

www.InTuneRhythm.com



SIMPLY SOUND

SOUND WELLNESS - REST,
RETUNE, & RECOVER

By Christy L. Williamson

My Story...



To say that I am a lover of music seems like an understatement. My deep connection with music has been one of the most powerful tools for my spiritual, emotional, and mental health for as long as I can remember...

One of my first real memories was taking my oldest brother's guitar from his room and sneaking it into mine, then trying to strum and place my tiny fingers on strings. I didn't care what it sounded like! I was falling in love. And honestly it felt a little rebellious because I was told *girls should play piano!* But I discovered Indigo Girls, Mary Chapin Carpenter, Shawn Colvin, women who played guitar and wrote their own songs, I was catapulted into a new world. As a teenager I began writing my own songs and creating my own music. I know it sounds cliché to say "guitar and writing music, saved my life", but it's so very true.

Music gave me this space of self expression that was not accessible to me any other way. It became my safety net growing up with anxiety and depression in a world where I wasn't allowed to show it.

Fast forward (many years later)...

During the pandemic, I was impacted how musicians continued to share songs in the world. Live backyard concerts were a part of our social scrolling that we depended on. I participated in several online sound baths/sound healing sessions. (Something I probably would have never given myself time to do otherwise!) Though a bit skeptical at first, I quickly realized this was everything I had experienced as a musician yet something completely different. It gave me the ability to meditate comfortably, renewed clarity, and permission to rest. Sound healing helped not only me to focus in the present moment, but has become a huge piece of my on going work in taking care of my mental health.

Since 2013, I've been learning new ways to slow down and stay present, incorporating mindfulness into simple daily practices. (How that came to be is its own story.) In 2022 I intentionally began adding mindfulness into my music lessons and leading regular sound healing classes. And now I'm on a mission to share how music and sound can give us all a transformative path to wellness.

In this ebook, I want to share with you what my Simply Sound classes look like. Hopefully answering your questions and dispelling any apprehensions you may have of this wonderful world of sound wellness. I hope you will join me.

Thank you for reading!

Stay In Tune,

Christy



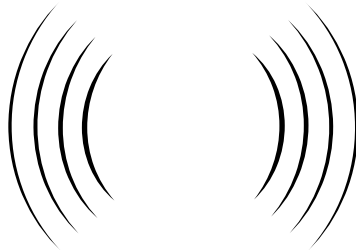
Photo Credit: Maggie Williams

What is Sound Wellness?

Sound Wellness is a holistic practice that uses sound and vibrations to improve overall well-being, bringing our emotional, mental, physical, and spiritual states back into harmony.

I like to think of it as, it's what signs the permission slip for rest and recovery!

We live in a fast paced, often overstimulating world. One that pushes us to do more and rest less, creating dis-ease and restlessness in our bodies. The purpose of sound wellness (often referred to as sound healing, sound baths, sound journey) is to bring us back into our bodies and out of our busy minds. It reminds us to come back to the present moment, out of worry of the future and ruminating over the past. Just as instruments fall out of tune, so do we! Allowing ourselves time to be still and fully present, as the sounds wash over us, gives space to restore and retune our body and mind.



Think of a time that simply listening to the sound of waves crashing on the beach or a crackling fire brought you into a calm, relaxed space. Everyone has experienced how music changes our moods. It doesn't have to be complicated or formal, we just have to be willing to receive it. Using sound as a wellness tool is not a new concept, it is one our ancestors deeply understood.

It's History ...

Sound Wellness has been around as long as humanity has existed! It has been used as a way to heal, balance, and spiritually connect throughout history. In ancient Egypt, music was believed to be used in healing rituals, while Greek philosophers, like Pythagoras, explored how musical tones affected health. Indigenous cultures used chanting, drumming, and flutes for healing, believing these sounds connected people to nature and spiritual realms. And in the Old Testament, David used music to calm King Saul. Saul was in “great distress”, and David was brought in to play the harp for him. The soothing music David played helped to ease Saul’s mind, bringing him peace and relief from his struggle.

Maybe *we* are just tuning in.



Music creates order out of chaos - Yehudi Menuhin

So how does it work? ...

