

Healing with Sound

Each of us can heal our world by creating positive thoughts, healing sounds and by speaking in a loving way. If we get together with like-minded people in a group these positive energies will be magnified many times.

Buddhists have a practise called 'Metta Bhavana', generating loving kindness. Using this practice we can send loving kindness to ourselves, to our family and friends, to our community and to the whole world.

In our sound healing groups we can sound with the intention that our love, gratitude and peace go out into our community.

There are numerous studies that show the power of prayer. The studies show that people who are prayed for recover quicker from illness or operations than people who don't receive prayers .

Mitchell Krucoff, MD, a cardiovascular specialist at Duke University School of Medicine in the USA says, "All of these studies, all the reports, are remarkably consistent in suggesting the potential measurable health benefit associated with prayer or spiritual interventions."

When lots of people meditate together it creates a positive energy that affects everyone in the community. Studies have shown a reduction in crime in areas where there are lots of people meditating (see articles below).

Group consciousness even affects things like putting up solar panels. When enough of people put up solar panels other people decide to do the same thing creating clusters of solar panels in one area

Chanting sacred prayers and mantras has a purifying effect on the environment as well as on the people who chant. When we enter a temple or a monastery where there is regular chanting going on we will feel a palpable sense of peace.

If you don't have a local chanting /sound healing/ mediation group in your area then start one! The College of Sound Healing runs over 40 regular local sound healing groups. Details of which can be found by going to –

<http://www.collegeofsoundhealing.co.uk/pages/support.php>

Can Prayer Heal?

<http://www.medicinenet.com/script/main/art.asp?articlekey=50874>

Could Meditation Have Something to Do with Plummeting Crime Rates?

http://www.huffingtonpost.com/jeanne-ball/a-thanksgiving-blessing-f_b_788053.html

Washington D.C. crime study

<http://www.whatthebleep.com/dcstudy/>