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## COMMENTARY

### SOUND THERAPY - WHAT'S ALL THE NOISE ABOUT?

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#### Introduction

While living in Australia, the death of my second son at the age of 3 months propelled me into a spiritual, physical and psychological spiral, culminating in my cause-related activism in the area of Grief and Bereavement. I was ultimately employed by an organization that serviced the needs of bereaved families following the death of their child. I was often involved in changing the perception of parents who felt they were the guilty suspect in the death of their child, to understanding they were a victim of the child's death. During this time I spent valuable hours, days and weeks with those experiencing the raw emotion that follows a sudden death. Whilst in their company I witnessed real and surreal events, seeing the powerful range of emotions that ravaged the body, mind and spirit. No sound is more primal than the wailing of someone pleading with their God to give breath to a lifeless body.

On call one weekend, I was informed of the death of an infant, and as I was writing down the details the name emerging on paper caused an impending feeling of doom to wash over me. I went to the hospital, introduced myself to the parents and shook this specific parent's hand. The parent held on for what seemed like ages and an electric current coursed through me. It was incredibly disturbing and I couldn't shake the feeling that something bad had or would happen. The infant death was not deemed suspicious which was my first concern, but two weeks later I received a phone call. Having sent his partner out for the day, the parent I was concerned about, sadly took his own life."

Initially I thought this experience was due to psychic perception, but as I have learned more about the human body through Sound and Vibration, I came to the conclusion that I had resonated with the vibrations of sadness and depression that were engulfing this

troubled parent. Over time, my practice experience has given me a greater understanding of the power of Sound and Vibrational Therapy.

### **Sound and Vibration**

Over 2000 years ago, peddlers traveled around Tibet with their metal food bowls selling their wares. To demonstrate the bowls' durability, they would bang them with various cooking utensils, and they noticed that the Sound and Vibrations generated by these bowls had a lulling effect, causing the crowd to drift off to sleep. This was not good for business. Witnessing this, it is said that Tibetan monks with an existing knowledge of Sound and Vibration through their use of bells and gongs, pondered the effect of these little bowls on the body, mind and spirit, and so began the purposeful creation of the Tibetan Singing Bowls.

### **Tibetan Singing Bowls**

The Tibetan monks were already performing their chants for balancing the body with LAM, VAM, RAM, YAM, HAM, OM, AAH representing the subtle sounds of the 7 main Chakras on the midline, which send energy throughout the body. (Ed Note: A chakra is the electro-magnetic vortex of a nerve plexus.) These monks wanted to replicate these sounds and set about making bowls of various sizes and different metal combinations, tuning them by ear. Over time it is said that they developed the perfect combination of 7 metals (earth elements) to match the human body structure: Lead, Tin, Iron, Copper, Mercury, Silver and Gold. These are thought to match the 7 midline chakras (physical body elements): Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown and are linked to the 7 closest planets in the solar system

(astral elements): Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn. These combinations are believed to sandwich the body between Earth and Sky. The monks premise: the spinning Chakra regains the correct rhythm when a bowl with the corresponding Chakra note is played. When a Chakra is operating well, self healing energy is generated throughout the body, aiding recovery.

### **Human Bodies**

The human body is 80% water. Water is both a broadcast antenna and receiving antenna. When experiencing trauma the flow of energy to the affected area which travels along the meridians get reversed and blocked. When feeling sad we curl into ourselves and shy away from others, decreasing our physical presence, making ourselves a smaller target so our vibrations are low. When happy, we stand upright, smile and welcome others into our space. Our vibrations are stronger, faster and wider.

Vibrations when purposefully targeted shake up the water in the cells, clearing the blockages so the energy flows properly again. Vibrations happen at specific rates called frequencies. The vibrations create movement. Movement creates sound and sound travels and can be broadcast through the waters of the body. This is the cohesive relationship between Sound and Vibration.

Indigenous cultures have a differing way of approaching the world. A potentially more correct idea of hierarchy on our planet. When concepts are developed they follow a more heuristic path:

1. First, is communication with Spirit, Source, God, the Universe

2. Second, is Nature and the sacred geometry that governs the placement of every pebble and every grain of sand.
3. Third, is the human perception.

