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What is Toning?

Toning is the natural voice of the body. It comes from the body rather than the mind. We make these sounds all the time. We just don't call it toning. A sigh is one of the body's natural ways to release negative energy or pent up emotion it no longer wants to hang on to. A sigh is more socially acceptable in Western society than moans and groans for example, which are often discouraged. These are all natural healing sounds of the body to help bring it back into tune.

It has recently been discovered that a cat purrs as much to heal itself (or it's owner) as it does when it enjoys attention. If you have ever held a cat when it is purring you know how much the purring vibrates its body and yours while you hold it. The sound of your voice does the same with your body.

Another natural sound we use is aahhhhh. "Aahhh, isn't that cute." "Aahhh what a beautiful sight or feeling." All these aahhhs tune and tone your heart. Aahhh is a heart sound. When we express a sound in a singing voice, we put more energy behind the sound. This energy is focused by our conscious intent. It is my belief that sound, especially our own sound, is a carrier wave for consciousness.

The following quotes are from the book "Toning" by Laurel Elizabeth Keyes and provide some interesting information about the body and sound.

The purpose of all toning is to restore the vibratory pattern of the body to its perfect electro-magnetic field, so that it will function in harmony with itself. . . (p. 10)

We create with words and sound. Almost all our actions and reactions result from words. It is generally accepted that we cannot think without words, or symbols, and that our thinking is limited to them. Words are tools. It is important to have a good selection at our command.

Beneath these words are the vibrations of the tone upon which they travel. Tone is the underlying force operating in our lives. To understand this, enhances our ability to create what we wish and to give form and substance to the ideas in our minds.

Sound is the meeting place of the abstract and manifested idea. . . (p.10)

"Sonic oscillation, when applied to the human body, will effect a micromassage of tissues and cells which effect a balance and improve blood circulation, metabolism, and the pulsing of the nervous system and endocrine glands." *All Union Research Institute, USSR.* (p. 99)

"Experimentation indicates that human beings, as all objects, are radiating sound waves, therefore their fields are sonic fields. Each individual has his own different pattern, or collection of tones just as each individual has a unique shape. We can see from this that harmony is the secret of perfect health. Within the human body any deviation from this harmony would result in ill health. This harmony of sound will only exist within the body providing that each molecule within the body plays its part in the whole. In any deviation, if the molecule is moved or displaced in any way, the general theme of the body's harmonics will be upset. We can easily see that each organ will have its own sonic (or sound) field." *Dr. Peter Guy Manners.* (p. 99-100)

One thing that carries every frequency of your body is your voice. Please refer to my article, "Tuning your Body with Your Voice" for how your voice can be used to bring harmony to your body.

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