



MEDITATONES

# HARMONISING BODY AND MIND: UNVEILING HOLISTIC HEALTH THROUGH THE POWER OF THERAPEUTIC SINGING BOWLS RESONANCE

**"Discover Your Holistic Health,  
Happiness & Harmony"**



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This research brief constitutes the compiled rendition of the documented scientific findings as "21 Day Sound Resonance Therapy (SRT). A Pilot, Non-Clinical Observational Study from India: Revitalising Emotional, Physical and Metaphysical Well-being through Resonance of Therapeutic Singing Bowls, June 2023".

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## **HARMONISING BODY AND MIND: UNVEILING HOLISTIC HEALTH THROUGH THE POWER OF THERAPEUTIC SINGING BOWLS RESONANCE**

**"Discover Your Holistic Health,  
Happiness & Harmony"**

**Dedicated to**

The Divine Resonance and the Creator.

All the Guides and Mentors who are instrumental in bringing this Vision  
to Life.

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# FOREWORD

For 25 years, I have walked the luminous path of sound creation and its capacity to heal the human system. Witnessing the transformative power of sound firsthand, from the hallowed halls of the European Sound Congress to the whispers of ancient wisdom shared by sound gurus, my heart knows a truth that science has yet to fully grasp: sound heals.

Hospitals in Europe & in the US have embraced this truth, their corridors humming with sonic balms that soothe pain, mend wounds, and usher patients back to wholeness. Anecdotal evidence abounds, whispered in the grateful sighs of those liberated from chronic ailments. Yet, a yawning gap lingers where scientific rigour should reside. We lack the definitive map, the blueprint that explains how sound as vibrations and resonance whispers to our cells, how it orchestrates a symphony of healing within.

This is where our journey begins. Not on familiar soil, but in the vibrant embrace of ancient India, where ancient wisdom meets New Age precision. Here, we embark on a quest to illuminate the hidden language of sound, to translate its healing vibrations into the language of science. This research brief is not just a document; it's a tuning fork, resonating with the potential to rewrite the narrative of sound healing.

Within its pages, you will find the echo of countless possibilities. You will see how sound can mend minds, mend bodies, and mend spirits. You will glimpse the intricate pathways it traverses, the timeframes it embraces, the multifaceted web of healing it spins.

My gratitude overflows to the research team (Mr Bala Senthil Kumar, Ms Siranjothi K, Ms Priyanka Mohan, & Mr Kannappan S) these intrepid musicians of science who have orchestrated this symphony of knowledge. I acknowledge the time, sincerity, and dedication of the study participants and the skilled facilitators who engaged in this three-month research study. With meticulous minds and boundless hearts, they have delved into the unknown, their voices whispering promises of a future where sound healing takes its rightful place on the stage of evidence-based functional and integrative medicine.

Turn the page, dear reader. Let the melodies of inquiry wash over you. Feel the rhythm of possibility quicken your pulse. For in this quest, we are not mere researchers, but pioneers at the dawn of a sonic renaissance. Welcome to the symphony of sound healing!!!



**Manan Sharma**

Founder & Managing Director

Manan Wellness Pvt. Ltd

New Delhi, India

# UNLOCKING INNER HARMONY: A COMPREHENSIVE STUDY ON THE EFFICACY OF 10-MINUTE SOUND RESONANCE THERAPY WITH THERAPEUTIC SINGING BOWLS FOR CHRONIC AILMENTS AND ENHANCED WELL-BEING



## INTRODUCTION

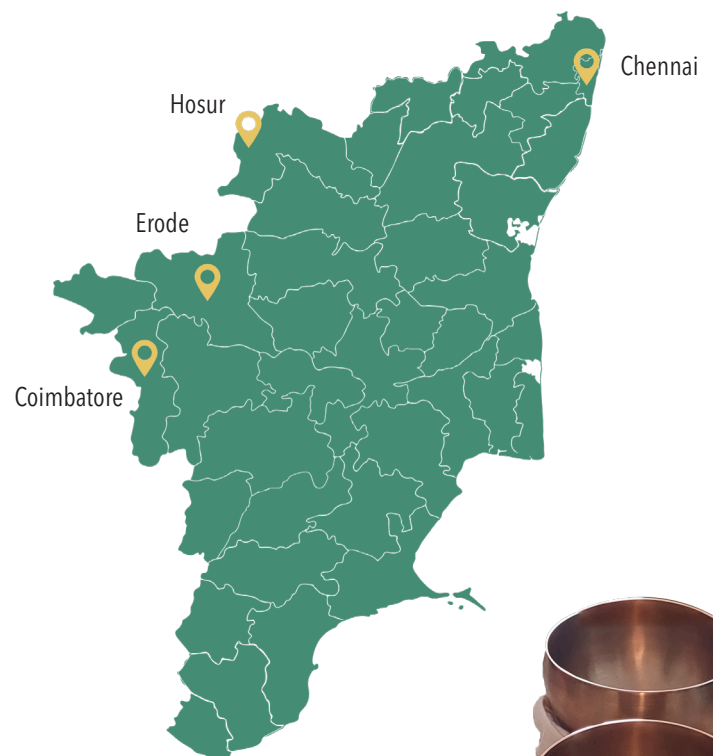
Chronic ailments, a prevalent global issue, impact millions of lives worldwide. These persistent conditions, often accompanied by debilitating symptoms, pose significant challenges in treatment and management, resulting in substantial physical, emotional, and financial burdens. Addressing the global challenge of chronic ailments (diabetes, hypothyroid, cholesterol, requires a collaborative approach involving healthcare professionals, researchers, policymakers, and individuals. By working together, we can foster a comprehensive understanding of chronic ailments, develop innovative treatment strategies, and promote accessible and affordable healthcare solutions. Embodying a pivotal step forward, a comprehensive 21-day research study has been successfully conducted by Manan Wellness Private Limited, New Delhi, an organization dedicated to promoting resonance well-being as an empowering pathway to holistic release, relief, and recovery from chronic ailments, for anyone and everyone.

## WHO WE ARE

At the forefront of therapeutic sonic instrument manufacturing for 25 years, we proudly stand as India's premier manufacturer and global supplier. Our handcrafted sonic instruments are meticulously crafted with spectrums of therapeutic resonance by skilled local artisans to bring the restorative power of sound to individuals and communities, globally.

## WHY THE STUDY

Research in sound healing is progressing, but several gaps exist in our understanding of this therapeutic practice. The lack of standardized protocols, unclear mechanisms of action, and limited knowledge about dose-response relationships are key challenges. Long-term effects, comparative effectiveness across modalities, and the integration of sound healing with conventional medicine are areas requiring further exploration. As the field evolves, addressing these research gaps, especially in India will contribute to a more robust and evidence-based understanding of the potential benefits and agility of sound healing.



Location of the Study: Tamil Nadu, India



## WHAT ARE SINGING BOWLS AND RESONANCE AGILITY

Singing bowls, imbued with a rich history, have long been revered in ancient cultures and traditional healing practices for their profound influence on meditation, ceremonial rituals, and spiritual practices. Their timeless allure extends to their therapeutic role in sound healing today, where they are employed to promote resonance well-being.

These meticulously crafted metal bowls, varying in size and weight, emit a captivating symphony of diverse sound frequencies. When gently struck or rubbed, singing bowls resonate with deeply soothing tones, ranging from rich lows to ethereal highs. These resonant vibrations permeate the air, enveloping the body and mind, and inducing a profound sense of relaxation, pain alleviation, and holistic healing. The broad spectrum of resonance emitted by singing bowls plays a crucial role in introducing dissonance into the healing process, effectively breaking down blockages and promoting a harmonious flow of energy throughout the body.



## SCIENCE OF BRAIN - ENTRAINMENT USING SINGING BOWLS

The resonance agility of Tibetan singing bowls influences brainwave frequencies, guiding the brain, mind and body into different states of relaxation, deep calmness, physical release and emotional detox. When the spectrum of sounds are experienced, the brain synchronizes, and the body absorbs the resonance emitted by the singing bowls occurrence recognized as **entrainment**.

The singing bowls' specific frequencies can induce various brainwave states, such as alpha or theta, associated with relaxation and deep meditation. For centuries, sound healing has been recognized as a valuable complement to conventional medical treatments, demonstrating its remarkable potential to foster holistic well-being and health. While further research is warranted to fully elucidate the underlying mechanisms of sound resonance healing, it presents a promising avenue for promoting resonance well-being and showcasing its agility.



*By skillfully employing a blend of low and high tones in sound therapy, a dynamic interplay of resonance agility unfolds, fostering a harmonious equilibrium within a mere 10 minutes. These vibrational frequencies intricately align with the body's innate rhythms, paving the way for holistic healing and fostering emotional, mental & physical balance.*

# THE SCIENTIFIC STUDY



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The study was **intentionally designed and conducted in an uncontrolled environment**, that enabled participants to seamlessly **integrate and experience the transformative power of daily Sound Resonance Therapy (SRT) into their everyday, fast-paced lives**, allowing us to **observe the natural shifts occurring in both mind and body, over 21 days**.

## OBJECTIVES

This pilot observational study

1. Sheds light on the capacity of sound energy, using **singing bowls to facilitate the alleviation of chronic ailments and promote holistic healing**.
2. Investigates whether the **daily and consistent application of 10 minutes of sound as a pill, using 2 singing bowls** can reduce stress, anxiety, and depression among the participants, which can help to reverse and/or **alleviate the selected chronic ailments (diabetes, cholesterol, hypothyroid, & cortisol)**.
3. Transcends existing knowledge boundaries and **contribute evidence-based insights into the measurable effectiveness of singing bowls in sound therapies**.

## 1. THE STUDY PHASES AND ASSESSMENT



### Baseline Assessment

Pre-study blood sampling for 4 chronic ailments. Psychometric questionnaires were conducted to assess participants' initial health and well-being such as physical, emotional, mental and metaphysical.



### 21-Day Sound Therapy Intervention

Participants received daily 10-minute sound therapy sessions using 2 singing bowls for 4 weeks.



### Maintenance Phase

Participants continued with 10-minute sound therapy sessions using SRT audio for 10 days, post 21 days.



### Post-Study Assessment

Post-study blood sampling and psychometric questionnaires were conducted to evaluate the 21 days effects of the sound therapy intervention.



### Data Analysis


The collected data was analyzed using appropriate statistical methods to capture the study findings in biological parameters and psychometric questionnaire responses.



