



Resonant Tone A Path To Healing

The tones that are most meaningful, the ones your body resonates with are the basis from which the sound healing improvisation is evoked. The tones which you resonate with personally are an expression of your life drive. Feeling your tones reflected back to you is energising and helps you create the channel through which you can intend your own healing and change. It can be helpful to work with the sounds of the environment as well. In sound healing the moment is the gift.

Examples of how to find resonant tones:

- ***The tones voice***
- ***The tone of the out breath***
- ***The sounds of the environment***
- ***The tones which acoustically fit with the space***

When some one speaks, breathes or vocalises often they will use the tones which are resonant and meaningful for them. Based on the harmonic series, the physical way vibration aligns, in sound healing we may also vibrate the tones the 4th below or 5th above.

The mechanical sounds can be made safer and more beautiful by being set in a melodic musical context. This makes them predictable and humanises the sound scape.

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