

# Sound healing: Can vibrations & frequencies heal the mind and body?

Aditi Malhotra

Sound is more than just something we hear, it has the power to shift our emotions, influence our energy, and even affect our physical well-being. This belief lies at the heart of sound healing, an ancient practice that is making a modern resurgence in wellness circles.

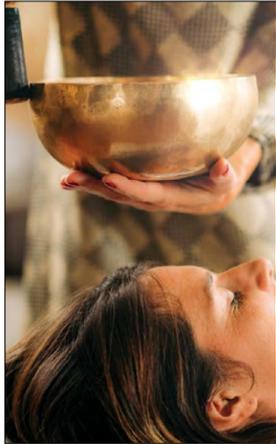
In a world filled with stress, overstimulation, and digital noise, sound healing is emerging as a therapeutic tool to restore balance in the mind and body. Let's explore the fascinating world of sound healing, how it works, and whether it truly has the power to heal.

## THE ANCIENT ORIGINS OF SOUND HEALING

Though it may seem like a new-age concept, sound healing has been around for thousands of years. Ancient civilizations, including the Egyptians, Greeks, Chinese, and Indians, recognized the power of sound and vibration in healing.

In ancient Greece, Pythagoras, often regarded as the father of mathematics, was also a firm believer in sound therapy. He used music to heal both the body and spirit, theorizing that harmonic sounds could influence human emotions and health. Similarly, in traditional Chinese medicine, sound frequencies have long been associated with balancing the body's energy, or qi. Tibetan and Buddhist monks have used singing bowls, mantras, and chants for centuries to induce meditative states and promote spiritual healing.

In India, the practice of chanting Om, believed to be the primordial sound of the universe, has been used in yoga and meditation to bring about mental clarity and relaxation. Even indigenous cultures across the world have used drumming, rattles, and vocal toning in shamanic rituals to connect with higher states of consciousness and promote healing.



## HOW SOUND HEALING WORKS: THE SCIENCE BEHIND VIBRATIONS AND FREQUENCIES

The fundamental idea behind sound healing is that everything in the universe, including our bodies, is made up of vibrational energy. When we are in a state of physical or emotional distress, our natural vibrations become imbalanced. Sound healing aims to restore harmony by using specific frequencies that align with the body's natural rhythms.

One of the key scientific principles behind sound healing is resonance. Every organ, cell, and tissue in the body has its own natural frequency. When exposed to external sound waves, these frequencies can be altered or amplified, much like how a tuning fork vibrates when struck. Sound healing techniques, such as listening to specific frequencies or being immersed in sound baths, are thought to help recalibrate the body's vibrational energy.

Another important concept is entrainment, which refers to the synchronization of brainwave frequencies with external rhythmic stimuli. When listening to calming music or harmonic tones, the brain shifts into states associated with relaxation and healing, such as alpha (relaxed awareness), theta (deep meditation), or delta (sleep and restoration).

Scientific research has also shown that sound can influence the nervous system, reducing stress hormones like cortisol while increasing the production of endorphins, the body's natural painkillers. Studies on music therapy have demonstrated its effectiveness in reducing anxiety, lowering blood pressure, and even aiding in pain management. While more research is needed to fully understand the mechanisms of sound healing, there's no doubt that sound has a profound effect on both the body and mind.

## CAN SOUND HEALING REALLY HEAL?

While sound healing is not a replacement for medical treatment, many people report tangible benefits from their experiences. Studies have shown that sound therapy can lower stress, regulate heart rate, and improve sleep quality. Music therapy has been successfully used in hospitals to help patients recover from surgery, manage chronic pain, and cope with anxiety.

On an emotional level, sound healing can be incredibly transformative. Many practitioners describe feelings of deep relaxation, emotional release, and even profound spiritual experiences during sound therapy sessions. Whether or not it is purely psychological, the impact of sound on the nervous system and emotional well-being cannot be ignored.



## INCORPORATING SOUND HEALING INTO DAILY LIFE

Listening to calming instrumental music or binaural beats while working or relaxing

can help shift your mental state. Chanting or humming a simple mantra for a few minutes a day can stimulate the vagus nerve, which is responsible for activating the relaxation response. Even something as simple as spending time in nature, listening to the sounds of birds, ocean waves, or rustling leaves, can have a profound impact on mental and emotional health. Sound healing is about more than just hearing, it's about feeling, experiencing, and allowing sound to move through you.

## THE FUTURE OF SOUND HEALING

As more scientific research emerges, sound healing is likely to become a more mainstream practice in wellness and medicine. Already, hospitals and mental health professionals are exploring music therapy and frequency-based treatments for a variety of conditions, from PTSD to chronic pain management.

What was once considered an ancient spiritual practice is now being embraced by the modern world, proving that sound has the potential to heal in ways we are only beginning to understand.

