

# Sound Therapy Complements Massage

by Brandi Schlossberg

In most cases, the biological rhythm of life is set to external “beats,” or cues. A circadian rhythm, for instance, typically corresponds to the cue of light, as it comes and goes with the sun. In pace with the daylight, we set our sleep cycles and define our days.

Much like light, sound may also be used to cue and entrain our biological responses, especially the frequency

of brain waves, which can have a profound ripple effect on the rest of the body.

It’s not news to massage therapists that certain music can help relax clients and set a healing tone for each session. The progressive field of neuroacoustics, however, has taken the power of sound several steps further, engineering albums and equipment that aim to evoke desired changes in the frequency of brain waves.

By using sound in such a specific manner, neuroacoustic researchers report it is possible to affect brain-wave patterns and their corresponding states of consciousness. These effects are measured on brain-wave mapping equipment (EEG), and changes in the body are evaluated with blood tests, biofeedback equipment and other such procedures.

By influencing and altering brain-wave patterns, neuroacoustic experts contend they can improve the core balance and functioning of the brain, as well as the central nervous system as a whole.

A pilot study conducted at Royal Ottawa Hospital in Ottawa, Ontario, Canada, took a look at the effects of such audio stimulation on a group of chronic insomniacs. A CD designed to increase the incidence of delta brain waves, which are associated with deep sleep, was played at a soft level as participants rested.

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The brain waves of each chronic insomniac were recorded at set times throughout the study, using EEG equipment. According to the researchers, results of this pilot study showed a significant spike in delta brain waves, as well as improved sleep.

Aside from the beneficial entrainment of brain waves, proponents of sound therapy state the resonance of sound throughout the human body also serves as efficient means for positive stimulation, especially at a cellular level. After all, sound itself is a vibration that travels as a wave through an elastic medium, such as air or water, the latter of which composes more than half the human body.

The use of sound with the intent to entrain brain waves and affect the physical body has a number of reported benefits, many of which blend nicely with the aims and effects of massage and bodywork.

A feeling of refreshment, increased calm, greater sense of well-being, relief from pain, improved mood, sharpened senses and better sleep are among the positive changes associated with sound therapy.

It’s easy to see why a massage therapist or spa manager might wish to incorporate neuroacoustics into his or her practice. Using music engineered to positively impact the brain and body, played on equipment that allows for the optimal absorption of sound, may profoundly increase client satisfaction.

The type of audio stimulation one selects should be based on the desired entrainment of brain waves and the state of consciousness associated with that frequency. As seen in the pilot study on sound and insomnia, for example, music designed to increase delta brain waves might be best for those seeking a sleep aid or a state of deep relaxation.

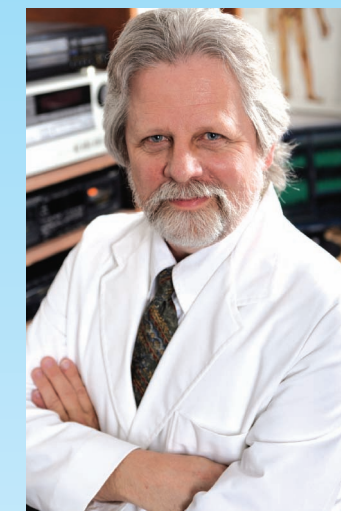
In terms of bodywork, a CD recorded at alpha frequencies may be the best bet, as these sounds should work to boost alpha brain waves, which are associated with the mental states of meditation and relaxation.

Researchers in the field of sound therapy have engineered a number of albums to fulfill the niche needs of consumers and clients, whether they wish to relieve stress and encourage sleep or improve memory and lengthen meditation.

The focused use of sound therapy in the session room could be used to enhance the hands-on work of massage therapists, by further inducing clients to relax. In turn, the bodyworker also may benefit from exposure to this music, with an increase in overall wellness.

*For more information, contact the Center for Neuroacoustic Research, (760) 942-6749 or [cnr@neuroacoustic.com](mailto:cnr@neuroacoustic.com), or visit [www.neuroacoustic.com](http://www.neuroacoustic.com)*

## Sound Journey Chairs and Tables Float Clients on a Relaxing River of Sound



Jeffrey Thompson, D.C., a leader in Sound Healing and developer of the Thompson Sound Journey Chair and Massage Table Systems.

A fine wineglass sings when resonated with its fundamental frequency. Jeffrey Thompson, D.C., discovered humans also resonate when exposed to their fundamental frequency, and he has uncovered the scientific method of using sound to induce relaxation and stress reduction.

Incorporating his special knowledge of binaural beats formed by programmed phasing of sound between the channels in headphones, he synchronizes both hemispheres of the brain as visualized on various scientific medical monitors. The brain

synchronizes with the beat and then the beat is slowly changed to the frequency of the state of mind desired, such as alpha for relaxation or delta for deep sleep.

Using the various isolated frequencies that elicit the desired responses, Dr. Thompson has incorporated them into musical notes. He then composes nonlinear music using complex algorithms of the musical notes combined with up to 50 channels of various sound elements.

This scientifically synthesized orchestration takes the brain, mind and body on a unique journey into stasis of the autonomic nervous system, balancing the sympathetic and parasympathetic nervous systems. While this is happening, the sounds take the body on a journey into states of relaxation, stress reduction, sleep, learning, focal clarity, creative mind or meditative state as desired by the selected composition.

Dr. Thompson’s clinical work further shows this technology works best when properly transmitted to several different areas of the brain. This led the now-famous doctor, along with his research and development team, to create delivery systems to allow inputs to other parts of the brain by tactile and optic nerve transmission. Thus was created the Thompson Sound Journey Chair and Massage Table Systems coupled with optical stimulation devices. These devices combine to give the user the optimum stimulation for the Sound Journey.

The Center for Neuroacoustic Research has designed and produced patent-pending Sound Journey Chairs and Tables that are symmetrically split to allow for the purest transmission of Dr. Thompson’s creations, with maximum results. Dr. Thompson has produced a wide range of CD tracks that utilize this special technology.

—Text supplied by the Center for Neuroacoustic Research