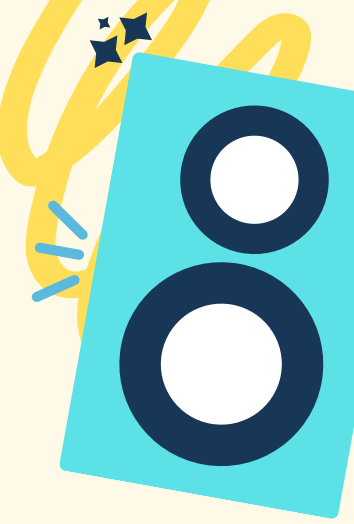


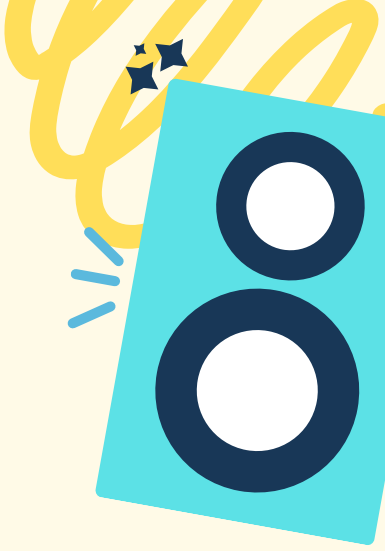
The Healing Power of Sound: A Transformative Journey

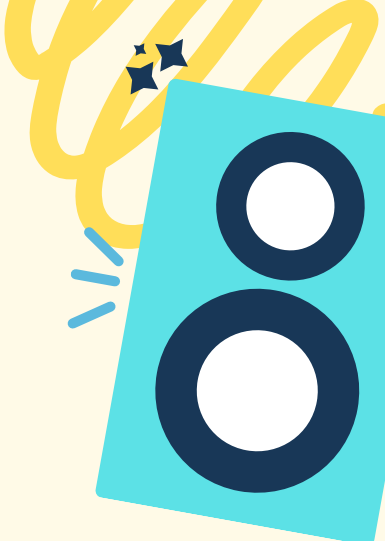

Presented by:
Michael Scott







Why This Matters





- 📍 Island County, WA has a veteran population of nearly **15%** — significantly higher than the national average.
- 🪖 Many veterans and first responders face service-related trauma, often compounded by complex PTSD, chronic stress, and emotional pain.
- 💊 Traditional PTSD treatments like CBT, EMDR, and medication can help — but they don't work for everyone.
- 🚫 Some discontinue therapy. Others experience only temporary relief.
- 🔔 That's why we explored sound healing — a **natural, non-invasive** approach using **vibrations** and **frequencies** to restore **calm, balance, and connection**.





🎵 We studied how **Tibetan singing bowls, guided meditation,** and **intentional sound frequencies** help those with trauma.

-  **Goals:**
- Measure changes in PTSD symptoms 
 - Gather stories and reflections 
 - Explore sound as a path to healing 

-  **Participation:**
-  Veterans
 -  Firefighters / EMTs / Police
 -  Spouses & family members

Near equal representation in all categories,
including men & women



Using Tibetan singing bowls, guided meditation, and intentional sound frequencies

Between February and March, each participant received four sound healing sessions.

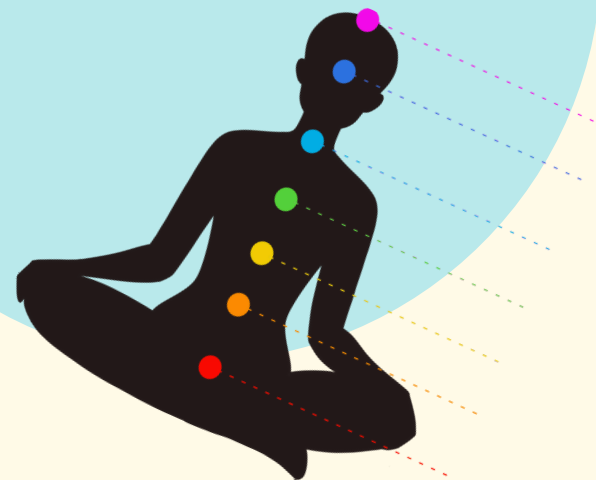
Tibetan singing bowls



gently tapping planetary
singing bowl with a
medium hard mallet



Guided Meditation





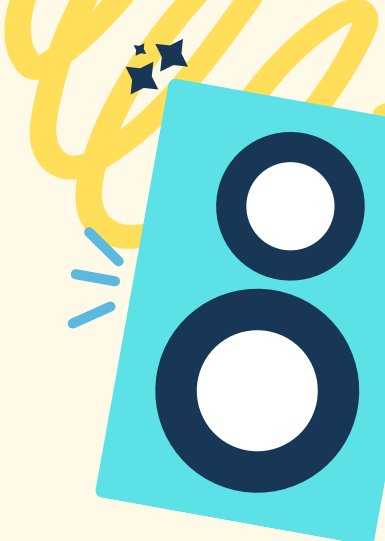

calming words to help
everyone relax at the
start



Intentional Sound Frequencies



specific tones chosen to
support healing and balance



Frequency (Hz)	Celestial Body	Placement & Purpose
194.71 Hz	Earth Day Star	Positioned at feet for grounding & stabilization
136.10 Hz	OM	Placed under table, aligned with heart chakra for emotional balance
221.23 Hz	Venus	Supports heart-opening & connection; two Venus bowls used (head-level & under head)
141.27 Hz	Mercury	Positioned near head, arcs over crown for mental clarity
172.06 Hz	Planetary Great Year	Moved in a spiral motion over crown chakra, settling at its center

