

SOUND HEALING

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WHAT IS SOUND HEALING?

(+ MY APPROACH TO SOUND HEALING)

MY JOURNEY

- My first instrument to learn was piano and it's been my every-day friend for 10+ years
- Thanks to the piano I was able to learn all other instruments by myself
- Thanks to piano and other instruments I am able to do sound healing therapies for other people.

LIST OF INSTRUMENTS USED IN SOUND HEALING



- GUITAR
 - DIDGERIDOO
 - PIANO
 - RAINSTICK
 - SINGING BOWL
 - SHAMANIC DRUM
 - VOICE
 - HANDPAN/HANGRDRUM
 - TINGSHA
-
- DJEMBE
 - GONG
 - HARP

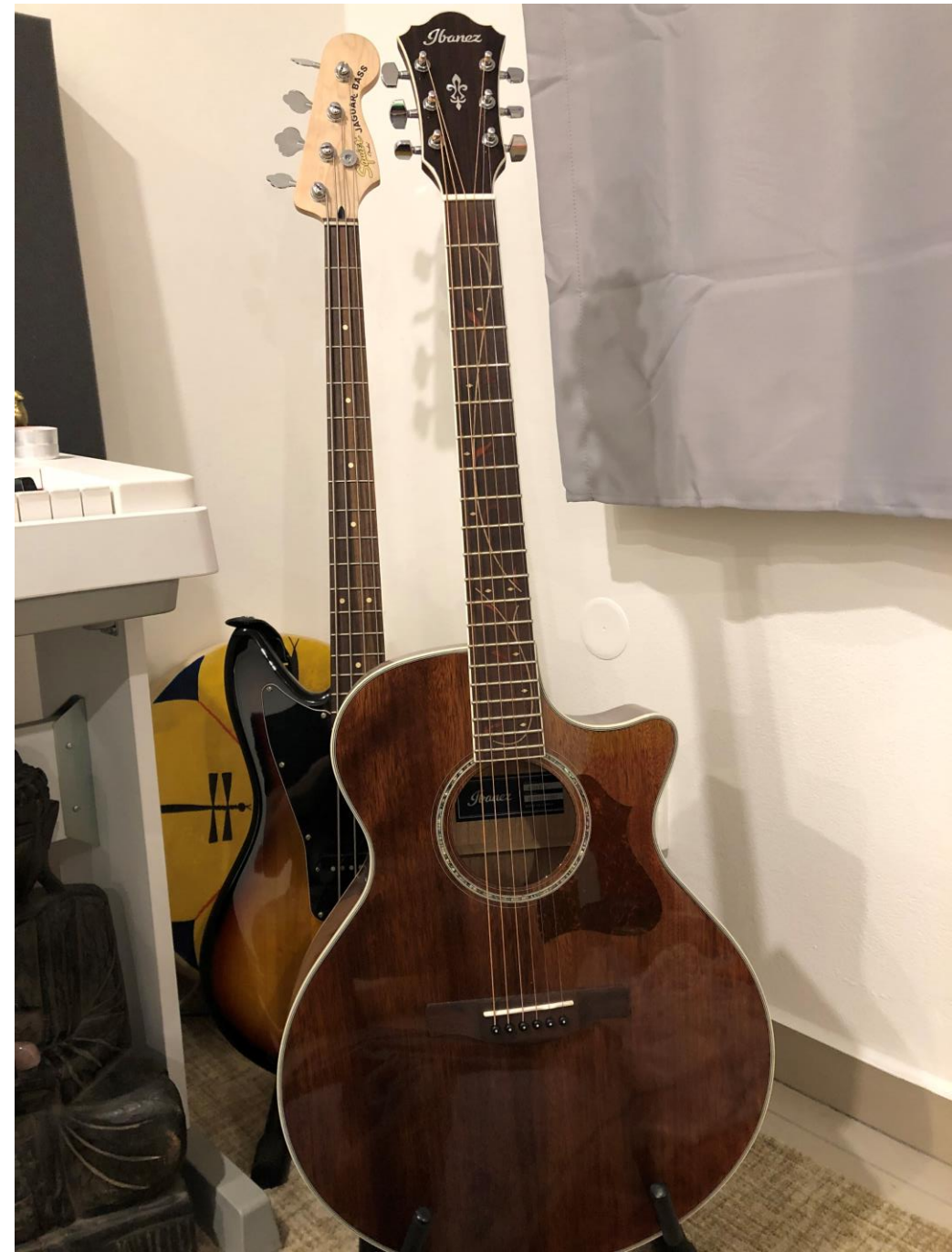


SO WHAT ARE THE BENEFITS?

