SOUNDS GOOD!

JULY 2025

An Enchanted Living Guide to
Vibration, Resonance &
Inner Harmony

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The Secret Language of Sound

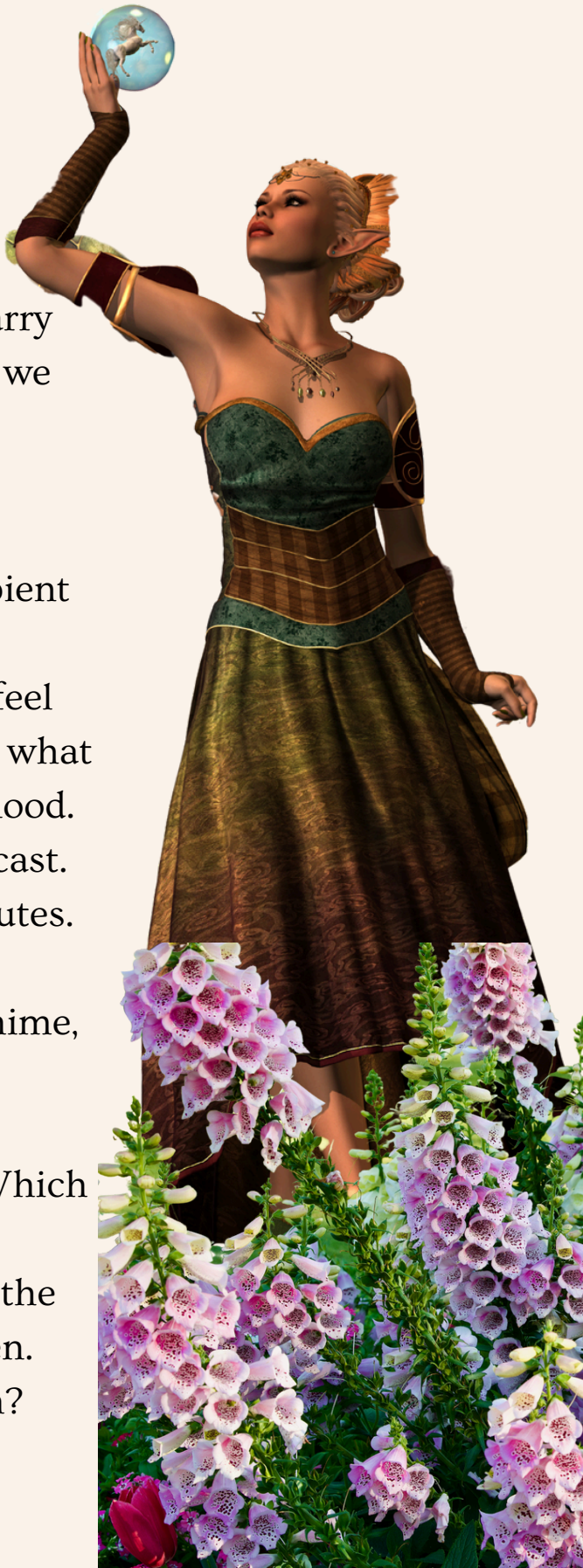
When we think of sound, we often focus on what we hear with our ears. But sound is far more than that—it's a wave that moves through the air, through water, through our bodies, and through the very structure of the world around us. In fact, sound travels faster through water than air, and even faster through solid objects.

Ancient cultures knew that sound had the power to shape and transform. Today, science is catching up—revealing how different frequencies and pitches create visible patterns in matter. (Check out cymatics videos, where sand dances into sacred geometry on drums!)

These magical formations echo the beauty of mandalas, and many believe ancient mandalas were actually visual representations of healing sound.

This month in Enchanted Living, we explore the unseen and yet deeply felt power of sound. Let it move you, clear you, inspire you. Let it remind you: you are vibration.

STEP 1: THE SOUNDTRACK OF YOUR LIFE



Every space you inhabit hums with a vibration. The daily sounds in your environment—music, conversation, background noise—are all weaving a vibrational cloak around you. Words carry energy. Frequencies matter. This week, we become sound detectives and sonic magicians.