### 21 Days Study Results

The study has provided insights into the potential therapeutic benefits of sound resonance using singing bowls for alleviating chronic ailments, promoting holistic healing, and reducing stress, anxiety, and depression. The study has presented resonance agility as well.



<h2>2. METHODS AND MATERIALS</h2>	<p><b>Applied for 21 Days</b> (4 Weeks)</p>	<p><b>22</b> Participants (8 chronic ailments &amp; remaining stressed)</p> <p><b>14</b> Female      <b>8</b> Male</p>	<p><b>Chronic Ailments Biomarkers</b> Pre &amp; Post Assessment (Diabetes, Hypothyroid, Cholesterol &amp; Cortisol)</p>
<p><b>2</b> Therapeutic Singing Bowls - low tone (75 - 80 Hz &amp; high tone (660 - 670 Hz) and Mallets</p>	<p><b>Random Sampling</b></p>	<p><b>10 Days</b> Maintenance Sound Meditation Audio</p>	<p><b>Psychometric Tools</b> (*8 Questionnaires) Pre &amp; Post Assessment of Emotional, Mental &amp; Spiritual Well-being</p>
		<p><b>All 22 Participants</b> Received 10 mins of Sound Protocol Consistently Everyday</p>	

### 3. PARTICIPANTS FOLLOWED

 <p>Hydration</p>	 <p>Rest and sleep as required</p>	 <p>No alcohol</p>
 <p>No changes in the diet and physical activities</p>	 <p>Continued medications</p>	 <p>Consulted a Doctor</p>



### 4. METHODS OF DATA COLLECTION

 <p>Observation</p>	 <p>Blood test</p>
 <p>Questionnaires</p>	 <p>Database</p>

\* Implemented internationally recognized psychometric tools to evaluate the physical, emotional, mental, and spiritual well-being of the study participants.

# 10 MINUTES OF SOUND RESONANCE THERAPY (SRT): DEMONSTRATES IMPACT OF CHANGE IN HUMAN BODY & MIND A PATHWAY TO HOLISTIC RESONANCE WELL-BEING



Sound therapy seamlessly merges ancient wisdom and modern science, providing holistic assistance for personal growth, alleviating energy blocks, addressing health concerns, and contributing to United Nations global well-being goals.

*Embracing **10 minutes** of mindful magnification using **2 Singing Bowls, daily, serves anyone and everyone** a transformative way of life, contributing to holistic resonance well-being.*

**This simple yet profound practice showcases its resonance agility, serving as a powerful catalyst for achieving mental, emotional, and physical inner balance.**

The practice diligently cultivates a sustainable routine that amplifies the essence of self-care, effectively alleviating chronic ailments. Moreover, it acts as a promoter of resilience and fosters a profound sense of connection to one's well-being. Notably, it restores the innate connection with the self, clears energy blocks, trapped emotions, physical pain and magnifies spiritual experiences. Within the tapestry of daily life, dedicating a brief span to this intentional magnification becomes a cornerstone for a life of holistic health and fulfillment for anyone & everyone.



**3** GOOD HEALTH  
AND WELL-BEING



To ensure healthy lives  
and promote well-being  
for all at all ages



**Surrender to  
Resonance &  
its Agility**

**For All Age  
Groups**

**10 minutes - Everyday - 21 Days of Daily Sound Resonance Therapy (SRT) addresses the spectrum (physical, mental, emotional, social, and spiritual) of well-being using 2 singing bowls.**





**Physical well-being** (overall health and condition of the body): reduces pain and inflammation, improves circulation, boosts the immune system, improves sleep quality, promotes healing from injuries and illness, and helps in deep relaxation, calmness and stillness. Rejuvenates and Realigns the nervous system including Vagus nerves.



**Emotional well-being** (ability to recognize and manage emotions in a healthy way): promotes emotional healing, releasing negative emotions, and cultivating positive emotions.



**Mental well-being** (emotional and psychological health): reduces stress, anxiety, and depression, improves mood, boost self-esteem, and focus, and concentration.



## 10 Minute Daily SOUND RESONANCE THERAPY USING THERAPEUTIC SINGING BOWLS

### INTRODUCING SINGING BOWLS' RESONANCE WELL-BEING & IT'S AGILITY



**Social well-being** (relationships with others and sense of belonging to a community): promotes relaxation and communication in social & personal relationships.



**Spiritual well-being** (sense of meaning and purpose in life, includes values, beliefs, and connection to something larger than the self): promotes metaphysical growth, enhances intuition, connects with higher power, and creates a sense of peace and harmony from deep within.



# RESONANCE AGILITY'S SCIENTIFIC EVIDENCE UNVEILED: DISCOVERIES FROM A 21-DAY SOUND RESONANCE THERAPY STUDY

The 21 days study has demonstrated that in an uncontrolled environment sound resonance therapy is a highly effective and is a convincing holistic approach for improving emotional, mental, physical, and metaphysical well-being.

## Before receiving Sound Resonance Therapy (SRT)



**100%** of participants reported experiencing anxiety and stress

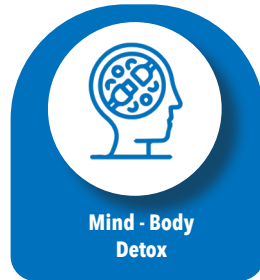
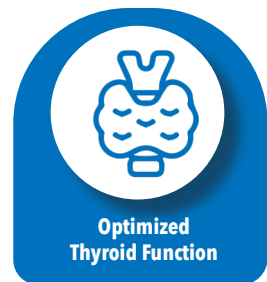


**36%** of participants reported feeling depressed



**36%** of participants had chronic ailments

## Sound Resonance Therapy Overall Outcomes





# RESONANCE AGILITY UNVEILED: TRANSFORMING DISSONANCE TO RESONANCE IN A 10-MINUTE SOUND RESONANCE THERAPY

## DETOX SYMPTOMS AND BODY RESONANCE (BODY ELIMINATES PHYSICAL, EMOTIONAL AND MENTAL TOXINS)



Eases Psychosomatic Symptoms



Dissolving Trauma



Dissipates Energy Blocks



Addresses the Root Causes of the Problems



Creating A Sense of Balance



Enhancing Sleep Quality & Deep Relaxation



Improving Mind- Body Awareness



Detoxification



Boost Energy Levels



Realigns Metabolism



Deeper Body- Mind Connection



Enhance Senses



Treating Symptoms



Body Rest and Restore



Promotes Emotional Healing



Invoking Self Discipline



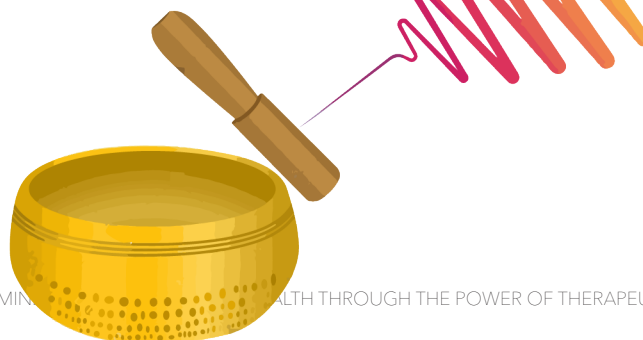
Facilitates Spiritual Awareness & Growth



Support Personal Development



Improves Focus, Clarity, Efficiency





A 21-Day Pilot, Non-Clinical Observational Study from India:  
Revitalising Emotional, Physical and Metaphysical  
Well-being through Resonance of Therapeutic Singing Bowls

Introducing Singing Bowls' Resonance Well-being &  
It's Agility - Study Findings

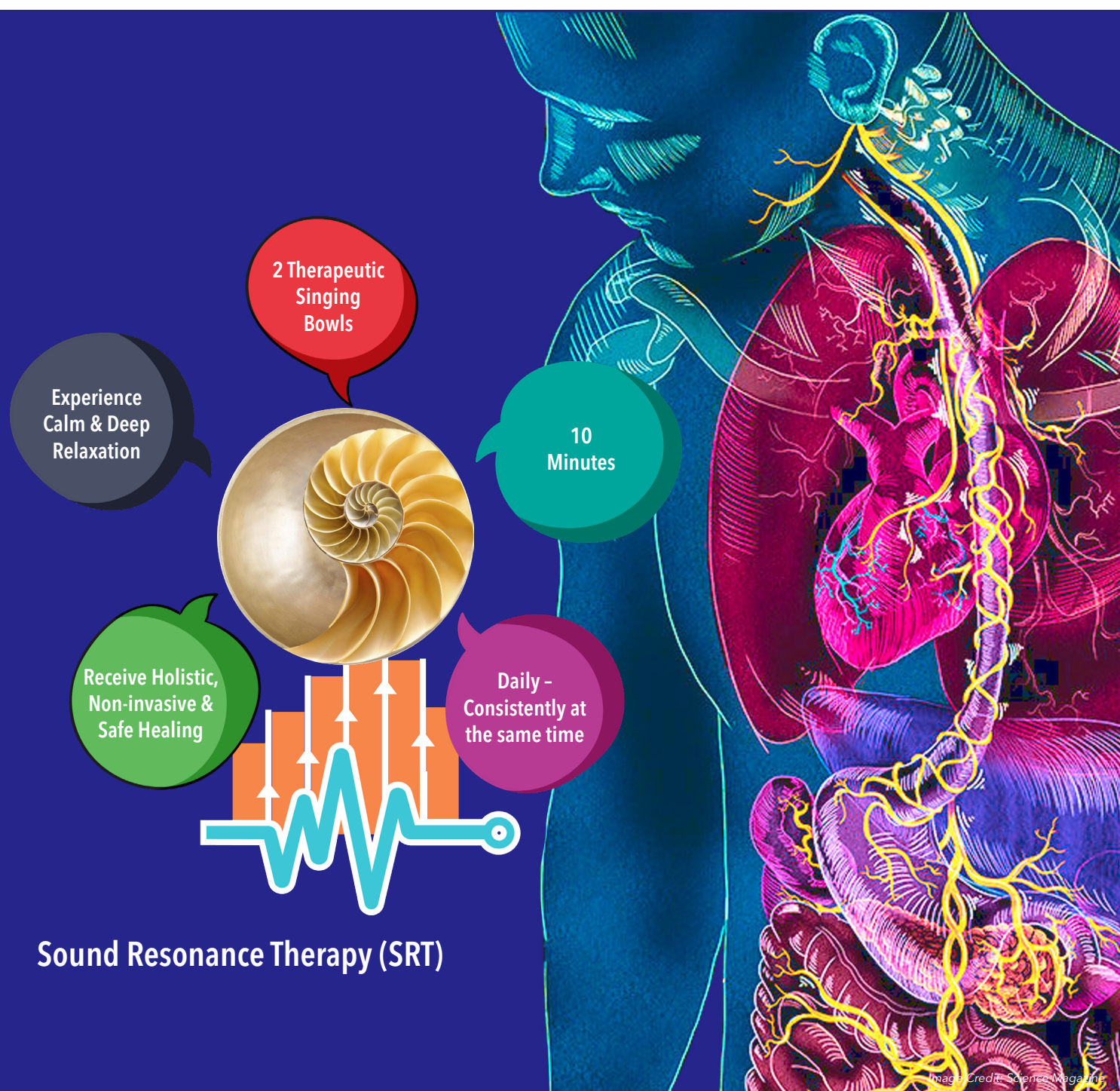


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# I. SOUND RESONANCE THERAPY AND BIOMARKERS: A NEW FRONTIER IN SCIENTIFIC RESEARCH & FUTURE SOUND MEDICINE

Sound Resonance Therapy (SRT), a revered holistic healing method, utilizes **resonance vibrations to nurture physical, mental, and emotional well-being**, drawing from ancient practices ingrained in diverse global cultures. Its resurgence aligns with the growing preference for natural and complementary therapies supporting integrative and functional medicine.