- Each instrument has its unique sound and frequency which resonates at some level
- „If you want to find the secrets to the universe, think in terms of energy, frequency and vibration.” - Nikola Tesla

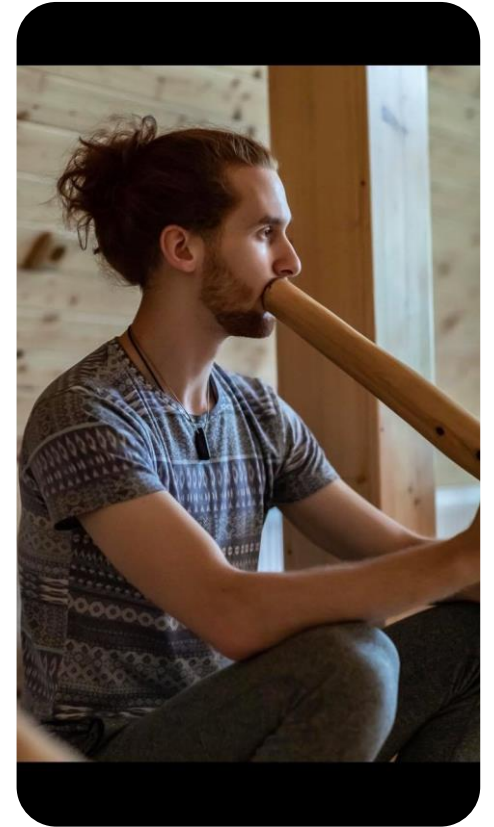
GUITAR

- Strumming instrument
- Rich variety of low and high tones
- Vibrates mainly on the heart chakra center





DIDGERIDOO



- Has very deep tone (around 76Hz) and has grounding effect. If played fast-pace, it can help achieve trance state and state of deep relaxation



SHAMANIC DRUM

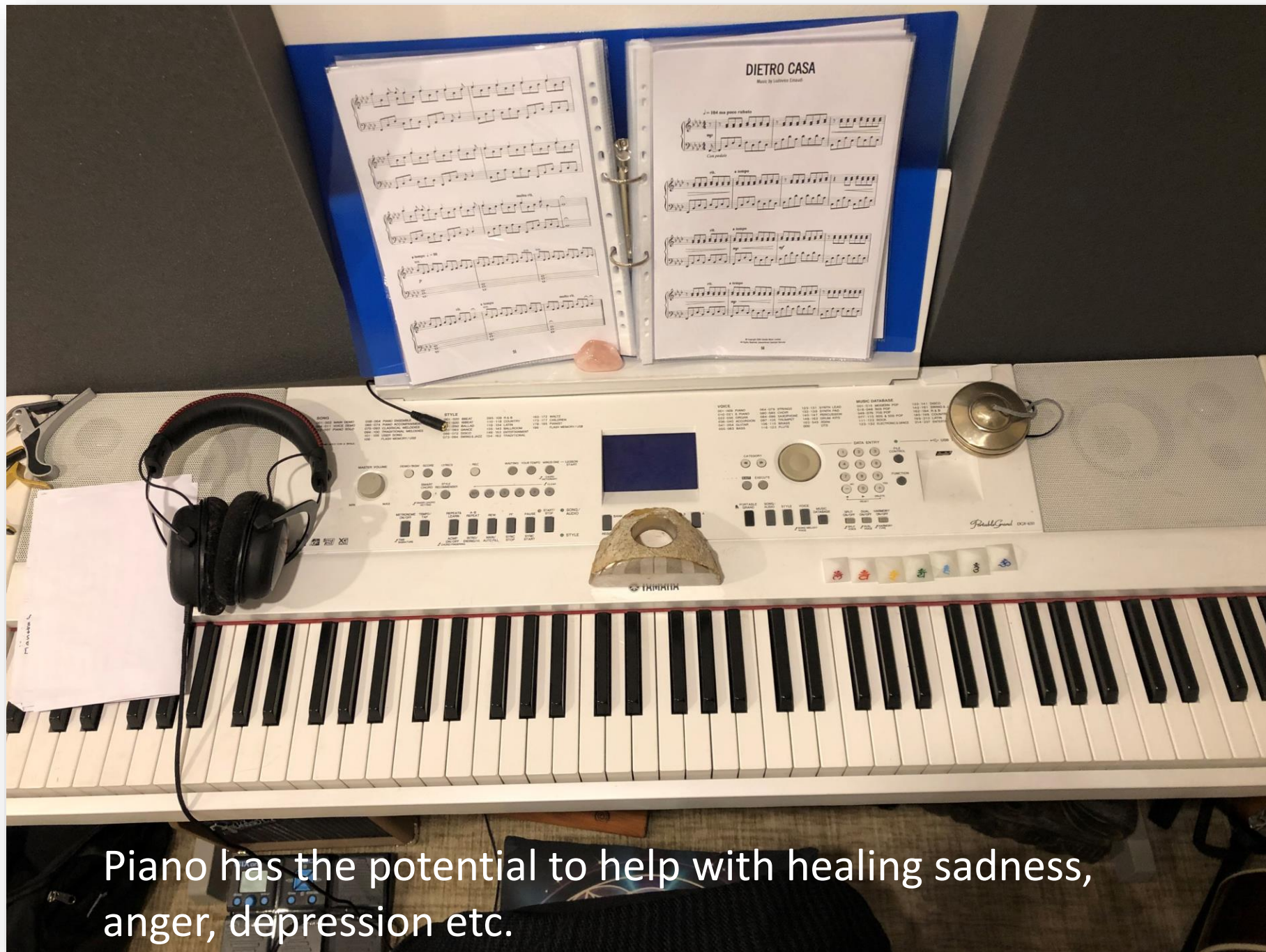
- Typical trance-inducing instrument
- Produces deep sounds

