



This week...

Take a 'Beats' Break!

Throughout history, sound has been a tool for promoting the physical and emotional well-being of the body, and is deeply rooted in ancient cultures and civilizations.

The ancient **Egyptians** used vowel sound chants in healing because they believed vowels were sacred. **Tibetan** monks use singing bowls, which have been used for centuries to produce low frequency sounds that calm the nervous system.

Tamara Goldsby, a research psychologist in integrative health at the University of California San Diego, conducted research on this topic and discovered that people attending singing-bowl meditations or sound baths reported a reduction in pain symptoms, as well as less anxiety, tension, anger and feelings of sadness.¹

Numerous global studies show that people who are regularly exposed to particular sounds at certain frequencies report lower stress levels, improved healing, and a decrease in the physical pain. Other experiments have revealed how alpha brainwaves can boost the production of serotonin.

Sound – and vibrations in general – are starting to get more attention in the scientific and medical communities as a possible source of treatment. [Check out this article](#) on how vibroacoustic therapy is being used to treat Alzheimer's, fibromyalgia, and even cerebral palsy, or [this article](#) that shows the fascinating directions this science is going.

Sound Healing Goes Mainstream

On YouTube, you can find a variety of sound frequencies claiming to cure emotional conditions such as anxiety, fear, insomnia, and anger. There are also some websites with

different frequencies that claim they can boost memory and concentration, or even reduce toxicity. The good news is that listening to these frequencies – at a reasonable volume of course – are not expected to cause you any harm.

Will they live up to their promise? Well, that depends on you. Each of our unique experiences listening to these frequencies may indeed result in a positive outcome or may make no difference at all. If listening to a particular frequency makes you feel calmer or less pain, then why not? If you do not experience any changes, then you can try a different frequency or music source, or conclude that it was an experiment the only cost you ten minutes of your life!

Remember, as with many ‘non-traditional’ Western therapy methodologies, there is more to research in this field and, frankly, even more that we have yet to open ourselves to learn.

Try a ‘beats’ break!

Try something different today by listening to a refreshing ten minutes of **binaural beats**, a soundwave phenomenon using subtle, surreal beats that relax and pulsate deep inside the brain. **Binaural** means ‘relating to both ears’. This method stimulates the brain into a specific state using pulsing sound to encourage your brain waves to align to the frequency of the beat. ²

According to speech-language pathologist Dr. Suzanne Evans Morris, Ph.D.:

“Research shows that different frequencies presented to each ear through stereo headphones ... create a ‘difference tone’ (or binaural beat) as the brain puts together the two tones it actually hears. Through EEG monitoring the difference tone is identified by a change in the electrical pattern produced by the brain.” ³

Your brain has five different types of waves. Generally speaking, low-frequency waves are linked to **delta** and **theta** states which can boost relaxation and improve sleep. Higher frequencies are reportedly to boost your brain waves into a **gamma** state which may make you more alert, focused, or better able to recall memories.

Mid-range frequencies have been linked to attention. Your brain moves into an **alpha** state when your focus turns inward – as in meditation – and a **beta** state when your attention is tuned to the world around you.

Though more research is needed, there's some evidence that audible brainwave entrainment reduces anxiety, pain, symptoms of premenstrual syndrome, as well as improves behavioral problems in children.⁴

Explore Some Sounds

Here are your 'Costco-like' samples of different frequencies. There are so many varieties out there. However, here are some the author has enjoyed. These are best enjoyed **with headphones** to experience the binaural beats. Explore these or go online to find others to see if there is one, or a few, that really speak to you:

- [Serotonin Release](#)
- [Happiness Frequency](#)
- [Awakening](#)
- [Migraine Relief](#) (*Note: the author's experience found this to be helpful expediting relief after taking migraine medication*)
- [Relaxation and Sleep](#)
- [Insomnia relief](#)

Take a few minutes out for yourself. Sit back, close your eyes and let yourself flow with the sounds and frequencies. May you experience deep relaxation from this emerging field of healing techniques.

If you would like to contribute, or have ideas about what you would like to see in the [ReFresh](#) series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.

Sources

- ¹ "Effects of Singing Bowl Sound Meditation on Mood, Tension, and Well-being: An Observational Study" (2016). *Journal of Evidence-Based Complementary and Alternative Medicine*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5871151/>
- ^{2, 4} [Healthline | Types of sound or music therapy](#)
- ³ [Medicina Narrativa | Sound Therapy and Well-Being](#)