

## Healing Touch and Natural Sound

By Kim Polvi, MLIS, HTCP

I was introduced to Healing Touch by a little gnome named Marsha Read. Some years ago I approached Marsha, who I knew through attending her workshops called "Sounds Wonderful To Me". I asked her if she would guide me on my journey to becoming a sound healer. Marsha, being Marsha, said "yes". She told me, however, that I also needed to learn about the human energy system and recommended an upcoming Level 1 Healing Touch class. I loved it and subsequently went on to obtain certification.

I studied sound healing practices as I was studying Healing Touch. I experimented with the Tuning Forks and the *Spiral Meditation* and called the session a "Tuned Spiral". I added the sounds of the crystal or Tibetan bowls to the Chakra Connection. I used vocal toning to balance the chakras. As I practised I noticed how quickly the energy shifted when Healing Touch was combined with sound. I realized that sound is the soap that scrubs away our "klingons" – those old habits, patterns and stuff that no longer serve us, yet keep hanging on - and Healing Touch is the rinse cycle. Both sound and Healing Touch have the power to move deeply into our physical, emotional, mental and spiritual bodies. The combination of the two creates a synergistic, resonate frequency which can shift and transform old energies into new.

Marsha and I are now business partners as well as friends. We practice sound healing using *Natural Sound*. We use natural instruments such as our voice, drums, rattles, tuning forks, or crystal and metal singing bowls to remove blocks and restore harmony and balance to the energy system. Our bodies are natural receptors for sound vibrations because we are 70% water and sound travels five times faster through water than it does through the air. The crystalline structure of our blood and bones bonds with the quartz matrix of the crystal bowls and the vibrations we create through vocal toning settle deeply into the core of our being. When sound is combined with Healing Touch the energies of both are amplified.

When I practice a *Chakra Connection* I use the crystal bowls to open the session. I play the bowls for 2-3 minutes and then allow them to silence. I do the steps of the Chakra Connection to the hips. I then play the bowls for another 2-3 minutes and allow them to silence. I do the steps of the *Chakra Connection* to the high heart and then stop to play the bowls again, allowing them to come to silence in between. I play them twice more before closing the session. I've learned that each successive round with the bowls takes the client deeper into relaxation and calm.

Silence in sound healing is essential. When we create sound frequencies for healing we want those frequencies to resonate deeply into our cellular structure for it is deep within that change happens. Silence is the key to allowing this change to occur.

When I combine tuning forks with Healing Touch I use the forks as an extension of my fingers and hands. I often work with two forks and follow a Healing Touch sequence. As I work through the sequence I look for any differences in the vibrations between the forks. For example, does one fork hold the vibration longer? Does the energy flow freely between the forks? How do the forks respond on different sides of the body?

When I combine chakra chimes with the *Chakra Spread* the frequency created by the chimes matches each chakra. The added boost of the sound assists in opening the field and facilitates deeper healing. When I combine vocal toning with *Hands Still* it can easily shift a stubborn blockage. Adding sound to your Healing Touch practice doesn't need to be difficult. Vocal toning is a simple technique that costs nothing and can even be done silently. Some people have a Tibetan bowl they aren't sure how to incorporate into their healing practice. What about that set of maracas you brought back from Mexico last year? Don't worry, just give it a try. Set your intention and let go of the outcome. Give yourself PERMISSION. TRUST the experience. ALLOW the process to happen.

Sound healing is not music therapy. You don't have to be a trained musician to use this powerful healing tool. Your voice, because it carries your consciousness, can facilitate your most powerful healing. We've given away the power of our voice to professional musicians. We think if we can't sing on key and perfectly then we won't sing at all. Well, I say, "POOF to that"! Sing whenever you get the chance and make a joyous noise! But make sure if you are with a client that they have granted you permission.

The Healing Touch sequence teaches us to always talk to our client and ask their permission for touch. This is a good time to talk about adding sound to the healing session to determine if they are open to the experience. Once you have agreement be gentle with your voice or your tools. No one wants an aggressive drum beat bringing them straight up off the table during the session! Remember to allow silence between sounds and listen to what your tools are telling you about the energy.

Welcome to the PTA Club – Permission, Trust, Allow!!