

Sound and Music for Anxiety

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Sound and Music for Anxiety

Medical Details

This section provides information about the issue, known causes, common signs and symptoms and current treatments.

Definition

Anxiety is a feeling of fear, dread and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress and resolve on its own. But for people with anxiety disorders the symptoms may be severe, not go away, or get worse over time and interfere with daily activities.

Types

- **Generalized Anxiety Disorder**
Excessive worry about ordinary issues which occurs almost every day for at least 6 months.
- **Panic Disorder**
Experience panic attacks with sudden repeated periods of intense fear when there is no danger. They come on quickly and can last several minutes or more.
- **Phobias**
Intense fear of something that poses little or no actual danger such as spiders, flying, crowds or social situations.

Causes

The exact causes of anxiety disorders are unknown but certain factors are thought to play a role:

Genetics - family history of anxiety or mental disorders

Brain biology and chemistry - hormonal imbalance

Stress level and response

Environment

Having a very shy or withdrawn personality type

Traumatic events in childhood or adulthood

Current trauma - injury, accident, life threatening or abusive situation

Stressful events and situations

Poor nutrition

Some health conditions such as thyroid problems or arrhythmia

Illness or disability
Substance abuse
Depression
Death of a loved one
Parental or peer pressure, bullying
Solar flares and Coronal Mass Ejections
Electromagnetic disturbances
Earthquakes
State of the Planet
Astral Field or Electromagnetic Field around the other
Other People

Signs and Symptoms

Different types of anxiety disorders can have different symptoms, but they all have a combination of:

- Anxious thoughts and beliefs that are hard to control, make you feel restless and tense, and interfere with your daily life. They do not go away and get worse over time.
- Physical symptoms such as pounding or rapid heartbeat, unexplained aches and pains, dizziness and shortness of breath.
- Changes in behavior, such as avoiding everyday activities you used to do.

Current Treatments

Prescription drugs such as benzodiazepines and antidepressants
Psychotherapy
Music Therapy
BioFeedback
Movement
Meditation and Mindfulness
Somatic Based Therapies
Applied Polyvagal theory
Vitamin B
Exercise
Probiotics
Acupuncture
Massage therapy and bodywork
Energy based therapies

Conceptual Framework / Theoretical Approach

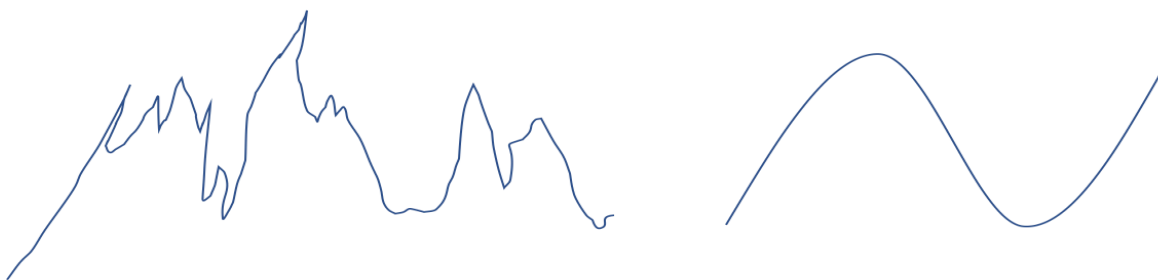
This section provides the theoretical basis for using specific sounds and music for the particular issue. It is the “why.” Why do we think our approach makes sense for the particular issue? This theoretical framework will likely be refined over time as we learn more and do more research. There are a large number of ways to use sound, music and vibration to create treatments based on this overall framework. The section below, “Treatments with Sound,” provides many options with much more detail.

Anxiety is a chaotic vibration in a person. It can be chaos physically, mentally and/or emotionally. With sound we can replace the chaos with coherent vibrations. Stable consistent vibrations create peace.

CHAOS

vs.

COHERENT



We'll cover two different types of anxiety separately: **Panic Attacks** and **Basic Anxiety**. People that are having panic attacks are much more sensitive than someone with basic anxiety so the approach and treatment is quite different.

Panic Attacks

Most people won't be coming in for a treatment when having a panic attack. However, you might still have a friend or client that needs help while in a panic attack. If someone has had a panic attack in the last month, these guidelines still apply.

