

The Healing Power of Voice

We are bound together through toning and singing. We weave sound and voice to form a web which supports and unites us. Songs of power to God and Mother Earth increase our inner strength and self-expression, and sends body and soul into healing vibrations.

Singing and toning are direct forms of expression: through these, we are connected to our inner selves and the core of our being, and can allow ourselves to be seen and to be heard. We become present, and in this truth we are both powerful and vulnerable. Singing and being sung to brings blocked energies into increased vibration: Emotions start to flow, pains and anxieties start to dissipate. Healing can occur. Singing and toning together puts all participants into a state of heightened energetic vibration. It doesn't matter how – or how well – we sing, it is joy and love that bind us together.

Chanting is the singing of simple melodies, and is often performed in combination with movement or dance. The aim of chanting is not perfect execution, but rather to achieve healing and transcendent effects through repetition of the chant, and by allowing it and the chanting group to affect you. This results in several physiological effects, such as the release of beneficial hormones and relaxing neurotransmitters in the brain. This results in the build-up of a powerful energy field. This group harmonisation (e.g. the synchronisation of breathing rhythms, heart frequency, and brain waves), coupled with the melody and meaning of the chant, support this process and can lead chanters to experience a sense of deep interconnection and opening of the heart. Especially well-suited for chanting are Healing Songs (ritual or spiritual songs from different cultures and traditions) as well as Mantras ('words of power').

It is quite impressive, that during both the rosary prayer as well as the recitation of a Mantra the breathing cycle is slowed down to almost exactly six breaths per minute. This matches a frequency of 0.1 Hertz, or six vibrations per minute – the rhythm of the inner cardiovascular system (Bossinger).

The heart thus enters a state of resonance, as soon as song and breath reach the requisite pattern of vibration. The heart is musical and vibrates along in a healing pattern when we sing and tone in a particular fashion. Different spiritual traditions have been using these correlative effects intuitively for hundreds of years. This 'relaxing singing' counteracts physical discomforts in a holistic fashion by initiating pain-relieving and stress-reducing (endorphin,

oxytocin) processes. It reduces muscular tension and harmonises breathing (Bossinger).

The 'cuddle hormone' oxytocin, which is released in massive doses during singing, is a potent source of healing. It spreads throughout all regions of the body, thus influencing blood pressure and heart frequency, while simultaneously reducing aggression and stress levels: "The more oxytocin is released, the less adrenalin is produced. The pain threshold is increased, whereas the amount of stress hormones is decreased. It takes away fear and depression, wounds even heal more quickly. It dampens stress reactions, strengthens the immune system, and has a beneficial effect on health in general. It leads to friendlier communication and evenness of character" (Bossinger, "Die heilende Kraft des Singens").

Singing to others

With this method, one or several persons lay themselves comfortably in the middle of a singing circle, so that they may fully enjoy the sounds of song. These persons often describe their experience as going on a journey, or being lovingly rocked back and forth like a child: they soar through the sky and sail on the sea. Those that have undergone this process have describes that they felt a lingering effect deep within their cells for a long time afterwards, as might occur after a full-body massage. It is an experience, that shows how strongly and deeply the vibration of the tones work on body and soul.

Those that do the singing also enter into an intense process. The continued repetitions of the chant elevate them into a trance-like state, and the communal singing is experienced as something deeply heartfelt and personal. Physical complaints can be relieved not just in those being sung to, but also in those that do the singing, as emotions are unblocked and start to flow freely.

This helps re-centre all participants, and opens their consciousness to the world of sounds and their healing effects.

Information:

Carien Wijnen is a medical practitioner, holistic therapist, and singing therapist. Since 1986, she has lead seminars in Germany and abroad on the healing powers of singing and toning. She also offers private counselling sessions and a training program in Holistic Song Therapy.

Application:

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