## THE DIFFERENT METHODS OF SOUND HEALING

Sound healing is practiced in various ways, each using different instruments, techniques, and frequencies to achieve therapeutic effects. One of the most popular forms of sound healing today is the Tibetan singing bowl therapy, where metal bowls, often made of a blend of seven different metals, are struck or played in circular motions to produce a deep, resonant sound.

Another widely used practice is gong baths, in which large gongs are played in therapeutic sessions to create an immersive sound experience. The deep vibrations produced by gongs are said to facilitate deep states of meditation and help release emotional blockages.

Binaural beats and solfeggio frequencies are also gaining popularity as accessible forms of sound therapy. Binaural beats involve playing two slightly different frequencies in each ear, creating an illusion of a third "phantom" frequency that aligns the brain with specific states of consciousness. These are often used to aid sleep, concentration, and relaxation.

Chanting, humming, and toning are other forms of vocal sound healing, where specific sounds or mantras are repeated to create internal vibrations that promote well-being.



## World Cancer Day celebrated with a mission of hope

On 'World Cancer Day', Caritas Goa organized 'The CanSurvive Concert' at Kala Academy, Goa with the sole motive to create awareness of the dreaded disease, cancer and extend love and support to the countless victims across the world, including Goa.

The CanSurvive Concert, an initiative of Caritas Goa featured the 'Fado' sensation, Sonia Shirsat and acclaimed national and international singer, O'Luv. They both entertained the gathered audience with foot-tapping songs in Konkani, English and Portuguese.

The evening was not merely a concert, but a celebration of life, a declaration of hope and a reminder that no one should fight alone because when all come together, then all stand as one. Cancer may take many things, but it can never take away love, hope and the power of the human spirit.

Director of Caritas Goa, Fr Maverick Fernandes said, "This concert is not just an evening of melodies; it is a mission. A mission dedicated to 38 brave children who are in the final stages of their cancer journey. These young warriors have endured pain and uncertainty, but they have never lost their spirit. And we are here tonight to ensure that they receive the nutrition they need to strengthen them for the days ahead and to fulfill the dreams they hold dear," he added. Fr Maverick reminded that some cancer



patients have small wishes, while others have big ones, but each of them deserve a moment of joy, a moment of magic, and a moment where they feel nothing, but love. "We may not always be able to change someone's fate, but we can always change their experience. And that's where each of you comes in. As part of 'One Rupee Campaign' you can contribute your mint. And those who cannot, we ask for something just as valuable—your wishes, prayers and kindness. A word of encouragement, a silent prayer, a thought of love, these too bring healing, these too bring dignity," he said.

## Rath Saptami marks the end of Haldi-Kumkum

Govind Poteker

Haldi-Kumkum, a cherished social festivity held during Makar Sankranti, which is celebrated by married women in Goa and its neighboring states, concluded with great devotion and joy on the auspicious occasion of Rath Saptami, observed on the 7th day of the lunar month of Magha.

In Panjim, the celebration held special significance for the devotees, particularly the women residing in and around the revered Goddess of Wealth, Shree Mahalaxmi Temple. As part of the traditional rituals, they offered Vhuti or Oti, a sacred gesture symbolizing prosperity and well-being, comprising a saree, Khann (blouse piece), coconut, and rice, seeking the blessings Goddess's for a harmonious and fulfilling married life.

Although, Rath Saptami primarily marks the worship of the Sun God, in temples across Goa, the idol of the Devi is ceremoniously placed on a beautifully adorned Rath (chariot) and taken on a grand procession through the village. In Panaji, the Rath carrying Goddess Shree Mahalaxmi gracefully traversed the temple premises in the morning, drawing a large number of devoted



worshippers eager to offer their prayers.

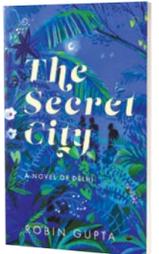
There is a long history of how the temple for Shree Mahalaxmi was installed at the present place. Historical documents mentions that the devotees from Kumtha, Karwar brought the deity in the 16th century and landed at Taleigao. For security reasons during Portuguese rule, it was taken to Mhamai Kamat house behind Adil Shahi Palace, later to Mayem in Bicholim and from there it was brought back to Mhamai Kamat house and Kamat Ghanekar house and finally to the present location of temple, which belongs to Sinari family from Ribandar.

As per the old tradition, first rite goes to the people of Taleigao. Talgaonkar (devotees from Taleigao) have the esteemed privilege of carrying and guiding the Rath throughout the procession, a tradition held in high regard. After the morning Abhishek and Pooja, the Rath was taken out in a solemn yet celebratory procession. In the evening, after completing the full circumambulation and performing the Aarti (worship) inside the temple, devotees were blessed with Mahaprasad, marking the culmination of this deeply spiritual and culturally rich occasion.

## Book reading

Literati Bookshop & Cafe and Speaking Tiger will host the book reading from 'The Secret City - A Novel of Delhi' by Robin Gupta and a conversation between the author and his publisher, Ravi Singh.