Aligned with the United Nations' Sustainable Development Goals, aiming for universal well-being, a ground breaking 21-day study conducted in Chennai, India, scrutinized sound resonance's effects on vital biomarkers - blood glucose, HbA1c, lipid profile, cortisol, and hypothyroidism.



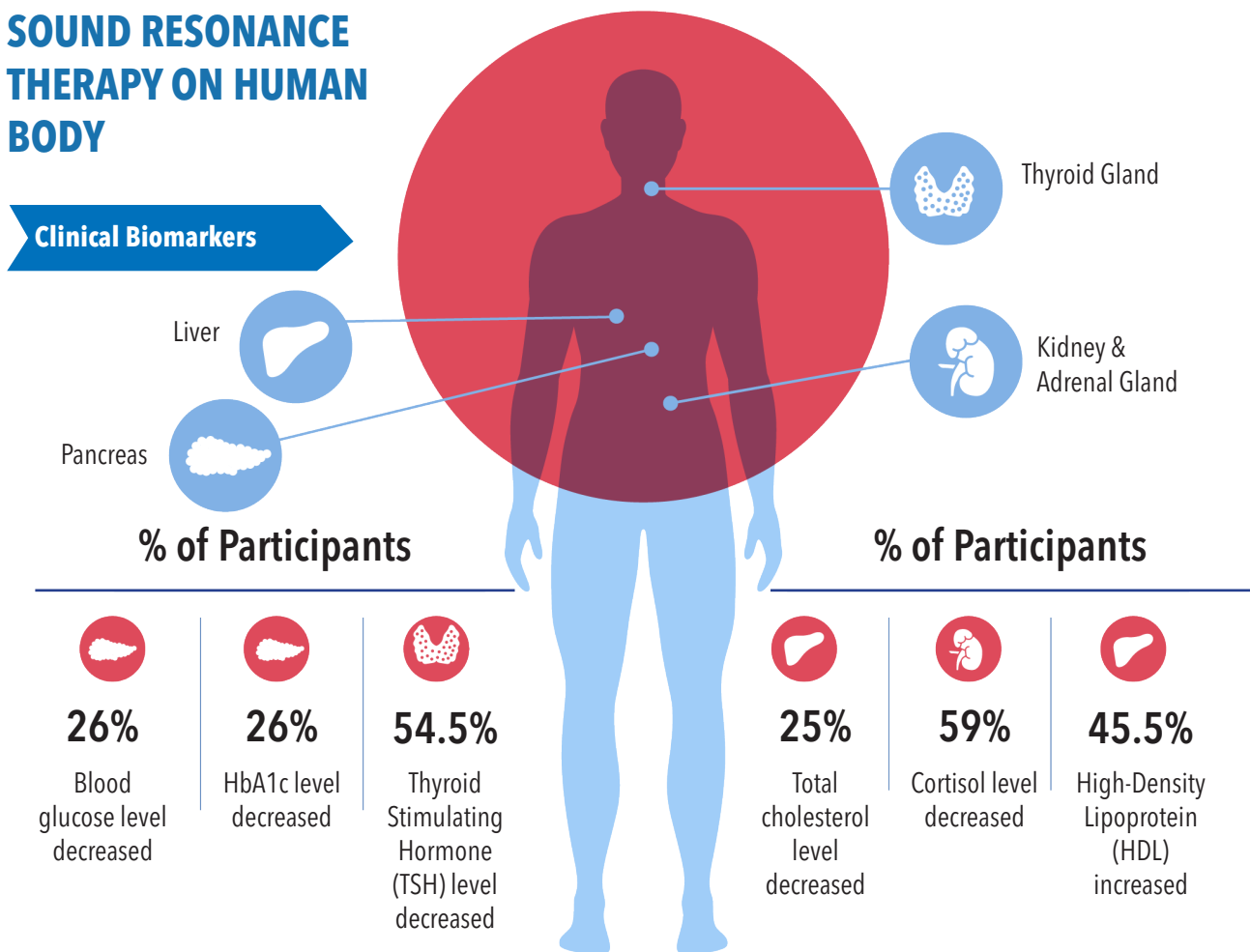
Sound Resonance Therapy (SRT)

**The 21 days research results of the Sound Resonance Therapy study were remarkable, demonstrating that**

- **Sound resonance therapy was able to improve a number of different health markers (diabetes, improving cholesterol, enhancing cardiovascular health, optimizing thyroid function, and in reducing stress, anxiety, depression) which suggests that it can be used to improve overall health.**
- **Resonance agility encapsulates how sound waves intricately interact with the body, fostering a healing process that extends beyond mere interaction. It involves the detoxification of blocks within the body, releasing physical symptoms such as stress, anxiety, depression, and various other disorders, while also harmonizing the physical, emotional, mental, and spiritual layers within.**
- **This resonance agility is deeply aligned with the mission of UN-SDGs Goal 3, signifying its potential for holistic health promotion.**

These findings affirm its holistic well-being benefits and beckon for further exploration to unveil the therapy's intricate mechanisms and expansive applications.

## Scientific Evidence of SOUND RESONANCE THERAPY ON HUMAN BODY







# II. SOUND RESONANCE THERAPY : A VIBRANT NEW APPROACH TO ADDICTION TREATMENT

Addiction is a complex condition characterized by compulsive engagement in rewarding behaviours despite negative consequences. It can have a devastating impact on individuals, families, and communities which are dysfunctional with an unhealthy mind.

## The Study Baseline and Findings

- Before the study, 22 participants were assessed with a variety of addiction behaviours including workaholism, food addiction, television addiction, internet surfing, mobile addiction, social media, alcohol, drug, and smoking addiction.
- Post 21 days, participants reported significant reductions in workaholism, addiction to television, and addiction to social media.
- The study also found that a greater number of participants dropped their addiction behaviours post-therapy.

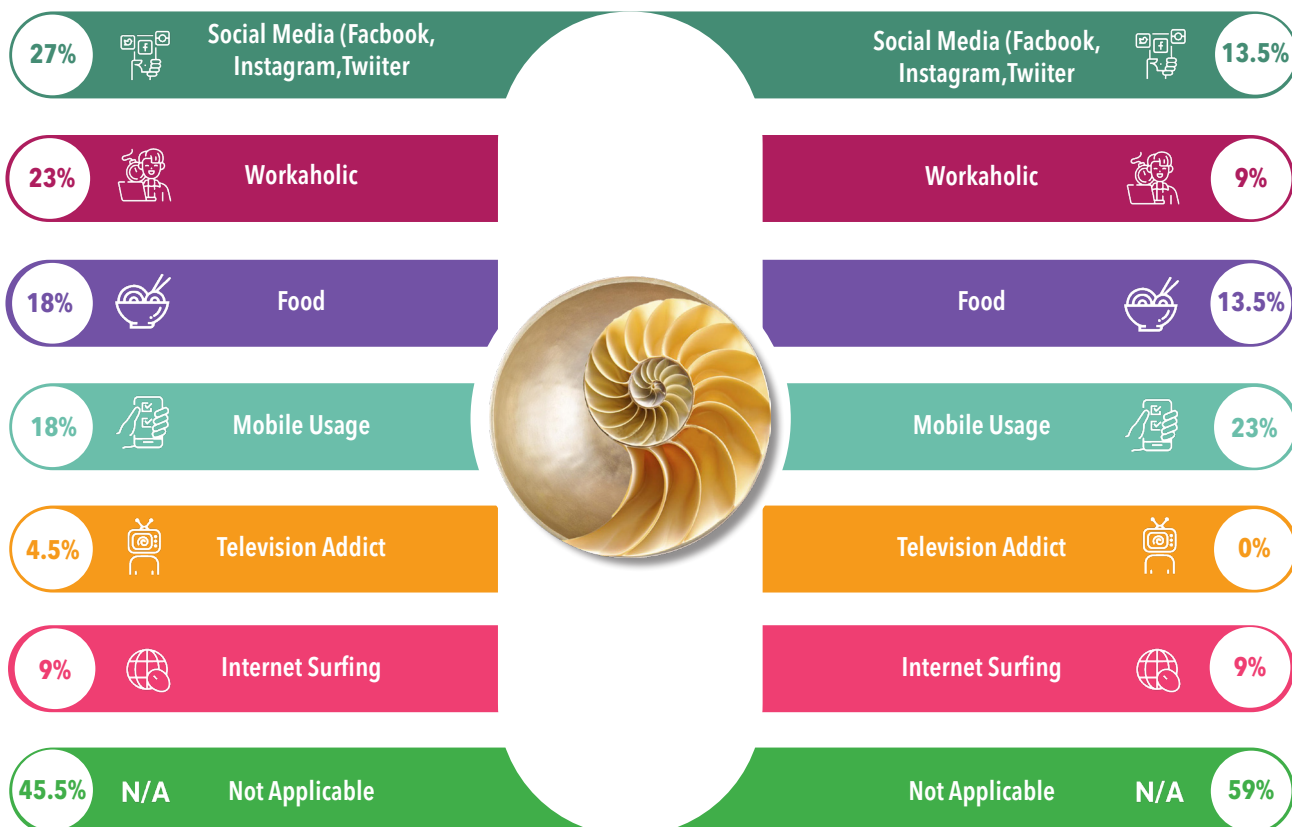


This suggests that SRT helps individuals to break the cycle of addiction habits and facilitates adoption of healthier lifestyles. However, some participants reported a shift in addiction behaviours to mobile device usage post-therapy. Overall, the research on SRT is promising and suggests that it may be a valuable addition to the existing arsenal of addiction treatments.

