

Title: How to Easily Reach Theta for Optimal Self-Programming

Summary: Tried and True Technique to Reach the Healing Layers of the Brain

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or

If You Can Moan, You Can Tone

From the first wail at birth to the funeral lament, sound and rhythm are a part of our lives. In between these two moments, we use a variety of notes, pitch and intonation to express ourselves. Some of these vocalizations are learned; others are quite natural and spontaneous.

All manners of systems have been devised to organize the various sounds we produce. Language and musical composition are probably the two most well-known. Techniques such as toning, praying, chanting, and primal screaming are just a few of the methods that have been used in our attempts to gain dominion over our physical and emotional selves.

But it is the natural tones that seem to be the most useful. Granted they are the ones that we often don't use, at least in public. The natural grunts, groans and sighs are the sounds used when we find ourselves in our most vulnerable states: when we are ill, afraid, grieving, angry or making love. These sounds are associated with the most fundamental aspects of our lives.

We didn't have to learn to moan or weep. It is not required that someone teach us to groan or laugh. With few exceptions, the ability to produce such verbalizations comes as standard equipment.

Almost anyone can tone. Make a sound, any sound. Make the sound originate from your throat, your nose, from deep in your gut. Close your mouth and make a sound. Do you feel it move through your nose? Experiment. Run a scale from the lowest to the highest note you can make. Do you like one sound better than the other? Does one tone make you vibrate more than the others?

The sounds that cause you to vibrate are the most helpful. Vibrating tones in your sinus cavity or throat have been known to reduce the pain of a headache and decrease sinus, ear or throat infections. Puff out your cheeks and blow a sound through your, barely touching, front teeth. See if you can find a note that will make your teeth or inner ear vibrate. Congratulations, you just learned to tone your own Signature Sound!

Do any of the sounds make your ears ring? A high-pitched ring that you could not possibly match vocally is present in your ear if you know how to listen. This is your own Soul Note. If you haven't heard such a ring maybe you haven't trained your ear to focus.

Try this exercise: Listen, for a few seconds, to someone who is very near you talking. Now listen to someone who is several feet away, maybe in another room. Now listen close again. Now far. Keep changing your focus. Can you feel your ears change focus? If you use this same technique, you will soon begin to hear a high-pitched ring in your ears. This is your own intrinsic frequency that animates you and keeps you alive and manifests as your

Energy Body. It is exactly right for you, every minute of every day. Listening will feed you the tones you need, every moment.

Another way to listen for your own sound is to lie down and place a pillow over each ear. Listen to the pillow as you practice changing your hearing focus. If you have difficulty hearing your sound this way, try making a very low note and then slowly slide up and down the scale as you listen for your ears to ring. Sometimes cupping your hands over your ears will help you hear the sound more easily. Once your ears start to ring, quit making the sound and listen to the tones inside your ears. Actively listening to these patterns takes you to a theta brain wave level. According to Robert Becker, MD. theta is the healing frequency level for the body.

Even professional speech therapists are now admitting that the sound of your voice has a lot to do with your energy and health. Just open your mouth and make a sound; a noise. It doesn't have to make sense, even to you. It doesn't need to be pleasing to anyone but you. Although some people may want you to believe that toning must be done in a special form or fashion, don't believe it. No one is better at moaning (or toning) for you than you are.

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