

Sound and Music for Pain

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Sound and Music for Pain

Medical Details

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

Definition

Pain is an unpleasant sensory and emotional experience that can range from mild to severe, and may become chronic.

Types

- **Neuropathic Pain**

Pain caused by damage to or malfunction of the nerves themselves. Damage may be to the central or peripheral nervous systems. Peripheral neuropathy and chronic neuropathy are neuropathic pain.

- **Nociceptive Pain**

Pain caused by an injury to something other than the nerves, from outside the nervous system. Nociceptors are the receptors in the nervous system that get activated when there is an injury in the body. In chronic pain, the nociceptors may still be sending pain signals long after the original injury has healed.

- **Somatic Pain**

Pain caused by an injury to the outer body: skin, muscles, ligaments, tendons, joints, bones, etc. It is generally easy to identify where somatic pain comes from, and the pain can be sharp or throbbing.

- **Bone Pain**

Bones can ache. If the bones have been weakened by another condition, such as cancer or osteoporosis, then you can have a very achy and very intense dull pain. Bone pain can also be acute: if you break a bone, for example, that is acute pain. If the bone heals but you still have a throbbing pain (it may be constant or it may come and go), that can be considered chronic bone pain.

- **Muscle Pain**

Chronic muscle pain is more than a strained muscle. Chronic muscle spasms may cause tension and hypertonicity. This form of muscle overload can cause long lasting pain, especially in the back. Muscle pain can also develop as part of certain chronic conditions, such as fibromyalgia.

- **Visceral Pain**

Viscera are the internal organs, such as the stomach, liver, kidneys, intestines, lungs, heart, etc. Not every organ has nociceptors, so not every internal organ can send pain messages if it has been injured. The lungs, for example, do not have nociceptors. If an organ that has nociceptors is injured, typically a deep, achy pain is felt, and it can be

hard to pinpoint where the pain is coming from. Visceral pain response can also refer pain to other parts of the body. For example, if you have a kidney problem, your low back may be painful.

- **Body Pain**

- Muscle pain that affects a localized area of the body is often caused by overuse or a minor injury.
- Full body aches are likely from an infection, illness or medicine reaction. Body aches can vary in intensity and frequency. They may be sharp and intermittent or dull and persistent.

Causes

- Injury or trauma to the body
- Infection or illness
- Inflammation
- Medication side effects
- Withdrawal symptoms from alcohol and certain drugs
- Fluid retention
- Hypokalemia - low potassium can cause body aches, weakness, cramps and fatigue
- Stress
- Dehydration
- Lack of sleep
- Pneumonia
- Fibromyalgia
- Chronic Fatigue Syndrome
- Arthritis
- Auto-Immune Disorders such as Lupus, Myositis and Multiple Sclerosis

Signs and Symptoms

- Inflammation
- Redness
- Aching

- Sharp, stabbing sensation
- Dull aching sensation
- Intermittent or persistent pain
- Limited range of motion
- Fatigue
- Irritability
- Not able to do regular activities

Current Treatments

- Prescription Medications for pain relief, muscle relaxers
- NSAIDS, over the counter non-steroidal anti-inflammatory drugs
- Rest to allow the body time to repair and recuperate
- Stay well hydrated - drink plenty of fluids to prevent cramping from dehydration
- Hydrotherapy - soaking in warm water to ease muscle aches and pain
- Thermotherapy - application of heat can help reduce chronic stiffness and pain
- Cryotherapy - application of cold can help reduce acute pain and inflammation
- Temperature regulation - this may include reducing a fever, keeping warm, or staying cool to alleviate shivering and prevent the muscles from seizing up.
- Physical therapy
- Massage therapy and bodywork
- Reiki and energy work modalities
- Topical herbals for pain relief such as arnica, capsaicin, ginger, menthol

Different Types of Clients / Issues

This section provides important information to be aware of and suggestions to customize treatments based on special considerations such as different variations of the issue, the degree of severity of an issue, adults vs. children, strong vs. fragile state, etc.

Pain and Depression Together

Check out the Sound for Depression treatment plan here:

www.MedicalSoundAssociation.com/sound-for-depression

Pain and Anxiety Together

Check out the Sound for Anxiety treatment plan here:

www.MedicalSoundAssociation.com/sound-for-anxiety

Conceptual Framework

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.

Distraction

Becoming engaged in an activity (one that has no side effects) can make one forget about the pain temporarily.

Bliss and Peace

Whenever you get into a state of feeling good, dopamine, oxytocin, serotonin, and/or endorphins are released in your system that can quell the pain.

Peace relaxes the body and mind so that the tension that is exacerbating the pain is gone.

When at peace, the body’s natural healing response kicks in.

Dealing with the Nerves going to the Brain

Sound can be used on the nerves that are transmitting the pain response to the brain.