## Sound Resonance Therapy Impacts on Addiction Behaviour

Pre (% of Participants)

Post (% of Participants)





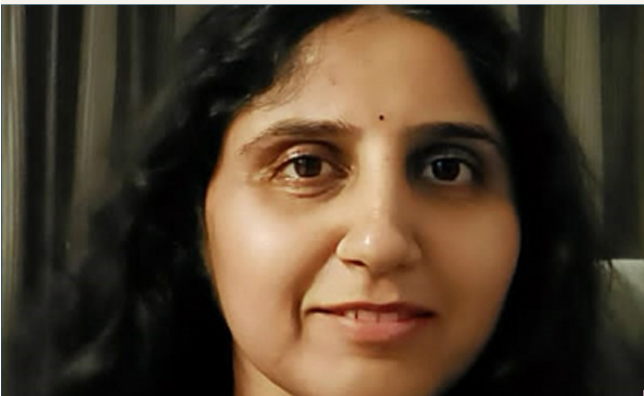
"Yes, indeed! I have noticed a drastic reduction in my addiction to phone usage. Following the sound healing protocols, I've been able to manage my time more effectively."



"There's been a significant shift in both duration and quality for me. I no longer judge myself, even after spending hours."



"Absolutely! Since completing the 21-day program, my late-night sugar cravings have almost disappeared."



"Yes, I have observed a decrease in my inclination towards addiction."



"Certainly, I have experienced a significant reduction."



### III. SOUND RESONANCE AGILITY: A GENTLE & SAFE YET POTENT APPROACH TO PSYCHOSOMATIC HEALING AND DETOXIFICATION

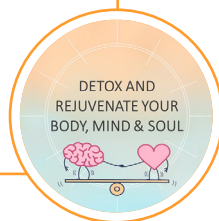
In the transformative journey of Sound Resonance Therapy (SRT), participants experienced the agility of sound, encountering a pivotal phase marked by detox symptoms. The skillful application of sound waves, harnessing the power of resonance agility, exerted a profound influence on both the mind and body, effectively alleviating chronic ailments and significantly easing the burden of mood and anxiety disorders.

These compelling 21-day study results underscore the importance of actively embracing, accepting, and surrendering to initiate the body's receptivity, shedding light on the multifaceted nature of the detoxification process within this therapeutic modality.

#### SRT FINDINGS

**86%** of the participants felt safe receiving sound resonance therapy every day.

**Sound Healing is Safe for Mind and Body Energy Release and brings Relief**

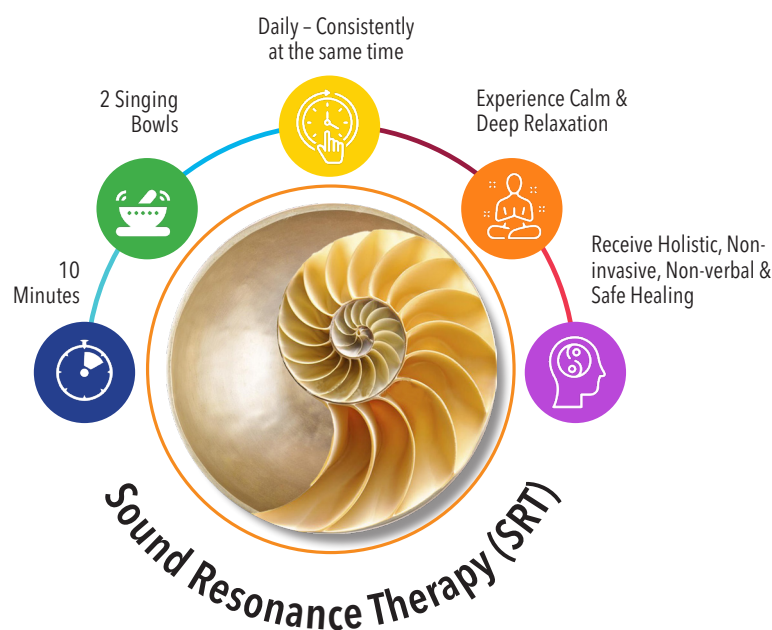


**82%** of the participants reported a notable decrease in psychosomatic symptoms.

**Sound Resonance Therapy for Holistic Well-being**



This indicates that while receiving sound therapy, surrender and trust in the process are more important aspects of healing.







## JOURNEY THROUGH 21 DAYS: DETOX SYMPTOMS AND TRANSFORMATIVE EXPERIENCES



### a. Physical Shifts

37.5%

Experienced "feeling sleepy post-session" indicating release of emotional traumas and healing integration

29%

Experienced headaches as detox symptom

21%

Experienced physical discomfort including body aches and muscle soreness

17%

Experienced skin breakouts or rashes signify the body's effort to expel toxins through the skin

12.5%

Increased sweating or strong body odour possibly attributed to heightened metabolism & toxin release

8%

Experienced dehydration, low energy, and fatigue indicating the need for increased hydration and energy conservation during the healing process

8%

Experienced weight loss likely due to increased metabolism

8%

Digestive problems like bloating, constipation, diarrhoea, and vomiting were observed, potentially linked to dietary changes or stress responses

4%

Flu-like symptoms, dizziness, and unresolved persistent pain due to immune responses or the release of deep-seated physical tension





## b. Emotional and Psychological Shifts

29%

Increased anger was reported, reflecting the release of suppressed emotions

21%

Increased anxiety (palpitations) was reported, reflecting the release of suppressed fear

21%

Recalled unresolved memories and incidents from their current lives indicating a reflective and release process from mind and body

21%

Experienced emotional fluctuations and mood swings were very common, suggesting emotional release and inner emotional balancing

21%

Experienced overflow of energy and body is in rest mode

8%

Experienced changes in fear levels and voice tones indicating inner emotional transformation

8%

Experienced ability to speak up and increased assertiveness in situations and creating healthy boundaries for themselves

8%

Sleep disturbances, such as insomnia and vivid dreams suggest potential emotional and psychological processing during therapy

4%

Experienced thoughtlessness reflecting cognitive shifts during therapy



### c. Metaphysical & Spiritual Experiences

21%

Metaphysical experiences, such as unexplainable knowing and sensing something happening in the "backend", were reported, highlighting heightened intuition or spiritual connection

8%

Recalled past lives and encountered ancestors in dreams, indicating deep subconscious processing and connection with consciousness

These findings collectively portray a holistic spectrum of physical, emotional, psychological, and metaphysical shifts experienced by participants during the therapy, underlining the multifaceted nature of the healing and transformative process.

## Unlocking Singing Bowls' Resonance Well-being & It's Agility



**Holistic Understanding:** Findings reveal the intricate interplay of physical, emotional, and metaphysical dimensions, providing a holistic understanding of the healing process of the mind & body

**Complex Body Response:** The complexity of the body's response to Sound Resonance Therapy showcasing the depth of the transformation it can induce



**Diverse Experiences:** Participants' diverse experiences emphasize the holistic nature of this journey, offering unique insights into detoxification and self-discovery

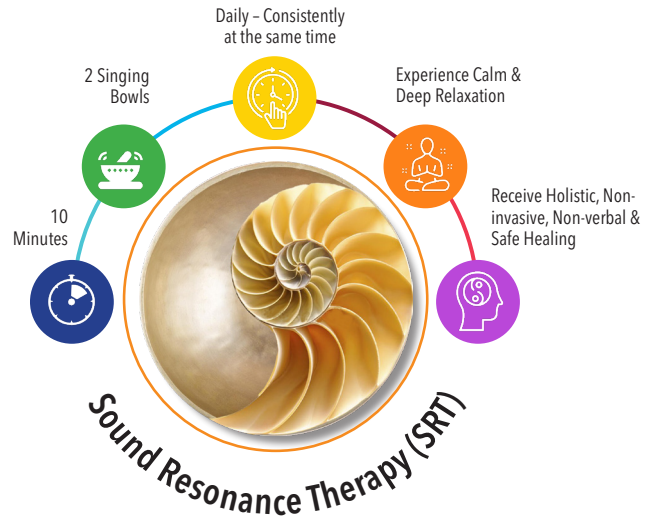
**Profound Healing:** The results indicate that Sound Resonance Therapy can offer profound healing and transformation, enhancing overall well-being



**Personalized Care:** Acknowledging individual variations, these findings underscore the importance of providing personalized care and attention during such interventions

# IV. UNLOCKING INNER WISDOM: A 21-DAY JOURNEY TO ENHANCED BODY CONNECTION AND SELF-AWARENESS

A 21-day study on Sound Resonance Therapy (SRT) revealed that regular SRT application facilitates a deep connection and enhances inner awareness with both physical and emotional states. Participants were able to listen to their bodies. The data given below vividly demonstrates that a mere 10 minutes of sound therapy over 21 days significantly heightened inner body awareness.



## SRT FINDINGS

Inner body awareness is the ability to tune into the body's subtle cues and signals, fostering a deep understanding of its physical and emotional state. By cultivating this awareness, we can harness the body's innate healing mechanism, promote balance and well-being, and empower ourselves to make informed choices that support our overall health.

