

# SOUND HEALING

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# WHAT IS SOUND HEALING?

(+ MY APPROACH TO SOUND HEALING)

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# (REALLY)QUICK INTRO ABOUT 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 (and honored) 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





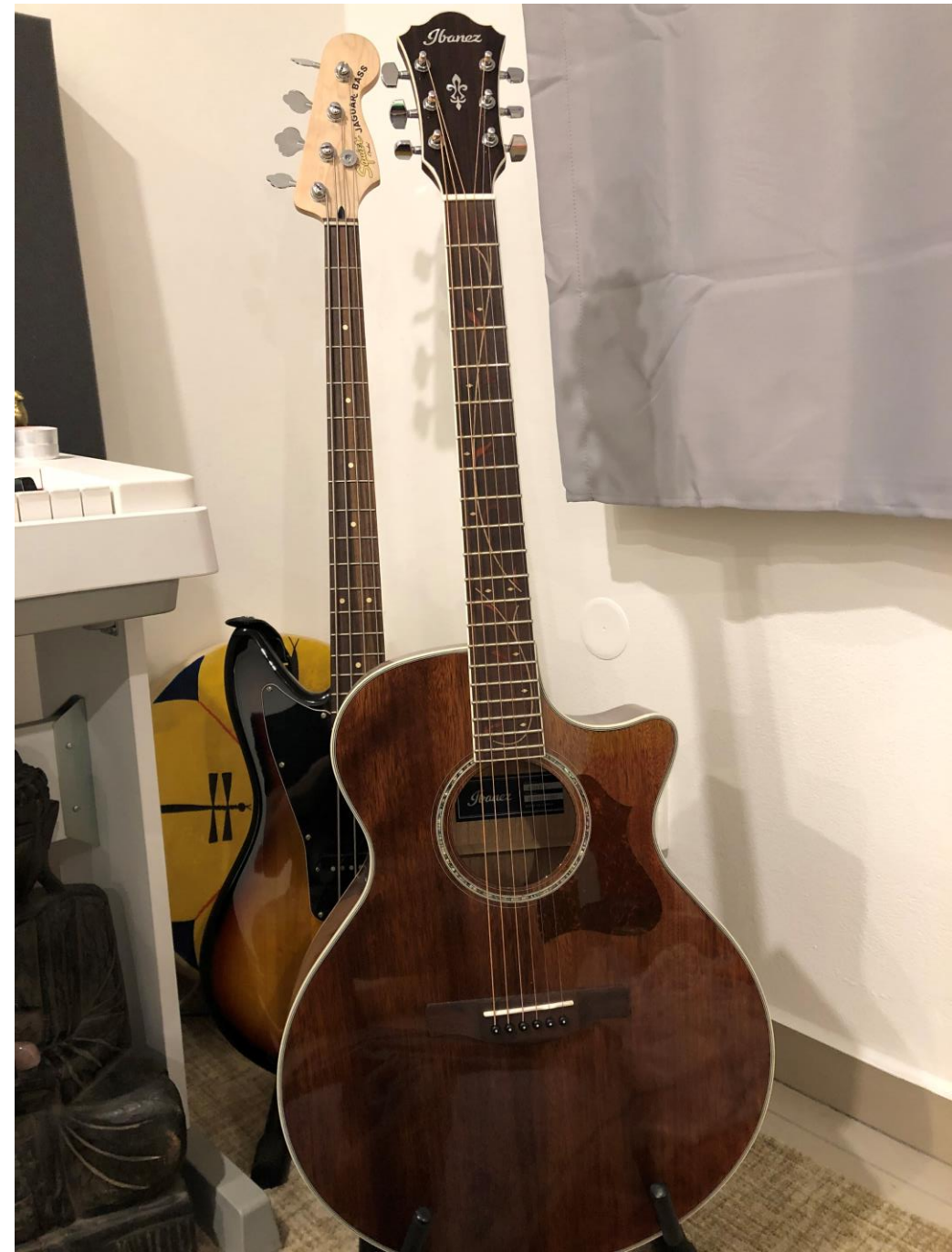
## SO WHAT ARE THE BENEFITS?

