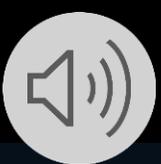


Vibrational Healing: Western and Traditional Practices

Music & Health Colloquium

By: Group 3 - Janae, Kyle, and Maloa





Modern Day- Western Music & Healing Bass-Sonic Massage

- In Western music therapy, these deep vibrations can help release tension and stimulate the body's natural relaxation response.



My Western Experiences With Bass Music And Healing

- I can't enjoy music without bass mainly because I'm a dancer and love the sounds and bass music provides
- Bass helps me feel relaxed with the vibrations and sonic massage every time I listen to it and dance to it.



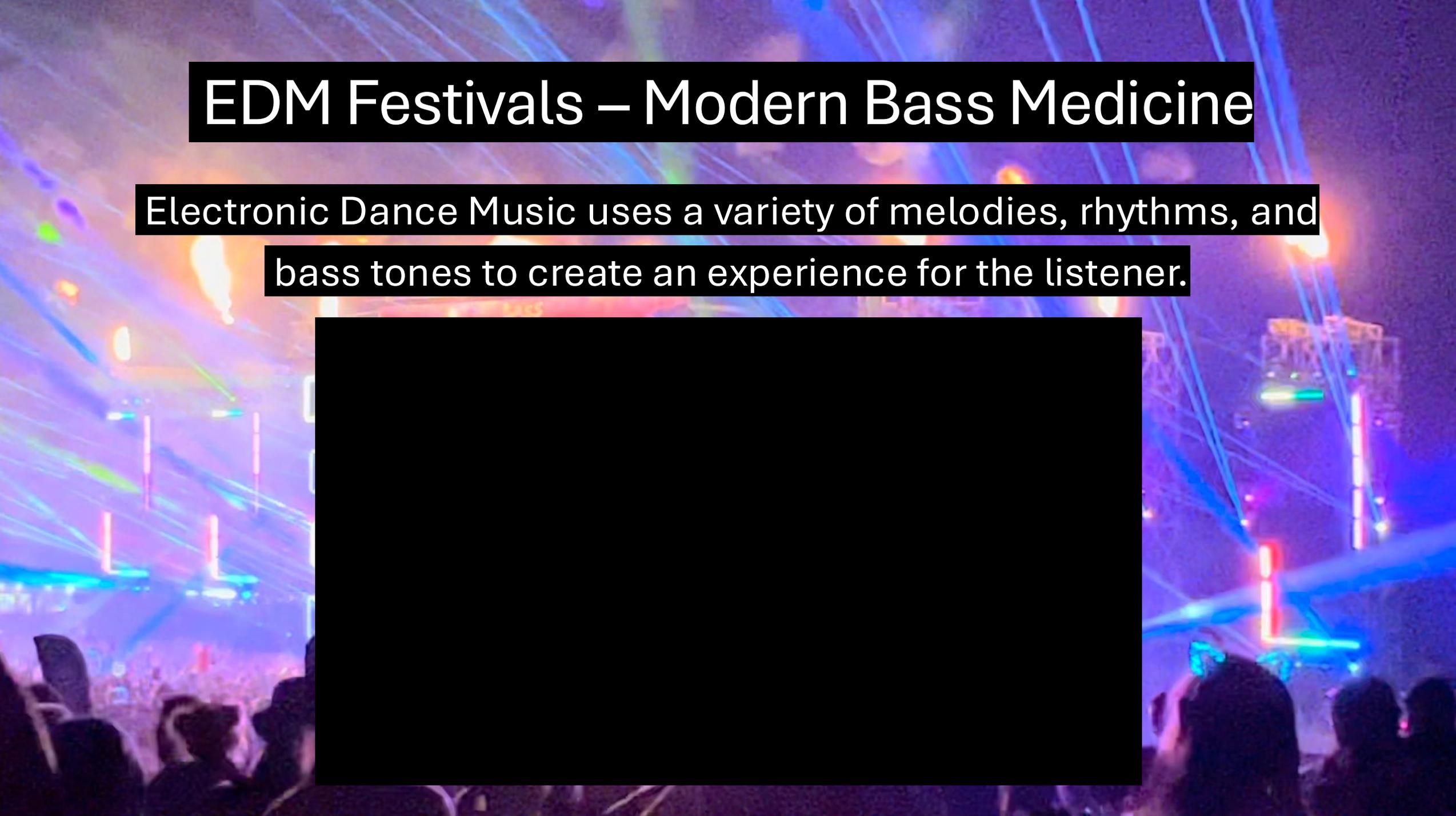
Modern Practices: Binaural Beats for Healing