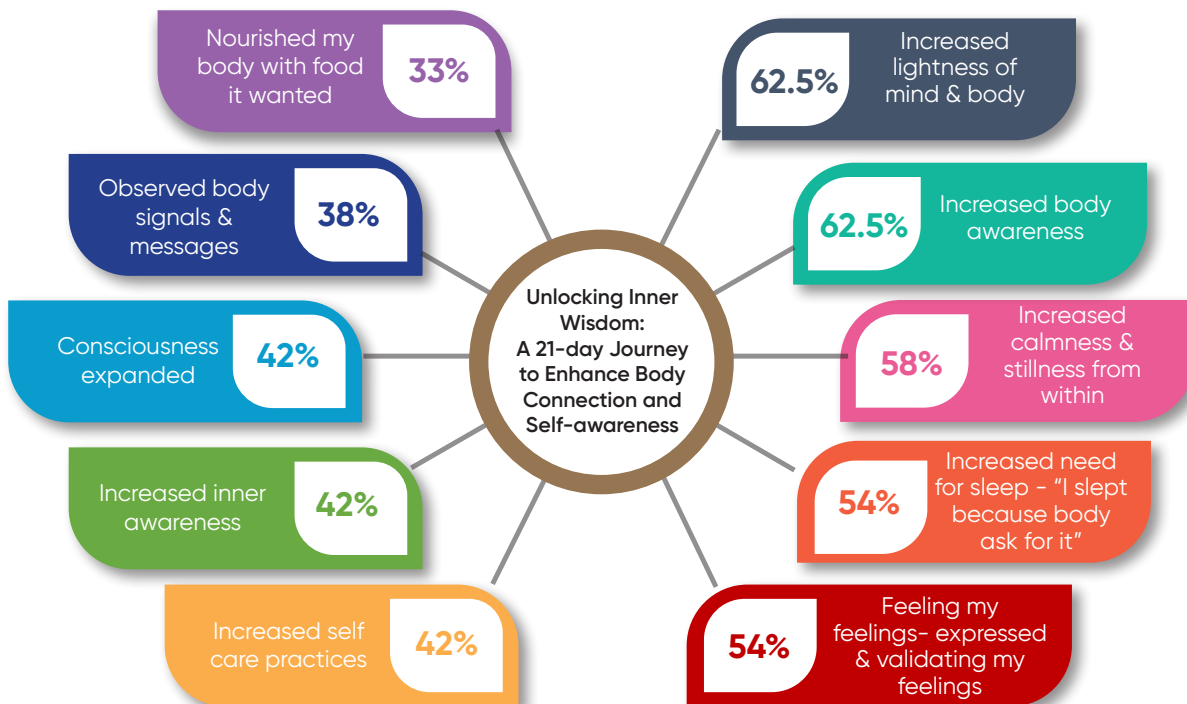
**Inner Body Awareness: A Foundation for Holistic Well-being**

Insightful Inner Health

Empowerment Through Awareness

Self Regulation and Emotional Processing

Essential for Personal Growth







MEDITATONES

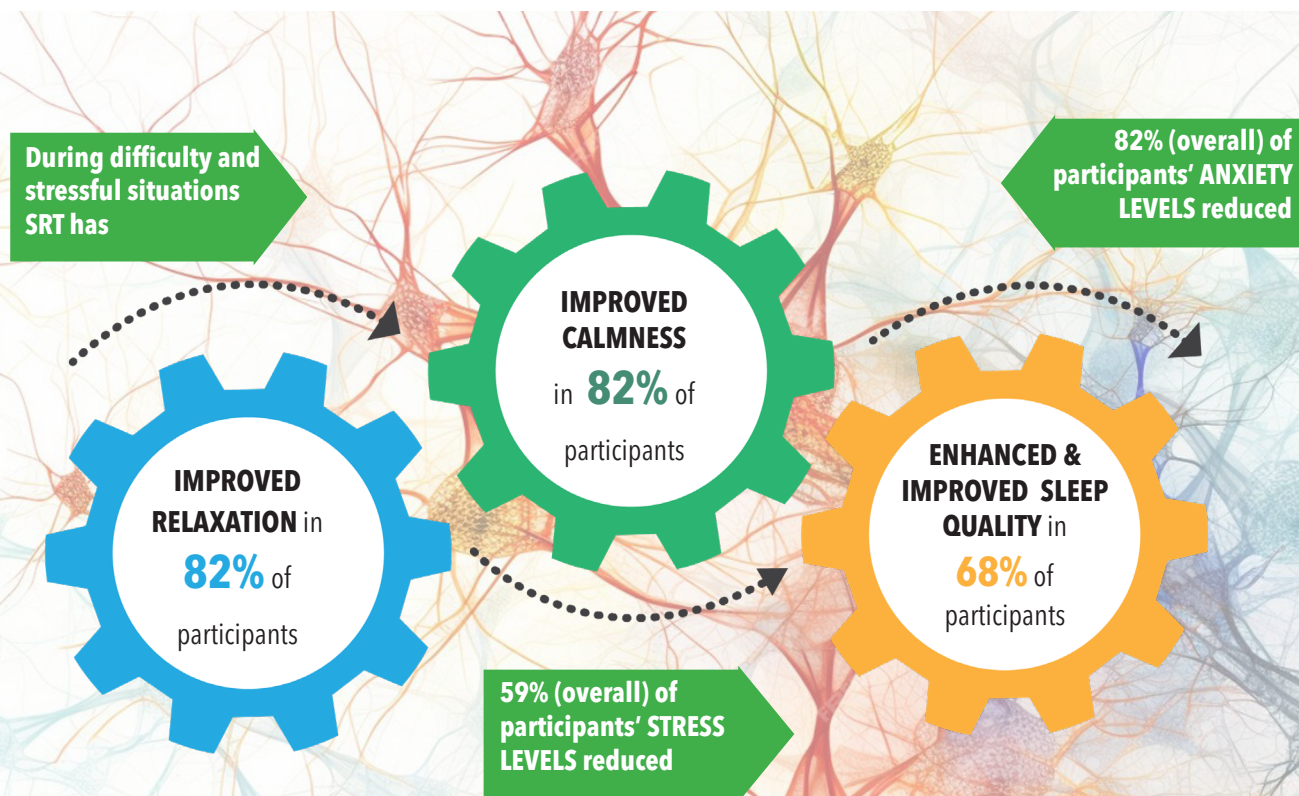
# V. DE-STRESS AND SERENADE WITH SOUND RESONANCE TO ENHANCE CALMNESS, RELAXATION, AND SLEEP QUALITY

The 21-day research study has illustrated the remarkable impact of Sound Resonance Therapy in fostering a state of calmness and aiding individuals in navigating daily & stress challenging situations in a relaxed manner. Notably, the initial prevalence of stress, fear, and negative thoughts diminished significantly, culminating in the emergence of Mental Resonance Well-being.

Moreover, through consistent exposure to resonance for just 10 minutes daily, there was a notable increase in their calmness and experienced deep relaxation. There is a remarkable improvement in the participants' sleep quality as well. The study's findings unveiled significant reductions in stress and anxiety levels among participants, paralleled by a notable enhancement in their overall sleep patterns. These findings substantiate the immense potential of Sound Resonance Therapy as a powerful tool for enhancing not only mental but also emotional and physical resonance well-being. The therapy's ability to foster a sense of calmness, alleviate stress, and improve sleep quality signifies its holistic impact on an individual's overall wellness.



## SRT FINDINGS

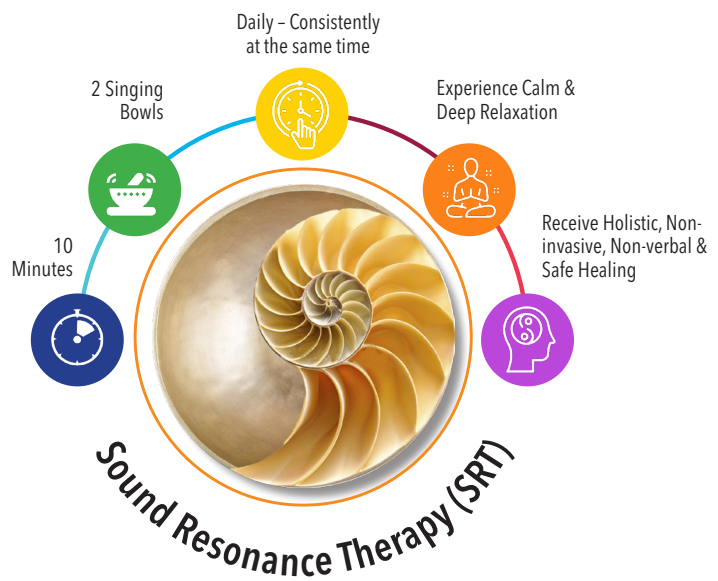




# VI. SOUND WAVES ORCHESTRATING EMOTIONAL TRANSFORMATION: A POWERFUL TOOL FOR IMPROVING EMOTIONAL & PHYSICAL WELL-BEING

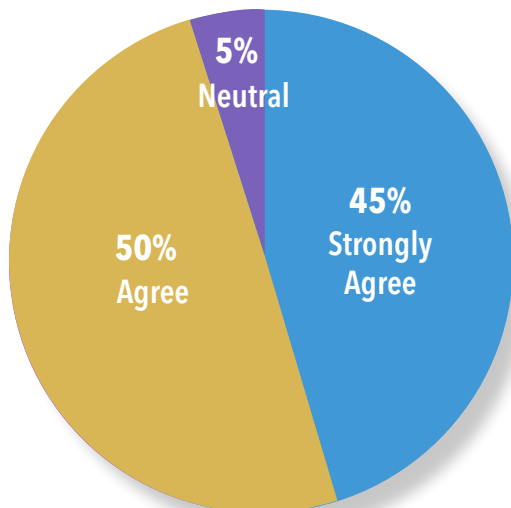
**Emotional resonance well-being** encompasses the state of one's emotional health and the ability to manage and navigate various emotional states effectively. It is of paramount importance as it directly influences our overall quality of life, affecting relationships, work, and personal fulfilment. A strong emotional well-being not only aids in handling stress and challenges but also fosters resilience, positivity, and the capacity to experience joy and satisfaction. Nurturing and nourishing emotional well-being is a vital aspect of holistic health and leads to a more fulfilling and balanced life.

The 21-day robust research study confirms Sound Resonance Therapy (SRT) as an invaluable tool for both emotional and physical well-being. The study showed that it reduces stress, strengthens emotional resilience, and improves sleep, promoting a healthier mind-body balance. This study has ignited a profound sense of resonance wellness, highlighting its remarkable effectiveness, agility, and adaptability in cultivating a harmonized and balanced state of well-being for individuals universally. It has birthed Resonance Well-being as a fundamental element in achieving holistic well-being.



## SRT FINDINGS

### Emotional & Physical Feeling of Participants after 21 Days Daily Application of SRT



Survey results indicate overwhelmingly positive feedback from the study participants.

**95%** of participants (50% in agreement and 45% in strong agreement) reported enhanced emotional and physical well-being. A mere 5% expressed a neutral stance with no disagreements noted.