Frequencies can be used to run energy through a nerve system to break through and clear blockages that are causing the pain.

Dealing with the part of the body causing the pain

Sound and vibration right on the part of the body that is causing the pain can be extremely effective and have a lasting and cumulative effect. When you fill up the nerve receptors with sound, there is no room left for the pain information.

Repairing what is causing the problem

Play the natural resonant frequency of a part of the body that is causing the pain can entrain it back into its natural state of health – pain free. Musical flow through a system in the body can repair the flow so the pain is gone forever.

Types of People

- Information that can seriously affect the type of treatment provided (e.g.: Level of Severity; Adults vs. Children; Strong vs. Fragile)
- Where they are in the recovery makes a big difference. Those who are just beginning recovery may not be ready to address the emotional issues, trauma, or other causes behind it.
- Adolescent recovery is all about safety and still fun.

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).
- Be extremely careful with wounds that have just happened or are still very sensitive (broken bones, seizures, open sores or burns, etc).
- Always watch extremely closely for any negative reactions that could make the pain worse.

Intake Questions

It should be noted that clients may be particularly adverse to questions that seem like interrogation. Although we are trying to help we must meet the client where they are, this might be in a very delicate and sensitive place. Speak softly in a warm, slow, calm tone. No matter their response, meet them with loving kindness.

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 or who prompted you to seek help for your pain?
- What triggers it?
- What are the symptoms you experience?
- 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 drink alcohol?
- 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?
- Do you have anything you do now that helps when the issue happens?

- 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?
- How much time do you spend in different activities throughout the day? - Phone, TV, Outside time, Listening to Music.
- How much time do you spend on the computer?
- How much unstructured time?
- Do you have a spiritual practice?
- How is your diet?
- What is your job?
- Primary relationships
- Going to school
- Sleep, quality and consistency. Are you going to bed at the same time each night?
- Overall vitality /energy levels
- Did you feel safe in your home?
- Are you financially secure?
- How is this condition affecting your life? At work, relationships, socially, spiritually etc...

History

- What was your childhood like?
- 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 pain?

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 the issue?
- Has your issue 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 issue 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?
- When you visualize a safe place where does your mind go to first?

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

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 patients 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.

Preparation and Guidelines for Each Issue

Use the intake questions to connect to the person and develop trust.

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)

Using sound to create Peace and Stillness is always effective for any issue.

Start with sound, music and vibration on the whole body to relax and make receptive, then get specific with sound on specific parts of the body

Distraction

Becoming engaged in an activity (one that has no side effects) can make one forget about the pain temporarily.

- Listening to Sounds
- Listening to Music
- Playing Sounds / Music

Mental Bliss and Peace

Whenever you get into a state of feeling good, dopamine, oxytocin, serotonin, and / or endorphins are released in your system that quell the pain. Peace relaxes the body and mind so that the tension that is exacerbating the pain is gone. When at peace, the body's natural healing response kicks in.

Play

- Stable consistent tones – Most sound healing instruments and vowels or humming.
- Slow fade – particularly on the home note of the key of the song. Be quiet and still at the end.
- Stable consistent rhythms – Slow the rhythm down until it becomes really slow before stopping.
- Explore what sounds work
 - Play the full spectrum of sounds you have. Track what works and doesn't work in detail.
- Explore what music works
 - Put together a list of their favorite songs.
- Try these from David Gibson
 - Water of Life
 - Unconditional Love
 - Enlightenment
 - Calm Sleep
 - Chakra Journey
- Try other Sound Healing CDs.
- Try their favorite CDs.

Breathwork

Especially with sound/music.

Brainwave Entrainment Tuned to Them

- Find their natural rhythm/note and play binaural beats in Delta, Theta, Alpha and Beta to get them back to their own natural rhythm of their metabolism – brain and heart rates.
- When playing percussion and rhythm instruments look to match their rhythm.
- Nervous system is a rhythm. Find the natural rhythm.

Have Them Play and Make Sounds

- Do a Drumming Circle
- Various instruments (depending on capability)
 - Bowls
 - Drums and percussion
 - Freenote (xylophone)
 - Sansula (kalimba)
 - Handpan

Sound and Movement

Ask and test first as it could make the pain worse.

Dealing with the Nerves Going to the Brain

- Sound can be used on the nerves that are transmitting the pain response to the brain. Frequencies can be used to run energy through a nerve system to break through and clear blockages that are causing the pain.
- Try different frequencies and timbres on the body.
- Try different electromagnetic frequencies.

- Put sound on one end of the entire nerve pathway and another sound on the other end, to pulse sound through the nerve pathway. Do this with tuning forks, Tibetan bowls, crystal bowls, tone generators.
- Tuning forks on Acupuncture points of particular meridians.

