

Spiral Sensations Sound Therapy



What is a Sound Bath?

A Sound Bath is conducted by practitioner(s) using varied instrumentation, the goal of which is to facilitate a calming and relaxing atmosphere. Participants will be bathed in melodic soundscapes created by the shamanic drum, crystal sound bowls, gong, Tibetan singing bowls, and chimes. Practitioners can incorporate these instruments during a Sound Bath, as well as many other types of instruments.

Depending on the venue and personal preference, participants will either lie down or be seated during the Sound Bath. Your comfort during the event is of the utmost importance as the more comfortable you are, the more relaxed you will be. Your only responsibility during a Sound Bath is to relax and let the sound envelop you.

Sound as Therapy

Sound, by its nature, is vibrating air. When a sound is created, the air it vibrates does so in different patterns based on the sound's frequency. Our bodies are comprised almost entirely of water. Traditional healing methods (i.e., Qi Gong, Tai Chi, acupuncture, Reiki, yoga, etc.), teach that our bodies have energy centers that arrange themselves in particular patterns. The pattern that sound creates has a beneficial effect on our physical and energetic bodies. When our bodies become ill, the source of illness is often an energy imbalance or blockage. Regular exposure to Sound Bath therapy helps to realign our body's physical and energetic structure.

We ♥ Sound Baths

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