Create Peace

Most people that are prone to panic attacks cannot handle any sound at all except maybe a low frequency hum or “uuu” with the voice. However, they are extremely open to any peaceful vibrations. This might mean you just be calm and peaceful. Certain calming music can be extremely effective.

Koshi Chimes
Maybe Harp or Sansula

Love

Love is the most important antidote for panic attacks. Therefore, any way that you can incorporate love into the session, the better.

Imagining Sounds in Chakras

Actual sounds can be too much, but imagining coherent stable consistent sounds in the body can be really effective. Imagining peaceful sounds in each Chakra have proven to be extremely helpful with panic attacks.

Breathwork

Do deep breaths in and out to whatever tempo feels right.

Higher Energies

When someone is having a panic attack, their system is not shut down. In fact, they are extremely open and able to go to higher states of consciousness and bliss. Any way you can lead them there can be extremely helpful.

Self Discovery and Transformation (Transferring into the Real World)

Basic Anxiety

Create Peace with Sound, Voice, Instruments, Music and Vibration

(This section is good for all issues except where people are extremely fragile – [CLICK HERE](#) to see more details than below on how to create peace)

Listening

1. Frequencies
 - a. Coherent vs. Chaotic frequencies
 - b. Archetypal Frequencies
 - c. Low Frequencies
 - d. Frequencies for Specific Parts of the Body
 - e. Frequencies for a Person's Whole System
2. Sounds
 - a. Consistent Stable Sounds

- b. Warm Sounds
- 3. Musical Intervals – Harmonious
 - a. Unison
 - b. Octave
 - c. Perfect 5th
 - d. Perfect 4th
 - e. Major 3rd (especially descending) for love
- 4. Musical Flow
 - a. Smooth Flow
 - b. Slow Fade
 - c. Home note of the key of the song
 - d. Dynamics that Slowly and Smoothly Get More Calming
 - e. Slow Rhythms
 - f. Music Tuned to the Breath
 - g. Musical 5th Melodic Intervals
 - h. Musical 3rd Melodic Intervals (for love)
 - i. Sweet Melodies
- 5. Energy and Intention
 - a. Stable and Consistent Peace
 - b. Soul Energy
 - c. Universal Love
 - d. Source

Having Them Play Instruments

Voice Work

- 1. Toning
- 2. Chant and Mantra
- 3. Voice Healing

Sounds on the Body

- 1. Tibetan Bowls, Tuning Forks, Frame Drums
- 2. VibroAcoustics: Sound Tables / Sound Lounges / Sound Vests / Sound Pillows/
Sound Dolphins

Brainwave Entrainment Tuned to The Person

Soft Volumes

Low Frequencies

Love

Emotional Expression

Chakra Treatments

Self Discovery and Transformation

Higher Perspective and Intuition

Safety Guidelines

What practitioners should be aware of. What are the contraindications? This is critical not only for safety, but in order to help bring these treatment modalities into the mainstream (hospitals and homes).

Panic Attacks

Most people won't be coming in for a treatment when having a panic attack. However, you might still have a friend or client that needs help while in a panic attack. If someone has had a panic attack in the last month, these safety guidelines still apply.

Watch carefully at every moment for any negative reactions.

Almost all sounds can be too much. Maybe only really soft low frequency sounds. The voice is the best if they can handle anything at all. Even crystal bowls can be way too activating.

No Sounds right on the body - Vibroacoustics (Tuning Forks, Tibetan Bowls, Crystal Bowls, Frame Drums, Sound Lounges, Tables, Vests, Pillows, Dolphins). Not even at low volume.

Do not ever ask them to make sound out loud.

Don't ask any questions.

Never work on releasing stuck emotions or any transformational work.

Don't be afraid to call 911 in an emergency.

Call a Suicide hotline if necessary.

Don't work with someone really in trouble and not getting counseling.

Basic Anxiety

Watch carefully at every moment for any negative reactions.

Do not use activating sounds or voice: Gong, tibetan bowls, rattles or shakers, tingshas. Even crystal bowls can be too activating.

Describing their anxiety can trigger anxiety. Be especially careful with those who are experiencing anxiety during the session.

Don't be afraid to call 911 in an emergency.

Call a Suicide hotline if necessary.

Don't work with someone really in trouble and not getting counseling.

Intake Questions

Panic Attacks

Never ask any questions when someone is having a panic attack or is prone to them. Thinking about a panic attack can trigger one.

