



Vibroacoustic Sound Therapy



THE SOUND LOUNGE

Vibroacoustic therapy is a form of Sound Healing that utilizes the principles of Physics such as Resonance and Entrainment to achieve realignment of the mind, body, and spirit.

This therapy can be used to balance mental, physical, and emotional well-being. The VibroSound Lounge also aids to reduce pain, stress, insomnia, and anxiety.

A session aims to boost vitality, memory, creativity, focus, and mental clarity, while also improving learning capabilities without the use of chemicals. It is like having 8 hours of sleep in just 20 mins. Studies have shown that this specific therapy has also provided relief for people suffering from chronic pain, insomnia, and disabilities and is beneficial for general relaxation and meditation purposes.

Vibroacoustic Therapy

VibroAcoustic therapy is the 'felt sound', which has a positive effect on physical health by allowing the vibrations to shift the body at a cellular and molecular level.

Psycho-acoustic sound is the 'heard sound' and has a positive effect on mental health.

BENEFITS OF SOUND THERAPY & MINDFULNESS

- Cellular rejuvenation
- Muscle repair
- Shifts & transforms anxious mental states
- Creates coherence in brainwave activity
- Binaural effect synchronises left & right brain
- Minimises excessive thoughts into the current moment
- Centring & grounding
- Greater sense of self
- Calms & enhances moods Assists meditative practice Offers long term emotional regulation
- Soothes chronic anxiety Enlivens those with depressive feelings
- Allows greater focus on mind/ body awareness

THE SCIENCE OF SOUND THERAPY

The human body is similar to an orchestra, with each organ, cell, bone, tissue, and fluid resonating at its own vibrational frequency. This concept is similar to the idea of resonance in sound healing.

THE IMPACT OF STRESS, FATIGUE, AND UNHEALTHY ENVIRONMENTS

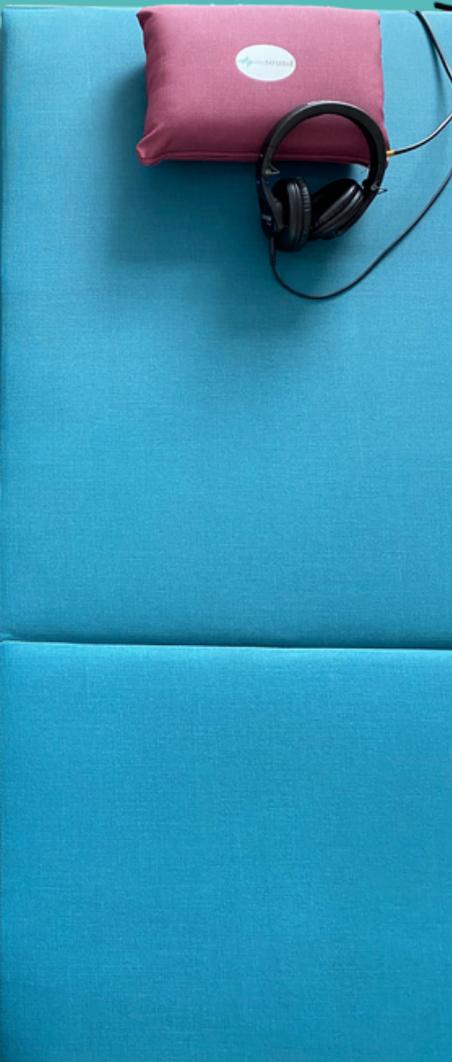
When dealing with stress, chronic fatigue, overwhelming situations, or unhealthy environments, it's easy to become dissonant and out of sync with our physical and mental well-being. This leaves us feeling unwell and vulnerable to disease and toxicity, which can negatively impact our overall health.

THE POWER OF SOUND: HEALING THROUGH PRESENCE

By simply being present and focusing on sound with the intention of promoting healing, we can potentially bring our physical cells, emotional and mental states back into a state of balance, health, and overall wellbeing.

EXPERIENCE A RELAXED STATE IN JUST 20 MINUTES WITH VIBRO SOUND THERAPY

Vibro Sound Therapy leverages the power of vibrational energy to shift your brainwaves into a relaxed state, bringing balance to your cells. The sound healing tracks, expertly composed by musician and sound healer Katie Jameson, are tailored to resonate at healing frequencies.





