



Monica Ruiz: Modern Times, Ancient Practices; Healing Power of Sound



Monica Ruiz is a Yoga Teacher, Life & Transformational Coach, Mindfulness facilitator, Energy Healer and Sound Therapist in the UK. She shares a performance of ancient healing singing bowls as nervous system medicine.

TOP EMBODIMENT TIP: Allow 5 minutes a day to connect with your body - to listen to its natural sounds, reminding you that you are already home.

Sound: A Vibration that Propagates as an Acoustic Wave

- An acoustic wave that is also received and perceived by the brain. Everything in the universe is in motion and all organisms on earth are made of the same matter and energy that allows for our atoms and molecules to communicate. All species have a range of sound they receive and perceive. Humans have created technology to communicate beyond our natural range. Our bodies respond to different sounds through our experience and feelings. Different environmental sounds also have impact naturally and we have learned responses that are unique.

Origins of Sound: Uses of Sound by Humans

- Earliest sound healing tool made by humans is the Didgeridoo, Northern Australia, 40,000 years ago. The Didgeridoo is naturally made by termites hollowing out eucalyptus branches. Gongs in Eastern China and South America were used 16,000 years ago. The bowls she uses here are very old, but originated 2,500 years ago in Tibet.

Modern Understandings: Brainwave Frequencies

- Our brain's nervous system is responsive to frequencies of sound, exterior events, our activity and our feelings. Basic divisions of these frequencies have been shown to measure different states of experience. Gamma, Beta, Alpha, Theta and Delta waves reflect different activity levels and experience. Gamma is the fastest at 25-100hz while Delta is much slower at 0.5-4Hz. Beta is our common ordinary waking experience when we are engaged mentally at work, or at some other that involves our mental agility. Alpha is a more relaxed creative space that artists find themselves in, but also a place of zoning out on our electronic devices or TV. We can apply simple sounds of high vibration to induce different states in meditation and healing. You'll have to listen in to catch that.

Resources

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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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