Practices:

- Sit in your home and play soft, ambient music aloud (on speakers—not headphones). Close your eyes and feel the sound. After 5 minutes, journal what you notice in your body and your mood.
- Change the sound to a news broadcast. Again, sit, listen, and feel for 5 minutes. Then write down the shift.
- Use a space-clearing sound tool (chime, bell, drum, clapping, etc.) and walk through your home. Notice echoes, dense spots, and clear vibrations. Which rooms feel “stuck”?
- Finally, place your hands gently on the walls or objects in your home. Listen. Feel. What messages come through?

YOUR SOUNDTRACK NOTES

- What is the dominant sound signature of your home?

- How do you feel when you change the soundtrack?

- What does your home “say” when you listen?

STEP 2:
YOUR BODY & VIBRATION

Sound doesn't just influence your emotions—it deeply affects your physical body. The FDA now uses sound therapeutically: ultrasound for imaging, lithotripsy to break up stones, histotripsy to treat cancer, sonic waves to clean teeth and cataracts, and even targeted sound heat to shrink tumors.

This week, you'll explore how healing frequencies can align your body, mind, and soul.

Practice:

Use the Chakra Healing Music playlist (linked on my YouTube channel). Each day, play music related to a different chakra, beginning with the Root and moving up to the Crown.

Sit quietly and receive.

Notice shifts in your mood, your body, and your energy.

Your energy centers and even organs resonate with different frequencies

"Future medicine will be the medicine of frequencies."
Albert Einstein

STEP 2:
YOUR BODY & VIBRATION

Root Chakra

- What sensations do you feel?
- Is there a color you sense?
- What inner wisdom emerged as you listened?

Sacral Chakra

- What sensations do you feel?
- Is there a color you sense?
- What inner wisdom emerged as you listened?

Solar Plexus Chakra

- What sensations do you feel?
- Is there a color you sense?
- What inner wisdom emerged as you listened?

Heart Chakra

- What sensations do you feel?
- Is there a color you sense?
- What inner wisdom emerged as you listened?

Throat Chakra

- What sensations do you feel?
- Is there a color you sense?
- What inner wisdom emerged as you listened?

Third Eye Chakra

- What sensations do you feel?
- Is there a color you sense?
- What inner wisdom emerged as you listened?

STEP 2:
YOUR BODY & VIBRATION

Crown Chakra

- What sensations do you feel?
- Is there a color you sense?
- What inner wisdom emerged as you listened?

My experience with all Chakras

- Which chakra did you notice the most sensation with. How was your life different that day after the experience?
- Which frequencies uplift or ground you most?
- What inner wisdom emerged as you listened?
- How will you continue to intergrate these sounds into your life?

STEP 3: SOUND & THE MIND: BRAINWAVE MAGIC

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration" Nikola Tesla

Our brains are attuned to respond to sound. Binaural beats, rhythm, chanting, and movement can all shift your state of consciousness and enhance mental clarity, creativity, and calm.

This Week:

- Listen to the Binaural Beats playlist using headphones. Notice how the tones gently shift your brain into coherence. What does clarity feel like for you?

STEP 3: VAGUS NERVE AND YOUR WHOLE BODY

- Dance to the Lincoln Jesser track (on the Inner Harmony playlist). Let your body move in any way it wants. Feel your energy elevate.

- Try the Vagus Nerve Activation chant with Jim Donovan. Chant with him, allowing your voice to vibrate your body. Note your emotional state before and after.

- What kind of music brings you into a state of flow?

- How does your body respond to rhythm and movement?

- What role does your voice play in your healing?

STEP 4:
THE SACRED SOUNDS OF NATURE

Nature is never silent. Birds sing, trees rustle, water dances over rocks. These sounds are more than ambient—they are part of a living communication system, between species and with us.