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- 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

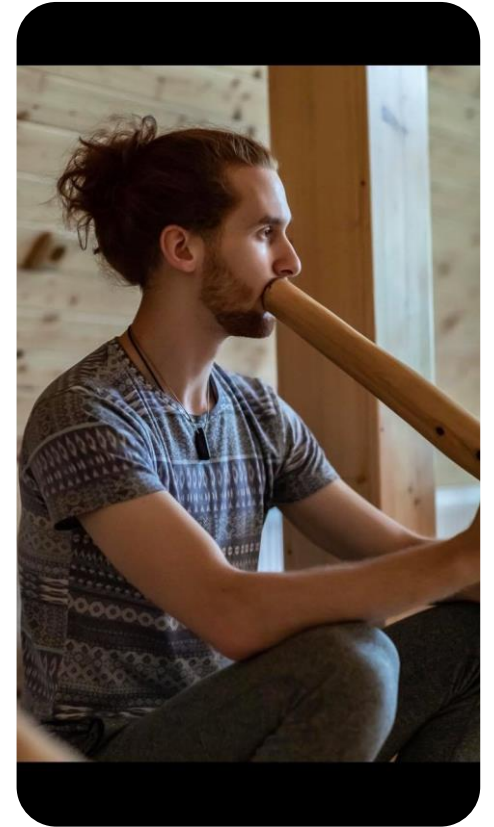
- Strumming instrument
- Rich variety of low and high tones
- Vibrates mainly on the heart chakra center







