

Sound Baths 101 & The Neuroscience of Sound

By Liza F. Camba (Sat-Akal)



If you've ever immersed yourself in a sound bath, there's a likely chance that you've received some of the healing benefits of sound. Just like how a good massage can feel refreshing, a sound bath can help your nervous system "tune" itself up. It's a great way to manage anxiety, soothe your nerves, and to block negative thoughts from your consciousness so you can connect with your body.

The popularity of sound healing in the form of a sound bath is considered safe and is recognized as holding real therapeutic value. It helps alleviate stress, fatigue, depression symptoms, as well as helps reduce chronic conditions that result from compounded stress.

The ancients were knowledgeable of sound healing's efficacy to provide healing support on a mental, emotional, and physical level. The recorded use of one kind of popular healing instrument, the gong, goes back to ancient Egyptian, Greek, and Roman times, and as early as 4,000 BC -16,000 BC. Greek civilization had "sleep temples" that contained sound healing, the temples were the established hospitals of their time.

Sound is a very powerful and effective means of changing brain states. The instrument(s) produce various overlapping low and high frequencies that have a healing, relaxing, and clarifying effect on the brain.

"Sound healing counters the stress response by invoking the parasympathetic nervous system, which slows heart rate, reduces blood pressure, and activates healing in the body."

— [Dana.org](https://dana.org)

Modern researchers are studying this field and making progress towards the development of the science of "vibroacoustic therapy." They've found that sound waves affect the human nervous system and decrease blood pressure more than traditional meditation.

A **2015 study** in the journal *Pain Research and Management* found that 5 weeks of low-frequency sound simulation — basically, a combination of precisely calibrated sounds and vibrations — significantly improved sleep and reduced pain in 19 people with fibromyalgia.

A **2016 study** of 62 adults gauged their feelings before a sound bath, and again after a sound bath. It was discovered that after the session, study participants significantly decreased their tension, anxiety, and negative moods.

Here's a highlight of sound healing's benefits:

- Lifts your mood
- Releases stuck tension in your body and mind
- Potential to invoke altered states of consciousness
- Ignites your creativity
- Increases energy
- Invokes feelings of wellness
- Helps to process trauma

Sound is a very personal phenomena where different individuals will most likely resonate with different types of sound, so it's good to explore what's out there. Keep coming back for sound healing — it's a great self-care practice that will do your mind, body, and soul some good!



Liza F. Camba (Sat-Akal) is a Teacher, Sound Bath Healer, Alternative Health Practitioner, and Certified Neuroscience Coach. She has been offering sound baths since 2011. She's also the producer of a popular Sound Bath event called *Luminescence* that unites an ensemble of sound healers, yoga teachers, and healers to weave sound healing with sacred ceremony. Liza enjoys creating conscious healing spaces, like sound baths, because it's here where people can authentically connect, upgrade their nervous systems, and activate their own self-healing power.

For more info, go to [@LuminescenceWorld](https://LuminescenceWorld) | [@RadiateLiza](https://RadiateLiza) | TheSacredYes.com



A SPECIAL OFFER

Beyond The Sound Bath

A Luminescence Mini

Have you ever walked away from a sound bath feeling amazing?

Well, this is an invitation to take that amazing feeling and **go deeper**.

Beyond The Sound Bath: A Luminescence Mini is a private group experience that brings Liza's signature sound bath to you, in combination with other advanced alternative health therapies to create even bigger results.

Strengthen your nervous system, improve your sleep, gain a greater level of clarity and ease, reduce chronic pain and illness, and expand your overall mindset and options around health and wellness.

Experience firsthand a new healing modality that is upgrading consciousness while saving lives.

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Includes:

Liza's Signature Sound Bath with 12+ healing instruments
Advanced Healing Modalities

Total time = 75-90 minutes

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Groups up to 5 people.... \$350* (Regularly \$500); \$50* each additional person; 10 people max

Inquiries and Bookings:

TEXT Liza directly at 323-828-4947 -or- Email LizaCambaServices@Gmail.com

