

What is Didgeridoo Sound Therapy?

By Joseph Carringer

Over 10 years ago I began my journey into the world of didgeridoo sound therapy and sound healing. During that time I have had the opportunity to collaborate with a long list of holistic health and medical providers whose enthusiasm for the sounds of the didgeridoo have helped myself and other didgeridoo players have a greater understanding of the powerful holistic applications of its sound.



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There are many forms of sound therapy, also known as vibrational medicine, that allow people to entrain (synchronize and resonate at the same frequency) their energetic being back to a healthy vibrational level. Essentially, everything that exists in the physical, mental, emotional, and spiritual realms does so on a vibratory basis—electrons are always moving and vibrating. When we talk, sing, chant, listen to music, our ears catch the vibration of sound waves. Our bodies, which are composed of 60% water, contain fluid-filled cells that vibrate continuously at their own unique resonate frequency. It is through our ears that we perceive and process sounds and maintain our physical equilibrium as sound waves travel through the ear canal to the eardrum causing it to vibrate. The ear translates these vibrations into nerve impulses, which are translated by the brain. Sound has been shown to penetrate through the skin, through bone and viscera to encourage cellular reorganization, mood enhancement, psychology wellbeing and optimal physical health.

In my form of sound therapy work the primary tool is the didgeridoo. Much like the use of a tuning fork or singing bowl, the didgeridoo can help a person release energetic and emotional stagnation. The didgeridoo produces a broad range of harmonics in an ancient and universal tone that has a profound effect on an individual through the production of ultra sound, energetic clearing and the ease with which it guides people into meditative states. Vibrations can lower heart rate variability, relax brain wave patterns, and reduce respiratory rates all impacting our physical health. Also, through its unique production of ultra sound, it has the ability to help people release muscle knotting and bone trauma.

1: Ultra (Infra) Sound - The didgeridoo produces ultra/infra sound frequencies similar to the frequencies used by medical

practitioners for a wide range of muscular skeletal therapies. The low frequency producing characteristic of the didgeridoo creates a no-touch "sound massage" and has been reported to provide similar results as conventional ultra/infra sound treatments and relieve a wide range of joint, muscular and skeletal related pain. It can also be used post operatively on people who have received both metal and non-metal implants.

Ultra Sound Massage can also be used to relieve: osteoarthritis, arthritis, joint stiffness, muscle spasm, headache, migraine, bone growth stimulation, surgery (postoperative)

In addition to all of the no-touch relief benefits the didgeridoo offers, when you work in conjunction with a massage therapist and follow the therapist's hands, the vibrations the didgeridoo creates enhances the muscular release and allows the therapist to go deeper in a session than he/she normally would be able to.

2: Clearing of Emotional and Energetic Stagnation - The didgeridoo's sound is an effective tool to release stored negative energy and/or emotional stagnation. This natural characteristic of the didgeridoo combined with the sophisticated systems of subtle energy medicine theory from both traditional Chinese medicine (meridian theory) and Ayurveda (chakra theory) provide a high level of qi/pranic clearing and balancing. The most basic description one could give for the energetic clearing power of the didgeridoo is "it is like a Reiki or qi gong power washer." It has been reported that the energetic clearing effects are similar to traditional five-element acupuncture.

Energetic/emotional clearing can also be used to relieve: PTSD, chronic fatigue, fibromyalgia, cancer (treatment support), stress, anxiety, anger management, phantom pain, insomnia, surgery (pre & postoperative).

When using didgeridoo sound therapy and acupuncture together, it can provide an environment to help break through deep blockages or plateaus in therapy.

3: Meditation and Mind Body Healing -

Meditation is the foundation of mind-body health. The didgeridoo's unique sound enables listeners to achieve deep meditative brainwave states of theta and delta, quickly and easily. It is in these brainwave states that we achieve our highest healing potential for both physical and mental health by re-engaging our mind body connection.

It is the didgeridoo's ability to help a person enter deep meditative states that is the route of its power as a holistic health tool. Meditation induced by a didgeridoo allows a person to enter a vibrational space of a single sound wave that blocks out any outside disharmonious rhythms and brings him into a state where he can work with his own intentions on a quantum level—from a level which is not manifest at a sensory level. Quantum healing involves healing one mode of consciousness—the mind— to bring about changes in another mode of consciousness—the body. When you take an opportunity to block out the outside world, your mind recovers control of the body and can begin to perform basic subconscious activities.

All the energetic and emotional clearing in the world is absolutely useless if a person cannot continue supporting or promoting his/her own healing. This is what we gain when we mediate and set our intention toward quantum healing—the belief that the mind can heal the body— and quantum co-creating.

