

Final Presentation

Exploring Prenatal Sound Therapy

Debra Benavente
714.791.5300
holisticselfhealer@gmail.com

Sound Healing & Therapy Certificate Program
Globe Sound Healing & Therapy Institute

In this presentation, we will explore the energetic transformations that occur during pregnancy and examine each trimester's unique energetic patterns. I'll then discuss imbalances that occur in the maternal biofield. Next, we'll go through the benefits of prenatal sound therapy and other different methods of sound that can help create a nurturing environment for both the mother and developing baby. In closing I'll go over the precautions and best practices of prenatal sound therapy.

Pregnancy brings about a deep and powerful energetic transformation. As the body carries and nurtures new life, the biofield within and around the mother shifts to support this incredible process. These changes reflect not only physical development but also emotional, spiritual and energetic realignment. Recognizing and working with these energetic shifts allows us to better understand the profound bond between mother and baby and how to nurture balance during this sacred journey through sound therapy.

We will explore the energetic transformations during pregnancy; its effects and how sound therapy can create a nurturing environment for this sacred journey.

Energetic Shifts During Pregnancy

First Trimester (Months 1-3): This trimester typically spans from conception through week 13. In this earliest stage of pregnancy, the mother's energy field turns inward. This reflects the body's work of integrating the fertilized egg and adjusting to rapid hormonal changes. Energetically, this phase is delicate many women feel emotionally sensitive, fatigued, or deeply introspective. The biofield adapts to create a safe and nurturing environment for new life. During this time, the body is particularly sensitive, and strong external stimulation, including certain sound frequencies can be disruptive. As a result, sound therapy is typically not recommended in the first trimester. Pregnant individuals in their first trimester should consult their healthcare provider before starting any sound therapy.

Second Trimester (Months 4-6): The second trimester starts around week 14 and continues until the end of week 27. The second trimester is often called the "golden period." Energy stabilizes, and many women feel a renewed sense of vitality. As the baby grows, the mother's energy field expands and aligns more fully with the developing child, creating a stronger energetic connection. This alignment supports physical growth and emotional bonding.

Third Trimester (Months 7-9): The third trimester lasts from week 28 until labor and delivery, which is typically around week 40. As pregnancy approaches its final stage, the energy field shifts again, this time becoming more dynamic and intense. The biofield prepares both mother and baby for labor and delivery. Many mothers experience an increase in intuition, vivid dreams, or heightened emotional awareness. These aren't just psychological phenomena, they reflect a profound spiritual and energetic preparation for birth. Supporting the energy field at this stage in the pregnancy can ease physical tension, reduce anxiety, and help the mother stay grounded and connected.

Imbalances In the Mother's Biofield

Imbalances in the mother's biofield can disrupt the natural flow of energy through chakras and meridians, potentially leading to emotional overwhelm, physical discomfort, and even affecting the baby's energetic environment. Common imbalances observed in clinical practice include energetic blockages that cause fatigue and a sense of heaviness; overactive centers that lead to anxiety, restlessness, and emotional sensitivity; and underactive centers that contribute to disconnection, low motivation, and emotional numbness. Energy leakage may manifest as persistent tiredness despite rest, while environmental disruption, such as exposure to overstimulating or chaotic surroundings, can increase irritability and hypersensitivity. Emotional residues from previous pregnancies or unresolved trauma may also resurface, triggering fears, grief, or feelings of unworthiness.

Benefits of Prenatal Sound & Music Therapy During Pregnancy

While prenatal sound therapy aims to support fetal development and bonding, it also provides significant benefits for the pregnant mother. Studies show vibrational sound helps restore harmony to the biofield, supporting both physical relaxation and emotional resilience. It empowers mothers to reconnect with their inner balance during this transformative journey. Several practitioners use tuning forks, as vibrations from tuning forks can soothe the nervous system, creating a calming environment for both the mother and the developing fetus.