Dealing with the Part of the Body Causing the Pain

- Sound and vibration right on the part of the body that is causing the pain can be extremely effective and have a lasting and cumulative effect. When you fill up the nerve receptors with sound, there is no room left for the pain information.
- Sound Tables/Lounges and/or Sound Pillows have been incredibly effective. Test the volume and amount of vibration first. Start with extremely low-level vibration.
- Place a sound right on the pain (tuning forks, Tibetan bowls, crystal bowls, tone generators). If too sensitive, place the sound on both sides of the pain.
- Tone on the spot with the voice. Do Voice Healing techniques on the pain.
- Make the sound of the pain. Have them make the sound of the pain.
- Play cymatic or other frequencies on the body with headphones (don't listen, place the headphones on the body).
- Play the Bass Pod or Bass Belt with cymatic frequencies directly on the body (extremely effective) www.SoundLoungeCenter.com
- Frequencies for the Vagus Nerve – Implant (battery dies). Can be overstimulated and can cause infection.

Repairing What is Causing the Problem

Playing the natural resonant frequency of a part of the body that is causing the pain can entrain it back into its natural state of health – pain free. Musical flow through a system in the body can repair the flow so the pain is gone forever.

Use the cymatic frequencies or other frequency lists and play the resonant frequency of the part of the body. Use a tone generator or device, or just make the sound on the body with the voice.

Self Discovery and Transformation

After getting them to a state of peace/activation, discuss the issues and triggers along with ideas for dealing with them with sound.

Get in Body

- Bring them into an awareness of their body
- Somatic: Guide them to explore how the and where they feel it in their body
- 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).
- Additional recorded guided meditation for calming the nervous system. Moving them in a visual imagination through their body systems, chakras, organs, ligaments and myofascia.
- Scan through where there is an issue in the body - assign a color, shape and texture.
- Use a sound sweep to scan through the body and see where there is any stuckness. You can also do a silent sweep to find where there is an issue in the body. Ask them to find the exact opposite of the sound and make that sound. Next, guide them in reversing the opposite of all descriptive forms to match tone, changing spin of shape, morphing shape and changing color. Encourage the decreasing tone and intensity until the visuals disappear into one another.

Emotional Expression

- Create a safe place for them to express themselves.
- Before doing emotional expression with sound you might need to help them get comfortable making sound:
 - Do gibberish
 - Do 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
 - Make the sound of the emotion with the intention of releasing it.

- Make the sound of the emotion and slowly transform it into a beautiful harmonious sound.
- Make the sound that the part of the body that's holding the emotion needs.
- Do any of the other 11 voice techniques for releasing stuck emotions.
- Make the sound of the pain to release it
- Express painful sounds, moans, screams, wails and crying.
- Make the sound of the part of the body before it had the pain
- Make the sound of the pain and transform it into a beautiful sound
- Make the sound of what it would feel like without the pain.
- Tone with them.
- Make fun, silly sounds. Use laughter.

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.

Higher Perspective and Intuition

Using sound and discussion to help them access a wider mental perspective and higher state of consciousness.

Exploring Causes and Triggers

- After getting them to a state of peace/activation, address the issue and its cause.
- Remember the first time you had the pain and send the energy and sound of acceptance to it.

Different Perspective

- Path to be aware and accept your own emotions.
- No judging or resisting the pain. "It's OK to be that way" "It's Ok to feel what you are feeling"

- Balance out the stressors with all of the positive things in your life.
- Become the observer -- the witness. The witness is always perfectly still.
- What is this teaching me? What is the lesson here? See the issue as a doorway.
- You are not the pain. You're a Perfect Spirit in every way. Make the sound of that.
- Help them find a purpose or mission in life. Create a vision board.
- Chant their dreams or goals with rhythm.
- Do a Ceremony of releasing the pain and then Celebration with sound.
- They could help others with pain as a career.

Higher Energies

- Go through all of the things we can be grateful for. How can you be grateful for the pain? Make the sound of gratitude.
- Heart Coherence (love, gratitude, etc.) inhibits pain pathways to the brain - .1 Hz.
- Make the sound of gratitude, compassion, forgiveness and love.
- 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
- Deliver guided meditation leading them into light and bliss
- Connect to higher beings and Source

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.
- Know that you have the power to overcome it.
- Applying conscious language - Stopping the mind by saying stop.

- Do a loud “no” with full power. Don’t allow your lower self to do this. “No.”
- Create anchor words or sounds to remind them of the expanded place.
- Access Source with sound and let Spirit take care of it.

Homework with Sound and Music

Ideas that the person can do on their own.