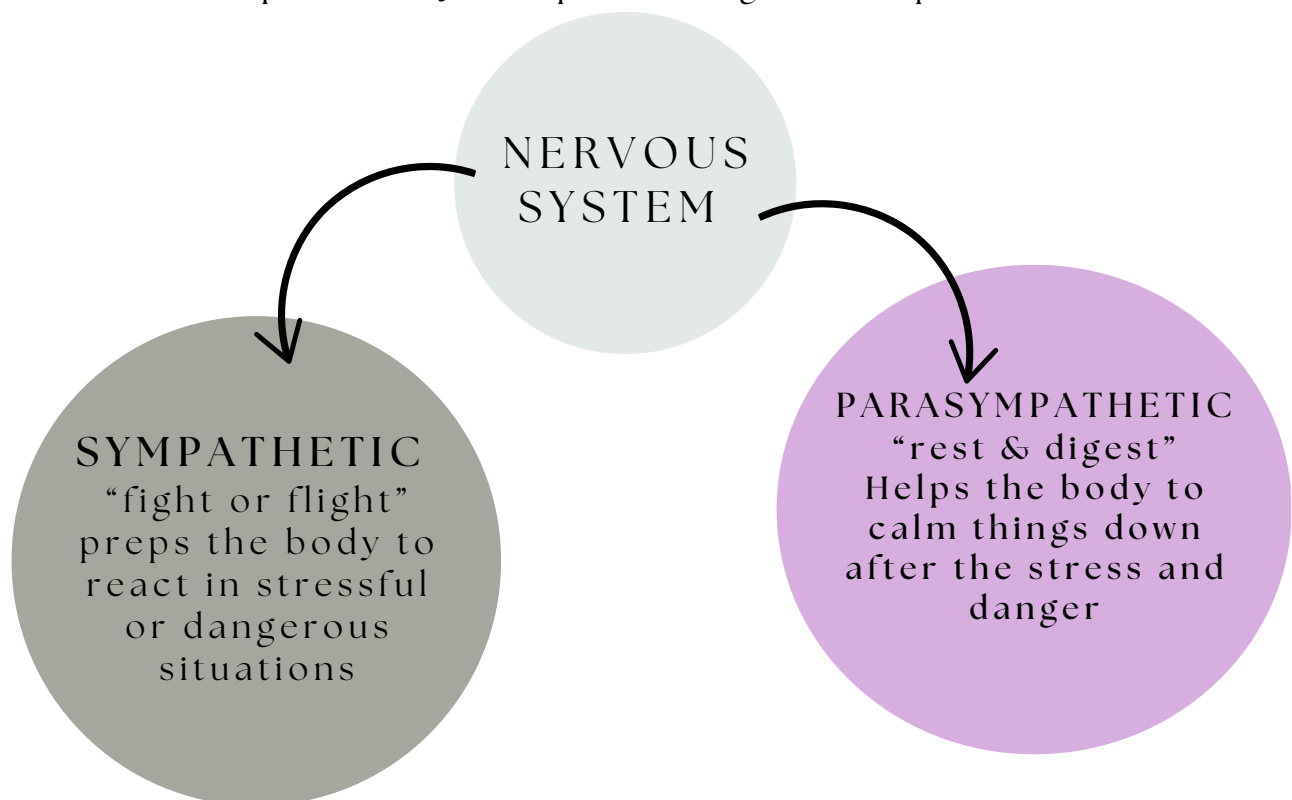
VIBRATIONS

Our bodies have natural frequencies, and certain sounds or vibrations can resonate with these frequencies, helping to "tune" or rebalance.

Autoimmune disease specialist, Christina Sessmus says; "Humans have an optimal frequency, as does everything else in the universe, that occurs when each of the cells in our body vibrates at the frequency it was designed to."

Let's take a look at the Nervous System...

The nervous system works as the body's communication network. Its main purpose is to send and receive messages throughout the body, helping different parts work together. It allows us to think, feel, move, and respond to what's happening around us. Keeping things simple, let's look at 2 parts that try to keep us out danger and keep us calm...