Basic Anxiety

Describing their anxiety can trigger anxiety. Be especially careful with those who are experiencing anxiety during the session.

Clients may be particularly adverse to questions that delve too deep before they have developed trust, or before they are ready to open up.

Top Questions

- What brought you here?
- How are you doing today?
- Have you done any Sound Healing?

- You Ok to make sound?
- How long have you had this issue?
- What triggers it?
- What are the symptoms you experience?
- Do you feel anxious right now?
- What or who prompted you to seek help for your anxiety?
- How often?
- How long does it last?
- What is the level of the issue on a scale of 1-10 now?
- Where in the body does it manifest? Scale of 1-10 intensity
- Was there a big event that started your issue?
- Is there anything that helps?
- What are the main stressors in your life?
- Do you have any other health issues?
- How is your diet?
- How much do you exercise?
- Do you have a support system?
- Are you seeing a medical or alternative physician now or in the recent past?
- Are you on any medication? How is it helping?
- How does sound and music affect your condition?
- What do you do to help your issue when it happens?
- How do you feel about yourself?
- What are your goals in life?

Music and Sound

- What type of music do you like?
- Do you like to sing?
- Are you a musician? Do you play any instruments?

Lifestyle

- What activities do you enjoy the most?

- What really makes you happy and feeds your Soul?
- Do you have a spiritual practice?
- How is your diet?
- What is your job?
- Any loving relationships?
- Family questions (How is your family? Are you close to them? Live with them?)
- Do you feel supported by friends or family?
- Sleep, quality and quantity. Are you going to bed at the same time each night?
How are you sleeping?

History

- What was your childhood like? Did you experience abuse from anyone as a child?
- Was there a lot of chaos growing up?
- Did you feel safe growing up?
- Have you experienced any traumatic events?
- Does anyone in the family have anxiety?

Current Stressors in Your Life

- What things most stress you out?
- Do you feel able to step outside those stressors and observe yourself from a peaceful location?

Triggers

- Can you remember a time when you were relaxed without this issue? What was the environment in that situation?
- Do you notice any connection to electromagnetics?

Personal Remedies

- When you visualize a safe place where does your mind go first?
- Do you have any current self care practices?
- Do you have a creative outlet?

Current Medical Therapeutic

- Have you stopped taking any medications recently that corresponded with anxiety
- Has your anxiety ever posed a threat to your life? If yes, specify.

Somatic Questions

- Physical health
- Have you lost weight recently?
- Are there any areas of your body that are in pain or need?

Higher Perspective

- What do you think is going on behind this? Do you know deep inside what causes it?
- If the anxiety could talk, what would it say?
- What shape, color, texture, sound is it?
- Have you considered what this is teaching you? What are you learning?
- What is it trying to protect you from?
- Do you consider yourself empathic?
- If you had all the free time in the world what would you do? What would your magic life be like?

Chakra Questions

- Root Chakra – How grounded are you? How often are you in your body versus in your head?
- Sacral Chakra – How easily do you let go of emotions?
- Solar Plexus Chakra – Are you above others where you are frustrated, critical or angry, or below people where you feel insecure or not good enough? Or do you feel in your power equal to others?
- Heart Chakra – How open is your heart? How much love do you have in your life these days?

- Throat Chakra – How well are you able to express yourself?
Do you have any trouble or fear around making sound or singing?
- Third Eye – How good is your intuition? How clear is your vision and clarity of mind?
- Crown Chakra – How often do you connect to Spirit or Source energy?
Do you have a spiritual practice?
Do you know how to open your crown chakra?

Practitioner Preparation and Guidelines For both Panic Attacks and General Anxiety

Clearing in Advance

- Do your homework on yourself.
- Do your own centering first before the session.
- Clear your physical space as necessary - physically and energetically
- Call in guides
- Set out all Sound Healing Instrument sets (Crystal Bowls, Tibetan Bowls, Tuning Forks, Drums, etc.)

General

- Build confidence in these techniques by sharing previous successes, research, acceptance of Sound Healing in Integrative Therapy departments in Hospitals.
- Have intake questions ready for proper diagnosis and treatment.
- Listen and be present.
- Be ready to follow higher guidance.
- See them as pure spirit, allowing space for them to be honored as divine presence.
- Meet them where they are at.
- Understand how to establish trust in every opportunity that presents. Listen, empower, validate, non- judgment, no labels, authenticity is key, etc.
- Watch extremely closely for any negative reactions during the session.