## SRT FINDINGS

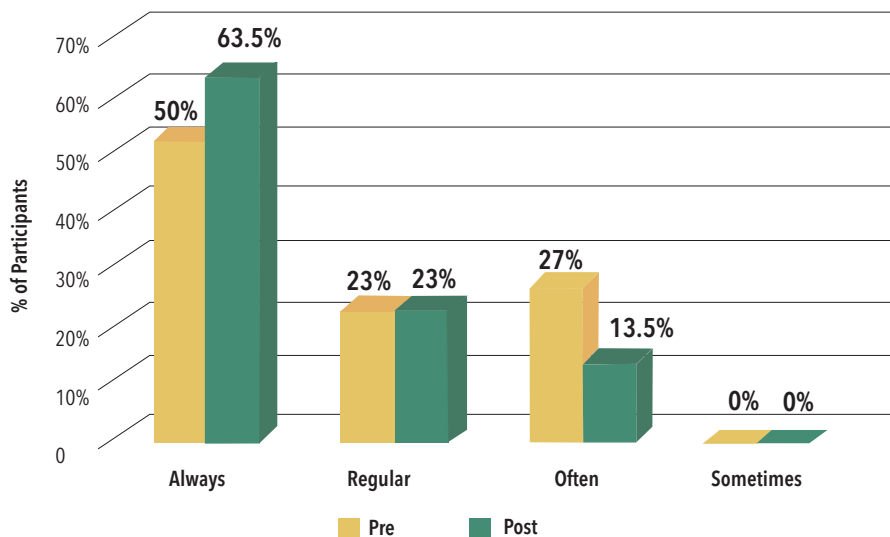
**63.5%**

of participants have experienced an impact of resonance on their Mental, Emotional, and Spiritual well-being. They have also reported consistently practicing excellent self-care after 21 days of SRT.

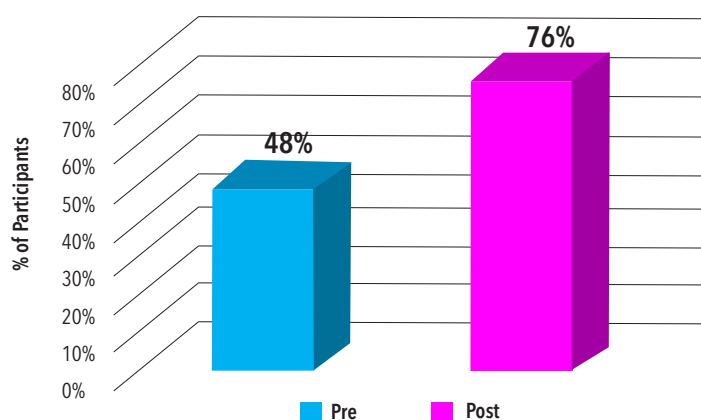
**42%**

of participants who reported feeling calm and relaxed increased from 48% to 76% after SRT.

Participants Experienced Impact of Resonance on their Mental, Emotional & Spiritual Well-being in 21 days



SRT Improved Feeling of Calmness and Relaxation in 21 Days



Embracing resonance practices empowers individuals to cultivate a holistic state of well-being, recognizing and integrating the profound connection between emotions and physical health for a more fulfilling life. **The scientific evidence of this pilot study suggest that sound therapy has a number of potential health benefits, including improving self-care, relaxation, emotional well-being, and sleep quality.**

## VII. SOOTHING THE SOUL: THE IMPACT OF SOUND RESONANCE THERAPY ON STRESS, ANXIETY AND DEPRESSION

Mood and anxiety disorders are often linked to stress, anxiety\*, and depression\*\*. Stress is a normal response to challenging or threatening situations, but when it becomes chronic, it can lead to mood and anxiety disorders. Stress can trigger anxiety and depression. When we are stressed, our bodies release hormones that prepare us to fight or flee. These hormones can cause physical symptoms such as a racing heart, sweating, and muscle tension. They can also lead to emotional symptoms such as anxiety and fear. Over time, chronic stress can lead to anxiety disorders and depression.

Anxiety and depression can make it more difficult to cope with stress. When we are anxious or depressed, we may have difficulty in making decisions, concentrating, and sleeping. This can make it more difficult to cope with stressful situations. Anxiety and depression can also increase the risk of developing other health problems, eg. heart disease, stroke, and diabetes. The link between stress, anxiety, and depression is complex yet it can be reversed.

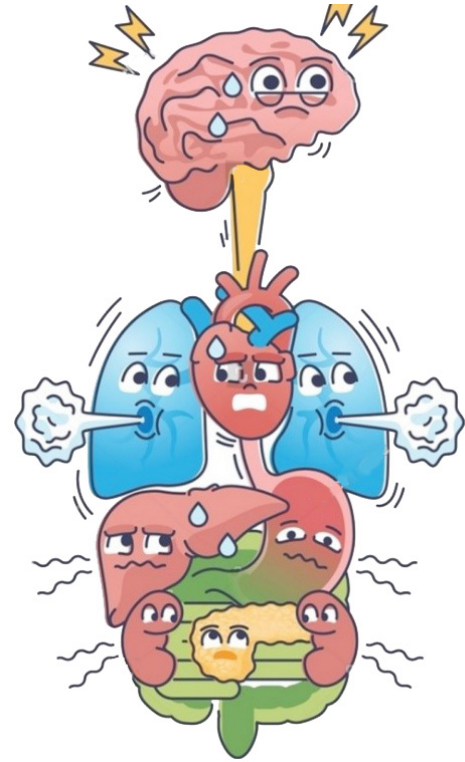


Image source: www.shutterstock.com

According to WHO FACTS

\* Anxiety disorders, the most prevalent mental conditions globally, impacted 301 million individuals in 2019, with a higher prevalence among women. The onset of anxiety symptoms often occurs in childhood or adolescence, and while highly effective treatments exist, only about 1 in 4 individuals with anxiety disorders seek treatment.

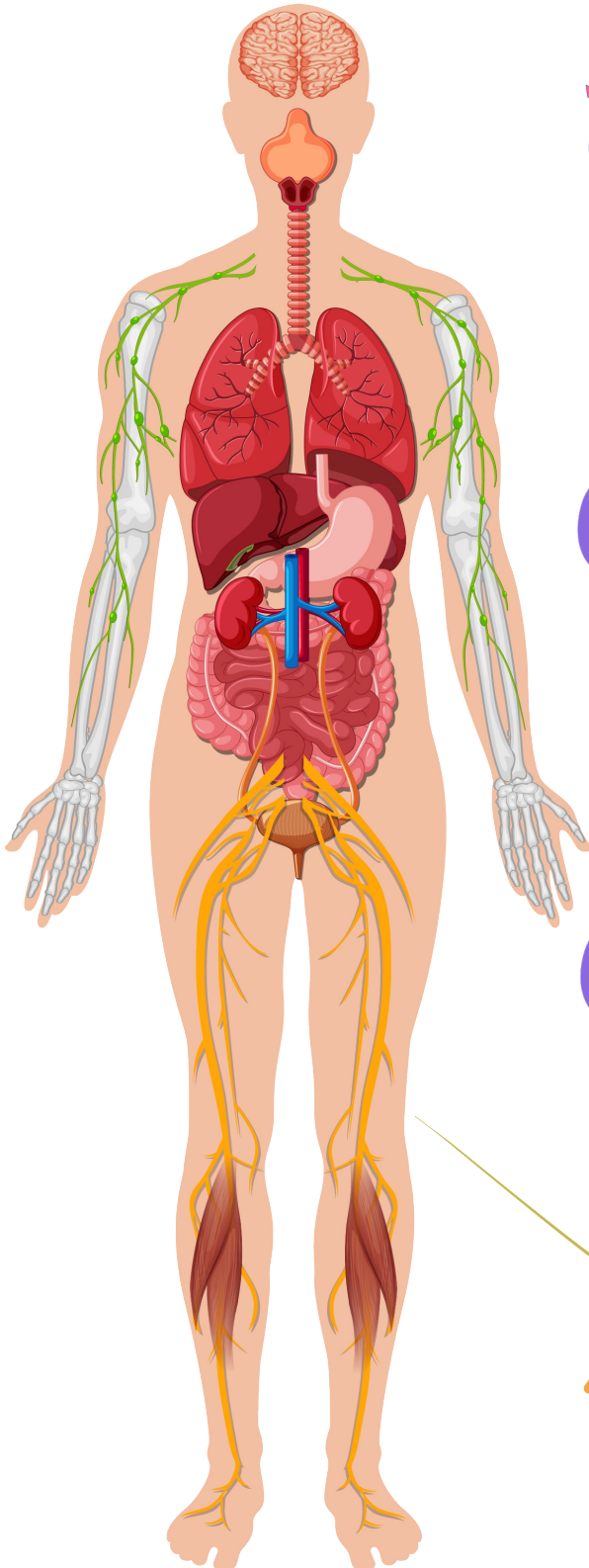
\*\* Depression, a prevalent mental disorder, affects approximately 5% of adults worldwide, with a higher prevalence among women. It can lead to suicidal tendencies.



# 21 DAYS STUDY REVEALS: BREAK THE PSYCHOSOMATIC CYCLE - SOUND RESONANCE THERAPY HELPS REDUCE STRESS, ANXIETY, & DEPRESSION



## SRT FINDINGS



**Stress**

**22.5% ↓**

Sound Resonance Therapy reduced stress levels in 59% of the participants, with the most significant decrease in **Moderate Stress** by **22.5%**.



**Anxiety**

**18.5% ↓**

Daily Sound Resonance Therapy has facilitated a shift from **Moderate to Mild ANXIETY** decreased by **14%** and from **Severe to Moderate ANXIETY** decreased by **4.5%**.



**Depression**

**8.5% ↓**

Daily Sound Resonance Therapy has facilitated a shift from **Severe to Moderate Depression** - a decrease of **4.5%** & from **Mild Depression** to a **Normal State of Well-being** by **4%**.