Binaural beats may help ease headaches



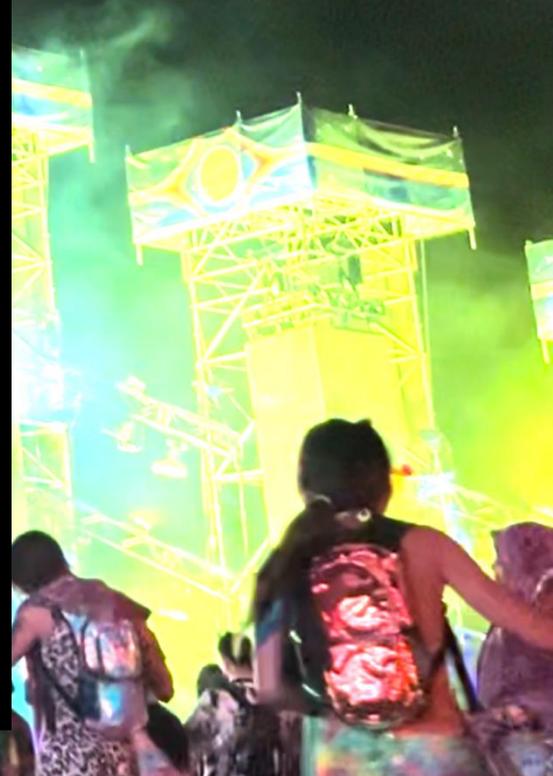
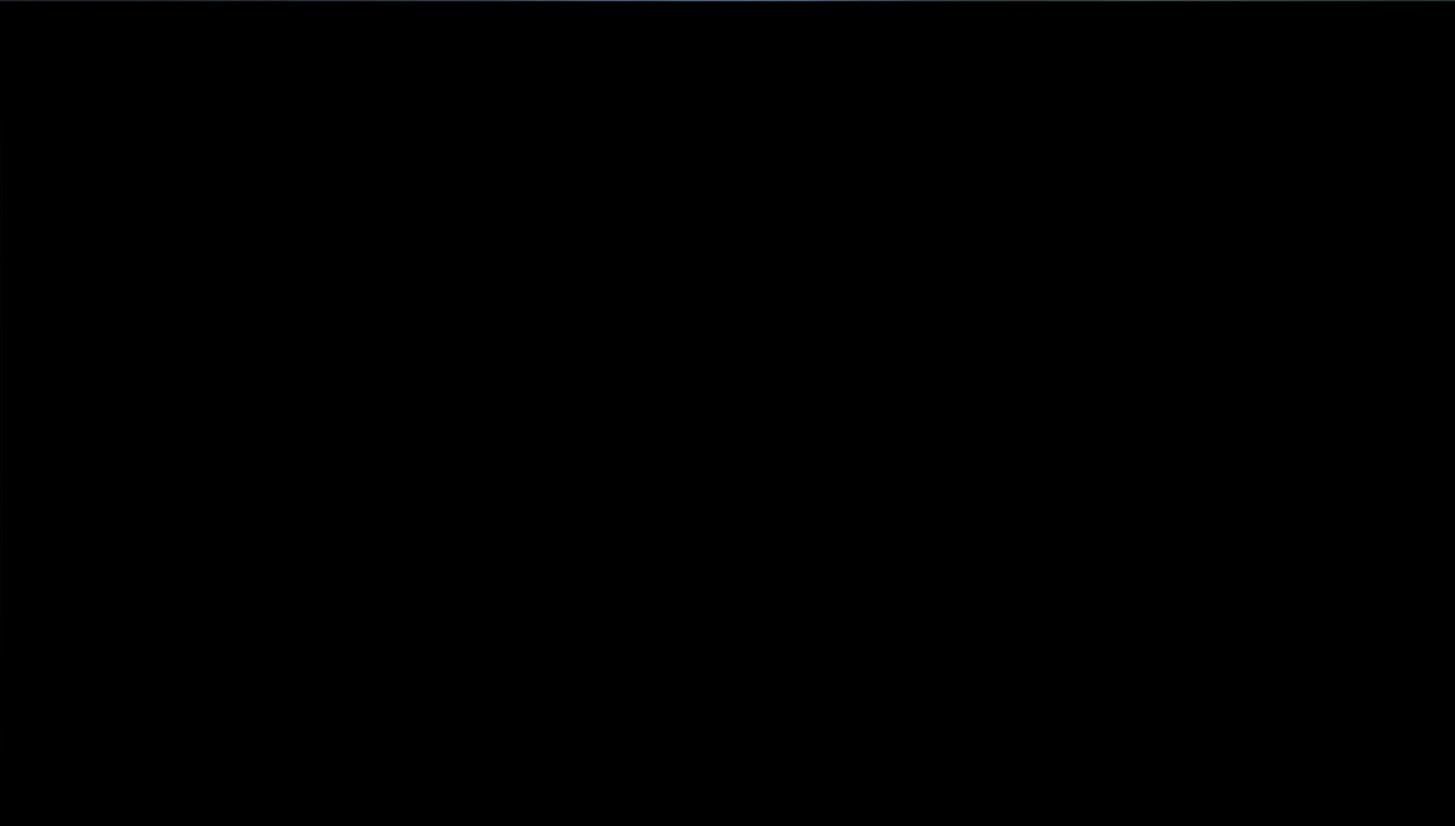
EDM Festivals – Modern Bass Medicine