- Be honest with patient in advance regarding your qualifications and session goals. Expand trust by demonstrating willingness to become vulnerable.
- Reflection - Use their exact words back to them so they know you have understood them.
- Gauge how closed they are. Know how deep you can go.
- Reframe: See condition as a doorway instead of obstacle
- Hold deep acceptance: "It's OK to be that way" "It's Ok to feel what you are feeling"
- If they start crying don't touch or talk to them. Let them know "It's OK, Let it out."
- Disclaimer for any recommendations - especially herbal stuff and anything ingested.
- Explain to the client what they may experience during the session.
- Ask permission to work on the body with tuning forks and bowls and possibly hands.
- Keep track of which techniques the client likes the most and use the best in future sessions or homework assignments.

Chakra Questions

- Root Chakra – How grounded are you? How often are you in your body versus in your head?
- Sacral Chakra – How easily do you let go of emotions?
- Solar Plexus Chakra – Are you above others where you are frustrated, critical or angry, or below people where you feel insecure or not good enough? Or do you feel in your power equal to others?
- Heart Chakra – How open is your heart? How much love do you have in your life these days?
- Throat Chakra – How well are you able to express yourself?
Do you have any trouble or fear around making sound or singing?
- Third Eye – How good is your intuition? How clear is your vision and clarity of mind?

- Crown Chakra – How often do you connect to Spirit or Source energy?
Do you have a spiritual practice?
Do you know how to open your crown chakra?

For Panic Attacks

- Don't take on their energy. Ground and be calm no matter what.

Treatments With Sound

Detailed techniques using a wide range of sound and music, categorized based on the Conceptual Frameworks above.

Order of treatment

1. Opening / Invocation – Do sound to get them as peaceful as possible initially
2. Do Intake questions
3. Do a sound session based on the information and energy from the intake questions
4. Discuss how effective it was for releasing the issues
5. Visualize the issue completely gone and do sound to resonate it
6. Make the sound of the new life, completely healed and then do celebration

Opening the Session

- Set sacred space if you like
- Call in helpers, guides and higher beings if appropriate
- Do 3 OM's or 3 breaths with the client to start

Creating Peace with Sound, Voice, Instruments, Music and Vibration

Peace and harmony are the basis of health. When we experience a state of peace, body and mind are relaxed and the natural healing response kicks in.

(This section is good for all issues except where people are extremely fragile – [CLICK HERE](#) to see more detail)

Do whatever you need to do to embody peace in your own being as they will pick this up the most.

Try toning a low note with the vowel “uuu.” Or humming (“mmm”). Ever so softly.

Use soft volumes and low frequencies (vs. high frequencies).

Countdown from 10 at least three times slowly and in a low, calming frequency.

Music

David Gibson’s CD’s

- Calm Sleep
- Unconditional Love
- Water of Life
- Chakra Guided Meditation
- Schumann Resonance

Dynamic Curve

Severe anxiety requires complete calming. Best to just resonate peace only with this curve (floating):

Love

Love is the most important antidote for panic attacks.

Hold a loving energy for the person you are working with.

Have them imagine sending the sound of love to their own heart silently.

Imagine sending a sound of love to your anxiety.

Breathwork

Do deep breaths in and out to whatever tempo feels right.

Imagining Sounds in Chakras

Have them listen for a sound at each chakra and imagine it vibrating consistently there. No need to do it out loud. Like a small sphere of sound at each chakra. Do it one by one as much as 5 minutes per chakra. The frequency they find is not critical. A stable consistent vibration of peace is all that is important.

Imagine colors in each chakra. You can use the traditional colors of red, orange, yellow, green or pink, blue, indigo, clear or white. Or, you can have them find a color themselves that feels the best for that chakra in the moment.

Listen to Chakra Guided Meditation CD/download by David Gibson

Basic Anxiety

Opening the Session

Set sacred space if you like.

Call in helpers, guides and higher beings if appropriate.

Do 3 OM's or 3 breaths with the client to start.

