

SOUND MEDITATION BASICS

What is “sound” meditation?

Sound meditation uses singing bowls, gongs, bells, tingshas to promote a meditative state. Some sound meditations also include chanting of mantras and sacred seed syllables such as OM, Lam, Vam, Ram, Yam, Ham.

How does sound meditation help in the healing process?

There are three answers to this one question: First, consider the word dis-ease which, when split into two syllables, reveals the understanding that illness (mental, emotional, spiritual and physical) is fundamentally a misalignment of energy. Vibration brings the being back into alignment. Secondly, the vibrations generated work on all levels (spiritual, physical, mental and emotional) so they treat the whole being rather than just one energy center or part of the body. Many people report that in addition to pain relief and they experience a deeper sense of peace, happiness and well being. Thirdly, it has been recorded that the vibrational waves produced by singing bowls are of a pattern equivalent to the alpha waves produced by the brain. Alpha waves are the ones present in the brain during a state of meditation and calm consciousness.

In her book *Singing Bowls: A Practical Handbook of Instruction and Use*, (Published in India by New Age Books), by Eva Rudy Jansen offers these insights into the healing power of sound as created by Singing Bowls, Gongs, Tingshas:

- there is a discernible difference between the sounds produced by singing bowls and gongs and the sounds of “our own musical tradition.” Western people are affected, impacted in a “special way” when they come into contact with sounds from these instruments. She suggests that bells, gongs, bowls, tingshas produce far more natural harmonies that does music created in the West. Music created in the West, while creating harmony, does not work with natural wavelengths created by bowls, bells, gongs, and tingshas. Western music manipulates sound creating shorter wavelengths.
- sound meditation is a natural way of creating and arranging vibration. The 17th century Dutch scientist, Christian Huygens, discovered that two pendulums placed side by side eventually would begin to swing in the same tempo, synchronize themselves. This synchronization takes place when during sound meditation. The phrase “I’m in sync” reflects the understanding that synchronization is related to harmony, balance, rhythm with life.
- Recorded sound meditation does not produce the same strong feeling of relaxation and healing as does a live experience.
- The sense of well-being after a sound “bath” is not simply relaxation. Water is the ideal transporter of vibration and because the body is more than 80 % water, sound meditation recreates “the original harmonic frequency, and stimulate the body to rediscover its own harmonic frequency, by making it vibrate to the frequency of the bowl so that when it is synchronized, it can vibrate independently. Stimulated ...by the powerful vibrations of the singing bowl, the body is able to tune into its own undisturbed frequency.”