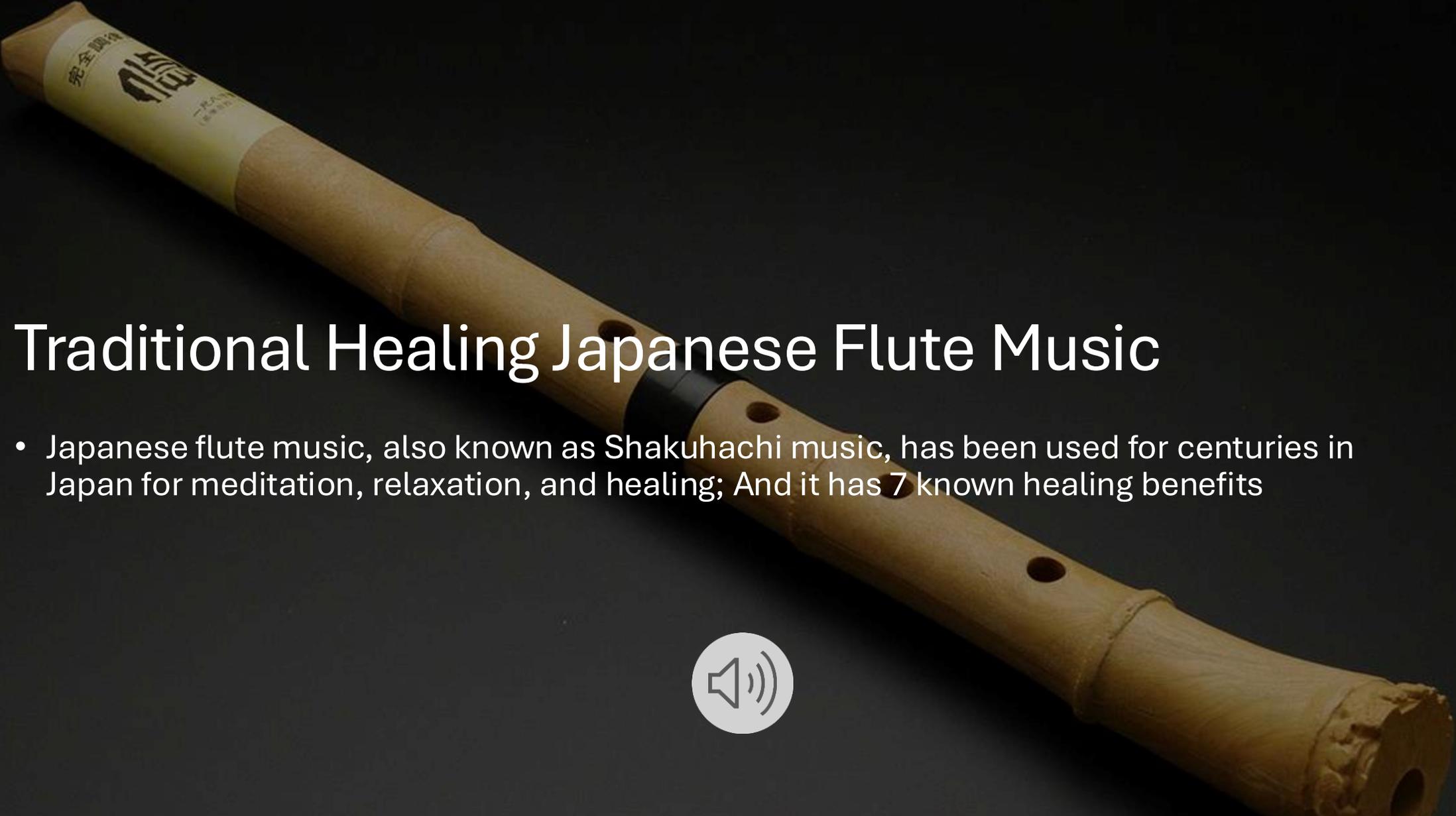
Electronic Dance Music uses a variety of melodies, rhythms, and bass tones to create an experience for the listener.



EDM Festivals – Modern Bass Medicine

The healing I experience can vary based on the type of music, but heavy bass and driving beats are always at play.





Traditional Healing Japanese Flute Music

- Japanese flute music, also known as Shakuhachi music, has been used for centuries in Japan for meditation, relaxation, and healing; And it has 7 known healing benefits





Traditional Sound Practices: Indigenous Drumming

Drumming holds deep cultural and spiritual
significance for Native Americans



Ancient Egyptian Practices

"Toning", an ancient sound healing method, used vowel sounds to restore one's natural harmonic patterns.



Conclusion

From traditional methods to modern experiences, vibrational healing has been practiced throughout history.

Thank you!

References

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- <https://youtu.be/miUKO5g0ONk?si=CxV7sSMdxGbm1eDG>
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- [Music and Science](#)
- [Sound Healing in Ancient Egypt](#)