

DIY Sound Bath @ Home



In recent years, there has been a resurgence of excitement about the power of sound. Around the country, group sound healing sessions, popularly known as sound baths, have grown in popularity. Using sound in a specific way has been shown to help with improving sleep, lowering blood pressure & improving mood to name a few of the benefits. The OM Shoppe is a leader in Sound Healing, Sound Healing Education and the use of Sound as a therapeutic modality to improve our lives.

Life is a song. It has its own rhythm of harmony. It is a symphony of all things which exist in major and minor keys of Polarity. It blends the discords, by opposites, into harmony which unites the whole into a grand symphony of life. To learn through experience in this life, to appreciate the symphony and lessons of life and to blend with the whole, is the object of our being here. - Dr. Randolph Stone



What is Sound Therapy?

Sound Therapy is just a way of referring to sound used for the purpose of creating a therapeutic atmosphere in which deep relaxation and or emotional release can occur. Your body has a natural self-healing capacity to restore itself to prime health. It does this every time you get deep rest. Deep rest allows your body to stop worrying about stress and external distractions, and just focus on repairing itself. When relaxation is achieved, brainwave activity slows creating a hypnotic state or theta brainwave state allowing for perspective changes and new ideas. In essence, sound can help us produce personal change emotionally and physically.