

CELLULARHARMONIES

The Use of Sound for Sleep

by Marian McNair, MATC, MFA

Are you someone who has trouble falling asleep or staying asleep? Would you like to have a peaceful night's rest?

Fall asleep using the soothing sounds of the crystal bowls and voice to achieve a calm mind, peaceful heart and a body that is ready to rest. You will absorb vibrational healing sounds to help alleviate daily stress and gently enter into the sleep state offering your body, mind and spirit a chance to completely restore.

Thirty to fifty percent of the population suffers from some form of sleeplessness. Symptoms can last from days and weeks to months and even years of sleeplessness. Sleep is vital to our outlook on life and even affects our relationships. When we are well rested we wake up refreshed and ready for a new day with greater energy and productivity. Our outlook is more positive and we are more resilient and able to tackle daily challenges.

The use of sound allows us to connect to our own natural rhythms and is a helpful tool to bring us into a state of relaxation and achieve restful sleep. Sound has been used for thousands of years by many traditions and native cultures around the world for rest, meditation and to connect our hearts and minds to our greater source. Sounds can soothe us from the outside world and the noises of everyday life and bring us into our own sacred center. Many of us heard our mother's and father's voices singing or reading to us before we fell asleep and were soothed by hearing the wind in the trees and crickets singing us to sleep. Sound is as natural to us as our breath and helps us to focus our mind and change the state of our perceptions that brings us into total rest.

I have worked with a wide variety of people for more than 25 years using crystal bowls and voice. One of the things that I have seen is how many people are lacking in the ability to rest and have sound sleep for a variety of reasons. Taking people into a deeply relaxed state with the use of sound offers the body and mind a chance to restore. The mind can

be soothed by focusing on the sounds of the crystal bowls and voice with the use of deep rhythmic breathing and visualizations while inner chatter gently ceases. I have recorded four different CDs for sound meditation. Each has the ability to bring about changes by using sound as a way to enter into the meditative state. When our body is relaxed, our heart peaceful and our mind calm, we can enter into a profound relaxation and this helps us enter into sound sleep.

“The Gift” CD is a helpful tool to enter into a peaceful sleep. This and other CD’s are available in the Store at **www.cellularharmonies.com**.

Marian McNair, MATC, MFA has been working with and perfecting her practice with crystal bowl sound therapy for over 25 years and has produced four CD’s, which are used in her practice. Marian presents wellness programs that combine her teaching background with the fundamentals of this ancient healing art at yoga studios, health and wellness events and retreats across the country.

To contact Marian, visit her website: **www.cellularharmonies.com**.

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