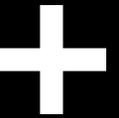


# Sound Healing



# Who we are

Noah Lewis,  
He/him



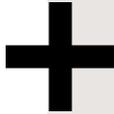
Andrea  
Kikukawa



Jacob Cohen



Remy Ziegler  
They/Them



# Traditional Uses of Sound and Music



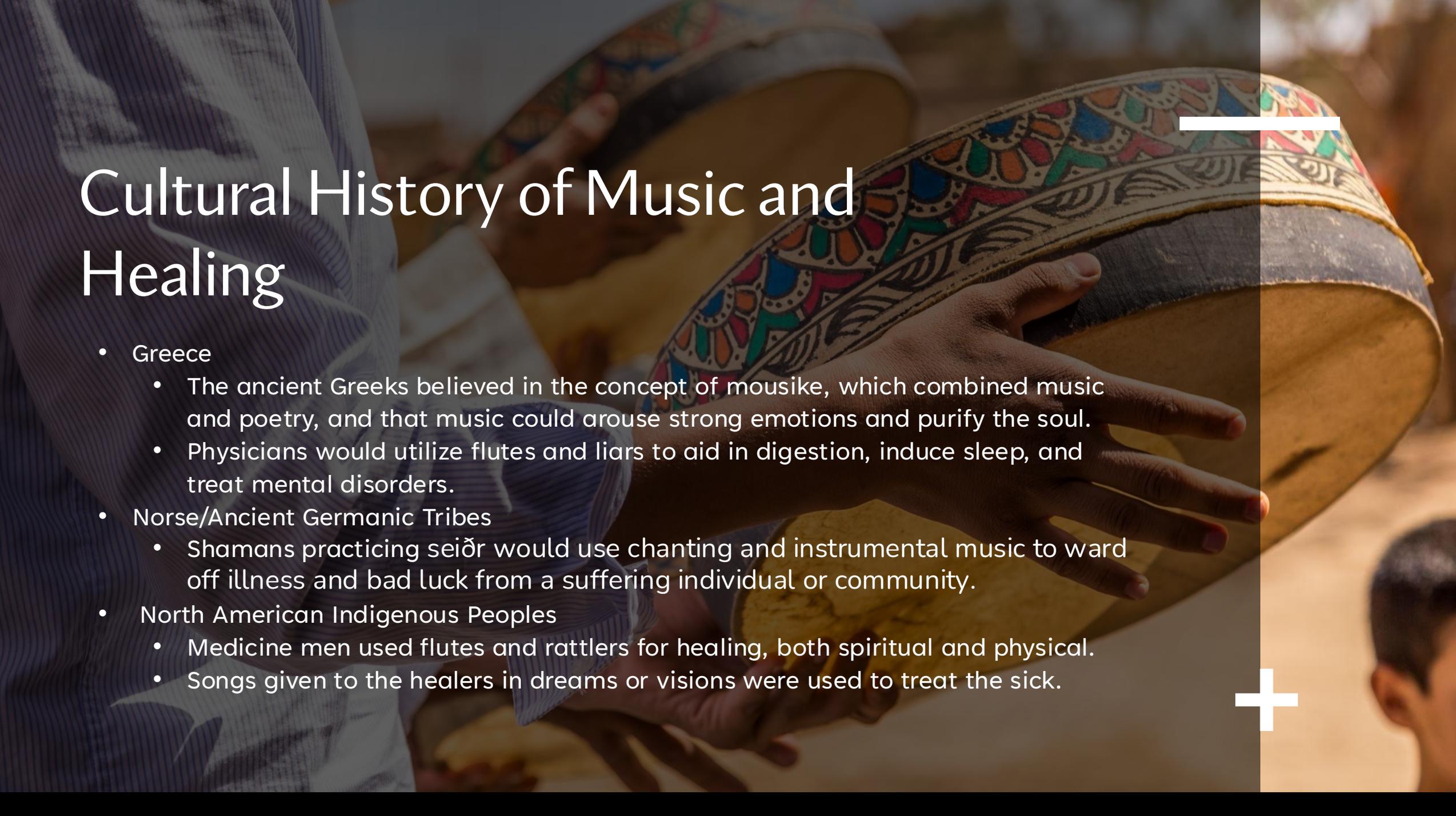
"The fun got fast and furious."—P.144.

- Education
  - Cultural practices are passed along from generation to generation, reinforcing social values as well as teaching about the past.
- social cohesion
  - Communal ceremonies strengthen bonds between neighboring communities.
- Labor
  - Labor intensive routine tasks could be accompanied by songs, like sea shanties, to provide a rhythm for workers to synchronize their movements to work more effectively.
- Communication
  - Whistling, or acoustic patterns could be used for communicating over large distances.

# Modern Research on Sound and Emotion

- Music can encourage dopamine production
- Creates multi-layered memories due to connection with the visual cortex
- Nature sounds can reduce cortisol, the stress hormone, as well as reducing heart rates
- Higher frequencies can promote energy and happier moods, while lower frequencies can provide anxiety relief
- Newer studies are showing sound waves can be used in therapeutic settings to improve mental health outcomes

ThePhoto by PhotoAuthor is licensed under CCYUSA.

