

# Experience Sound as Nutrition

What if we knew how good a sound was for us? And how to recognise when it's not?

I'm here to tell you that this field of sound we are immersed in all the time has profound effects on our physical, emotional and spiritual bodies.

Just as we choose food to suit our needs, we can do the same with sound.

## Be Aware of Sound

If our goal is to feel nourished, energized and on purpose, we must be aware of our sonic environment.

At home: consider the sounds around you. Busy household or quiet? Appliance noise, television, computers, music.... Or maybe it's quiet, in nature or you live alone.

Work environment: loud, difficult to concentrate perhaps? Machines, bells, buzzers, music coming through systems out of your control?

Or do you work somewhere you have some control over your sonic space?

Social environment: where do you like to be? Dancing/singing, building, studying, exercising, indoors, outdoors, alone or with others?

From this notice which sounds you find helpful and which ones are not. What sounds do you reach for when you need to concentrate, be productive or to sleep or relax? We all know the effect of our favourite music, I'd like to take you beyond that.

Sound is affecting our systems and our lives 24/7 from before we're born. Hearing is the first sense to develop in utero around 8 weeks.

We hear our mother's voice and inner



workings, plenty of low vibrations from that inner world and the muted outer world sounds all affect our development.

Our nervous system interprets the sounds we hear and the ones we don't (vibrations) to keep us safe.

We are naturally drawn towards sound & vibration that is good for us ie. nature sounds, beautiful music, and away from sounds that may be a warning ie. loud or sudden noises, distressing voices, machinery.

The entire 1/3 posterior of the spinal cord is dedicated to sensing vibrations - the sounds we don't hear with our ears. In caveman times this kept us alive because we could "feel" the danger before we became the dinner! \*also trust your "spidey senses" when you feel something is not right. You are picking up on an incoherent vibration.

## How to Use Sound Therapeutically

How do we use sound therapeutically and nutritionally?

First check your daily environment, make a list of all the things you hear and how you

feel about them. That's how you tell if they are good for you or not.

Then change what you can. (download free Sound Journal here if you like)

A word about entrainment!

We are designed at the cellular level to be coherent, rhythmic beings. Each cell has an ideal oscillatory rate and when that's not right, the cell is not healthy.

When the nervous system is exposed to a consistent noise, frequency or sound it ADAPTS to it whether it's good for you or not. It can also entrain to sounds that are beneficial so turn up the birdsong, ocean waves, classical music or whatever rings you JOY.

In the realm of resonance and entrainment the most consistent vibration (sound, frequency, a voice, an idea...) wins and will entrain those around it.

Silence really is golden!

Just as we sleep through the night to give our digestion a rest it's equally important to allow our nervous system to have a silent break too.

A story without breaks between the words or a song without rests between the note wouldn't be so great would it?

WE must rest too! We get so busy doing all the things, talking, listening, doing....Create space in your day whether it's a meditation or just a quiet room for a few minutes and feel the immediate benefit of silence

Listen on Purpose

When you listen, listen on purpose. Music, talking, working. If you apply sound, frequency and music in a therapeutic way it can be as good as changing your diet to whole foods instead of junk. Sound therapy

uses many tools, instruments like crystal bowls and Tibetan

bowls, tuning forks, chimes, drums, rattles, voice, music, nature sounds and my favourite - low frequency Vibroacoustics which are applied directly to the body through a device like a sound therapy table or cushion.

So.... what are you listening to? How does it feel? Can you change it?

Learn to apply therapeutic sound using tuning forks Nov. 22 in Nanaimo at Sea of Sound Tuning Fork Essentials Workshop

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