

“Sound Journey with Resonant Instruments”

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What is a Sound Journey ?



Sound Therapy uses a variety of different instruments including the gong and himalayan bells played with a therapeutic approach. It is not Music Therapy and is a passive rather than participatory experience where the listener does not play instruments. In Music Therapy the client and therapist co-create improvised music together forming a therapeutic relationship over a period of time. A Sound Journey can be experienced as a one off experience or with ongoing sessions.

A Sound Journey can also be described as a meditation through sonic immersion allowing a wide range of frequencies and percussive textures to wash over the body bringing restorative effects for the person receiving. Using the gong, mallets and flummi's are used to bring out the full spectrum of frequencies. It helps if the listener can let go and relax during the experience to receive maximum benefit. The experience should be effortless. The goal of the experience is to invite deep rest and self-inquiry allowing the participant to go within. The sound of harmonic vibrations created by the instruments are intended to stimulate alpha

and theta brain waves. These waves are associated with deep meditative and peaceful states slowing down the heart and respiratory rate, aiming to create a therapeutic effect on the mind and body. Since ancient times sound and music have been used as a powerful force of release, healing and transformation. Modern science now supports the view that the physical world is made up of vibrating energy. Cymatics developed in the 1960's visually demonstrates that sound shapes matter by one vibrating object causing another to vibrate in harmony with it - this is called 'sympathetic resonance' which takes place during a Sound Journey. Resonance is the vibratory rate of an object and sympathetic resonance is when one vibrating object causes another to vibrate in harmony with it, or match it's rate of vibration. Here are some links to video's about it: <https://www.youtube.com/watch?v=sY6z2hLgYuY> – Dr. Hans Jenny in his 1960's study of Cymatics and a Ted Talk by Evan Grant <https://www.youtube.com/watch?v=CsjV1gjBMbQ>

Each part of the body vibrates at its optimum in order to remain healthy. Jonathan Goldman in his book *Healing Sounds*, describes the metaphor of the body as an orchestra and a single string player losing her sheet music, becoming out of tune and making the whole orchestra out of balance. A sound practitioner uses a variety of tools including resonant instruments to assist the body to rebalance itself with the aim of providing positive effects on mental, emotional, physical and spiritual health.

During the session

You may experience this session individually or in a group, for example with family members, colleagues or other residents in your home. The session begins either in a lying down or seated position with a blanket and eye mask.. whatever is the most comfortable for the participant. It is best to turn off phones to fully engage in the experience. If listening through headphones or speakers make sure the quality of the sound is as good as possible for optimum benefit and that you can hear the full stereo field.

Once the sound journey is complete, it is important to allow a few minutes silence to receive maximum benefit and slowly return to your daily life. It would be beneficial to take note of how you feel before and afterwards.

Book List

If you would like to read more about this subject please refer to the following book list:

https://www.amazon.co.uk/Listening-Book-Discovering-Your-Music/dp/159030831X/ref=sr_1_1?dchild=1&keywords=the+listening+book&qid=1594214690&sr=8-1 – *The Listening Book*; W.A Mathieu

https://www.amazon.co.uk/Healing-Sounds-Harmonics-Jonathan-Goldman/dp/0892819936/ref=sr_1_8?dchild=1&keywords=sound+healing&qid=1594214846&sr=8-8 – *Healing Sounds, The power of Harmonics*; Jonathan Goldman

https://www.amazon.co.uk/Sound-Healing-Gongs-Gong-Beginners/dp/095678190X/ref=sr_1_4?dchild=1&keywords=gong+healing&qid=1597876436&sr=8-4 – *Sound Healing with Gongs*, Sheila Wittaker

Sound Therapy sessions are available with Jacqui on a one to one or group basis. Please contact Belltree Music Therapy for further information.