A person is shown from the side, wearing a blue and white striped shirt, playing a large, round drum. The drum's surface is decorated with intricate, colorful patterns in shades of red, blue, green, and yellow. The person's hands are positioned to play the drum. The background is slightly blurred, showing other people and what appears to be an outdoor setting. A white horizontal bar is visible at the top right, and a white plus sign is at the bottom right.

# Cultural History of Music and Healing

- Greece
  - The ancient Greeks believed in the concept of mousike, which combined music and poetry, and that music could arouse strong emotions and purify the soul.
  - Physicians would utilize flutes and liars to aid in digestion, induce sleep, and treat mental disorders.
- Norse/Ancient Germanic Tribes
  - Shamans practicing seiðr would use chanting and instrumental music to ward off illness and bad luck from a suffering individual or community.
- North American Indigenous Peoples
  - Medicine men used flutes and rattlers for healing, both spiritual and physical.
  - Songs given to the healers in dreams or visions were used to treat the sick.



# Remy's Experience with Sound and Sleep



Since I was 13, I have used Autonomous Sensory Meridian Response videos to sleep

These videos trigger neurohormones such as dopamine, oxytocin, and endorphins to release, leading to many people feeling calm or even sleepy while watching

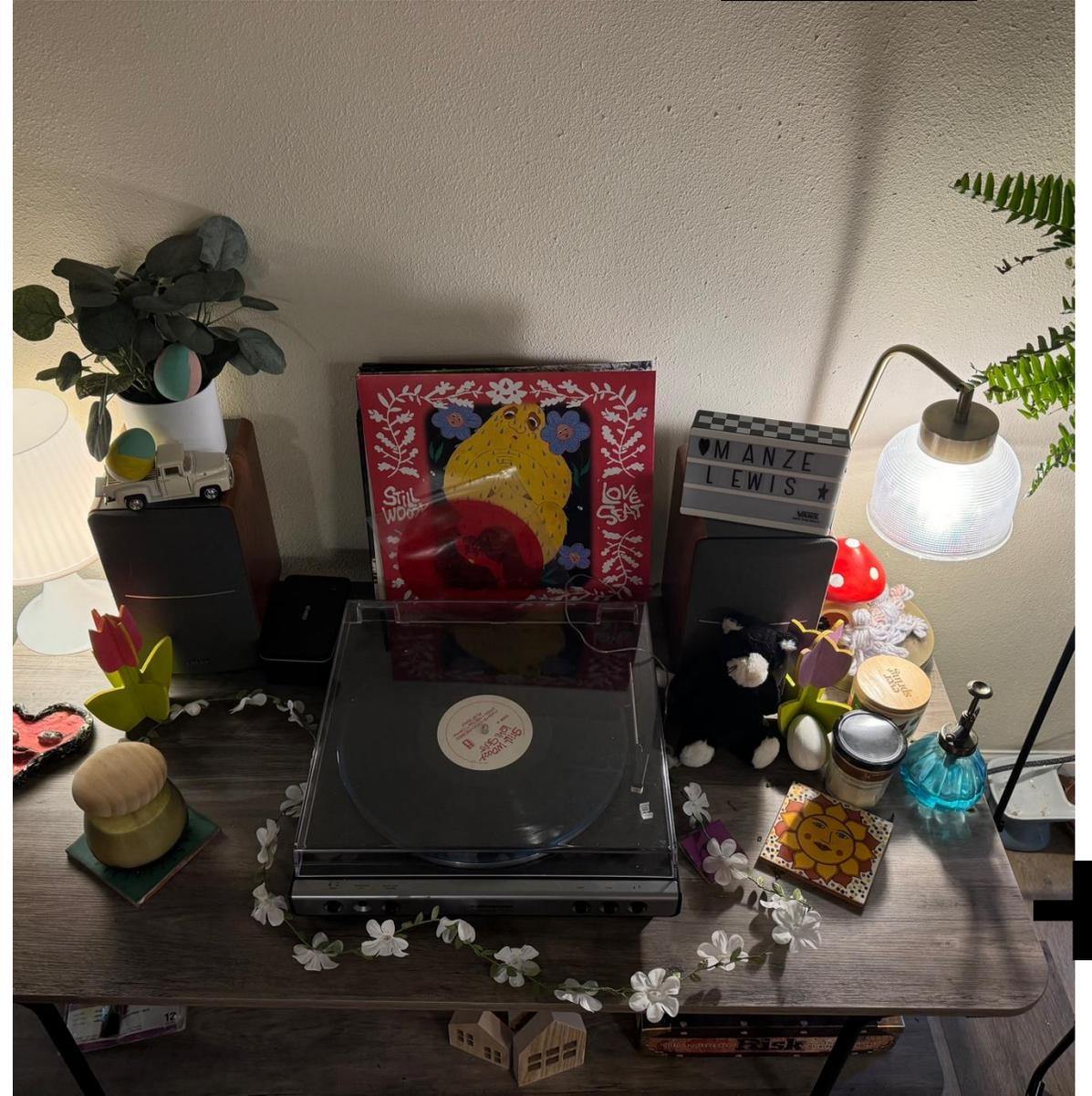
I have severe anxiety and PTSD, so these videos often work to relax me enough to fall asleep!