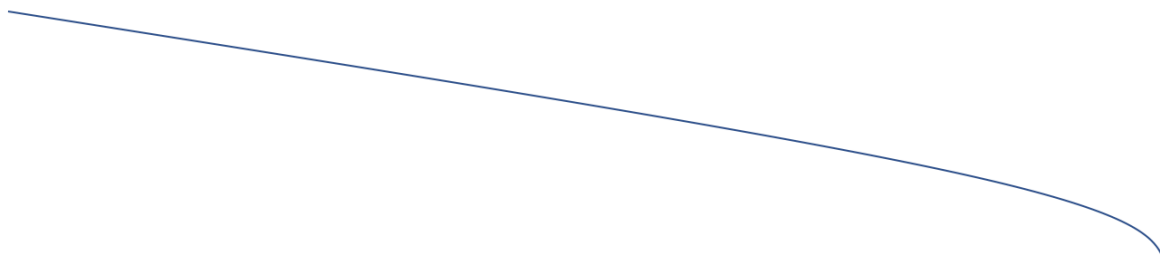
Creating Peace with Sound, Voice, Instruments, Music and Vibration

The #1 thing that helps with anxiety is peace. Here are all of the details of how sound, music and vibration can create peace: [CLICK HERE](#)

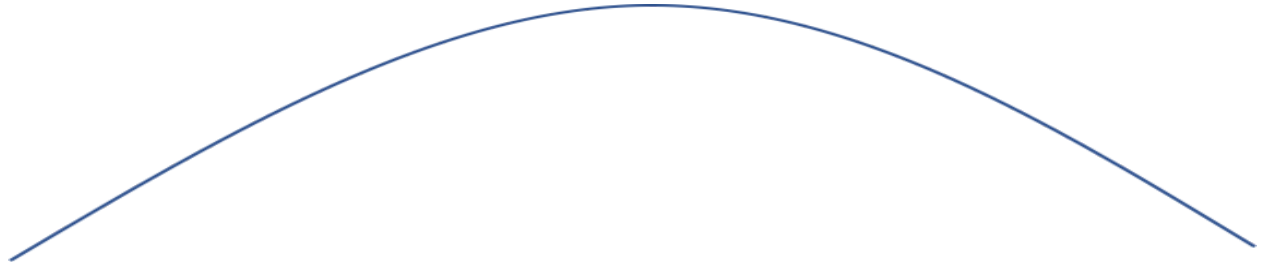
Keep track of which techniques the client likes the most and use the best in future sessions or homework assignments.

Dynamic Curves

Main curve would be this one.



Less severe anxiety could use a mountain curve to build strength and resilience.



Soft Volumes

Use soft volumes if they seem sensitive.

Low Frequencies

Make a low frequency sound with any vowel.

Chakra Treatments

Find the frequency of each chakra intuitively and imagine it humming there in the body consistently. Start with the base chakra and go up to the crown. Bring in colors if you like.

Listen to Chakra Guided Meditation CD by David Gibson

Love

Send the sound of love to your own heart

Send a sound of love to your anxiety.

Send a sound of love to your stressors.

Emotional Expression

Before doing emotional expression with sound you might need to help them get comfortable making sound:

- Gibberish
- Call and Response

Expressing Feelings

- Make the Sound of How you Feel
- Make the Sound of Your Day
- Make the Sound of Who You Are

If strong enough, have them make the sound of how they feel (do not do this if they have severe anxiety)

Practice using the voice to release stress from the body - particularly right when it happens.

Have them make the sound of how they are feeling (might have to do the exercises above, "Have Them Make Sounds" to get them comfortable making sound first).

What does Calm sound like? Make that sound.

Even bringing up and expressing anger with sound can be helpful. Especially on a gong.

If not too fragile, have them do a really powerful, "no." Imagine you have a tiger attacking you and you have the power with your voice to stop it in its tracks. You're not going to hurt the kitty, you are just setting boundaries. Then do a really loud now to get back into your power. Demonstrate for them first. This tiger represents your anxiety.

Breathwork with Sound

Breathe deeply and make a sound on the out breath.

Breathwork with instruments. Play the musical 5th on the in breath and the home note on the out breath and have them breath along with it.

Sound on the Body

Play tuning forks on the body - Up and down the spine, vertebrae by vertebrae. On the bottom of the feet.

Schumann resonance tuning forks, or let them choose the forks as you play different ones on them.

Play a tuning fork on a crystal or gemstone on the body.

