

# A Deeper Dive into Sound Healing

with Zacciah Blackburn



*Zacciah Blackburn has trained in classical healing and shamanic traditions, and sacred sound cultures for over 35 years. His work focuses on therapeutic sound, spiritual development, and indigenous earth mysteries. He teaches internationally, and practices in Vermont, USA.*

## What is the interrelationship between sound, consciousness, and healing guided by the Earth wisdom and traditions you've studied?

Sound, healing, and consciousness are distinctly interwoven through their nature, and through their application in this work. This is fundamental to most wisdom and indigenous schools of spirituality, whether Tibetan Buddhism, Hinduism, Christian, and Judaic mysticism, or Native shamanism. There are indigenous cultures, such as the Q'ero peoples of Central Peru who tell us when enough of us come into right relationship with the living cosmos, this will be the catalyst to awaken all humanity for a great transformation. The modern mind—focused on the scientific and “logical” understanding of the world—has moved away from what these cultures might call the ‘wisdom mind,’ which can only be revealed through the intuitive mind, the deeper essence of knowing. Using conscious awareness, from within these intuitive states, coupled with authentic sound, brings about pristine states of being and healing.

## What does healing mean to you?

Healing means wholeness. Our wholeness defines a state of completion and interconnection with all life. To take this further, the original meaning of “wholeness” is “holy.” This brings us to an entirely different perspective of what healing is. To many of us, healing is physiological, emotional, psychological. Yet, the very definition of healing is about our spiritual essence, our holiness. Once we understand and accept this—something beyond this physical dense reality—we come into those states of connectivity, wholeness, and healing. It is ultimately about self-realization.

## What is your approach to sound healing?

Using sound with conscious states of pristine awareness, we amplify those states with simple practices. We invite the living wisdom keepers of these cultures to join us, giving voice to that experience through toning, prayer, and instruments, to bring forward those states of clarity, revelation, and realization. We use instruments like Tibetan and Crystal bowls, bells, gongs, Native American Drums, rattles, and tuning forks to enhance the quality of sound and carry these inner states of awareness into manifestation. When we understand the inherent qualities of these sound tools and create an alliance with them, we can enhance our experience even more.

## What is your understanding of the mystical aspects of sound?

Many wisdom cultures understand the hidden dimensions of sound as a tool of creation and manifestation. These are keys to unlock the ‘hidden treasures.’ In Hinduism, All is Sound, Nada Brahma. Culture after culture teaches us the nature and perfect union of the divine masculine and feminine aspects of creation, consciousness and life force, and how to utilize them. Whether singing, toning or speaking, every thought, word and deed ‘seeds’ an act of manifest creation into being. Conscientiously using this knowledge and power, not just in sound practice, but in everyday speech and action, improves our lives and the lives of others. Understanding sound as a sacred element brings richer awareness and empowerment into our lives and practice.

## What does acknowledging the sacred feminine have to do with healing?

We have lost the respect and mutual honoring of that which is feminine in our culture, but it's within each of us individually. It is a balance of the Sacred Feminine and Masculine that will generate a state of healing both individually and collectively. For example, in the West, we tend to define ‘knowing’ as the way of acquiring knowledge through study and receptivity to outside authorities. Whereas, the original meaning of ‘to know’ is “that which is directly perceived.” In order to trust or validate that which is ‘directly perceived’, we must trust in our own inner and intuitive feeling and knowing. This is an aspect of the pathway of healing and the interrelationship of healing and consciousness. In larger terms, it is about the right relationship with the Mother of all life.

*You can view more of Zacciah's work at [TheCenterOfLight.net](http://TheCenterOfLight.net). To learn more about these therapeutic instruments please visit [sunreed.com](http://sunreed.com).*

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