



Sound Healing & Meditation

Why this should be your new exercise.

“Sound is energy, sound is form, sound transforms form, and sound can heal”.

This is how Soniyaa Kiran Punjabi Instructor & Founder of Illuminations Well-Being Centre, describes sound meditation. The concept is fairly new in Dubai and there are only a few locations as to where you can start practicing it, and one of those is in Illuminations Well-Being Centre, located at JLT. You would wonder how one can meditate using sounds, when we are used to meditating with calmness and silence around us. We reached out to Soniyaa to learn more about this type of meditation and how it compares to the regular meditation we are used to.



SONIYAA KIRAN PUNJABI

Can you give us a brief history on sound meditation?

Sound Energy Healing Meditation is an effective healing approach that channels sound through either Tibetan singing bowls or gong instruments to transform and restore harmony to the body, mind, and spirit. It is a way of regaining and maintaining the original sense of wholeness, wellbeing, and a different state of consciousness.

The currents of “harmonic sound” and waves of “resonant vibration” from the ancient instruments cleanse the subconscious mind, promoting positive transformation in your body, while initiating the healing process in your spirit as you flow into a deep meditative state.

The harmonic vibrations engage the relaxation reflex, slow down the respiratory, brain and heart rate, and disrupt the pain reflex creating a deep sense of well-being. This sound frequency affects the sympathetic nervous system as your brain waves synchronize to the vibrations of the Tibetan Singing Bowls.

Disorders and physical or psychological complaints are often caused by trauma experienced in the past. The residual fear caused by such experiences can lead to disturbances or blocks, so that life energy, (prana, mana, chi) cannot flow freely. A Sound Energy Healing Meditation session restores energy balance.

What is the process of the meditation?

Meditation is a powerful practice involving focused concentration by connecting with one’s inner self to experience peace and clarity that exists within us, amidst the chaos of life!

A sound healing meditation class starts off by laying down on a comfortable floor support and closing your eyes. The facilitator will then guide you through different instructions to follow the sounds of the meditation and it will then create a space for you to enter into a space of deep relaxation and healing.

One can start with a simple meditation practice for two minutes in the day by focusing either on your breathing, a particular sensation in your body or a simple object outside of you. In fact, through some activities you have already done it, without knowing you were actually meditating. The goal is to be focused and attentive to one focal point, and bringing your mind back to the present whenever it wanders.

What is the difference and the benefits of this compared to a regular meditation class?

There are so many different types of meditation approaches and hence there are many ways to enter a state of deep tranquillity and relaxation through deep awareness and focus on one stimulus such as the breath, the body or through movement. Sound is an approach of one such stimulus.

Regardless of the type of meditation that best suits your requirements; we highly recommend group meditation classes.

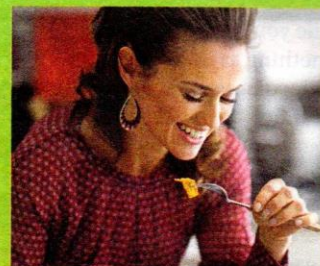
Group Healing Sessions are an excellent opportunity for individuals to benefit from the amplified collective energy that is generated from a focused group intention. The focused consciousness of meditating in a group for a special purpose increases the vibrational frequency and accelerates the healing process for a desired outcome.

Benefits of a Group Sound Energy Healing Meditation session include:

- Induces a state of meditation by calming the mind and quieting the internal dialogue
- Creates a state of relaxation and release of tension
- Stimulates the circulatory and glandular systems
- Rebalances the physical, emotional, and spiritual bodies
- Helps clear emotional and energetic blockages
- Awakens higher states of consciousness conducive to transformation and healing.

Guide to a Better Bowel

Experiencing a disrupted bowel can be very distracting, most especially if you are scheduled for a workout or a yoga session. Instead of concentrating on your movements and relaxing, you are sidetracked by this ominous feeling in the pit of your stomach. Avoid this unnecessary sensation by doing a few food swaps to ensure a healthy bowel movement. Remember that movement and exercise actually helps your bowels move too, so avoid being inactive right after eating. Even a brisk walk or light yoga will do wonders in helping your food fluidly move through your digestive system.



Replace this with that:

Dairy and eggs – whole vegetables, leafy greens

Gluten, wheat – brown rice, non-gluten grains

Processed sugar – stevia

Soy – beans, lentils

Coffee, soda, alcohol – green tea, apple cider vinegar

Beef, pork – wild fish, organic chicken & turkey

Creamed vegetables, peanuts – whole fruits, berries, nuts seeds

Corn oil – coconut oil

Whey protein – plant-based protein powder