



NADA YOGA (SOUND HEALING)

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“Music is a miniature of the harmony of the whole universe, for the harmony of the universe is life itself, and humans, being a miniature of the universe, show harmonious and inharmonious chords in their pulsations, in the beat of their hearts, in their vibration, rhythm and tone.”

- Hazrat Inayat Khan

Nada Yoga is a practice that uses sound ie vibrations to heal and relax our bodies. This ancient practice is built on a traditional yogic belief – that we are not matter, we are energy. This has been confirmed by quantum physicists and we’ve all come to know as common knowledge now that everything is energy. What this means is that what we once assumed to be physical matter is actually energy moving so fast that it gives the appearance of a physical body.

Our various organs and body parts vibrate at a certain natural frequency. When they are vibrating too much or too little, or are imbalanced; we experience disease, illness, pain and emotional instability. Tibetan singing bowls and frequency pipes are tuned to certain specific frequencies that create a range of sounds to restore the normal vibratory frequencies of diseased and out-of-harmony parts of the body, mind and soul.

We also already know that human beings are 70%(or more) water and we may or may not have seen experiments that show how sound can affect water. It is this belief that lies behind this practice. Sound vibrations directly affect our bodies and our minds and release any blocks or tensions that we may have stored in our bodies. It has also been seen that sound directly affects our minds - certain sounds are pleasing and relaxing (the waves of the ocean, chirping of

birds) and certain sounds are harsher, they leave us feeling disturbed (loud bangs, or the sound of nails scratching a blackboard). Certain types of music make us feel relaxed, calm and happy. Certain types of music make us feel more energetic and hyper. This is how we see the relation between sound and ourselves but on a more scientific level, the reason Tibetan singing bowls have proven so effective is because of the direct relation that they have to the states of our brain.



Our brain has four levels or states -

1. Beta - This is our conscious mind. Where we apply logic, critical thinking and reason.
2. Alpha - This is our subconscious mind. The deep relaxation that we feel during meditation.
3. Theta - Another deeper level of our subconscious mind. Deep meditation and light sleep.
4. Delta - Unconscious mind. This when our body is in deep, dreamless sleep.
5. Gamma - Super conscious mind. Which has recently been discovered as our high information processing state.

Sound healing takes us into Alpha and Theta brain waves which is why we find it deeply relaxing and we feel energized and refreshed after. A good sound healing session can be equated with a full nights sleep. It helps with



depression, anxiety, attention span disorders and many psychological ailments that are prevalent today. It is also the least invasive form of therapy because one just has to lie down, relax and soak in the vibrations. Hospitals today are using sound healing for patients with cancer, physical pain, hormonal problems. The therapy has proved very effective in helping children with ADHD or development problems.

Almost everyone has seen images of a wine glass being exploded by sound. The important point in such experiments is that only a certain frequency will explode a particular wine glass. Every physical substance has particular frequencies at which it will become excited to a higher vibratory state. With sound healing we try to bring the various chakras (energy centers) in our bodies to their natural vibrational state.

We have 7 chakras in our bodies and at any point one or more may be out of balance. These imbalances have emotional and physical manifestations. For example, the swadhishtana chakra or sacral chakra represents social interactions and control. When this chakra is imbalanced we may have problems with addictions, depression, intimacy issues, and on a physical level - lower back pain,

PCOD or impotency. Chakra specific singing bowls create sound and vibrate at the natural frequency of our chakras, bringing them back into alignment.



The anahata or heart chakra represents love, kindness and relationships. When it is imbalanced we have difficult relationships, a lot of codependency and feelings of emptiness. Physically this could manifest as respiratory problems, low immune system and heart problems.

There are 5 more chakras or energy centers in the body. Everyone has different chakras that are out of balance and the same person may have different chakras out of balance at different times. Thus, sound healing works at a very fundamental, vibrational level to heal these imbalances. It is also called vibrational medicine because of its power to heal a variety of illnesses and ailments.

If you’d like to know more about this therapy please reach out to Prisim Healing Institute where we have two certified sound therapists that could explain this to you a lot more in detail!

Malvika Amin is a certified Yoga Therapist from Yoga Darshanam Mysore, Kaivalyadham Mumbai and Indea Yoga Mysore. She is also a certified Sound Healer and Raw Vegan chef at Prisim Healing Institute, Mumbai.



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