Shape of a diseased cell

Incoherent shape, stressed, inorganic / asymmetrical



Shape of a healthy cell

Balanced structure
Coherent, geometric pattern/ healthy symmetry

RESONANCE

UNDERSTANDING RESONANCE AND ITS EFFECTS ON THE BODY

Resonance occurs when one vibration sets another object or body into motion. In this scenario, a variety of vibrations can impact your physical body and cellular structure. The laws of physics dictate that a stronger vibration will cause a weaker vibration to entrain.

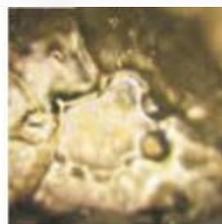
THE IMPORTANCE OF CELLULAR HARMONY

A cell's structure and form can become disrupted when it is out of sync. However, when the frequencies of the body's pulse reverberate throughout, it can provide the cells with a stronger frequency to tune themselves to, resulting in greater stability and precision.

HOW SOUND AFFECTS OUR EMOTIONS AND WELL-BEING

Just as sound can affect physical matter and form through the process of Cymatics, it can also shift our emotional states to resonate at higher frequencies such as peace, joy, and self-compassion. Conversely, it can alleviate lower vibrational energies such as stress, fear, worry, and isolation.

THE HUMAN BODY IS AROUND 70% WATER. THROUGH SOUND WE CAN POSITIVELY SHIFT THE WATER MOLECULES WITHIN THE BODY TO HARMONIOUS STRUCTURES ALLOWING FOR HEALTH AND VITALITY



Water Molecule, Before Offering a Prayer



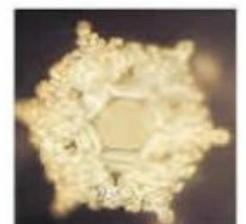
Water Molecule, After Offering a Prayer



Thank You



You Make Me Sick, I Will Kill You



Love and Appreciation

THE TECHNOLOGY

The Vibrosound Lounge uses tactile transducers that transmit high-definition, low-frequency vibrations. These vibrations move up and down the body, sending signals to the cells and allowing them to retune to their optimal state. Sound waves possess the ability to affect the physical state of an individual. Frequencies travel throughout the body and into the energy field, which consists of the mental and emotional vibrational layers of the electro-magnetic field surrounding all living things.



For optimal results, we connect your headphones and Vibrosound Lounge to a laptop or media player with the same audio file playing through both. This delivers sound to the auditory nerves through the headphones while the transducers within the lounge vibrate to the same audio.

THE HEALING TRACKS:

THE HEALING POWER OF SOUND: CREATING A SOOTHING AND RESTFUL ENVIRONMENT

By combining low frequencies ranging from 30-80hz, our soundtracks generate intense vibrations that create a stable signal to the nervous system, entraining the rhythms to a 'rest and digest' (parasympathetic nervous system) response. To enhance the healing experience, we incorporate multiple layers of crystal singing bowls as well as a variety of instruments that produce a harmonious flow of melody, harmony, intervals, and chords. Our soundtracks offer unique healing opportunities such as grounding, calming, enlivening, and providing aid for sleep. Sound has the power to transform and uplift the spirit, allowing it to explore and soar within the inner landscapes of the psyche.





BRAIN WAVES & ENTRAINMENT

THE IMPACT OF EXTERNAL ENVIRONMENTS ON OUR INTERNAL STATE

Our surroundings have a powerful effect on us, shaping our internal environment. The pulsing lights from screens, modern-day society, and the rhythm of traffic are all external factors that influence our bodies through entrainment. This phenomenon embeds these pulsations into our being, impacting our natural cycles, such as our blood flow, heart rate, and brainwaves.

THE BENEFITS OF DISCONNECTING AND RECONNECTING TO OUR INNATE RHYTHMS

By taking the time to disconnect and reconnect to our natural rhythms, we can achieve a state of homeostasis that allows us to connect with our true selves – calm, peaceful, and healthy. Synchronizing our brainwaves can offer a host of positive benefits, such as improved memory, enhanced interpersonal skills, and better focus for studying.

THE POWER OF MUSIC AND CRYSTAL SINGING BOWLS TO ALTER BRAINWAVES

By tuning into the rhythms of music and crystal singing bowls, our brainwaves have the ability to shift from a high-alert and often erratic firing of synapses to a more relaxed pace. This enables us to tap into different states of being, including deeply meditative states such as the Theta brainwave state, where we can effectively process our subconscious thoughts and memories.



Book A Free 15 Minute Consult with one of our friendly practitioners to find out more about Vibroacoustic Sound Therapy, and how it may benefit you today.

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To book a session, scan the provided QR code if the previous information resonates with you.

