

Tuning Your Body with Your Voice

What is it about the human voice that gives it healing qualities or abilities? It boils down to two things. One is frequency and the other is intention.

The smallest building blocks of matter are atoms and their parts. At this level, everything is in vibration. Vibrations occur at different frequencies, measured in Hertz. Frequency measures how quickly a vibration is moving. For example, your brainwaves are divided into different categories by frequency. All of them are present at any given moment. One of the categories will most likely be predominant depending on what you are doing. If you are busy at work, your brainwaves will register mostly in the beta range from 14 to 20 Hertz. If you close your eyes and relax for a few moments your brainwaves will slow down to predominately alpha waves from 8 to 13 Hertz.

Your entire body is a symphony of many different frequencies. Even individual cells are resonators that respond to sound. The frequency of your liver, for example, is created by the group of cells that form it. When something in your body goes out of tune, dis-ease or illness settles in. There are many successful ways of treating dis-ease in the body. One thing, though, carries all the frequencies of your body. That is your voice.

So, how do you find the frequency, for example, of a tight muscle in your shoulder? When you were a child, did you ever play with making siren sounds with your voice? The lowest sound you can make, the highest sound you can make and all the sounds in between as you slide your sound up and down carry every frequency of your body. To find the frequency the tight muscle in the shoulder, first, create the intention that you want to find the sound necessary to bring that muscle back into tune. Next, make the siren sound up and down. Listen carefully to the sound.

Is there a tone or sound in the siren that seems louder or softer than the others? As you slide your voice up and down, is there a sound that you seem to be drawn to or that you keep returning to? Allow your intuition and body wisdom to find the sound. Once you have found the frequency or sound, sing it to the tight muscle. You can use a vowel like ahhh or ohhh or any sound that feels appropriate. Imagine the sound massaging the muscle fibers and relaxing the tension. Combining visualization with sound is extremely effective. This combination has also been shown to complement and support many medical treatments.

I invite you to explore how the sound of your voice affects your body. Send me an email and let me know how it works for you. Sharing our stories with each other inspires and encourages people.

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