Listening and Playing Sound and Music

- Find sound healing instruments you like, purchase them and play them daily.
- Acquire and play sound healing instruments daily.
- Create an Itunes, Pandora or Spotify list of songs that are uplifting for you and listen daily.
- Listen to music throughout the day.
- Reduce excess noise from TV, children, chaos. Try to find moments of complete stillness and silence.
- Go to a peaceful place with sound at least 3 times per day. Preferably 5 or more.
- Listen to brainwave CDs tuned to you: Delta, Theta, Alpha, Beta, Gamma
- Do chakra treatment with Sound
- 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.
- Listen to the following CDs by David Gibson:
 - Water of Life
 - Unconditional Love
 - Awakening
 - Enlightenment
 - Calm Sleep
 - Chakra Journey
 - Pachelbel Canon
 - Anti-Dep

- Low Mood
- Listen to nature sound CDs or Youtube (crickets, waves, brook, etc.)
- Go to a Sound Bath
- Take a class in Sound Healing

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.

Sound on the Body

- Get a Vibroacoustic sound table, sound lounge or sound vest and go on daily.
- Learn acupuncture points and use them.... Especially with tuning forks.

Breath Work

- Do daily breathing exercises
- Put on 3 songs and breath to it
- Breathe to the rhythm of walking in nature
- Do Prana three part breath

Nature

Walk in nature and listen to the natural sounds.

Mental/Emotional

Enquire - what's the worst thing about feeling the pain? Then replace it with light filled, peaceful sounds. What's the best thing about feeling happy? Make the sound of feeling happy.

Emotional Vocal Expression

- Use your own voice to express feelings and help resonate to a new level.
- Make the sound of how you are feeling and slowly transform it to love and light
- Use Voice and tone your way through periods of intense pain.
- Kindly acknowledge your condition, allowing it to be honored, heard and seen. Make the sound of it and move it towards a more desirable sound.
- Make the sound of compassion for yourself.
- Do ceremony / ritual practice to release with sound
- Send love to your heart with sound (out loud or silently)
- Tone, Chant or Mantra 8 minutes 3 times per day -- or more

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.

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

- Stay active
- Chelation - Disperse Heavy Metals, Pesticides, Viruses
- Physical therapy exercises – Lots on YouTube.
- Exercise is so important. Yoga or meditation also. Boosts feel-good chemicals called endorphins. Regular exercise seems to encourage the brain to rewire itself in positive ways. How much exercise do you need? Work with what they do first and build from here.
- Do daily breathing exercises
- Work with Acupuncture / acupressure points
- Yoga Nidra - Bringing body and mind into centralized focus
- Do hikes
Do barefoot walking to ground
- Get hugs
- Stretch
- Get a massage or body work.
Do yoga
- Craniosacral therapy

Mental / Emotional Work

- Use your favorite techniques to go to peace and stillness multiple times per day (10 or more is best)
- Honor yourself and accept all the emotions you feel.
- Make your own personal self care list. All the things that could help you when you are feeling unwell. Could include:
 - talk to a friend
 - have a bowl of warm soup
 - a hot bath
 - burn essential oils
 - read a good book, etc.
- Do what they love at least once a day.
- Do mindfulness exercises.
- Journaling - Keep an account of what triggers and what helps.
- Write down something they are looking forward to. Write down things you are grateful for at the end of each day.
- Watch a movie you love
- Do free association writing
- Do Emotional Freedom Technique (EFT) tapping while holding acceptance of emotions and pain.
- Do laughing yoga.
- Do guided visualizations.
- Do any type of meditation. Consider a meditation retreat.
- Do a vision board. Write down in detail what your life will be like once all effects of the trauma are gone.
- Check out the book and do the exercises in “The Emotion Code.”
- EMDR - Free app to download! <https://www.hereglobalrelief.org>
- Consider seeing a naturopath, herbalist or acupuncturist

Creative Work

- Be creative - drawing, painting, doodling, writing

- Draw the pain
- Find a creative project to do

Social

- Stay connected with others socially.
- Find Support Groups - Facebook, Meetup, etc.
- Create your own support group

Energy Work

- Reiki
- EMDR
- 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.
- Cranial Sacral.

Nature

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

Color

Try visualizing different colors.

Crystals

Crystals on the pain area.

Environment

A change of environment/ scenery and travel

Nutrition / Supplements

- Anti-inflammatory Diet
- Herbs and Supplements
- Use Essential oils

Service

- Be of service.
- Do something to help others (maybe grocery shopping, painting, cleaning, etc).
- Volunteer.
- Send love and light to others.

Ideas for Research

- Find the research that has already been done.
- Research what frequencies, combination of frequencies work for all of the different types of pain.
- Find the precise frequency for each type of nerve receptor.
- Find the precise frequency to repair damage to a cell, nerve, muscle, etc.
- Isolate parts of the body and find frequencies, timbres and musical flows.
- Frequencies player on the body vs. transmitted into specific areas