Venue: Literati Bookshop & Cafe, Calangute  
Date: February 8  
Time: 6:30 pm



## Motivational lecture

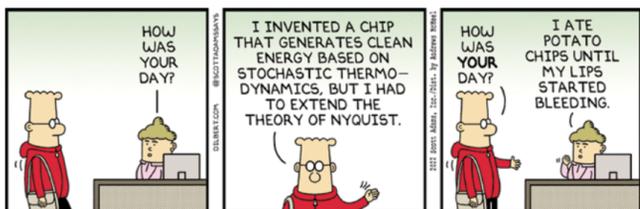
Carmel College of Arts, Science and Commerce for Women, Nuvem will organise a motivational lecture, Breaking Through: Beyond the Glass Ceiling with speakers, Tinkesh Kaushik, founder of Tinkesh Ability Foundation and Gauri Shinde, film director and producer.

Venue: College Auditorium, Carmel College, Nuvem  
Date: February 8  
Time: 10:30am - 1 pm



## Herald Gaming Console

### Dilbert



### Garfield



### Wizard of id



### crossword 4763

**ACROSS**  
1- Horrify; 6- Altar declaration; 9- Scarlett of fiction; 14- Bullwinkle, for one; 15- Atlantic food fish; 16- Urns; 17- Convert into a fossil; 19- Fill with joy; 20- Mohawk-sporting actor; 21- Dates; 22- Send payment; 23- Expensive; 25- Eagle's home; 26- Barren place; 29- 'The Thin Man' dog; 31- Pleasant smells; 32- Correspondences; 36- Go it alone; 37- Darlin'; 38- Dad; 40- Official sitting; 43- Appeared; 45- Deal (with); 46- Home on the range; 47- European kingdom; 50- Digits of the foot; 51- Shallow circular dish; 52- Flying stinger; 54- 'Michael Collins' actor; 57- Devoured; 58- Process of forming conclusions; 61- Room at the top; 62- Be off; 63- Sample; 64- Paris divider; 65- Turndowns; 66- Like most sumo wrestlers;

**DOWN**  
1- Kind of radio; 2- Impoverished; 3- Pillar; 4- Donkey; 5- Circle of flowers; 6- More frigid; 7- Nod off; 8- Lyrical poems; 9- Stuff oneself; 10- More healthy; 11- Me too; 12- Fasten again; 13- I'd hate to break up \_\_\_\_; 18- Atty-to-be exams; 23- Band's sample tapes; 24- Memorable time; 25- ABA member; 26- \_\_\_\_ Boot; 27- Cupid's counterpart; 28- Boot bottom; 29- Solo; 30- D.C. pol; 33- Fencing blades; 34- Freeway exit; 35- Graf \_\_\_\_; 37- Bounce on one foot; 39- Citrus cooler; 41- Systematically arranged body of facts; 42- Charged particle; 43- Halts; 44- Shoebox letters; 47- Roofing stone; 48- Singer LaBelle; 49- Had dinner at home; 50- Autocratic Russian rulers; 51- Legumes; 52- Brownish songbird; 53- Dynamic opening; 54- Greet the judge; 55- Tolkien tree creatures; 56- 'The Morning Watch' author; 59- Siouan speaker; 60- Catch;

### solution 4762

J	A	C	O	B	S	P	E	D	E	T	T	A		
A	R	O	N	I	W	O	R	E	D	E	E	T		
R	I	O	T	S	E	O	N	S	I	N	E	E		
S	A	P	T	S	A	R	S	A	T	O	N	E		
B	A	R	R	E	T	S	E	O	R	S				
H	A	R	R	O	W	S	E	N	O	R	S			
I	S	A	O	T	A	T	E	R	I	O				
N	O	T	W	I	T	H	S	T	A	N	D	I	N	G
I	K	E	N	O	O	S	E	A	C	E	R			
T	A	M	I	N	O	S	E	E						
T	E	A	S	E	L	A	R	A	R					
O	R	E	L	G	A	T	E	A	P	P	L	E		
D	I	V	E	A	L	A	E	T	R	E	A	T		
D	E	E	D	L	A	H	R	E	E	R	I	E		

### sudoku 4763

	3		9			1		
4						8		
		9		3	8		6	
6		1	7		4		3	
	9		3		2	5		6
	7		1	5		6		
		3						1
		5			9		2	

### Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

### solution 4762

8	9	4	1	3	6	5	2	7
3	5	1	7	2	8	6	9	4
2	7	6	9	4	5	1	3	8
9	2	8	6	1	3	7	4	5
6	1	7	5	9	4	2	8	3
4	3	5	8	7	2	9	6	1
5	8	3	2	6	1	4	7	9
1	6	9	4	8	7	3	5	2
7	4	2	3	5	9	8	1	6