

Healing With Sound

by [*Marguerita Vorobioff*](#)

Is it true that an opera singer can shatter glass with her voice at a particular pitch? **Yes!** "Sympathetic vibration" is when one object which is vibrating at a particular frequency comes in proximity of another object of the same fundamental frequency and the latter is resonated by the former. However, if the sound produced by the latter goes beyond a certain limit in its intensity, the operatic vibration, it has the capacity to destroy, hence the singer who over-resonates the high frequency of a glass, has the ability to break it.

In the same way, [Divine Sound](#) has the ability to purify and heal at every level within us, from our mental and spiritual planes, down to the cellular level of our physical manifestation.

Science now recognises that our bodies are tightly bound masses of energy, with each and every molecule vibrating at extremely high speeds. You have a vibratory pattern that is unique to you.

[Sound Healing](#) is a proven modality that uses vibrational sound to produce many benefits including pain relief, reduction of stress, altered states of consciousness, a deep sense of peace, an increased sense of well being and better health, and a deeper connection with the Universe.

Harmony is the secret of perfect health. Harmony of sound can only exist in the body if each molecule plays its' part in the whole. If any molecule is moved, displaced or has its' unique vibration changed, it will disrupt the body's harmonics and other molecules will rearrange themselves upsetting the body's sonic pattern.

As we move about through life, our own vibrational structure encounters infinite other vibrations including other living creatures, sounds, colour, light, emotions, etc. As vibrational waves will adjust themselves to their surrounding vibration, if vibrations of a different frequency to the body are strong enough, they will create a new molecular arrangement out of the body's intended harmonic state, resulting in ill health.

By focusing your attention on the One Supreme Source of all Life everywhere, you begin resonating with this Universal Energy. In other words, you begin synchronizing with the entire Universe! As Balance is one of the prime qualities of the Universal Source of All Life, this means you become more in balance with the entire Universe! As balance = healing, attuning to the Universal Source, by any means, is the most healing thing you can do for yourself!

Specific types of music can assist you in becoming in tune with the Universe so that you may bring yourself back into a more harmonious

state, enabling profound healing by re-aligning yourself with your Infinite Eternal Balance.

The voice is an extension of the breath and the breath is the extension of light. Speaking or singing with concentrated awareness and the intention to carry Divine Light, Love and Sound Vibration through the body, creates the opportunity for profound transformation and healing for the listener.

We are amazing instruments filled with music, magic, spirit, life-force, light and love. The music created for you at www.soundhealingguaranteed.com is the song of your heart; it is the sound of the sacred, and the song of your soul.

In a physical sense it is not only your ears, but your whole body that receives the vibration of music. In fact, it is your body, including your chakra system, which is the more important receptors of music.

Sound can also be used to transcend and access other light realms and dimensions. By regularly using sound as a "vibrational gateway", you will be able to readily access other realms instead of being "stuck" in this physical dimension. You can even travel through and experience the various levels of your own Divine Self.

People who have experienced this particular form of [sound healing](#) have reported all kinds of sensations including feeling a deep sense of calm and inner peace, relief from pain and anxiety, increase in focus and energy, clarity of thought, releasing of negative emotions, increase in energy and wellbeing, seeing brilliant colours, and even travelling to other beautiful worlds. Many say they feel like they have returned home.

The true benefits of [sound healing](#) are only just starting to be discovered and the more you experience, the deeper your healing will become on all levels: physical, mental, emotional and spiritual. The healing can be utilised through periods of meditation as it will deepen and enhance your meditative state bringing better healing, or as you go to sleep as the sound will communicate with your subconscious mind whether your conscious mind is aware of the experience or not.

In fact, many people will fall into a deep sleep during the healing. This is due to the profound sense of peace the sound brings to your subconscious, helping you to relax more deeply.

I encourage people who are experiencing sound healing to be aware of subtle shifts around them each day as they integrate their increased levels of harmony. Notice how much calmer you become; you might become more emotional after a session signifying an emotional release; physical pain and discomfort may ease or even disappear; clarity and

focus may improve; anxiety may fade away. Each person's experience is different, but everybody notices a change in their lives.

There are many musician light workers now emerging who are specifically focusing on [Divine Music](#) for re-harmonising and re-aligning the physical, emotional, mental and spiritual being. I encourage you to use this music to accelerate your evolution, rather than allowing sound to have a destructive effect on your growth.

So, what is the future for holistic and sacred sound and music? How can you realign yourself to resonate in sympathetic vibration with the Cosmos? To begin with it is important to realize that we are currently being bombarded with new high frequency vibrations as the Earth enters the age known as Aquarius (believed by many to have begun around the year 2000). These higher frequencies are the basis of the development of the so-called New Age. Those who are physically, mentally and spiritually receptive are responding to these frequencies and following the avenues towards the heart of Aquarius.

In order to be a part of the new order, we must prepare ourselves to be in tune with these new vibrations. This can be done through many forms of sound including chanting, toning, singing and listening to and absorbing divine music and the sounds of our natural environment. By practicing this frequently, your fundamental vibration will resonate to its full potential, which brings peace to your conscious mind, or SILENCE. All practices that help to purify your emotions and bring you to greater spiritual awareness lead to the great Oneness and Resonance we seek. This is remembrance of the complete sympathetic vibration with all peoples in unconditional love and perfect harmony and with the cosmos that our souls desperately desire.

Take charge of your life and actively look for music, sound, sights and experiences that are emotionally uplifting, centring and feels like it is coming from a loving heart. Ask your own heart how the music is affecting you on all levels and trust what your heart tells you, then act on it. Intend to experience that in life which contributes to your expansion with ease and grace.

For the newest and most powerful methods and information for health and healing, go to www.healingandabundance.com and www.soundhealingguaranteed.com for all your healing needs.