

Sound Healing for Children
Oriental Harmonic Medicine
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Mommy I hurt my head, I want the purple tuning fork. Mommy I had a bad day at school, I want the pink and red tuning forks. Mommy my stomach hurts, put a Tibetan bowl on it. These are the words of a 7-year-old Indigo child, a child of the future. A child that needs love, support, guidance, and nurturing so that she can move forward guided by her light within. She needs protection from the antiquated norms set by society during the industrial revolution, and re-enacted year after year in this nation's public schools. She needs, as all children need, the self-confidence, self-esteem, vitality, cunning, endurance, love, passion, sociability, and compassion to move through life. Her hide needs to be toughened while her sensitivity to the needs of her self, others, and those of mother earth must be heightened, honored, and revered yet balanced so that each time she sees/feels someone suffering or when she suffers herself or she sees another fallen tree it will not crush her inner spirit. This is a child who hears the *music of the spheres*; this is what she says—it is the music in her head unlike any song she knows.

Her healing is the Earth's healing. And her healing has been with sound, movement, and visual arts. As an Oriental Medical Practitioner for over 16 years, and a counselor for more than 29 years, I saw the uniqueness in this child, my daughter, and sought to get her the support that she would need to maintain her spirit, yet allow her to move through life and all of its challenges. This support was through *SOUND*.

I was first introduced to sound as a therapeutic modality by an occupational therapist using sound for Sensory Integration. Working with children, she used specific sounds that invoked chemical changes in the brain, altering inharmonic behaviors. This aided children in connecting with their inner and outer worlds, and worked with disorders of sensory processing. After months of observing children listening to specific sounds and frequencies, I noticed significant shifts in them.

The results were so profound that I sought ways to incorporate sounds that would invoke specific healing responses into my own practice. My exploration led me to the Acutonics® Sound Healing System, a powerful modality that merges sound and Oriental Medicine; it was the perfect match I call **Oriental Harmonic Medicine (OHM)**. OHM works with the energetic pathways of Oriental Medicine, using the acupuncture points as portals to infuse the body with specific healing frequencies using finely calibrated tuning forks. Children were drawn to this sound healing. The success in treatments led them to be more at ease with themselves and their surroundings; more present and in their bodies; focused at home and school.

We live in the world of our nervous systems. Children have known no other way—the fast pace, the electronic age of toys, computers, cell phones, and television. Some children begin their lives hooked up to various monitors, incubators, and inhalators.

Medications are dispensed like candy. Vaccines are pumped into these small bodies with no concern of the possible side effects. Many children have diets filled with sugar, artificial substances, and foods that have been harvested from naked soil, raised on pesticides, herbicides, and fungicides. Animals are pumped with antibiotics and steroids, seafood is contaminated with mercury and other toxins dumped in our oceans. Our waters are also filled with chemicals from industrial waste, farms, and unconscious living.

Is it a wonder why there are such diagnoses as ADD, ADHD, sensory deprivation or excitation, depression, aggression, and mania, problems in auditory and visual tracking, dyslexia, autism, and the like? Why are asthma and other respiratory illnesses on the rise with children, along with obesity and cancer, just to name a few?

Our Indigo Children, what can we do for them? The Tao in its infinite wisdom teaches us to live in harmony with nature, the Earth, the stars, the Universe, with ourselves. Oriental Medicine in its purity walks this path and works to heal the body, mind, and spirit through our energetic wisdom. This is what we can offer our children and this offering can be done through *SOUND*.

Throughout time and across all cultures, music and sound have been an integral part of ceremony, ritual, and healing. We know that when we listen to music or hear certain sounds, it evokes powerful emotions that can pump us up, make us sad, or help us to understand and express our feelings. It is this growing recognition of the power that music and sound play in therapy, healing, and life that is giving rise to this new field.

Oriental Harmonic Medicine offers a potent form of healing for body, mind, spirit, and heart. It is noninvasive and children enjoy the richness of the tones and healing frequencies of the tuning forks and other sound healing tools such as Tibetan bowls, chimes, and gongs. By recognizing and honoring each child as a unique being, and nurturing that being, a child will be allowed to grow into their full potential. **OHM** honors this process, allowing children a chance for optimal health, awareness, and well being.