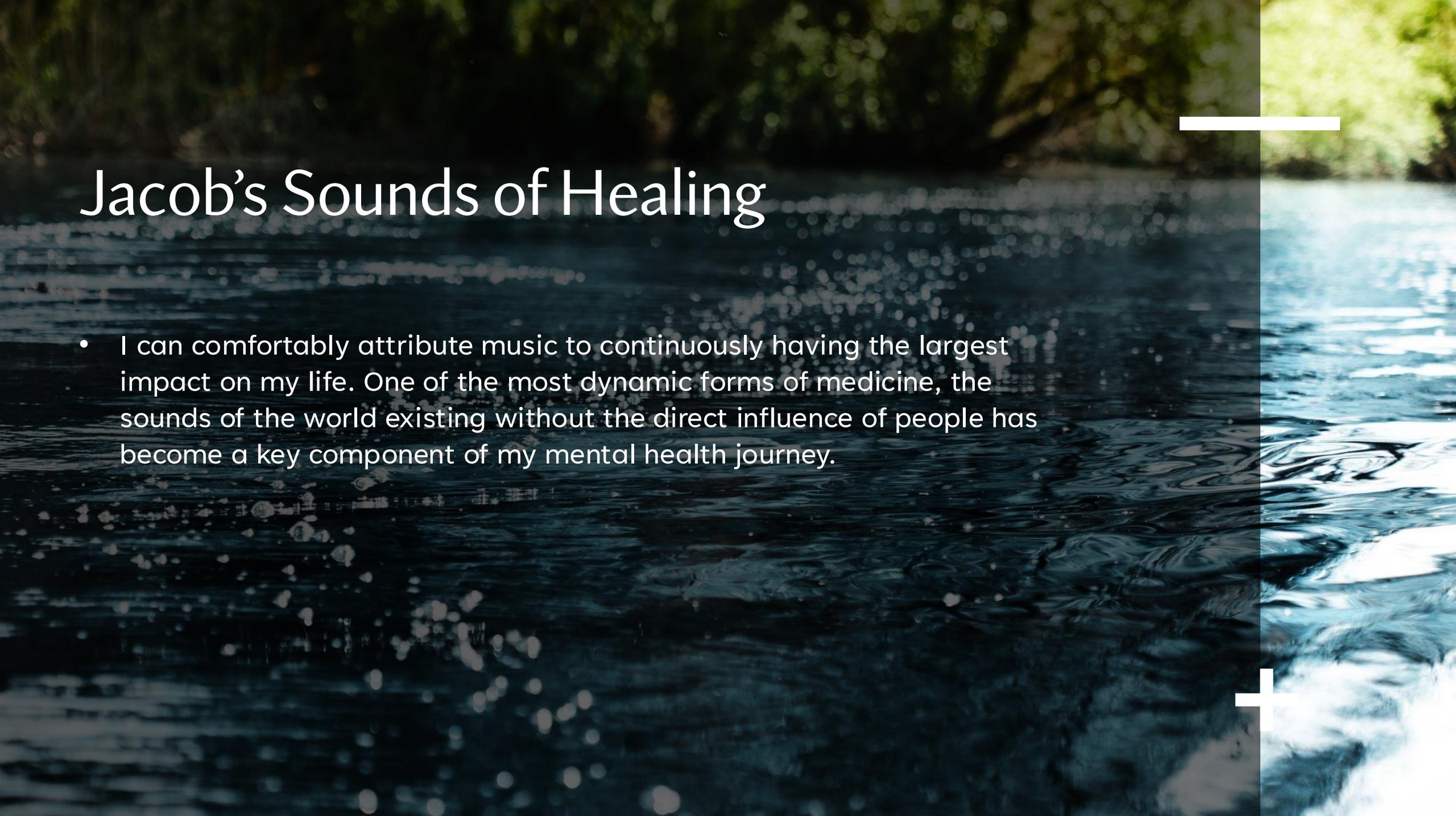


Andrea's –  
Tibetan Singing  
Bowl  
Note G

# Noah and his personal experiences with Music and health

– I practice modern sound healing all of the time because it has always been an amazing outlet for me, no matter the day that I am having I can turn on some music and it can make me feel so much better. For me I love the record player, I have my own setup as pictured in this slide, because it just gives off such a better sound and with my speakers I am able to play my music as loud as I want. Music is also just a huge part of my life as there is very little things that I do were I am not listening to music.





# Jacob's Sounds of Healing

- I can comfortably attribute music to continuously having the largest impact on my life. One of the most dynamic forms of medicine, the sounds of the world existing without the direct influence of people has become a key component of my mental health journey.

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