What did we learn?





Emotional State Improvements



Positive Emotional Shifts:

- Peacefulness increased by **56.3%**
- Calmness increased by **51.6%**
- Relaxation increased by **61.3%**




Reductions in Distress:

- Anxiety decreased by **42.9%**
- Stress decreased by **50.0%**
- Fear decreased by **39.4%**

LIKERT SCALE *





Trauma Symptom Checklist (TSC-40)

TSC-40 assessments were completed at Session 1 and Session 4 to measure changes in trauma symptoms.

Participants experienced measurable reductions in trauma symptoms.

On average, trauma scores dropped
28.9% decrease

One individual showing a remarkable
46.8% decrease



What Participants shared

how they felt calmer,
more grounded, and
more present in their lives




“Never been this relaxed.
Thank you.” “incredible,”

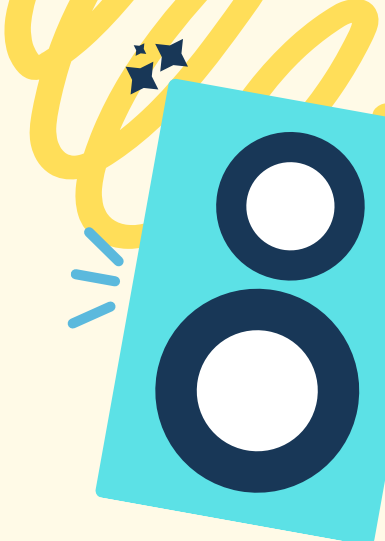


“I’ve felt more present
& balanced than I have
in a long time.”





**These moments of transformation weren't just temporary.
Many began using the sound healing experience
as a tool for daily life.**



One participant said, “I let it go... I thought of the peace I knew inside from this work,” after avoiding a road rage incident by recalling the inner calm cultivated in session.

Some were skeptical at first — unsure how sound could possibly heal. Yet even those participants reported unexpected emotional openness and physical relief. “I didn’t expect to feel so calm... I’m still trying to understand it, but it helped,” shared one participant who had doubts early on.





Relaxation = Less Anxiety

Participants who felt more relaxed also showed real, measurable drops in anxiety.

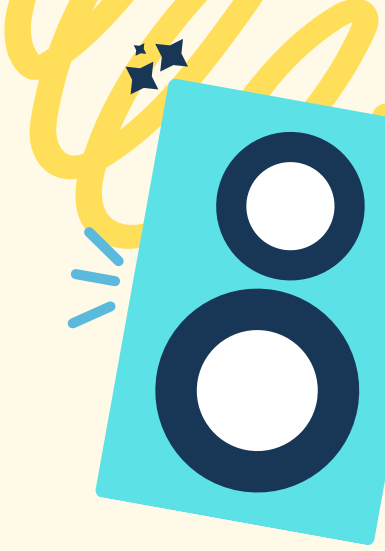


The data matches the experience

- **Sound therapy helped reduce trauma symptoms**
- **It supported nervous system regulation**
- **It offered relief for those struggling to find peace**



The ancient + the modern agree:
Sound restores harmony, balance, and presence.





Stories of Change

✨ More than just scores lives were transformed

“I’ve never been this relaxed.”

“This helped me feel like myself again.”

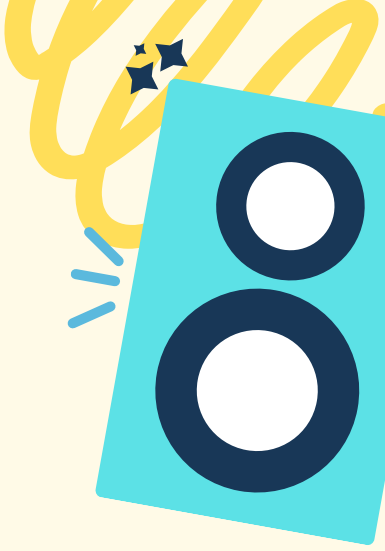


One participant asked:

“How can I help support future healing work?”



This is the ripple effect





Why This Work Must Continue

 These sessions brought calm, hope, and connection.

 But too many people still don't have access.

 This work matters and it needs to reach more veterans, more first responders, more families!



Project Positive Change
www.projectpc.org

