

Meditate with Sound



Meditation is an old practice of training self-awareness. Some benefits include, but are not limited to, calming your nervous system and providing an overall sense of wellbeing. It can be done during any time of the day, and can be done inside or outside making it the perfect practice for everyone.

There are various methods of meditation to choose from. One particular form of practice is called Sound Meditation, or Sound Bathing. This particular form

enables the participant to create a state of focused awareness.

Many practitioners have stated that even though a meditative state can be achieved through silence, incorporating sound into your practice can help to accelerate the process for some people. Most recently, Dr. Masaru Emoto gained worldwide acclaim for his ground breaking research and discovery that water is affected by vibrational sound (Mueller, 2014). The human body is made up of 75% water, so a correlation can be made.

Sound meditation is not new, in fact many cultures have associated sound with well-being. Australian aboriginal tribes have used the didgeridoo for centuries as a sound bathing instrument. The ancient Greeks used sound vibration to aid in digestion, treat mental disturbances, and induce sleep (Dellert, 2018).

The following are common sound bathing tools:

- Tuning forks
- Gongs
- Singing Bowls
- Vocal Toning
- Meditation Music

All of these tools have vibrations in common; these vibrations can help guide you into a deep state of meditation.

Why would you choose sound meditation over another? The answer might lie in how well you are able to empty your thoughts. If this has always been a struggle for you, meditating with sound might prove to be an option worth trying. Many have found that



sound has the ability to promote calm and relaxation, improve overall health, and influence well-being on a deeper level.

Works Cited

Dellert, Nicole. 2018. A Meditation on Sound Bath . *Allure* . [Online] October 24, 2018. [Cited: July 07, 2020.] <https://www.allure.com/story/sound-bath-meditation-benefits>.

Mueller, Elba. 2014. The Healing Power of Sound . *The Chopra Centre* . [Online] December 30, 2014. [Cited: July 07, 2020.] <https://chopra.com/articles/the-healing-power-of-sound>.

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