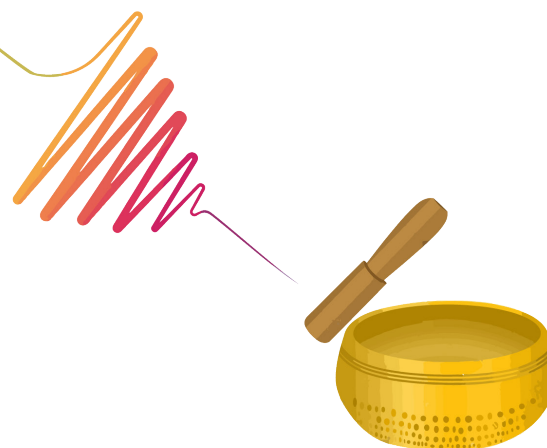


Image source: [www.freepik.com](http://www.freepik.com)



## VIII. IGNITE YOUR CREATIVE SPARK: THE SCIENCE-BACKED GUIDE TO ENHANCING MINDFULNESS, FOCUS & CONCENTRATION

**Mental resonance well-being** is key to happiness and fulfilment of the self. It allows us to focus, make good decisions, manage stress effectively, build and maintain healthy relationships, cope with setbacks, and enjoy life. We can improve our mental well-being by practicing Sound Resonance Therapy daily, along with other healthy lifestyle habits such as getting enough sleep, eating a healthy diet, exercising regularly, spending time with loved ones, and practicing mindfulness and relaxation techniques.

The 21-day pilot study has found evidence that integrating sound resonance into one's daily practice can improve focus, concentration, efficiency, mindfulness, and present-moment awareness.



### SRT FINDINGS

#### Enhancing Creativity, Concentration & Focus

**77%** of participants reported that regular SRT significantly improved their focus and concentration

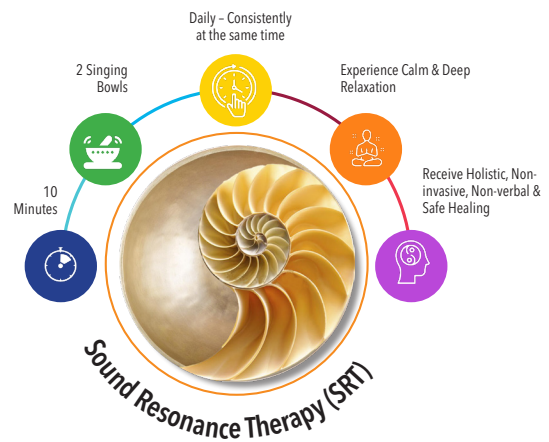
**72%** of participants reported that regular SRT sessions enhanced their mindfulness and present-moment awareness

# IX. EMOTIONAL MASTERY: THE SECRET TO LIVING A MORE JOYFUL AND MEANINGFUL LIFE

**Emotional resonance well-being** involves the adeptness to manage and understand emotions, effectively coping with life's challenges in a healthy manner. The findings from the 21-day pilot study on sound resonance intervention yielded measurable and notably positive impacts on diverse emotional states among the participants.

It stands as a cornerstone of overall health and well-being, encompassing:

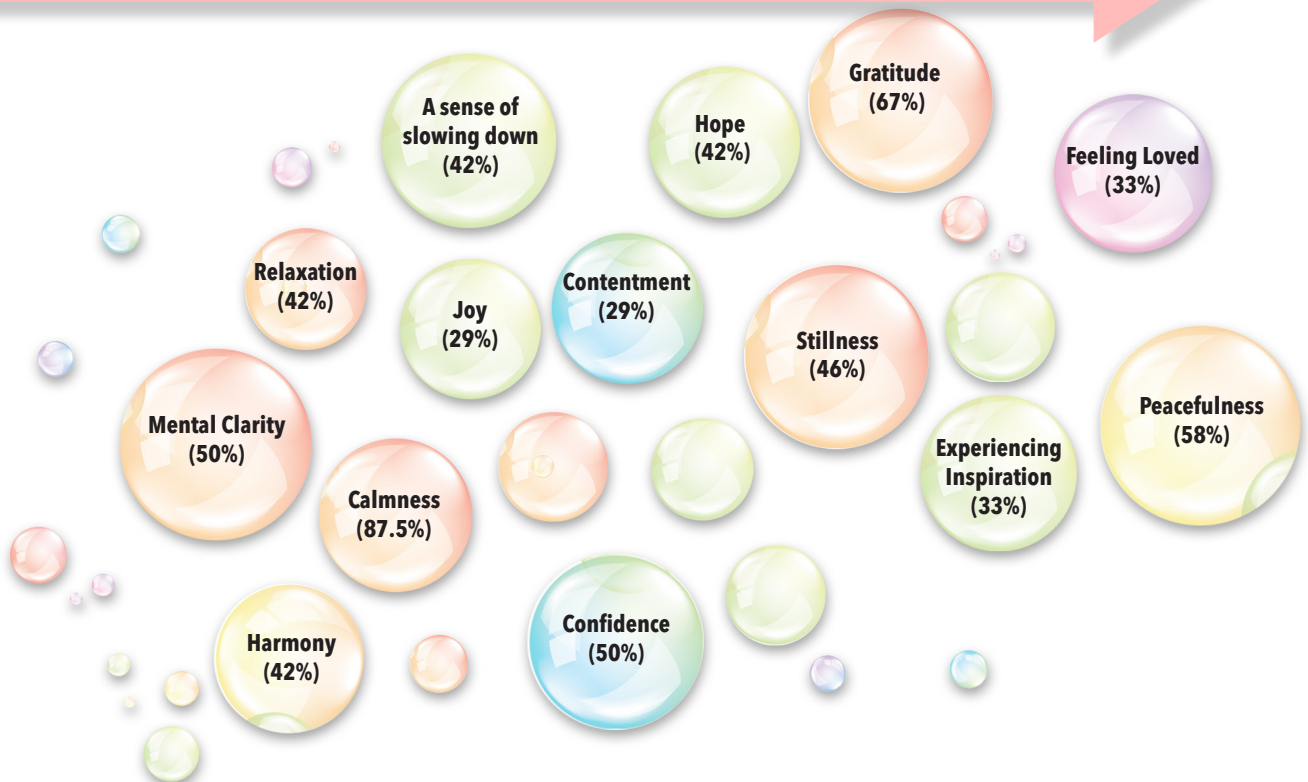
- Feel a range of positive emotions
- Feel in control of your life and make good decisions
- Cope with negative emotions in a healthy way nurturing emotional resilience and adaptive responses to adversity
- Build and maintain strong relationships that serves as pillars of support and connections
- Live a life that is meaningful and fulfilling aligning personal values and aspirations for a flourishing existence



**Participants have reported significant increases in Positive Feelings during 21 Days of Sound Resonance Therapy**

## SRT FINDINGS





The study revealed a remarkable increase of calmness among 87.5% of participants, showcasing a substantial positive impact of the 21-day sound resonance intervention on emotional states.

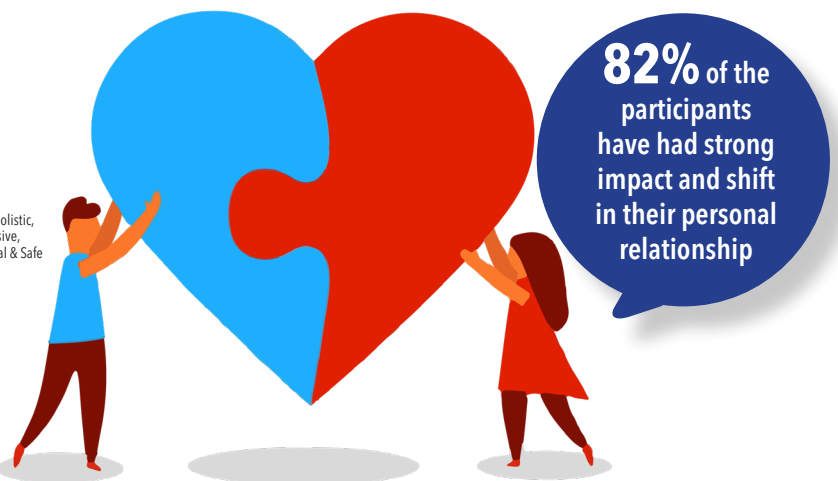


# X. THE SONIC SECRET TO STRONGER RELATIONSHIPS

**Social resonance well-being** is the ability to form and maintain positive relationships with others, and to feel connected to your community. It is an important part of overall well-being and can have a significant impact on physical and mental health. The 21-day pilot study has evidence that integrating sound resonance improves and enhances our inner qualities including strengthening social connections. Taking consistent, intentional time for self-care fosters a healthier vagal tone, is observed in the study. This, in turn, enhances the vagus nerve's function, allowing the body to create stronger relationships by promoting better regulation of stress responses, improving emotional resilience, and heightening of social engagement.

Sound Resonance Therapy can be a powerful tool for improving social well-being in many ways

 <p><b>Promoting relaxation and communication</b></p> <p>SRT helps people to relax and open up to others. This can lead to improved communication and understanding in social relationships</p>	 <p><b>Reducing stress and anxiety</b></p> <p>SRT helps to reduce stress and anxiety, which can make it easier to socialize and interact with others</p>	 <p><b>Increasing self-confidence and self-esteem</b></p> <p>SRT helps people to feel more confident and self-assured, which can lead to more rewarding social interactions</p>	 <p><b>Enhancing empathy and compassion</b></p> <p>SRT helps people to become more empathetic and compassionate, which can improve their ability to connect with others and build strong social relationships</p>
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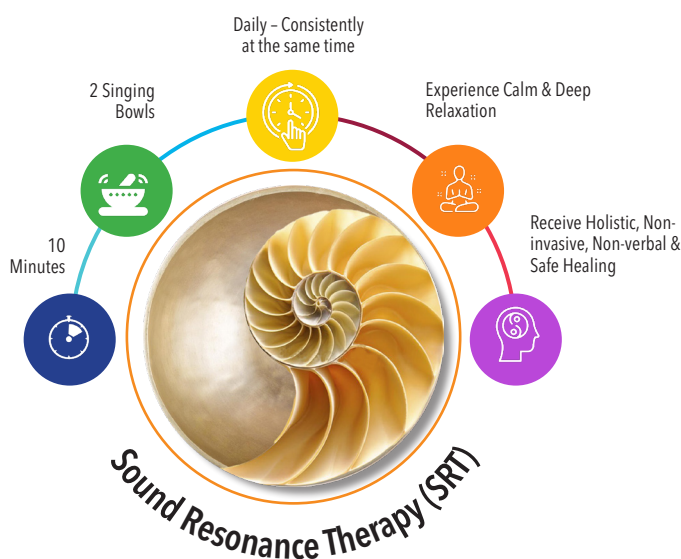




MEDITATONES

# XI. THE SONIC GATEWAY TO INNER PEACE: BUILDING SELF-AWARENESS AND ENHANCING SPIRITUAL WELL-BEING

**Metaphysical or Spiritual resonance** well-being embodies a profound connection beyond the individual self, encompassing a linkage to broader entities like a higher power, nature, universal consciousness or the collective essence of humanity. It encapsulates the quest for meaning and purpose in existence, fostering a sense of inner peace. Inner self-awareness denotes the capacity to comprehend one's thoughts, emotions, and drives, enabling a clear and unbiased perception of oneself, thus nurturing inner tranquility. Inner transformation signifies the constructive evolution of one's thoughts, emotions, and conduct - a transformative expedition of self-exploration and individual advancement towards inner harmony and peace.



