

## (A Few) SOUND HEALING IDEAS FOR HOME AND ON THE WAY (With Minimal Equipment)

**Rus Deborah Wallen, LCSW, ACSW, CIMHP**

- **HUMMING:** Humming helps activate the vagus nerve, enhances nitric oxide, promoting relaxation and reducing stress. Try humming with headphones or earbuds on.
- **SINGING:** Singing releases endorphins and promotes emotional expression and catharsis.
- **CHANTING:** Reciting or chanting prayers can help focus the mind and induce a meditative state.
- **TONING:** Experiment with vocal sounds and vowels to find tones that resonate with different parts of your body, allowing for energetic balancing. Consider “sympathetic vibration” with various items.
- **BREATHWORK:** Use intentional deep breathing combined with vocalization or sighing to release tension and promote relaxation.
- **LISTENING TO NATURE SOUNDS:** Immerse yourself in the soothing sounds of nature, such as birds chirping, waves crashing, or rain falling.
- **DRUMMING:** Play a drum or use rhythm instruments to engage in rhythmic activities, which can help induce a trance-like state and reduce stress.
- **BINAURAL BEATS:** Listen to recordings that contain specific frequencies to promote relaxation, focus, or sleep. These can be found on YouTube, and on my NOGA® Sound Solutions™ CD and downloads.
- **GUIDED SOUND MEDITATIONS:** Listen to guided meditations that incorporate sound elements, such as guided visualizations accompanied by nature sounds or calming music. (NOGA® Sound Solutions™)
- **USE SOUNDSCAPES:** Create your own ambient soundscapes by combining various sounds like waterfalls, wind chimes, and gentle music. You'd be surprised what your smartphone can do.
- **DIY PERCUSSION:** Explore household objects to create rhythmic sounds, such as tapping on pots, pans, or bottles. Explore the different sounds produced by tapping or lightly knocking on surfaces like tables, walls, or wooden objects. Consider “body percussion.”
- **SINGING IN THE SHOWER:** Take advantage of the resonant acoustics in the bathroom and sing to uplift your mood. Find the “resonant sound” or “home pitch” in your shower!
- **DANCING TO MUSIC:** Allow yourself to move freely and dance to music that uplifts your spirit and helps release pent-up emotions.
- **MUSIC VISUALIZATION:** Close your eyes and visualize vibrant colors and shapes in response to the music you're listening to, allowing it to guide your imagination.
- **SILENCE AND STILLNESS:** Embrace periods of quiet contemplation and stillness, allowing your mind and body to rest and reset.