## 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



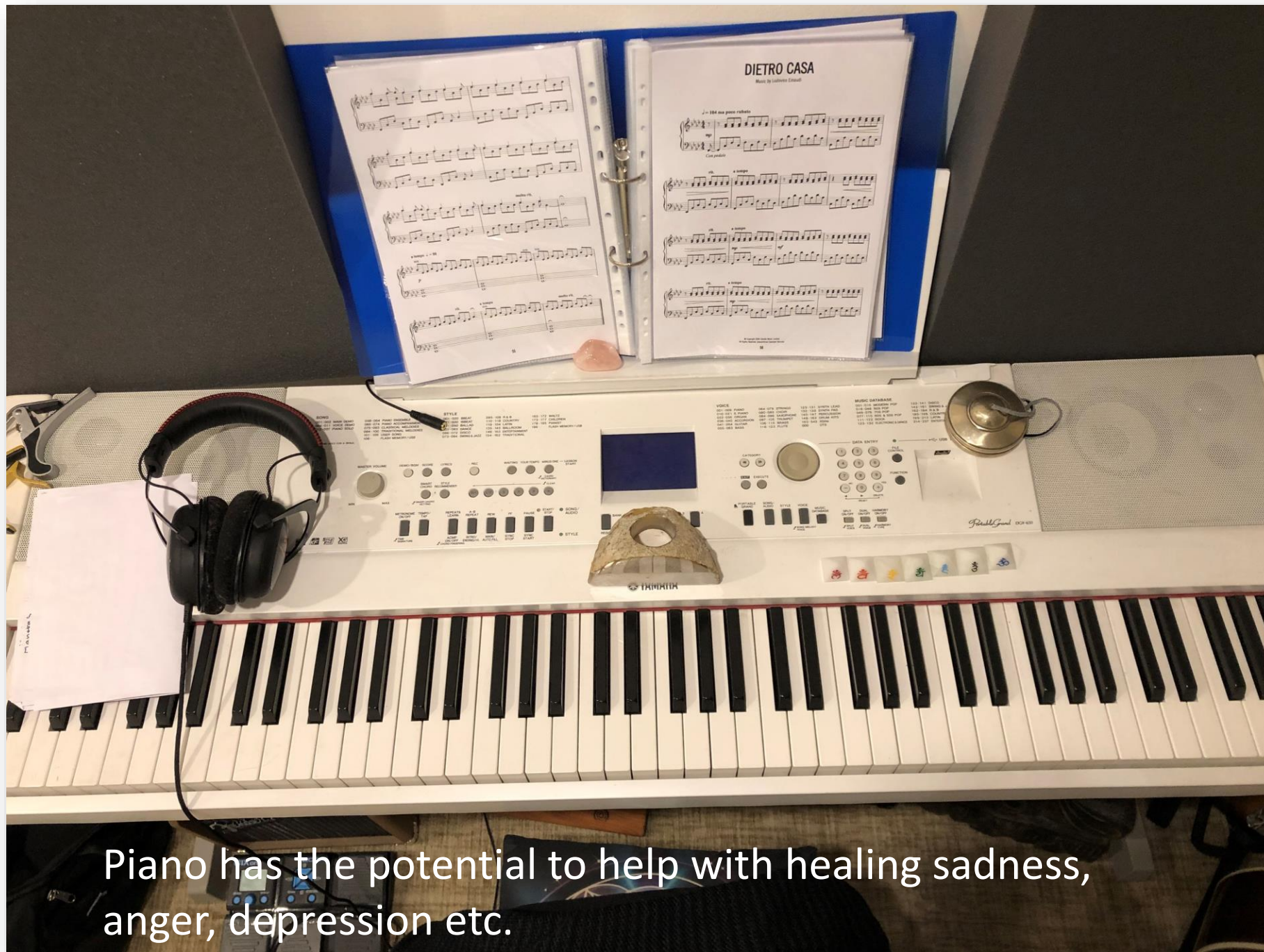


# DJEMBE



- 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

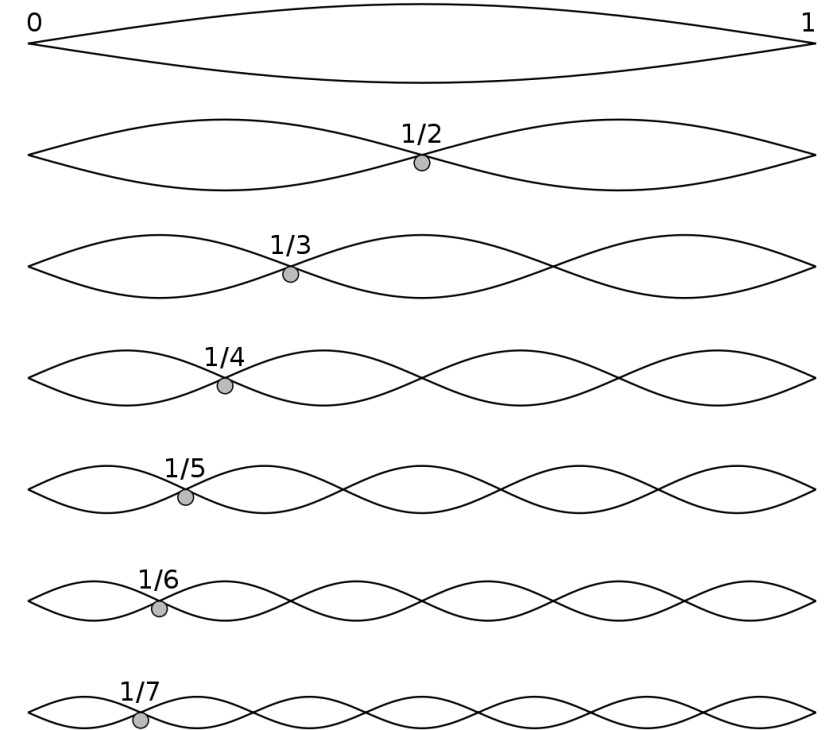
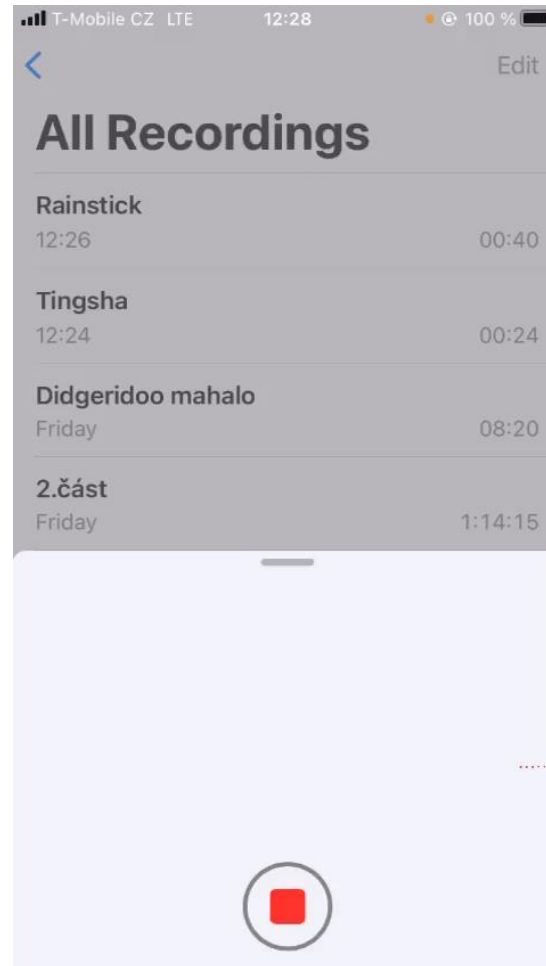


