

Sound, a New Frontier in Therapy

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And, What is SHN's Role?

An article by our Director of Education, Zacciah Blackburn

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The Sound Healing Network (SHN) is an international community of individuals and organizations broadening the understanding and application of intentional music[i] and sound in healing and wellness practices.

We are a network of over 600 practitioners, educators, therapists, researchers, and those in the general public working to deepen or share experiences and understanding of sound and its many uses.

Sound healing is a rapidly rising field straddling ancient and modern technologies. Overall, therapists hold a broad outlook into the nature and use of sound as it is currently implemented and investigated by science and practitioners alike. While many sound therapists honor or incorporate the ancient historical roots of sound healing and intentional music, many are, also, developing or incorporating new advances in science, medicine, and technology.

Many therapists, for instance, utilize practices from the oldest known shamanic and spiritual cultures, to enhance wellness, or to access and deepen spiritual experience, meaning, and relevance in one's life. These might be methods learned from indigenous tribes of the Americas, Africa, or Australia, to Tibetan Buddhism, and its originating Bon shamanic cultures, to Hindu or Christian mystical practices and devotional chanting.

Yet, therapists are developing new methods as diverse as utilizing binaural beat to create brain hemisphere synchronization through simple listening of intentionally composed music[ii], tuning forks to stimulate autonomic neurological or subtle energy balancing[iii], auditory stimulation or deep listening practices to address ADD, ADHD, autism, depression, and other extensive health issues[iv],

as well as simple deep relaxation stimulated by the sounds of a very modern phenomena, crystal “singing” bowls, a by-product of the computer industry. Dr. Mitchell Gaynor, M.D., has become an avid proponent of sound practices, incorporating these bowls into his cancer treatment, and documenting remarkable improvement rates via simple sound and imagery practices. [v]

A growing number of therapists in the fields of massage, reiki, shiatsu, acupuncture, and other modalities are finding the implementation of simple use of instruments, vocal toning, tuning forks, and similar sound practices enhances deeper relaxation responses and assists in the release of soft tissue tension. Dr. Molly Scott, Dr. John Beaulieu, Jonathan Goldman, Don Campbell, and Dr. Jeffrey Thompson are just a few of the many educators assisting in such understanding.[vi]

The Sound Healing Network advocates for education and co-ordination for greater understanding and viability of these and many other developments in the use of sound therapies. We offer a website directory and resource center, to enhance public access. We coordinate, announce, and provide educational programs, including an annual conference, free teleconferences and webcasts, to enhance the understanding of sound healing for practitioners and the general public. We have been greatly involved in the collaboration of existing organizations and leaders in the field, to promote ethical standards and professional competence, and are assisting in the development of an even broader alliance which will serve to enhance sound and intentional music’s effectiveness in the near future.

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Zacciah Blackburn is Director of Education for the Sound Healing Network. He is, also, co-founder & Director of the World Sound Healing and All One Now Network of organizations working for global

peace. He is a gifted intuitive, teacher, and sound healer, trained in classical healing and shamanic traditions, and sacred sound cultures. He teaches internationally, and practices in Vermont, USA, at the Center of Light Institute of Sound Healing and Shamanic Studies. Zacciah shares authentic trainings in the nature of human consciousness, explorations into the Shamanic worlds of Earth Energies & awareness, and teachings on the nature of sound, and sacred sound practices, as a therapeutic healing modality. His in depth understanding provides life transforming experiences into the authentic nature, being, and wellness of who we are as spiritual beings. See www.thecenteroflight.net for further information on his work.

He also offers musical instruments of sacred sound cultures, & sound healing tools, at www.sunreed.com.

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[i] Intentional music is generally defined as music incorporating the composer or musician's explicit use of "intent" to enhance wellness. See: <http://www.heartmath.org/research/science-of-the-heart-music-research.html> for examples of scientific research and the enhancement of wellness with intentional music.

[ii] Binaural Beat is the frequency difference between two simultaneously occurring sounds. Science shows its use stimulates brain wave entrainment and hemisphere synchronization, which can be utilized to enhance states of deep relaxation, learning, meditation, etc. See <http://www.monroeinstitute.com/>

[iii] Research available at: http://www.biosonics.com/-strse-template/article_Sound_Healing/Page.bok

[iv] The work of Dr. Alfred Tomatis, MD, ENT: <http://www.tomatis.com/English/index.htm>

[v] Gaynor, M. (2002.) "The Healing Power of Sound", Boston, Shamabala Publications, Inc. See, also: <http://www.gaynoroncology.com>

[vi] In order

cited, see: www.mollyscott.com, www.biosonics.com, www.healingsounds.com, www.mozarteffect.com,
www.neuroacoustic.com.