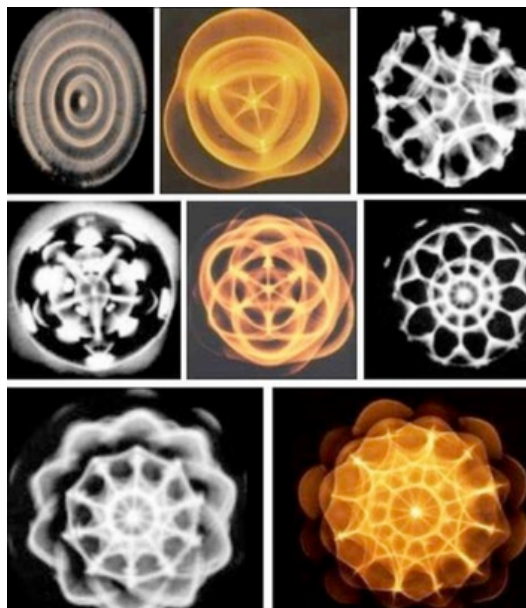


# SOUND BATHS

Dr. Hans Jenny was a physician in the 1960s and 70s famous for his decades-long research on sound effects on inorganic metal. His experiments involved placing water, dust, and other materials on a steel plate, which he then vibrated at different frequencies. The results were astounding – the materials took on various intricate shapes, often resembling mandalas when exposed to sound waves.

Dr. Jenny coined the word *cymatics* to describe this phenomenon. Dr. Glen Rein expanded on this idea by conducting studies on human DNA. His research showed that sound and positive intentions (such as feelings of gratitude and love) can positively affect the integrity and structure of human DNA. Researchers continue to conduct studies to confirm these remarkable findings and expand our understanding of the quantum interconnection between our bodies, energy fields, and different frequencies of sound and music.



Dr. Jenny's photos; source Cymatics

Sound baths use specific instruments, tones, and sound frequencies to elicit deep relaxation and healing. Used in conjunction with meditation which has been widely researched for its beneficial effects on mental and physical well-being, a sound bath meditation is a powerful experience that can positively affect both mental and physical health.

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**"Sound can transform negative, repressed emotions into a state of psychological equanimity that has direct and immediate effects on our physiology."**

**Mitchel Gaynor M.D.**

Former oncologist and director of integrative medicine at the Strang-Cornell Cancer Prevention Center; author, of six books including "The Healing Power of Sound."

## > HABITS & RITUALS

If you're looking to experience the healing properties of sound baths, you can find workshops and classes in most cities across the country. Typically lasting an hour, group sessions range between \$25-\$100+. While there's no substitute for an in-person sound bath, you can still enjoy the benefits of this practice by incorporating sound rituals into your daily routine on your own. There are also many virtual options available online.

### *Create Your Own Sound Bath:*

You can purchase crystal, alchemy, or Tibetan singing bowls online or shop locally if possible. Ring your bowl a few times before and after your meditation practice or any time you need a mood lift or a boost of energy.

### *Virtual Sound Baths:*

**The Sound Bath app** - available in the app store. Free with membership options. Check out their performance on the Today Show (<https://soundmeditationpresents.com/press>).

**The Copper Vessel** - [thecoppervessel.com](http://thecoppervessel.com). L.A. based practitioner offers virtual and in-person sound healing workshops (paid and free).

**Insight Timer** - free app with membership options. Use the search feature to find many good sound bath meditations.



"When people are relaxed as a result of meditation, chanting, listening to music, breathing exercises or other behavioral therapy, their heart rates are steady, their breathing is deep and slow and their stress hormones decrease, allowing the immune system to function more efficiently, lowering blood pressure and releasing natural opiates."

**- Mitchel Gaynor M.D.**