

Conscious Pop Music

Leyla

Sound healing is a healing method that uses vibration to re-tune the body-mind-spirit by balancing the flow of energy through the chakras and meridians. It brings deep relaxation, energizes the physical body, and clears the emotional body for a renewed sense of vitality, clarity, grace, and joy.

Every atom in the universe and cell in the body constantly vibrates. Vibrations can be directed and enhanced through the power of sound frequencies in the form of words and music. Sound work is the act of creating frequency and vibration that are conducive for healing.

When we connect with healing frequencies, our bodies and minds vibrate in harmony. When sound waves reach our ears, they are converted to electrical signals that travel up the auditory nerve into the auditory cortex, the part of the brain that processes sound.

Once sound waves reach our brains, they trigger responses in our bodies. This process alters our emotions and releases hormones and chemicals that affect our bodies and our moods. Sound triggers certain impulses (for example, singing and dancing).

Sounds and songs also create memories, and this can be used to help patients who are traumatized or depressed. This is possible

because music activates the entire limbic system, which is involved in processing emotions and controlling memory.

The Power of Sound

There are several methods for achieving sound healing therapy and a variety of instruments and tools that can be used to help the patient through it. Sound healing is based on the premise of entrainment. Entrainment is a method of synchronizing brainwaves, which fluctuate, by producing a stable, solid frequency that the brain adjusts to.

Healing with sound can improve psychological and behavioral disorders, including autism, depression, learning disabilities, anxiety disorders, stress, and PTSD. It also helps with pain, mood swings, negative emotions, clarity, balance, relaxation, memory, concentration, sleep, creativity, and awareness, as well as strengthening the immune system.

My love for music has led me to explore and learn as much as possible about the power of sound. I've studied performing arts and healing arts, including sound healing and Reiki energy healing. Now I am training as a kundalini yoga teacher.

At a certain point in my journey, I was asked to make an intention regarding my musical offering. I realized that I wanted to help build



a bridge between spirituality and pop music. I wondered how I could spread an overall uplifting and healing message with pop music that helps with alignment.

I think that it's time to stand in our power together in solidarity and raise each other up. Whether we are musically inclined or not, it is most likely the one thing that truly connects all humans across all cultures and corners of Earth, and I feel this can reach a lot of young people because I think they tend to listen to pop music.

I searched to understand what makes pop music healing and how to utilize sound healing tools to create conscious, restorative pop music — yoga pop. Sound healing uses vibration, frequency, toning, chanting, lyrics, and melody to create shifts in the body, mind, and spirit.

Frequency + Intent = Healing

In my music and through classic pop songwriting, sound healing techniques and frequencies (vibrations) are used to assist healing, and special instruments and Hz mixing maximize the different tones each