stomach, your chest and your head will likely resonate with different tones. Different vowel sounds and different notes from low to high will likely create different vibrational sensations as well. Usually the lower sounds resonate in lower parts of the abdominal cavity, while mid-range land in the chest area, and higher sounds in the head. Take time to notice where your hum resonates in your own body with a variety of notes and sounds.
2. **Feel:** Take the time to really focus on where you feel the sound in your body and how you feel in your body. Do you feel tingly? Do you feel faint? Do you feel tired? Do you feel numb? Cultivating the awareness of where you feel the hum is the most important part of all of this. Consciously feeling the vibration is what supports both healing and transformation.

The Art of Humming: “The Practice”

Johnathan Goldmen suggests the following practice techniques. I have tried each of these and got different results with each. So I invite you too, to try these techniques to hone in on your own humming vibrational healing skills.

1. **Monotone:** In this practice you want to hold your hum at the same tone without varying your pitch. Practice keeping your tone and note steady. An app we learned about at the Globe Institute, n-track-tuner, helps you keep your note consistent as you hum yourself to health.
2. **Pitch.** Try both lowering and raising your pitch as you hum to see if you can detect subtle changes in the vibrations within your body. Notice if the vibrational location within your body moves as you change pitch.

3. **Spine:** Dr. John Beaulieu is the one that is thought to have started the concept of humming up and down the spine. Take a moment to really feel the low notes at the base of the spine and slowly move up towards the head with higher notes. Assess how the scale range feels in your body as you hum up and down the spine. Feel the vibrations change (or not).
4. **Song:** Humming a song - as you hum, you can apply the learnings from the monotone and multi-pitch humming. The goal is to grow your inner awareness of your body's relationship to sound. Remember this is for healing, not entertainment.
5. **Duration:** I believe that the baseline timing for starting this practice is quite accessible to most. It is just five minutes. According to studies by both Johnathan and Andi Goldman, you just need five minutes of continuous conscious humming, five minutes for grounding and five minutes for relaxation before you start the process.
6. **Alternate:** One doctor professes that alternate nostril humming stimulates the thyroid, by magnifying vibrations in that area of the throat and neck. So try using a finger to block one nostril at a time as you exhale your hum. Continue with both nostrils.
7. **Plug it Up:** If you really want to magnify the sound of your own hum internally, take a moment to use either your fingers or your thumbs and gently place them in your ears to block out external sounds. Then hum. What do you notice? It should feel and sound a lot louder in your head.

Unlike chanting, mantras, pujas or even reciting sacred prayers, toning and humming is simply the consistent sounding of single-syllable sounds (such as OM) or elongated vowels (such as Ahhh, oooo, eeee). Extending your exhalation with the sounds of mmm, ahhh, ohhh will help you to tune into this new way of humming and toning. Through toning, one can eventually learn how to find their own unique frequencies that resonate best for them.

Learning to feel and experience the vibrations you create with your own voice is powerful, natural and easy! I believe that anyone can benefit from learning how to use self-created sounds to reduce stress, anxiety and pain, or to improve sleep and relaxation. As shown above there are a multitude of additional health benefits that have been discovered. The art of humming and toning is simple and the laws of physics show us again and again that through resonance and entrainment we can tune our own bodies to a state of harmony with this practice that is readily available to everyone.

I believe Edgar Cacey was correct, the future of medicine is definitely going to incorporate more sound healing modalities for improving both physical and mental health AhhhhOmmmmmm. Enjoy your vibrational journey with the art of humming and remember it starts with just five minutes.

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