

# Healing yourself with Sound Therapy



**by Norma Hope**  
Certified Colon Hydrotherapist

My sister, Judy, got fantastic news on July 9th. Her medical tests proved she is now totally free of the cervical cancer that she was diagnosed with in March of this year!

I love my sister very much. I cried when she told me this tremendously great news. It's like she's getting a second chance at life. And since her very real cancer scare, her way of being in this world is different now. The changes she's made have improved the quality of both her health and her life.

When we first found out that Judy had cervical cancer in March, I asked her to come to Edmonton so I could do whatever I could to help her. She came and went through a number of colon hydrotherapy, lymph drainage, NeuroAcoustic Sound Therapy and other treatments. It just makes sense that if 90% of all disease is caused by toxins in the body, you want those toxins out. And once you do, your body then is able to tell you what it needs and wants in order to heal itself.

When Judy went back home to Ontario there were two things for her to do on an ongoing basis - follow a strictly healthy diet and listen to a personalized sound therapy CD (Personal Frequency InnerTone) that I had made for her.

NeuroAcoustic Sound Therapy is one of the most effective healing therapies I've come across to counterbalance stress and stress is something that Judy has been struggling with for a long time. A lot of us have a family dynamic of being praised for 'doing' instead of just being and that is where the workaholicism comes from. I knew the sound therapy would help her to deeply relax which is so important in the healing process.

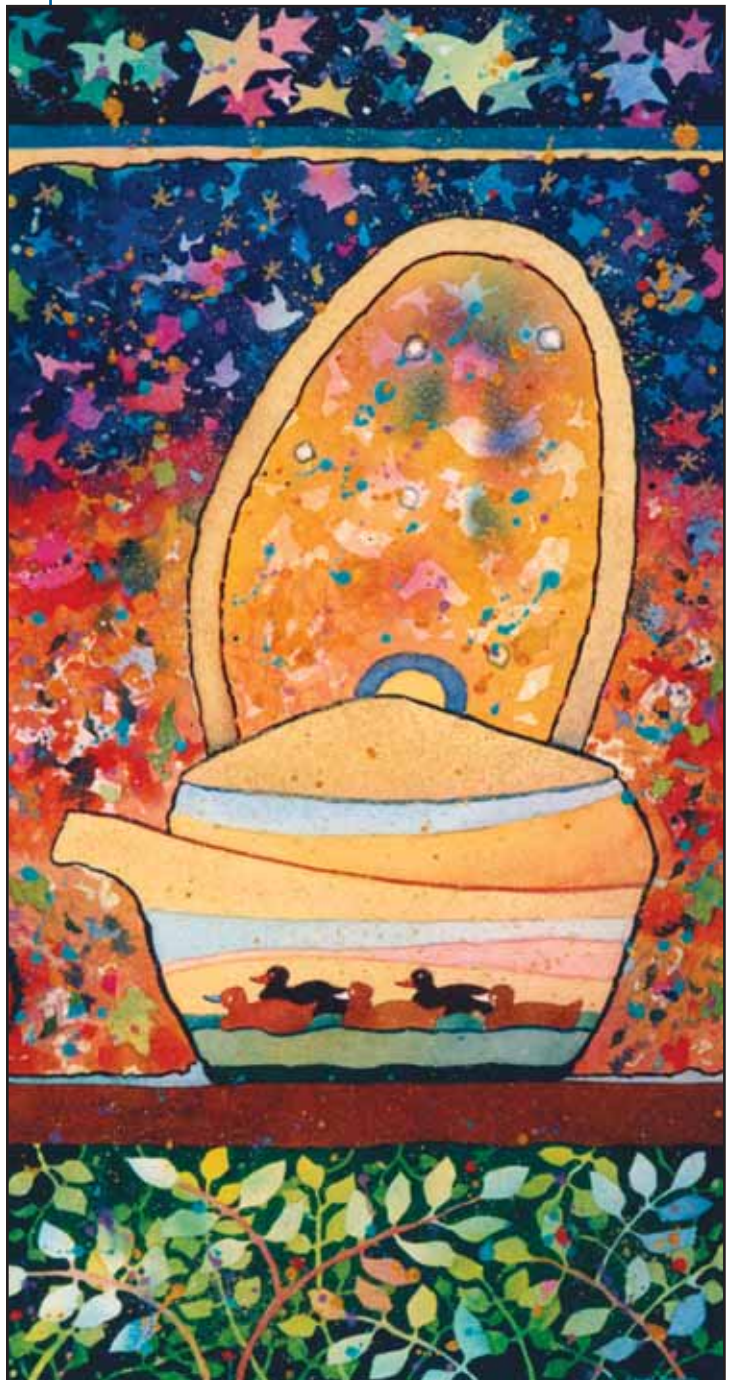
In the days and weeks that followed, Judy told me that the sound therapy was profound for her. She couldn't believe the difference in how she felt. She said: "Wow, I knew I was wired and stressed but I didn't know how much until I started to see what being peaceful and calm felt like again. It helped me feel really grounded. My sciatic isn't flaring up like it usually does and I'm feeling better than ever."