This Week:

- Sit quietly in nature. Listen to the birds. Imagine what they're saying—not only to each other, but perhaps to you. What messages are being shared?

- Know that plants hear the sounds of their world—including you! They respond to insects and even to human presence. Gently invite a plant to "listen" to you. Touch it with intention. What happens?

- Feel the elements:
  - wind whispering through leaves,
  - the gurgle of water,
  - the creak of tree trunks,
  - the crunch of stone and earth beneath your feet.
- Imagine these vibrations entering your body, aligning you with the natural world. How does it make you feel?

STEP 4:
THE SACRED SOUNDS OF NATURE

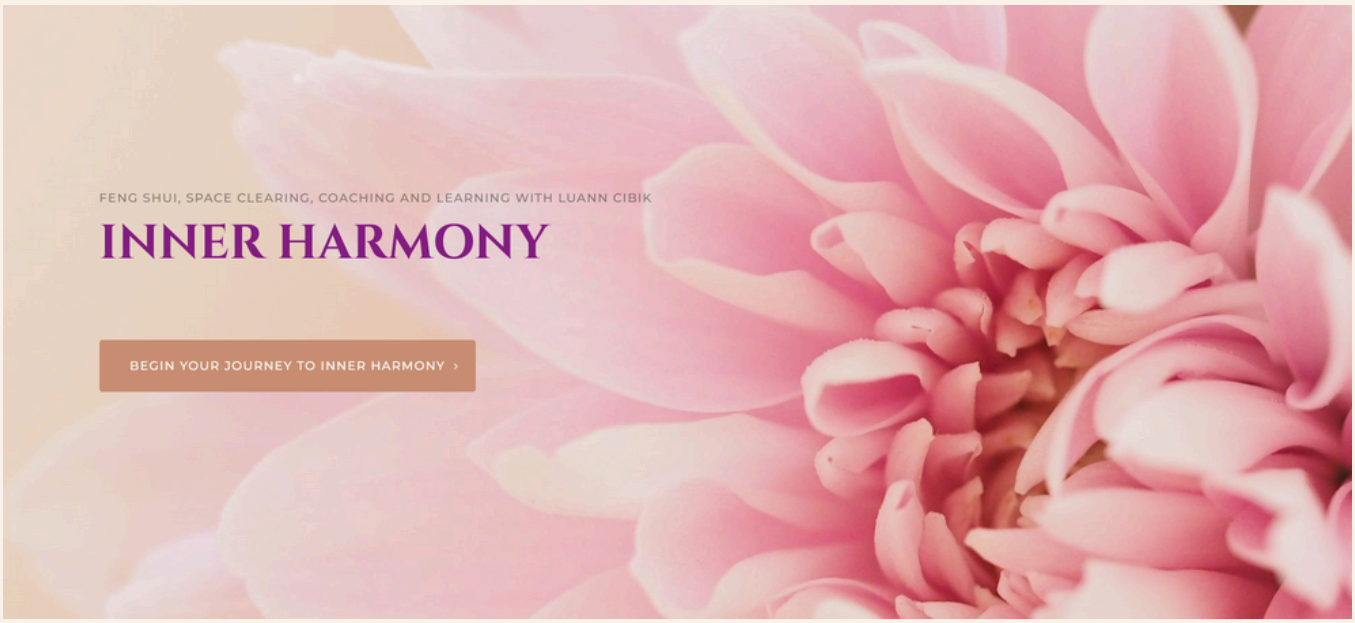
What I have I learned:

- What sounds from nature brings me peace or joy?

- What did I imagine the birds or trees are saying about me?

- How does my body feel when it harmonizes with the Earth's sound?

What sounds will I continue to use in my daily life for the benefit of my home's energy and also my own?



"We are slowed down sound and light waves,
a walking bundle of frequencies
tuned into the cosmos.

We are souls dressed up in
sacred biochemical garments
and our bodies are the instruments
through which our souls play their music."
Albert Einstein

SING YOUR SONG IN THE WORLD!

LOVE,

LUANN