DJEMBE



- Great instrument for powerful grounding
- Can be combined with singing/didgeridoo/other instruments

PIANO



Piano has the potential to help with healing sadness, anger, depression etc.



RAINSTICK

- Rainstick is amazing at clearing mind clutter and calming emotions

HANDPAN/HANGDRUM



- Handpan/hangdrum is a family of instruments which have the power to achieve zen state (state without thoughts)

HANDPAN/HANGDRUM – sound ochutnávka + therapy

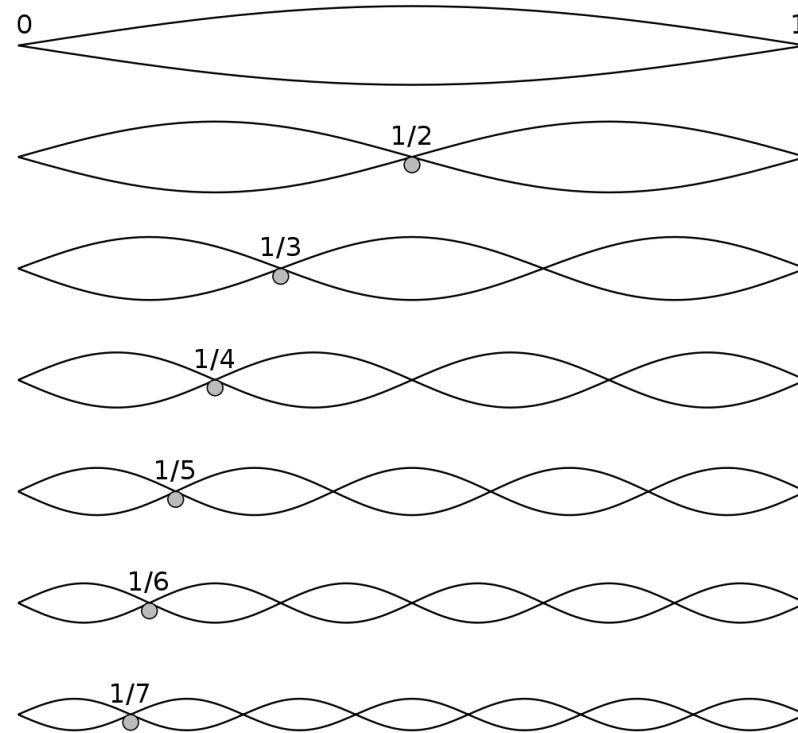


- Handpan/hangdrum is a family of instruments which have the power to achieve zen state (state without thoughts)

SINGING BOWL



- Family of instruments most traditionally used in sound healing
- Produces aliquot tones





GONG



Mr. STiVo 2 years ago

I'm sure his family is happy about this addition to the house.

