

My On Ramp To Revisioning Sound Therapy

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Almost two decades ago, I heard a psychologist talk about using bio-lateral sound via headphones with his teenage clients with great results. He would conduct the session with the volume low and playing in the background. The result was a more relaxed, less resistant and engaged teenager.

This led me on a journey of using bio-lateral and binaural beat (brainwave entrainment) music with my clients. My results were very similar. Couples were less reactive and more open hearted in their communication. Individual clients reported feeling more focused, relaxed and open.

This in turn, led to a more intentional use of brainwave music for my self-care with equally outstanding results (a decade long premature ventricular contraction went away). This sound work was also effective for emotional regulation and increased feelings of centeredness. I could see in my clients and myself an expansion in the Window of Tolerance.

This led to taking workshops on sound work with Dr. Mitch Nur of 9-Ways Academy and other resources. I began to explore using Himalayan Singing Bowls and then Gongs with clients with even better results. This led to experimenting other harmonic resonances such as drums, rattles, didgeridoos and Native American flutes.

Over the years I began to develop my own therapy protocols which had evolved from several different energy psychology modalities. Besides adapting from my training in EMDR and EFT, my studies with Steve Wells of Simple Energy Techniques and Intention-based Energy Process has been an integrative experience with tapping and sound modalities. After learning IEP and using it successfully with clients (recently I became one of the first five persons to be certified as a IEP Practitioner and Mentor), I began to experiment replacing tapping with sound therapy (or combining the two). Combining these two methods has been an effective marriage of modalities with significant results.

For more information about Steve Wells Intention Tapping and training, go to <https://intentiontapping.com/>

Educational Resources

Facebook: The Art & Science of Sound Healing Public Group – Description: *"This group offers a forum in which to share and learn legitimate and reliable information about sound and healing, while maintaining the honesty of Science and acknowledging those aspects of Sound Healing that are better construed as Art."*

9 Ways Academia <https://www.9ways.org/> Description: “We are a private learning academy offering classes, workshops, and retreats on over 100 indigenous sound instruments, including Master Classes with Himalayan Singing Bowls, Gongs, and the Bonpo Shang. We are the foremost learning facility in North America when it comes to educating and elevating students in the areas of Sound Therapy. Dr. Mitch Nur has spent nearly 5 decades as a Achaeomusicologist, Sacred Sound Researcher, Practitioner and Teacher. Many refer to him as the “Indiana Jones of Sound Healing.”

Sound Energy Healing Instructor Instructor: Diane Mandle - She has a nice workbook and DVD, “Ancient Sounds for a New Age” as an introduction to Singing Bowls. What I found most helpful as a beginner back then was her specific instructions on how to play the bowls and get the best sound. Since then she has published a book entitled by the same name. Many instructional videos. <https://soundenergyhealing.com>

Intention Tapping developed by Steve Wells - <https://intentiontapping.com> IEP combines tapping with specific definite intentions that act as commands to your unconscious mind to release the emotional attachments behind your problems and restore your body energy back to flow. After using IEP, you usually discover not only that you feel better, you also have greater clarity to make decisions, and can more easily access the personal power to achieve your goals. In this way, IEP can be a powerful tool for peak performance as well as for emotional healing.

Books and Articles

Anderson, Thomas Orr (2018) Essay: A Holistic and Scientifically Valid Approach to Sound Healing <https://www.phisonics.com/podcast-blog-research/>

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Goldman, E. L. (2004). Neuroacoustics: The healing power of sound. *Holistic Primary Care Magazine*,5(3).

Goldsby, T. L., Goldsby, M. E., McWalters, M., & Mills, P. J. (2017). Effects of singing bowl sound meditation on mood, tension, and well-being: An observational study. *Journal of Evidence-Based Complementary & Alternative Medicine*, 22(3), 401-406.

Landry, J. M. (2015). Healing emotional trauma: Practical pathways to decrease anxiety, anger & lower blood pressure. Balboa Press.

Landry, J. M. (2013). Physiological and psychological effects of a Himalayan singing bowl in medication practice: A quantitative analysis. *American Journal of Health Promotion*, 28(5), 306-309.

Livnay, J. Shaul The Issues Involved in Using a Gong in Psychotherapy and Hypnotherapy
<http://www.livnay.ws/en/Publications>

Nur, Mitch Considerations in Presenting 'Ambient Mode' Sound Therapy, part one.rtf and part wo.rtf www.academia.edu

Perry, F. (2014). *Himalayan Sound Revelation*. London: Polair Publishing.

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