

## **Sound Affects: Therapeutic sound induced altered states of consciousness for and health and wellbeing**

### **Abstract**

A study exploring the therapeutic benefits of sound induced altered states of consciousness (ASC) was undertaken with the aim of finding out more about the positive impact that therapeutic sound may have on health and wellbeing. There is little research that explores sound induced ASC and the benefits to health and wellbeing but these practices have been used by shaman and healers for thousands of years. On reviewing related literature that exists, mainly looking at drug induced ASC (psilocybin mushrooms) there seems to be a general consensus that altering consciousness may help nurture a positive culture, encourage openness and increase the appreciation of music, the arts and nature.

N = 74 subjects listened to sounds traditionally used for meditation and healing. Data was analysed by way of in-group Chi Square analysis. Statistically significant and extremely significant data was found in the domains of Physical Relaxation, Imagery, Positive Mood, Insightfulness and Unity across both live and recorded studies.

### **Presentation**

For thousands of years many different cultures have used sound and music to alter consciousness and enter a trance state within which healing takes place. Based on these traditional methods, Lyz Cooper has developed a specific method (based on her findings over 22 years) which combine certain tonal instruments. This method has been shown to improve health and wellbeing. In this presentation we will be exploring the findings further. For a deeper exploration of her work and an experience of sound induced ASC therapy you are invited to attend her workshop from 13.30 – 16.30 on the 15<sup>th</sup> June.