

Enchanting Healing Music: Chanting, Humming, and Singing Bowls

By Group 6: Norra, Bizzo, and Treesta



Chanting

Soccer fans are known for being loud and passionate about the game. Chants are a collective effort to:

Celebrate community: Chants are a way for fans to connect with each other and share their heritage.

Encourage the team: Chants are a way create an atmosphere of support to energize players and boost their morale to perform well.

Have fun: Chants can be a way to have fun, especially when the game isn't going well.



Fans of Argentina react after their team defeated Colombia at the Copa America final soccer match in Buenos Aires, Monday, July 15, 2024.



In downtown Buenos Aires, friends and strangers are draped in Argentinean flags and jerseys, hugging and jumping up and down, some singing "Muchachos", the unofficial anthem of the 2022 World Cup, and others chanting the name "(Lionel) Messi" who led their beloved national team.

Humming and Listening to Music

Humming and listening to music is a form of **sound therapy** which can improve with: **mood, pain, sleep, stress,** and **brain function.**



Singing bowls

Singing bowls are an instrument of unclear origin, but are believed to have originated in Tibet. They are also often used as a form of **sound therapy** or to accompany **meditation**. The deep vibrations are believed to produce **binaural beats** that encourage relaxation of the body and mind.



Conclusion: Sound Therapy

Sounds, vibrations, and different frequencies can be used as therapeutic practice. It can include chanting, humming, listening to music, and singing bowls. Sound therapy can help with:

- reducing stress
- improving mood
- enhancing focus
- managing pain
- promoting better sleep
- increasing oxygenation

Seeking ways to bring sound therapy into your everyday life is easy. You can simply head into nature. For example, a park will provide you with an opportunity to indulge in the rustling leaves on trees, the gentle lapping sounds of a lake, or birdsongs to calm the nervous system.

References

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