👍 322 👎 REPLY

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Gong is a very deep instrument used for centuries

VOICE/SINGING



- The cheapest and most natural sound instrument known to people

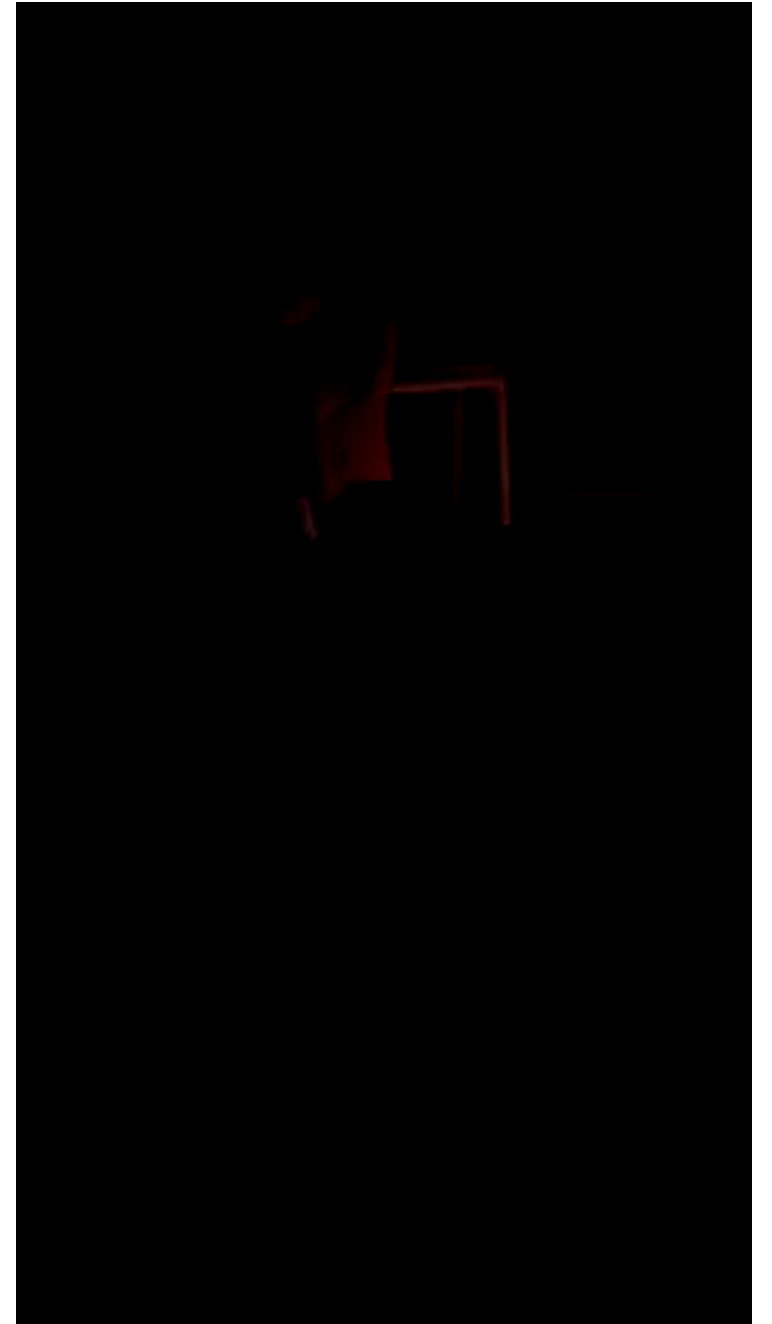
TINGSHA

- Tingsha are great for achieving more present and alert state of being
- Produces frequency around 2555Hz (tone D# and F)



HARP

- Opens the higher channels
- Can be combined with voice



THANK YOU FOR LISTENING