Tuning Fork Idea -

Weighted tuning forks direct onto the bones. Use two for a full body binaural beat creation. Use Acutonics tuning forks, 2 mid Ohms (unison). You can try other forks on each of these points.

- Allow client to listen to the forks,
- Ground client by placing forks on KID 1 on soles of feet
- Use mid Ohm forks bilaterally down the spine starting at the base of the neck (balances and relaxes the nervous system)

- UB10 at the back of the head to clear the head and connect to universal energy
- Low Ohm forks on sacrum to release stuck energy and then 1 mid ohm fork on right UB10 and one low ohm on sacrum, move to mid Ohm on left UB10 and low Ohm on sacrum (balances the physical and the mental bodies, creates a sense of wholeness and peace)
- Sweep the back of the body with high frequency Ohm /New moon 5th (nurturing and emotional releasing) then sweep with High frequency Ohm/ Full moon 6th (nourishes, brings emotions to fullness)
- Use mid ohm forks (unison on Lung 1, Ren 6, Ren 17, GB21, ST6, and UB2 (points that help to relieve stress)
- Use high frequency Ohm / New moon 5th in the energy field where guided to, follow with high frequency Ohm / Full moon 6th

Music Playback

Send intentions of love while the music is playing.

David Gibson's CD's

- Calm Sleep
- Unconditional Love
- Water of Life
- Chakra Guided Meditation
- Schumann Resonance

Play sounds of nature, white noise like ocean waves.

YouTube Sleep Song: [8 Hour Deep Sleep Music: Delta Waves, Relaxing Music Sleep, Sleeping Music, Sleep Meditation, 🧘 159](#)

Sound and Movement

Mellow exercise with sounds. Move gently and softly to music or sound healing instruments (including percussion).

Get up and Dance to their favorite music or

Progressively slow down to stillness.

Emotional Freedom Technique (EFT) - Do tapping on acupuncture points while holding acceptance of emotions.

Do QiGong with sound.

A Sound Treatment Example

- Welcome with loving intention.
- Set sacred healing space. Clear energy from the area before the client arrives.
Play harp or piano to clear the room.
- Center self using deep breathing and a few minutes of Qi Gong movements.
- Do intake assessment. Tell them to let you know to stop if anything you do makes them uncomfortable. Ask permission to touch them.
- Tell the client you see them as “beautiful, perfect and whole in every way.” If the client seems comfortable with spirituality then also say that we “only have symptoms to remind us of how to get back on the path of being connected to Source and Spirit.”
- Invite clients to lie down on a massage table and cover with a light blanket. Use Ting Shas to indicate the beginning of treatment. Use Deep Relaxation Flow pattern.
- Hold Emotional Stress Relief points on the forehead for about a minute in silence.
- Play bamboo nose flute for a couple of minutes. Ask the client to do gentle belly breathing during this time. Teach how to do diaphragm breathing if needed. Walk around the client while playing.
- Play harp instrumental for about 5-10 minutes. Use major keys and slow tempo with glissandos.
- Sing a song, hum and/or tone with harp accompaniment.
- Play a bamboo nose flute for a couple of minutes and invite the client to do belly breathing again.
- Repeat holding Emotional Stress Release points for a minute in silence.

Self Discovery and Transformation

Both Panic Attacks and Basic Anxiety

Bringing them into their body. Guide them to explore how and where they feel it in their body.

Imagine that the anxiety is gone forever. Feel how that would feel.

Deliver guided meditation leading them into light and bliss.

Basic Anxiety

Do a very powerful “No,” from the solar plexus

What’s the worst thing about feeling anxious? Then replace it with light filled, peaceful sounds.

Make a sound and slowly transform the anxiety to love and light.

Help someone find their voice to sound their thoughts, feelings and emotions as a space to let them leave the body and mind with the sound.

Deep breathing and toning with regards to where the emotions have come from and where it is now.

Guided meditation that focuses on a time when this was not a problem and propels clients into ideas and feelings of possibility of overcoming. Move them from visiting and accepting the current story to transforming into a new story. Use sound toning with voice and bowls (instruments) to move them on. They can take a recording home and replay as needed. Additional recorded guided meditation for calming the nervous system. Moving them in a visual imagination through their body systems, chakras, organs, ligaments and myofascia.

