

spahealer

tamaraWATSON

writer **Michaela Tam**

With an M.A in Art History, Tamara Watson worked in the world of art before discovering energy healing in India in 1999. Since then, she has turned her talents to the spiritual, boasting the vocations of sound healer, Usui Reiki master, crystal healer and Jin Shin Do® acupuncture practitioner. Here she tells us about the art of sound healing and what this unique method brings to her clients and to herself.

tamara watson's interest in sound therapy began after a pair of *ting-shags* (Tibetan bells) caught her eye in a metaphysical shop. Soon afterwards, a friend sent her a Nepalese singing bowl and before long she bought herself a *didjeridu* (indigenous wind instrument), and with the guidance of a shaman, was healing herself with sound. "I began practising meditation using sound and immediately felt a release of tension," she remembers. "I felt more grounded, clear and calm and sensed there was a secret about sound I needed to discover."

Following her life-altering experience with the didjeridu, Tamara went on to attend numerous workshops in North America and the UK. It was from various masters that Tamara learnt the scientific theory behind the effects of sound frequencies on the psyche and body and of the application of the voice in ritual. "The teachings they all shared with me contributed to my overall understanding of the physics and spirituality inherent to sound healing," she recalls.

As the name implies, sound healing brings the body back into balance through the use of instruments and vocals with different sound frequencies and wave-forms – be they electronic or from nature. According to sound therapists, each gland, organ, and system within the body has an individual frequency. "Each human being has a unique vibration, shape and sound determined by their thoughts, emotions and cellular make-up at a given moment in time. Each organ of that individual also has a distinct frequency," explains Tamara.

The use of sound supports the release of disharmonious vibrations, leaving a person's overall energy field healthier. Tamara elaborates, "The principle is to return the body's various frequencies to health by offering the optimal frequency for a specific organ, energetic centre, pathway or bio-rhythm."

Generally speaking, sound therapy helps reduce stress, normalise heart and breathing rates, and has even been known to lower high blood pressure and cure insomnia. "My personal focus when offering sound



is to facilitate the release of tension and disharmonious patterns in the receiver's energetic field and offer coherent tones that will strengthen their unique and optimal harmonics," notes Tamara. "I have witnessed profound transformations with the release of spirits, feelings of despair and chronic pain to the lightness of being that offers renewed hope and determination."

Although the use of sound and music has been an integral aspect of ancient healing rituals, sound healing itself is a relatively new

alternative modality. Naturally, scepticism has ensued. Tamara wards off critics with a simple answer: "All creation is vibration; and all vibration makes a sound, whether or not it lies within our auditory range. Those vibrations have the ability to move energy, shift consciousness and ultimately, to heal." She elaborates, "For me sound therapy at its best reflects one's inner wisdom, what I like to call the 'songs of the soul.'"

Guided by her passion for sound healing and an intrinsic desire to share the gift with others, Tamara has traversed the globe, promoting the healing benefits of music, tones and instruments. She has been a visiting practitioner at several top resorts in Thailand, and as a resident on Koh Samui she offered vibrational healing sessions and taught weekly sound healing classes for a number of retreat centres. Most recently, Tamara has been instructing workshops in Australia, Bali and Italy, and writing books to help individuals access their voice.

On a personal level, sound therapy has helped Tamara in her own 'soul healing' journey. "Sound Therapy has strengthened my awareness of who I am," she muses. "I have always been shy and preferred solitude to groups, yet through practice, have learned to trust myself and now have greater courage to share my authentic self with others."

For now, Tamara is based in Canada but intends to return to Asia soon. Looking to the future, the wistful healer envisions a lifetime full of healing experiences. "I believe each of us has a calling or purpose and that one of mine is to communicate through sound."

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