
Subject: Sound waves that heal
Posted by [Finn](#) on Sat, 31 Dec 2016 13:44:56 GMT
[View Forum Message](#) <> [Reply to Message](#)

Do you believe that sound waves have the potential to heal? I read an article that states that certain sounds can help us recover from different ailments. If this is the case, what kind of sounds do you think would work the best?

Subject: Re: Sound waves that heal
Posted by [sawyer25](#) on Mon, 02 Jan 2017 06:27:51 GMT
[View Forum Message](#) <> [Reply to Message](#)

I have read about this as well in the past and wouldn't this be a great thing to experience? I wouldn't mind listening to such sound waves.

Subject: Re: Sound waves that heal
Posted by [chatzy02](#) on Wed, 08 Mar 2017 20:31:40 GMT
[View Forum Message](#) <> [Reply to Message](#)

Do you mean like those alpha tones or waves or whatever they call them, that you find in meditation and visualization tracks? If so, then you're right, they do have a sort of 'healing' quality to them. It's very soothing.

Subject: Re: Sound waves that heal
Posted by [Keven](#) on Tue, 25 Jul 2017 01:09:14 GMT
[View Forum Message](#) <> [Reply to Message](#)

Physically, I do not believe that sound waves can be used as a cure. However, mentally, I'm sure that it can be used to cure or treat an illness.

Subject: Re: Sound waves that heal
Posted by [mamoss](#) on Sun, 06 Aug 2017 06:57:29 GMT
[View Forum Message](#) <> [Reply to Message](#)

Sound waves have been used as healing techniques for quite a long time and it seems research backs this up. I think it works with the creation of a frequency that's conducive for a person to heal. I'm not sure if this works for all and sundry though.

Subject: Re: Sound waves that heal
Posted by [WorkingWoman2017](#) on Wed, 16 Aug 2017 20:23:52 GMT

[View Forum Message](#) <> [Reply to Message](#)

I don't know that physically the waves actually change our state of being, however, that being said, I do think that stimulating the brain can have great affects on ailments that we have. The brain is a very powerful thing.

Subject: Re: Sound waves that heal
Posted by [GoldenOldie](#) on Wed, 16 Aug 2017 20:26:51 GMT
[View Forum Message](#) <> [Reply to Message](#)

I am in total agreement with you about the power of the brain. Sound waves would stimulate the brain and increase its power to heal and be healed maybe. Doctors don't really know how the brain works so it could be a possible treatment option.

Subject: Re: Sound waves that heal
Posted by [Solitary](#) on Wed, 31 Jan 2018 15:20:15 GMT
[View Forum Message](#) <> [Reply to Message](#)

Thank you for saying that! You won't believe just how many people who don't even know how something works will still stand firm and argue that a particular course of treatment is not possible. I agree that since we don't know what the brain is truly capable of, then anything is possible.

Subject: Re: Sound waves that heal
Posted by [rarerat](#) on Wed, 11 Apr 2018 09:59:18 GMT
[View Forum Message](#) <> [Reply to Message](#)

My neighbor is a Kinesiotherapist and he swears that the binaural beats of audio kinesis aid healing. He has headphones that are designed for this sort of sound and also visualizer goggles which project abstract, colorful images in tune with the beats.

Subject: Re: Sound waves that heal
Posted by [SamW](#) on Thu, 19 Apr 2018 15:29:59 GMT
[View Forum Message](#) <> [Reply to Message](#)

I'm open to the idea that sound waves can heal us or at least make us feel better. I've seen something like this work with the autistic child of friends. His parents have found that his autistic meltdowns are best treated with a Tibetan meditation bowl, or they might be called singing bowls. They roll a sort of hammer around the rim and the sustained sound resonates for quite a long time. It slowly diminishes in volume over about 10 minutes. I've seen his meltdowns and I've seen the effect of this sound on his emotional and physical well-being.

Subject: Re: Sound waves that heal
Posted by [JazzHog](#) on Sun, 08 Jul 2018 11:55:42 GMT
[View Forum Message](#) <> [Reply to Message](#)

Apart from the potential healing properties of sound and/or music, we can definitely see that sound provides us with a significant medical imaging tool in the form of ultrasound imaging! This technique allows us to see all sorts of things in our bodies from a foetus to a tumour, and has been an invaluable aid to medical diagnosis.

As for music, yes, I think this does people a power of good in raising their spirits!
