

Sound-Well

HEALING WITH SOUND

What is 'entrainment'?

The basic law of quantum physics teaches us that everything in the universe is made up of particles or waves, vibrating like strings at different frequencies. From the cells in our own bodies to the light and sound waves that echo through the cosmos.

Within these vibrational phenomena, resonating particles will communicate with, and influence each other. The vibrational frequency of two objects in contact will frequently fall into sync. When the frequencies are the same, it's called 'resonance'.

But when a vibrational body of a stronger resonance influences another in its field, leading the beat so to speak, it's called *entrainment*.

In the late 17th century, Dutch physicist - Christian Huygens, (inventor of the grandfather clock) famously observed entrainment at work amongst the swinging pendulums of his machines. Setting a room full of pendulum clocks in motion at different paces, Huygen left them, only to find on his return that they had all fallen into sync.

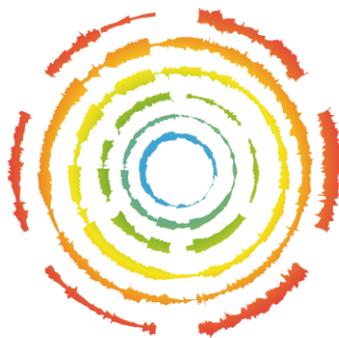


“When two systems are oscillating at different frequencies, there is an impelling force called resonance that causes the two to transfer energy from one to another. When two similarly tuned systems vibrate at different frequencies, there is another aspect of this energy transfer called entrainment, which causes them to line up and to vibrate at the same frequency.” (Richard Gordon; Quantum Touch)

Our bodies naturally entrain to external rhythms without us really noticing. Phases of the moon entrain hormonal cycles and our own breath influences our heart beat and respiration.

Over thousands of years, sound practitioners have discovered healing frequencies, in other words - entrainment and how it can be used to harmonise and heal our physical, emotional and spiritual bodies.

It will therefore come as no surprise to the gong bath enthusiast that the gongs are especially powerful healing instruments. The wide range of harmonics and layers of sound created within the gong space creates a resonance that is not only profound but also has the power to entrain, to raise our vibration and to bring us back into harmony on all levels.



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