

## Good Vibrations

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Everything in the universe is in a constant state of vibration, including our bodies. Sound is vibration that can be translated by the delicate structures of our inner ear, but it moves more than just those tiny receptors. It is part of the spectrum of energy vibrations that affect us on the mental, physical, and spiritual levels. Long ago shamans recognized the power of sound when they first used chants and drumming to heal people. In ancient Egypt, Greece, and India, the use of sound and music for healing was a highly developed sacred science. Sonic vibration has been one way of experiencing the energy of the universe for much of humanity's history.

When the vibrations of our physical and spiritual bodies are out of harmony it can cause disease. Sound healing gently massages the molecules back into the right places, clearing blockages and restoring harmony. Ancient healing systems such as Chinese medicine and Indian Ayurveda associate specific musical notes with subtle-energy systems of the body, such as in yoga where particular notes of music correspond to each of the seven chakras. In Tibet, priests have long used bells and bowls over and around the body to tune and clear the energy centers. Chimes and tuning forks are other tools that have been used to heal not only the body but the energy in a room as well.

Knowing that sound has the power to heal, we should also try to remember that sounds from modern life can have a negative affect. Choosing silence over discord may help us maintain a state of equilibrium. As we seek soothing and harmonizing sounds to surround us, we may be doing more than creating a balm for the noise of the world. We may actually be performing an act of self-healing that connects us with one of the most basic vibrations of the universe.

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