

## The Power of Sound

On Friday 29<sup>th</sup> September, Joanna Bristow-Watkins is speaking about healing through the power of sound.

Joanna spent the 1980's and 90's in senior management, specialising in customer care and training. In 1998, driven by a desire for greater inner peace, she embarked on a career in healing. Joanna is now a practitioner and teacher of Reyad Sekh Em –an Egyptian healing system she has devised - which includes the use of colour breathing, sound vibration, crystalline, elemental and angelic energies. Joanna uses vocal tones; which are intuitive and vary considerably in style and pitch. She has also developed a negative energy drain system where sound is used to recalibrate the cells and fill the area with vibrant healthy energy.

Joanna Bristow-Watkins & Julia Pickroth are co-founders of the *Circle of Sound*. They are both fully qualified and insured therapists and were amongst the first practitioners to be trained at the *UK School For Inner Sound*. The aim of the *Circle of Sound* is to use unique sound sensations as a powerful tool for personal healing journeys. Clients from all walks of life are welcome including other experienced healing practitioners.

Sound has been used as a healing force for thousands of years. Ancient civilizations used sound for healing and Egyptian papyri over 2,600 years old refer to incantations as cures for infertility and rheumatic pain. The Bible tells us that David played his harp to lift King Saul's depression, whilst the ancient Greeks believed music had the power to heal body and soul; the flute and the lyre were widely used to treat illnesses such as gout and sciatica. Alexander the Great's sanity was allegedly restored by music played on the lyre and Pythagoras used songs and incantations, with specific melodies and rhythms, to cure diseases of mind and body. There is an ancient Greek saying, 'Men have song as a physician for pain.'

Sound waves introduce a vibration into the energy field, which is transmitted easily and rapidly via the cerebrospinal fluid, energy (acupuncture) meridians and connective tissue into the cells; accessing all systems in the body simultaneously. Sound helps regulate many biological processes throughout the body and, at a cellular level, it can help promote a re-organisation or re-patterning of chemical responses. Sound harnesses the body's natural resonant capacity, and is an ideal tool for creating movement, releasing blockages and restoring balance within the system.

The sounds can generally be produced vocally or by using tuning forks. Tuning forks produce a pure sound, a single frequency without harmonics used in medicine, music and science for a variety of applications where their accuracy and reliability are valued as a measurement reference. Their precision makes them ideal for use in sound treatments, harnessing the body's natural capacity to resonate with pure sound. It is speculated that by generating a sound movement, which coincides with the cranial rhythmic impulse, we can stimulate the basic healing mechanism of the body. By creating sound waves between the frequency of Alpha and Theta brainwaves, we can promote a relaxed or even dream state in the listener.

The *Inner Sound* healing system, developed in the USA by Jack and Arden Wilken in 1978, has a successful track record exceeding 25 years. Sheila Hill, based in Twickenham, runs the *UK School For Inner Sound*. As part of an ongoing investigation into the therapeutic benefits of sound and music, Arden and Jack have developed a

special series of *Inner Sound* tuning forks tuned in pure 5th intervals. The pure 5th is a specified interval between two separate notes, which occur frequently within the natural harmonic spectrum of the voice. Our bodies both produce and respond easily to the pure 5<sup>th</sup>.

The use of tuning forks in this interval, one at each ear, produces an organised wave of expansion and contraction throughout the body. This occurs at all levels, helping the body to relax deeply.

The *Inner Sound Spiral* of 5<sup>th</sup>s is a series of 13 precision made forks, providing a stable and exact series of pure 5th intervals. The wide range of frequencies within this series produces a sympathetic vibratory response at all levels of the organism, ranging from the feet to above the head, and in the entire energy system including chakras, energy meridians and the subtle energy body or aura.

*Inner Sound* tuning forks are ideal for both personal and professional use and can be used on their own as a relaxation treatment or combined to enhance any complementary therapy or energy balancing technique, such as massage, reflexology, acupuncture, energy healing or crystal healing. Each pair of tuning forks promotes a balanced movement of expansion and contraction throughout the whole organism that mimics the body's own dynamic movement. As sound waves pass through the body, their rhythmic vibrations promote a release of tension at all levels of the body – rebalancing and realigning all aspects of the individual – physical, mental, emotional or energetic.

A treatment with *Inner Sound* tuning forks helps calm and focus the mind; balance the central nervous system and enhance the body's own self-healing processes. A treatment consists of listening to several or all the pairs of tuning forks in the set, depending on the practitioner's assessment of their client. Each pair of forks is activated to produce a pure 5<sup>th</sup> interval and then placed either side of the head for a specific activation time period. The audible pure tones enter the body both via hearing and the cranial bones and as the sound waves pass through the body, the client may experience a range of reactions – alleviation of physical symptoms, a calming of mental chatter, a heightened sense of imagery and visualisations – during the treatment. The most common response is a shift into a deeply relaxed state often accompanied by short periods of sleep.

Initial treatment sessions usually last between 10-15 minutes. When performed on a regular basis, the body can easily absorb sessions of up to one hour depending upon the symptoms treated. Tuning fork sessions are beneficial in helping alleviate many stress-related symptoms, such as mental fatigue, muscle tension or pain, headaches or insomnia. Benefits are experienced at all levels – physical, mental, emotional and energetic.

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