Instruments from many cultures support this concept. Tibetan Singing Bowls, First National Shaman Drums, Asian Gongs, Aboriginal Didgeridoos are all Sacred Healing Instruments using Sound and Vibration for healing the body, mind and spirit.

An Aboriginal will commune with the tree from which he wishes to make his didgeridoo, asking whether the tree agrees to being used for this purpose. If so the branch is selected and the process of cutting, hollowing and shaping the didgeridoo begins. The maker is cognitive of the sacredness of his craft, being at one with the instrument and giving thanks and blessings to Father Sky and Mother Earth.

### **Short Case Study**

A client presented with back stiffness, restricting movement. Having recently recovered from throat cancer and although pleased with the outcome, the client had experienced a deep emotional loss over the affect the treatment had on the power and range of the voice, ending a career and a passion. The client felt that the Sound Massage had reduced stiffness of the back and was pleased with the ease of movement now evident. However, the trauma of the cancer treatment was still close to the surface. The client made another appointment within a month and there was no reason to think this session would be any different from the previous one--but it was. About 20 minutes into

the 60 minute massage, the client began to weep; the weeping became crying so session was paused.

In the relaxed state that everyone enters during Sound Therapy, the client later reported they had visited a tragic part of family history. A great-great grandmother had died in a church fire that had been started intentionally. The client had never met the great-great grandmother in the physical realm but was experiencing feelings of fear and profound loss at her death. In my practice I have seen Spiritual beings enter the Healing Space during a Sound Balancing or Sound Massage. I have opened a portal to another realm by moving the matter that separates us from them and experiencing their vibrational presence. Quantifying this process in a manner expected by science, is not easy. There was evidence that improvement had occurred by an increase in general contentment levels, but we still do not know exactly how. Like the wind, we can only see the effects. The origin is not easy to identify.

### **Modern Science**

There is limited scientific data available about the 'vibrational' body penetrating the mind, psyche or indeed the spiritual realm, but with training we can tune into the vibrational field of another person and begin communicating on a different and more honest level. It is not possible for the vibrations of a person to be deceptive because they come from the movement of the internal organs generated by body health, thoughts and emotions. Goldsby et al. (2022) after a two year study stated, "The only way to change the vibration emitted is to change one's

thoughts and therefore movement of the internal organs." [1]

Dr. Anthony Holland, Professor of Music, presented a Tedx at Skidmore College, 2013 [2], where he discussed the research he and other scientists were undertaking regarding the use of frequencies to effectively kill cancer cells. They have discovered that there are many variables to consider, including the type of cancer, the vibrational make up of the patient, and the various strengths for pulsation of the waves. He closed a fascinating session with this statement:

"I now believe the future cancer treatment rooms for children will be a very different place. It would be a pleasant place where children gather and make new friends. They probably won't even know they are sick.

They'll draw pictures, color in their books, play with their toys all the while unaware that above them are beautiful blue pinkish plasma lights emanating healing pulsing electric fields shattering their cancer painlessly and non-toxically one cell at a time"

Doesn't that sound perfect?

#### Reference

1 Goldsby, TL., Goldsby, ME., McWalters, M., Mills, PJ. (2022) "Sound Healing: Mood, Emotional and Spiritual Well-Being Interrelationships." *Religions* January 2022. 13(2), 123; <https://doi.org/10.3390/rel13020123>

2 Holland, A. (2013) "Shattering Cancer with Resonant Frequencies." TedX, Skidmore College.

#### BIO:

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Ngarene Stevens is a New Zealander of mixed race with a profound love of the land, waters and sky which is an integral part of Māori culture. After a rewarding career in the area of Grief & Bereavement being trained she accepted a calling to become part of the Natural Healing community. A Certified Energy Healer she went to Thailand training in Sound and Vibrational Healing using Tibetan Singing Bowls and Gongs, furthering her studies becoming a Shamanic Practitioner. She has a vision of holding a Sound Healing Ceremony around Lake Rotorua, NZL where 200 Sound Healers using Sacred Healing Instruments collectively play one hour of vibration and healing frequency to the water land and people.

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