Higher Perspective and Intuition

Both Panic Attacks and Basic Anxiety

Different Perspective

Path to be aware and accept your own emotions

- Balance out the stressors with all of the positive things in your life.
- Become the observer - the witness. The witness is always perfectly still.
- See the issue as a doorway.

Get in Body

- Bring them into awareness of their emotions. Path to be aware and accept their own emotions.
- Scan through where there is an issue in the body - assign a color, shape, texture.
- Walk them through a meditation to feel each part of the body.
- Find a vowel sound for each part of the body (out loud or silently).

Higher Energies

- Go through all of the things we can be grateful for.
- Have Source make the sound through your voice to create peace.
- Affirmations the client can use anywhere for immediate effect. Create your own custom ones. For example: I am here in my body and all is well. I am connected to Source energy at all times. There is time, space and resources for everything I want to do. I belong. I have what it takes. Make them into a mantra - outloud or internal.
 - You are a stable point of awareness
 - You are a stable peaceful Soul
 - You are love
- Bring them into an expanded state of consciousness.

Using Intention

- See them healing and transforming as you do sound
- See them as pure spirit, allowing space for them to be honored as divine presence

Basic Anxiety

Create anchor words or sounds to remind them of the peaceful place.

Different Perspective

Compare the sound of stressors to the sound of gratitude and compassion.

Higher Energies

Go through all of the things we can be grateful for. Make the sound of gratitude.

Make the sound of gratitude, compassion, forgiveness and love.

Alternate from one ear to the other that you are love and other affirmations

Have higher beings make the sound through your voice to transform it.

Homework with Sound and Music

Ideas that the person can do on their own.

Both Panic Attacks and Basic Anxiety

Sound and Music

- Go to a peaceful place with sound at least 3 times per day. Preferably 5 or more.
- Find an instrument that calms you and play it daily.
- Create a calm music playlist. Recommend that the client builds a playlist of music that makes them feel calm as a pre-emptive tool or for daily use during potential triggering events or times.
- Send love to your heart with sound (out loud or silently).
- Encourage them to find a sacred object and imbue it with sound with a positive affirmation, such as a crystal or a deity.
- Listen to brainwave CDs tuned to you: Delta, Theta, Alpha, Beta, Gamma
- Listen to David's CD's:
 - Unconditional Love
 - Calm Sleep, Enlightenment
 - Water of Life
 - Chakra Guided Meditation
- Do chakra treatment with Sound.
- Chant or Mantra - Out loud or internal.

Nature

Walk in nature and listen to the natural sounds.

Body Work

Daily breathing exercises with or without sound.

Mental/Emotional

- Do guided visualizations.
- Do any type of meditation.
- Come up with your own self care list. Do what you love at least once a day.
- Let you know how they are doing. Check in on them weekly or more often.
- Honor yourself and accept all the emotions you feel.

Energy Work

Go to Satsang

Environment

Reduce excess noise from TV, children, chaos.

Color

Try visualizing different colors

Service

Be of service to others. Sending light and love to others and/or actually doing something to help others (grocery shopping, painting, cleaning etc)

Basic Anxiety

Sound and Music

- Get on the Sound Table
- Tone, Chant or Mantra 8 minutes 3 times per day -- or more
- Use the voice to release stress from the body -- particularly right when it happens.
- Do a meditation with sound to get into a place of peace & power. From that place of power figure out your plan. Return to this place of power 1-3 times per day.

Voice Work

- Do toning daily. Even small 15 min three times a week
- Do Chant and Mantras each day
- Try the Chakra Tuner app

- Give them a chart of the bija mantras or other tones that correspond to the chakras and suggest that they tone each chakra three times, and to do this practice each day.

Nature

Listen to nature sound CDs or Youtube (crickets, soft waves, brook, etc.).

Energy Work

Go to Satsang

Follow Up

- Let them know they can call or email anytime.
- Have them let you know how they are doing by phone or email.
- Check in on them weekly or more often.
- Schedule a followup session.
- Email a list of followup questions.
- Go through all of the things they are doing and how they are working.

Treatments Other Than Sound

Techniques that you might add to the treatment. These techniques might also inspire new ways that you might also incorporate sound with them.

