

# GETTING TO HAPPINESS

## Benefits of Sound Therapy

Certain frequencies and rhythms help balance the mind and body.

Frequencies are used in naturopathic medicine to treat physical and mental conditions

Music is a vital part of the school curriculum. Playing drums and musical instruments align the mind and body in harmony and promotes emotional stability.

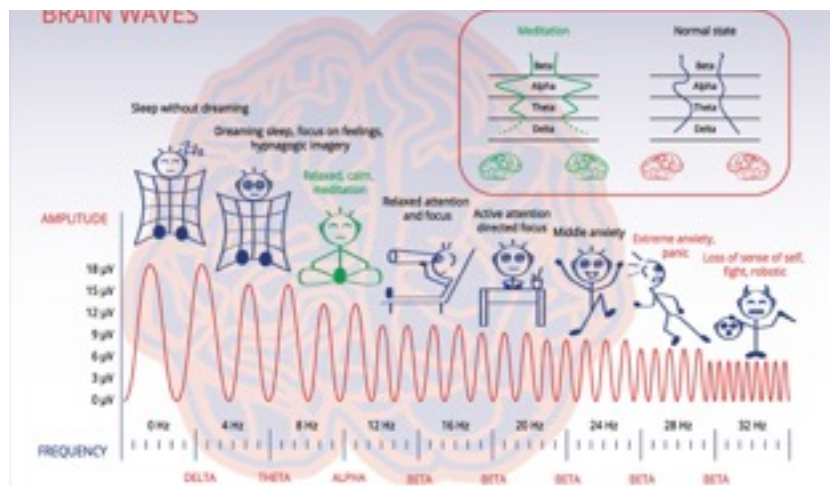
Businesses use sound therapy (i.e.: airlines, elevators and dentists) to calm clients.

How can you benefit from sound therapy?

## VIBRATIONAL MEDICINE

Before we end up out there on the raw edge of emotional distress, it's a blessing to be aware of passive balancing tools that can restore well-being such as music, inspirational audio books or podcasts using the alpha wave frequency. All healing occurs when the body is influenced by somehow altering its frequency resonance or vibration. These vibrations are not only heard, but also felt within every cell of the body.

Sound waves can help us by lowering heart rate variability, relaxing brain wave patterns and reducing respiratory rate. The chart below



demonstrates our frequencies from dream state through emotional distress. The optimal

## Brain waves and stress

There is good and bad stress. When the body stays alert and active for extended periods of time bad stress occurs.

Prolonged stress is harmful to your body. It promotes toxins, drains valuable nutrients, and decreases mental performance.

Sound therapy can turn off overactive stress alarms to facilitate a state of balance.

## What sounds make you happy?

Laughter

Rain

Wind

Ocean waves

Animal sounds

A favorite song / music

Bells or chimes

Happiness frequencies:

38 hz, 432 hz, 528 hz

frequency vacillates between low beta and delta dependent upon what you are doing.

Alpha waves foster emotional stability. These waves are a high amplitude brain wave with a frequency between 12.5 and 7.5 hertz.

On the far end of the spectrum are the high frequency beta waves that lead to stress and anxiety. While beta fosters arousal, alpha represents equilibrium. The next time you are feeling out of balance listen to some alpha waves.



Find a beat that makes you move from a static feeling to one of clarity, put it on your playlist! Here's a helpful [binaural beat](#) from Full Length Binaurals.