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How sound healing can improve inner balance

Every person has their own unique sense of music and a personal frequency range that can be activated and brought back into balance through certain sounds – a concept known since ancient times (for example, by Plato and Aristotle). The relaxed listening and feeling of sounds – such as the vibrations of a gong, a wind chime, or singing bowls – can significantly contribute to our overall well-being and strengthen the body's natural healing powers. These sounds help to lower blood pressure, improve sleep, alleviate pain and mental suffering and reduce stress. The joy they bring touches specific areas of the brain, creating neurological effects that benefit health. The use of the voice through humming and singing, as practiced by *Renske Pardekopper* during the experiential week, can further enhance these positive effects.



Sound healing in Convento the cloister courtyard



Humpback whale with calf

This effect is illustrated through the **image of water**: A sound can cause a lake to form waves and set them in motion, and in water, sound travels four times faster than in air. Whale songs, for example, sound intense and soothing to us through water. Since the human body is composed of about 90% water, we too benefit from the effects of musical sound waves, as used in sound healing. Their harmonized vibrations penetrate muscles, organs, bones, and our nervous system, filling them with a sense of calm and relaxation.

In this way, the unique healing power of gentle tones calms the *body, mind, and soul*, fostering inner harmony.

30.12.2024