Meditation also gives us an opportunity to connect with the world of quantum manifestation. I tell my clients to include their wishes in their meditations. People pray to a god for things they desire and then wonder why that god does not listen. In quantum meditation you accept that you are made up of that same energy or life force

that has always been and always will be (or "god"). When you set your manifestation intention, you are not speaking to a god or Universe outside but instead are connecting and speaking through the god and Universe inside of you. This principle of self-empowerment also places accountability for our world squarely in the hands of the individual. Each individual is responsible for their health, wealth and world around them. Once that has been accepted, then they can work on change.

Meditation can also be used to quantum manifest healing and the co-creation of our universe. When combined with yoga, the sound and vibrations from the didgeridoo enhances ones relaxation, breathing and flexibility, helping further assist with mind-body healing.

Meditation and mind-body healing can also be used to achieve: meditation/mind-body connection, personal healing (physical), personal healing (mental), personal healing (spiritual), cancer (treatment support), creativity, manifestation (healing), manifestation (general), stress, anxiety, insomnia.



In Conclusion

When people take the time to bring balance, calm, clarity and healing into their being, they bring it into the world around them. If you are in a more balanced state, you are less likely to have a negative interaction with that person who cut you off on the highway, thus breaking the cycle of negativity and effectively changing the world we live in one experience at a time. Begin your day in gratitude and end your day in gratitude and you will bring about lasting transformation for yourself and the world around you.

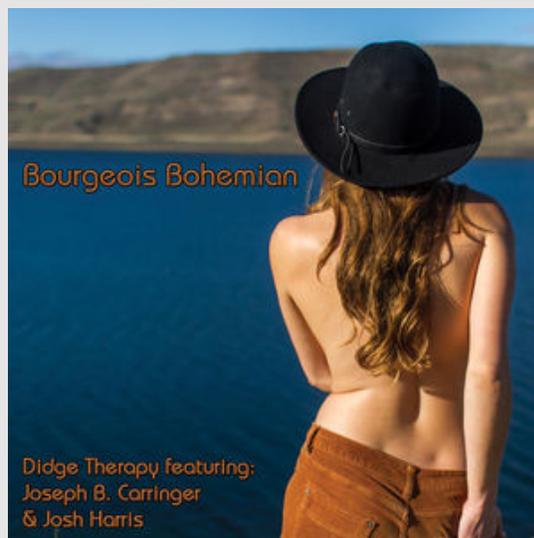
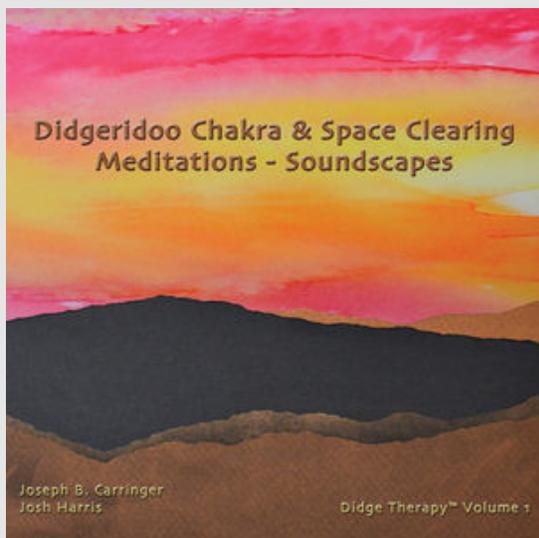
Joseph Carringer is a professional didgeridoo musician and sound therapist. In his sound therapy practice he uses concert class didgeridoos, combining Traditional Chinese unique and powerful therapeutic sound healing medicine meridian and organ theory with Ayurvedic Chakra philosophies creating a experience. Joseph has been playing an Australian Aboriginal didgeridoo for over 15 years, using it as a deep meditative tool in his personal shamanic journey as well as a therapeutic instrument for his clients.

Joseph presents and performs both nationally and internationally on mind/body connection and the effects of didgeridoo sound therapy for the purposes of clearing energetic and emotional stagnation within the energetic body to wellness and healthy life style seekers, as well as to medical and holistic professionals.



After doing extensive research, Joseph opened his harmonic therapy practice to the New England Seacoast communities in January of 2004. Since the fall of 2005, Joseph has offered yearly classes for the Maine Medical CAM programs and the University of Southern Maine's CAM programs, and presents at the University of New Hampshire and New England College. Joseph also volunteered at Maine Medical Center, Portland, ME on R-1 (cardiac) and Pediatric floor.

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