Daily life constantly pushes us into fight, flight, freeze, or fawn mode. These are not states we are intended to live in. It's the job of the sympathetic system to prepare the body to react quickly in stressful or dangerous situations. When it's activated, it increases heart rate, raises blood pressure, sends more blood to muscles, and releases adrenaline. This response helps us feel alert and ready to take action, whether to escape a threat or handle a challenging situation.

But with constant work, family, societal pressures, deadlines, and never-ending to-do lists, we get stuck in this mode, leaving us unbalanced. Finding ourselves stressed, tense, anxious, depressed!

But when we can tap into the parasympathetic system, we tell our bodies that we are safe and it's time to relax. And we can recover.

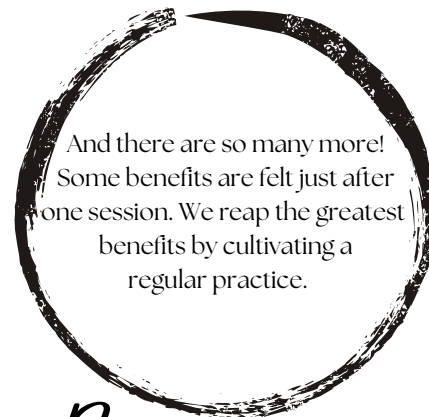
So how does Simply Sound help?

Giving ourselves space and permission to completely rest helps us to find balance and harmony in our mind, body, and spirit. Simply Sound uses specific vibrations, tones, and rhythms to help bring the mind and body into a balanced, relaxed state.

When we listen to certain sounds or feel certain vibrations it encourages the body to release tension, lower stress, and enter a state of calm.

What are the benefits?

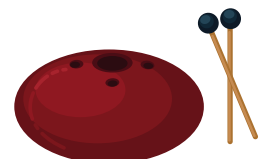
- Deepens relaxation
- Improves clarity and focus
- Improves mood and sleep
- Lowers stress and anxiety
- Aids in self-compassion
- Awakens creativity



What instruments are used?

In a typical session, you will hear crystal and Himalayan singing bowls, chimes, guitar, ukulele, drums, and sounds of rain, thunder, and ocean waves.

My goal is to use each as a tool to ground, relax, and ease you into a place of meditation.



What can I expect in a session?

Each session begins with a guided meditation - sometimes a body-scan or a reflective song. As you settle in, we calm the mind, notice any sensations in the body and release tension.

Other times we may begin with a few simple mindful movements.

Do I have to remain still for the entire session?

No. This is your time - I encourage you to be comfortable. Most people find it most comfortable to laid down on a yoga mat. There are props for you to use - bolsters, blocks, blankets, and eye pillows to help you find the right position. You are encourage to find what feels right. And always ask for what you need.

But I am not comfortable lying on the floor.

That's okay! Let us know if you would feel more relaxed sitting when you sign-up.

We will provide you with a comfortable chair for the session.

Is sound healing safe for anyone?

In Simply Sound I do my best not play the bowls in an overstimulating way. I will not place a bowl on your body. So yes, it is safe for most everyone. However always check with your doctor if you have any questions.

Are your sessions Trauma Informed?

Yes. I prioritize safety, consent, and awareness. We can't relax if we don't feel safe. So from the moment you walk in I want you to feel safe, seen, and valued. Before we begin, I will ask permission before playing an instrument over you and I will introduce the instruments prior to the start of the session to eliminate any element of surprise.

What if I fall asleep?!

You might! And the benefits will still be there.

A final word...

In a world with so much noise, it's more important than ever to be intentional about how we use and interact with sound - this is when the healing happens. When we bring our intention with us to a session we amplify its potential. Setting intentions in Simply Sound sessions is a powerful practice that brings focus, clarity, and purpose to the experience.

And to simply rest is a beautiful intention.

Regular Classes are held at GHA Wellness Lab in Pendleton
See schedule @ www.greenheartawakening.com

Also available:

Private Group Sessions

1:1 Sessions

Zoom Sessions

Mindful Music Lessons (guitar, ukulele, voice, & songwriting)

Business I've worked with

Gantt Multicultural Center Clemson University

Mount Lebanon Elementary

Central Presbyterian Church

Arthrex

www.InTuneRhythm.com

864-376-1167

ChristyLWmusic@gmail.com

patreon.com/InTune_Rhythm