

CLARITY GUIDES

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HISTORY · CULTURES · EVIDENCE

SOUND HEALING

*A history of healing sound, from painted caves
and stone cairns to the modern sound bath*



Published by Clarity Guides · Cover: a metal singing bowl and wooden striker. Photo: Praewjarat, CCo

Preview – full guide coming soon – goclarity.uk

ABOUT THIS GUIDE



Every culture on Earth has sung to its sick, drummed for its dead, hummed its babies to sleep and gathered to chant. Sound healing is one of the oldest human ideas, and one of the fastest-growing wellness trends of today.

This guide follows that story from the acoustics of Stone Age caves and Orkney's chambered cairns, through Egypt, Greece, India, Tibet, China, the Celtic world and medieval Europe, to the scientists who made sound visible and the pioneers of the twentieth-century frequency movement. It then tours the instruments you are likely to meet at a modern sound bath, from crystal bowls to gongs and tuning forks, and looks at how cultures around the world use sound today.

We have tried hard to be honest. Some of the most repeated stories in sound healing turn out to be recent, and some “ancient” instruments are younger than the Beatles. That does not make them less beautiful or less relaxing, but you deserve to know which is which. So throughout the guide we label claims:

RECORD	Supported by historical documents, archaeology or published research.
LEGEND	A traditional story, belief or popular claim that cannot be checked or that the evidence does not support.
MODERN	A recent practice or idea (mostly since the 1960s), whatever its marketing says.

Education only, not medical advice. Nothing in this guide is a treatment, diagnosis or cure for any condition. Sound practices may help some people relax, but they are not a substitute for medical care. Never stop or delay treatment your doctor has recommended. Please read the health & safety page before you try anything.

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COMPANION GUIDES

For the drum and the journey, see *Shamanic Drumming: A History*: <https://clarity-guides.netlify.app/guides/shamanic-drumming-history.pdf>

For moon rituals, lore and the 2027 drumming calendar, see *The Moon*: <https://clarity-guides.netlify.app/guides/the-moon.pdf>