- Handpan/hangdrum is a family of instruments which have the power to achieve zen state (state without thoughts)

# 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

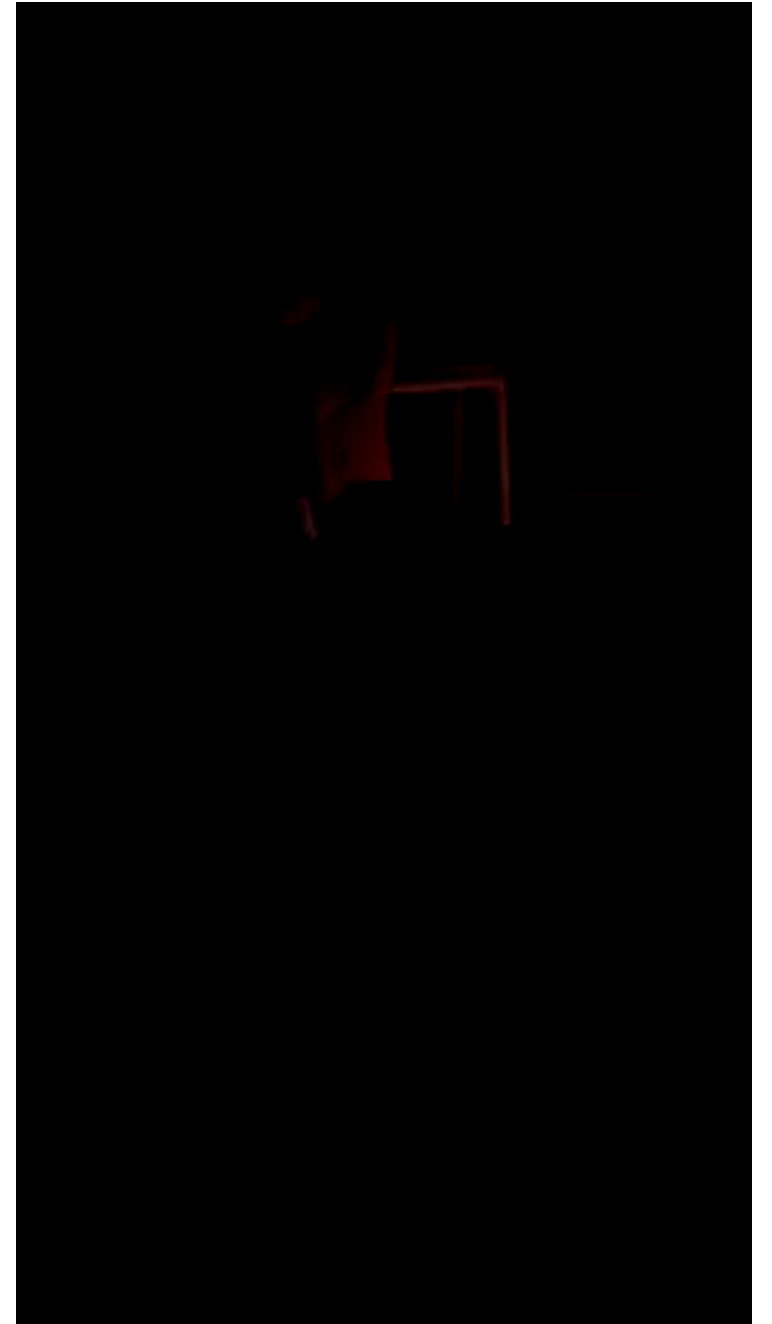
- Tingsha are great for achieving more present and alert state of being
- Produces frequency around 2555Hz (tone D# and F)





# HARP

- Opens the higher channels
- Can be combined with voice



THANK YOU FOR LISTENING