It took me 40 years to realize that stress is the worst toxin there is. Stress is quite simply a silent killer. It feeds disease tremendously at a cell level, tightens the body, makes the brain stay in Beta, destroys your adrenals and makes you hang onto 'stuff' you don't want in the body. It keeps you in 'fight or flight' instead of the relaxed resonant state of just 'being' that we all need for exquisite health.

Previous trauma, illness or injury and just everyday stress in life throws us off our path, 'out of tune' with our true

self. NeuroAcoustic Sound Therapy recalibrates and balances the brain wave states, bringing you back into balance on all levels - physically, emotionally and spiritually.

With NeuroAcoustic Sound Therapy, we identify your specific and unique sound frequency (that each one of us is born with), called your 'Personal Frequency InnerTone.' I call it your sound DNA. We determine your Personal Frequency Innertone by muscle testing and Thought Field Therapy. For example, mine is 190.2800 or F#+48 on the piano scale.



Auroras Teapot © Carol Breen

Once identified, your frequency is then used on the specially engineered sound table to balance your subconscious core beliefs plus recalibrate your other beliefs in Alpha, Theta and Delta brainwave states using binaural beats to get you there. It is then recorded on a CD with primordial sounds for you to continue your healing at home each day.

Each of our brains as adults, move in and out of the primary four brainwave states during a day but for adults we walk around mostly in the brainwave state of Beta which is dominant; the 'doing' state. This state corresponds to frequencies ranging from 13Hz to 40Hz.

Alpha is slower than beta, with frequencies ranging from 7Hz to 13Hz. It transports you to deeper levels of creativity, problem solving, visualization and letting go. After my Alpha balancing, I knew with a gentle, knowing calmness that my relationship with my husband of 20 years was over - without any doubt, trauma or emotional calamity. Only by balancing your subconscious beliefs in Alpha can you truly 'let go' of what no longer serves you.

The Theta brainwave state corresponds to 3.5Hz to 7Hz. It allows, an opening yet deep relaxation, stress relief, healing emotional trauma and remembering dreams. Scientific research has proven just 30 minutes in Theta a day can dramatically improve a person's overall health and well-being.

I never remembered any of my dreams except the one where I was falling off a cliff and would wake just before I hit bottom. After doing my Theta Personal Frequency InnerTone recalibration, I dreamed I was looking out my kitchen window and on the lawn was a Siberian tiger. Sitting between her paws was a beautiful blond little girl. The tiger was licking her hair, looking at me and said: "Will you look after her or would you like me to?" I now dream in living color and remember them (plus I got a built in babysitter to keep my inner child safe).

The Delta brainwave state corresponds to frequencies ranging from 0.5 Hz to 3.5Hz. This promotes physical healing, bringing your organs, tissues, muscles and even your bones back into harmonic balance. The central nervous system is in the brain after all.

An example of how this sound therapy works is, with headphones on, when a frequency of 100Hz is presented to the left ear and a frequency of 105Hz is presented to the right ear, the brain 'hears' a third frequency pulsing at 5Hz (the exact difference between the two frequencies). This third frequency is a binaural beat and the brain will begin to resonate in tune with that frequency (and become retrained). This is how different states of Alpha, Theta and Delta are induced and moved in and out of.

I now know why I use to hum to myself - it was soothing. It resonated 'me' back to me. Sound travels through fluid like nothing else and our bodies are 65 to 85% fluid. When your subconscious gets seen and heard, it can be balanced as it finally has permission to let go of those old beliefs you needed as a child to survive. That is a balanced state of being.

The added bonus of this sound technology is stimulation of neural development and electrical activity. Energy patterns in

your brain become more widespread plus new 'dendritic' growth happens.

Dendrites are the many branching fibers extending from the neuron/cell body. These fibers increase the surface area for receiving and processing information. The pronounced shortening of these and reduction in the numbers of branches is evident with senility in the elderly. Amazingly, sound therapy gets those dendrites growing again!

Scientific studies are available showing successful decreases in cortisol levels and increase in DHEA and melatonin levels when doing sound therapy.

There is nothing more powerful than your frequency healing, *your own voice healing you*. It allows clients to remember dreams, sleep better, let go easily of anger, fear and relationships that no longer serve us and even heals physical pain and emotional trauma.

Dr. Jeffrey Thompson is the recognized international sound therapy genius and guru and I was trained under someone he personally trained. All my consultations include a free relaxation sound session because everyone can always, always, use a way to relax effortlessly. I only believe in doing what works and this sound therapy works.

*Norma is a Certified Colon Hydrotherapist, Lymph Drainage Therapist, Certified Natural Health Practitioner of Micro Current Therapy and more. Call 780-477-1100, [www.lifesynergyinc.com](http://www.lifesynergyinc.com)*

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