In my research I found the following frequencies of tuning forks were used and have reported positive outcomes:

Frequency (Hz)	Associated Chakra / Body Area	Purpose / Benefit	Application Technique
528 Hz	Solar Plexus, Heart	Clears emotional residue, supports love, personal power, and maternal bonding	Hold near the heart or stomach area; gently move around the solar plexus with intention
852 Hz	Third Eye, Crown	Enhances intuition, spiritual clarity, and intuitive mother–baby communication	Use near the third eye or crown chakra in stillness or slow circular motion
432 Hz	Heart	Emotional alignment, calming, bonding, and heart chakra activation	Apply to the heart chakra; ideal for daily use to foster peace and loving presence
128 Hz	Root, Sacral, Spine	Grounding, physical tension relief, back pain, stability	Use along the spine or lower back; apply in circular motion near the sacral area
136.1 Hz (OM)	Root, Full Body	Balancing, circulation, emotional regulation, relaxation	Sweep along the legs (thighs to feet); also used for full-body recalibration with breath

Various forms of music have been shown to support emotional well-being during pregnancy by promoting relaxation and reducing stress. Classical music, particularly compositions by Mozart, Haydn, and Beethoven, is frequently associated with calming effects, as its structured and harmonious qualities may help lower maternal anxiety and positively influence fetal heart rate patterns. Similarly, soft melodies and lullabies offer gentle auditory stimulation that can foster a sense of safety and emotional comfort for both the mother and the developing fetus. Research even suggests that infants may recognize lullabies heard in utero after birth.

Natural sounds such as rainfall, ocean waves, or wind alongside meditation-based music, can also be effective in creating a soothing environment conducive to restful sleep and stress reduction. Additionally, soft jazz and acoustic music have been noted for their calming impact, helping stabilize emotions during pregnancy.

However, personal preference plays a significant role in the effectiveness of music as a therapeutic tool. Music that the expectant mother enjoys and finds relaxing tends to have the most meaningful benefits, especially in reducing anxiety during labor. Regardless of the genre, the emphasis should remain on selecting music that supports a peaceful atmosphere, while avoiding loud, dissonant, or overly stimulating sounds that could create stress for both mother and baby.

Maternal vocalization, such as toning, humming, or singing, has been found to support emotional well-being during pregnancy and enhance bonding with the developing baby. Practices like toning sustained vowel sounds like "OM" or "AH" can activate the parasympathetic nervous system through vagal nerve stimulation, helping to lower stress hormones, reduce anxiety, and promote relaxation.

Singing or speaking regularly to the baby has been associated with stronger prenatal bonding; research indicates that fetuses can begin to recognize their mother's voice and specific melodies by the third trimester, and newborns often show a preference for familiar songs heard in the womb. These forms of self-generated sound not only create a calming effect for the mother but can also be helpful during labor, encouraging rhythmic breathing and reducing the perception of pain.

In addition, vocal sound resonates within the chest and pelvic areas, supporting grounding and energetic balance particularly useful in times of emotional overwhelm. This safe and accessible practice requires no external tools and allows mothers to engage in self-regulation and inner connection throughout their pregnancy journey.

Precautions for Prenatal Sound Therapy

While sound and music therapy can offer many benefits during pregnancy, it must be used responsibly and selectively. Practitioners should always prioritize safety by recognizing when to pause or adapt treatment. Several studies and clinical practices have highlighted situations where specialized medical care must take priority over alternative therapy. These include threatened miscarriage, placenta previa, pre-term labor or contractions, undiagnosed vaginal bleeding, severe preeclampsia, and complications in multiple pregnancies. Conditions such as twin-to-twin transfusion syndrome or preterm labor in multiple pregnancies significantly elevate the risk profile. If the pregnant individual chooses to continue with sound or music healing, it is advisable to first get approval from her healthcare provider and maintain close collaboration to ensure the therapy aligns with her overall medical care plan.

Controlling the volume and duration of sound therapy is essential during pregnancy, especially in high-risk cases. Excessive exposure to loud or prolonged sound stimulation can lead to overstimulation of the nervous system, potentially triggering unwanted physical responses such as elevated blood pressure, increased stress hormones, or premature uterine contractions. The body becomes more sensitive during pregnancy, and this heightened sensitivity makes it crucial to maintain a gentle, calming approach to any form of vibrational or auditory therapy. Additionally, it is important not to place sound devices or instruments directly on the abdomen, as the intensity of localized vibrations may cause fetal discomfort or unintended stress responses. Instead, instruments can be used near the body to maintain safety and comfort.