Both Panic Attacks and Basic Anxiety

Body Work

- Acupuncture / acupressure points: Rub the whole ear. Rub just under the lip – pressure point for panic and fear .
- Yoga Nidra - Bringing body and mind into centralized focus
- Hikes
Increased gentle movement practice
- Grounding: Barefoot walking
- Get hugs
- Take a soothing epsom salt bath

Mental / Emotional

- Write down things you are grateful for at the end of each day.
- Let you know how they are doing. Check in on them weekly or more often.

Energy Work

- Reiki
- Do ceremony / ritual practice to release stress.
- Cranial Sacral
- EMDR
- Find a Sensory Deprivation Tank
- Set intention - remember first time you were anxious and send acceptance and light to it
- Meditations and Techniques from HeartMath
- Create custom affirmations such as:
 - I am here in my body and all is well.
 - I am connected to Source energy at all times.
 - There is time, space and resources for everything I want to do.
 - I belong.
- I have what it takes.
- Try to find moments of complete stillness and silence.

Environment

- Create low light environment in your home
Make sure you have many soft things (pillow, blankies)
- Clutter clearing

Nature

- Spend more time with animals
- Perhaps a therapy dog or cat

Diet/Supplements

- Vitamin C (Not EmergenC)
- Put feet in salt water
- Probiotics

Crystals

Use a rose quartz crystal to carry or keep near bed, desk etc. Black tourmaline also to dispel negative energy.

Nutrition / Supplements

- **No alcohol**
- **Limit or remove caffeine**
- Add calming herbal teas
- Drink more water (high PH level)
- Eat more oatmeal, walnuts, lentils, whole grains
- Take Omega 3's, 5HTP, Magnesium, B, B6, D
- Try this homeopathic remedy during a panic attack - Arsenicum Album
- Eat fresh, alive unprocessed foods.
- Eat foods with a high PH level
- Eat foods high in probiotics - fermented foods, eat organic.
- Recommendations to simplify diet, fresh, whole foods, reduce animal products.
- Flower Essence - Rescue Remedy

Panic Attacks

Body Work

- Open and close the hands briskly.
- Tap on the soft part of the cheeks.
- Hold an ice cube in your palm tightly.

Mental / Emotional

- Be Careful with extended mental focus. Don't do too much work at once.
- Do more routine work for a while.

Diet/Supplements

- **No alcohol!**
- **Limit or remove caffeine!**
- Vitamin C (Not EmergenC)
- Try this homeopathic remedy during a panic attack - Arsenicum Album
- Add calming herbal teas

Basic Anxiety

Help Them Get Organized

- Set a detailed list of things to do
- Set 10 easily achievable lifestyle change goals
- Help them make a schedule daily, weekly, monthly
- Suggest time and frequency.
- Give them a calendar.

Body Work

- Point out posture adjustments to make
- Do breathing exercises
- Hikes
- Stretch
- Stay active
- Get a massage or body work
Yoga
- Teach acupressure points, invite them to play with their points

Mental / Emotional Work

- Applying conscious language - Stop the mind by saying stop
- Use laughter
- Journal reflection - Write down something they are looking forward to. Keep track of what triggers and what helps.
- Stay connected with others socially

- Consider a meditation retreat
- Watch a movie you love
- Look for support groups. Create your own support group.
- Set 10 easily achievable lifestyle change goals.
- Create a Vision board

Energy Work

Creative

- Be creative - drawing, painting, doodling, writing
- Set a creative project

Nutrition / Supplements

- The Mood Cure by Julia Ross
- St John's Wort tincture
- Essential oil blends. Check with them first to see if they are sensitive to oils.
Lavender, Frankincense and Patchouli can reduce anxiety and stress.
- Use Essential oils, smell, topically etc. Rosemary, Lavender, Peppermint.
- Rub feet with essential oils
- CBDs
- Peppercorn
- Lemon and Pepper up to the nose

Crystals

Research Possibilities

Sounds and Music

- What sounds are the best?
Drone, Melody or Rhythm
 - Voice
 - Crystal Bowls
 - Tibetan Bowls

- Harp
 - Flute
 - String Section
 - Drum
 - Sound Table
 - Tuning Forks
- What **music** is the best?
 - Rhythm - Slow - To a breath
 - Intervals - Musical 5th
 - Smooth Flow
 - Time Signature
- Preferred music and instruments

Brain

- How effective are Delta, Theta, Alpha and Beta tuned to the person?
- Are there certain parts of the brain that can be entrained into a frequency that will calm?
- How about brain maps?