

Resilience

Healing Energy by Sue Aumer

The Healing Power of Sound

Research has shown that sound from sources such as tuning forks, singing bowls and shamanic drumming has the power to heal.

Some known benefits of sound healing are:

- **Reduced emotional distress**, tension, anxiety, fatigue and depression,
- **Lessened physical pain** including discomfort associated with minor muscle/joint problems as well as with chronic conditions like arthritis and fibromyalgia, and
- **Better overall health** including improved blood circulation, lower blood pressure, enhanced immunity and deeper sleep.



The mechanism by which sound interacts with us to produce healing is not known. However a number of theories have been proposed.

One theory suggests that sound vibrations alter our tissues to better support healing and suppress pain. Another posits that certain sound frequencies synchronize or balance our brainwaves resulting in deep relaxation which in turn promotes healing.

At Resilience, sound healing is available as an enhancement to all Reiki / energy healing sessions with no additional charge.

Schedule a session to feel what the sounds of [Solfeggio tuning forks](#), [chakra singing bowls](#) or [shamanic drumming/rattling](#) can do for you!



REFERENCES

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**Thank you
for your business!**

Sue Aumer
Usui Holy Fire® III Reiki Master /
energy worker

**"The wound is the place
where light enters you." -
Rumi**

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