In closing, it's important to remember that pregnancy is not just physical, it's a profound spiritual and energetic journey. A mother's energetic state deeply influences the growing baby. The more balanced and supported she feels, the more harmonious the pregnancy can be. Integrating prenatal sound therapy alongside traditional care offers a gentle and powerful way to relieve stress, restore balance, and support emotional health during this sacred transformation.

References:

Music Therapy & Anxiety Reduction in Pregnant Women

- A large systematic review (2024, Cureus) analyzed 33 randomized controlled trials showing consistent reductions in state and trait anxiety, including improvements in sleep and maternal-fetal parameters
- Frontiers in Psychiatry (2024) confirmed that receptive music therapy alleviates anxiety and pain during labor and postpartum
- Classic FM+4Frontiers+4Cureus+4.Other meta-analyses and reviews report stress resilience and physiologic improvements from music interventions

Improved Sleep, Stress & Vital Signs

- Karger (2024) notes that many low-risk pregnant populations benefited from reduced anxiety and depression metrics with music therapy
- A large PubMed review (PubMed ID 38146963) found music therapy effective at reducing labor pain, stress, improving sleep quality, and enhancing fetal movement and accelerations

Studies

- [The effects of a music and singing intervention during pregnancy on maternal well-being and mother–infant bonding: a randomised, controlled study](#) Wulff V, Hepp P, Wolf OT, Balan P, Hagenbeck C, Fehm T, et al. Arch Gynecol Obstet. (2021) 303:69–83
- [Prenatal listening and Parents](#) Sound Therapy International
- [Biofield Tuning](#) Naomi Kiss Sounds
- [Prenatal listening to songs composed for pregnancy and symptoms of anxiety and depression: a pilot study](#). Nwebube, C., Glover, V. & Stewart, L. B
- [Loud Noise Exposure During Pregnancy: Is It Safe for the Baby?](#) Carlos and Parnell, M.D., P.A. March 2024
- [Effect of music-based interventions on maternal anxiety, depression, and sleep during pregnancy: A systematic review and meta-analysis](#). Kim, Y., & Lee, Y. H. (2023). *Complementary Medicine Research*, 31(6), 540–548.
- [Is Sound Bath Meditation Safe During Pregnancy ? Our Expert Fact Check](#) Irish Academy of Sound Therapy, Yogi Sharon Q | Feb 2, 2025
- [Sound therapy in the field of pregnancy and birth](#) Simon Vitale, Sound Travels
- [Toning in Pregancy and Labor](#) Lynda Hills, The College of Sound Healing
- [The effects of listening to lullabies and self-selected music at home on prenatal stress and anxiety in nulliparous pregnant women: A randomized-controlled study](#) Baltacı, N., Doğan Yüksekol, Ö., Koç, E., & Ulucan, M. (2023).. *Health Care for Women International*, 45(5), 562–578.

- [Interventions among Pregnant Women in the Field of Music Therapy: A Systematic Review](#). Shimada, B. M. O., Santos, M. S. O. M. , Cabral, M. A., Silva, V. O., & Vagetti, G. C. (2021). Revista Brasileira de Ginecologia e Obstetrícia, 43(5), 403-413.
- [The Effect of Lullaby Intervention on Anxiety and Prenatal Attachment in Women with High-Risk Pregnancy: A Randomized Controlled Study](#). Baltaci N, Baser M. Complement Med Res. (2022) 29:127–35
- [Cleveland Sound Healing FAQs](#) – Cleveland Sound Healing
- [Who Should Not do Sound Baths](#).- Home of Wellness
- [The Effects of Sound on a Baby During Pregnancy](#) – SoundProofCow.com 08.17.2018 Kellen Beaver
- [Contraindications to Sound Therapy & Recommendations for Pregnant Women](#) – Amazing Sound

Books:

- *The Resonance Within: Vibrational Sound Therapy & Energy Healing During Pregnancy and Postpartum* by Shani Riviere
- *Hands of Light, A Guide to Healing for the Human Energy Field* by Barbara Ann Brennan.
- *Self Healing with Biofield Tuning Forks: Introduction to Using Tuning Forks* by Shani Riviere