## SRT FINDINGS

The 21-day pilot study evidence states that integrating sound resonance as practice on a daily basis improves and enhances our inner qualities such as inner connection, spiritual well-being, willingness to change, and sense of self-care as shared below as key findings.

### Self-Care

**91% of participants experienced an increased sense of taking care of themselves.** The ability to nurture and care for oneself.

### Inner Connection

**77% of participants experienced a deepened connection with their inner selves** as a result of the intervention. Sound Resonance can help to quiet the mind and allow for a deeper connection with one's inner self.

### Spiritual Well-being

**72% of participants reported an enhanced sense of spiritual well-being** due to the intervention. The experience of meaning and purpose in life.

### Self-Change

**68% of participants were more inclined to embrace the need for self-change** after the intervention. The openness to personal growth and transformation.





## XII. UNLOCK THE SECRETS OF METAPHYSICAL WELL-BEING: A 21 DAYS QUEST OF SOUND RESONANCE USING THERAPEUTIC SINGING BOWLS

**Metaphysical or Spiritual resonance well-being** extends beyond the physical realm, a journey of exploration and nurturing that delves into the intangible and seeks to understand the interconnectedness of our being. It's about recognizing that we are more than our bodies, and that our true essence lies in the interconnectedness of our mind, spirit, and consciousness.



### Exploring the Dimensions of Metaphysical Well-being:



- Spiritual Awareness**

Understanding & nurturing one's spiritual connection, exploring beliefs, values and a sense of purpose that transcends the material world.
- Mindfulness & Meditation**

Practicing mindfulness & meditation to cultivate mental clarity, emotional balance, & a deeper understanding of oneself.
- Energetic Balance**

Working with energies & vibrations - sound therapy to align and harmonize energetic systems.
- Holistic Health**

Embracing a holistic approach that recognizes the interconnectedness of mind, body, & spirit, emphasizing overall well-being rather than just physical health.
- Conscious Living**

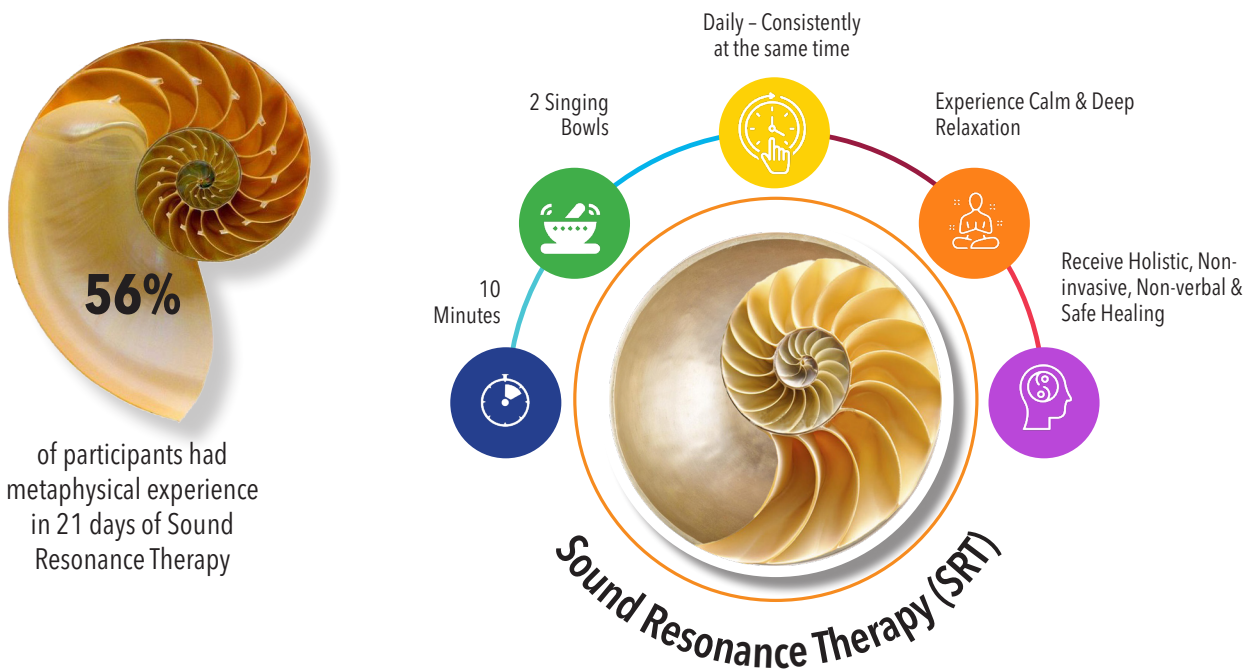
Engaging in practices that promote conscious living, such as gratitude, compassion, & self-reflection, fostering a more awakened and present way of life.
- Connection with Nature**

Recognizing the connection between oneself & the natural world, finding solace & rejuvenation in nature's rhythms and energies.
- Transcendental Experiences**

Seeking & embracing experiences that go beyond the ordinary, including altered states of consciousness, lucid dreaming, or astral projection.



The 21 days research study, discovered the transformative potential of sound in **unlocking profound diverse spiritual experiences**, which is tapping into the aura and the body koshas. Countless individuals have shared remarkable encounters - altered states of consciousness, profound connections with higher realms, and meaningful interactions with spiritual entities - through the profound influence of sound. This ongoing research endeavours to document and comprehensively comprehend these experiences, shedding light on the remarkable impact of sound on spiritual awakening and exploring the realms of higher consciousness.



56%  
of participants had metaphysical experience in 21 days of Sound Resonance Therapy

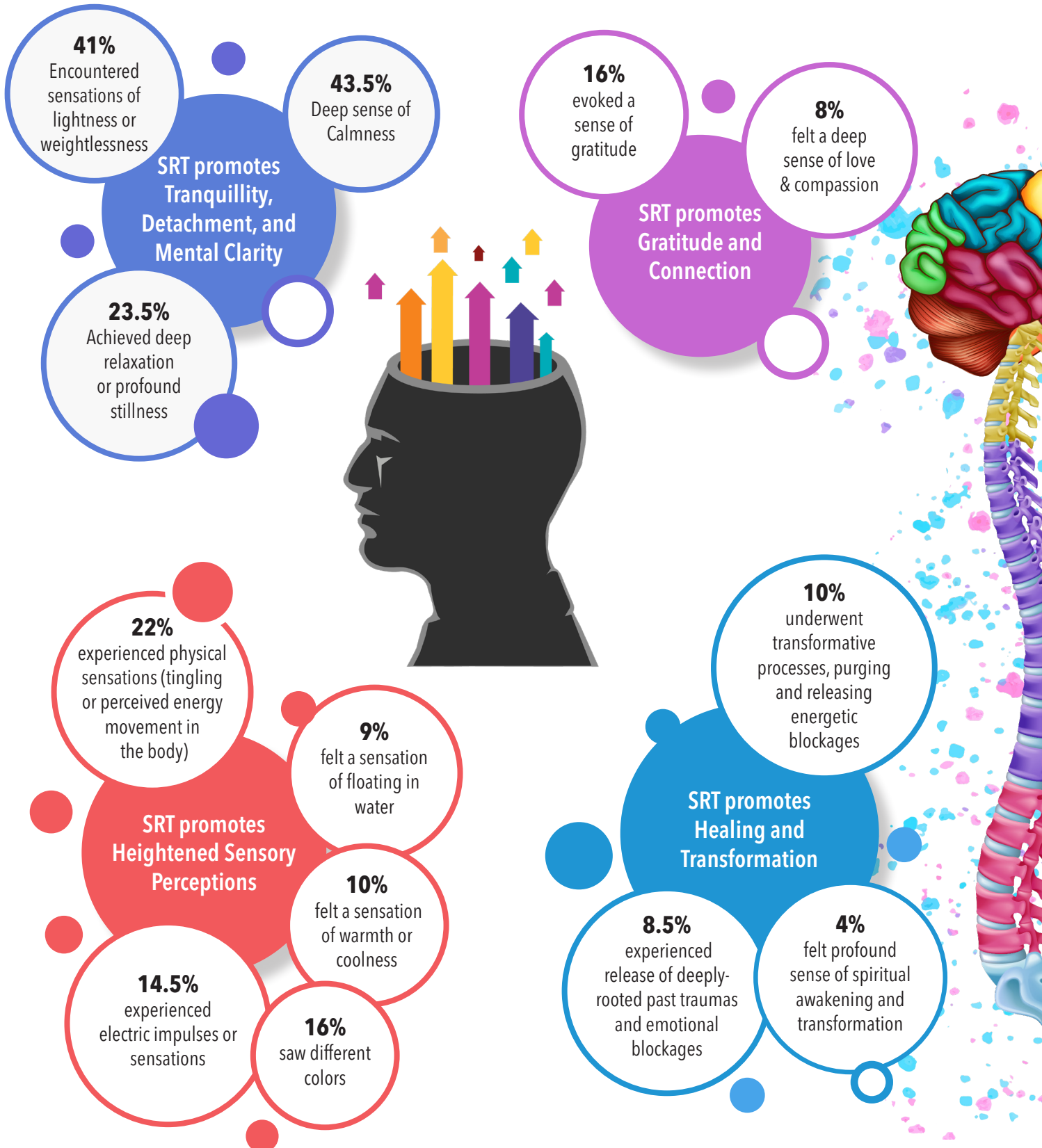
**56%**  
of participants reported experiencing diverse metaphysical or spiritual states signifying the profound influence of sound on their spiritual and mental states.

a significant **72%** of participants reported an increased sense of spiritual well-being.

**This implies that continuous application of sound resonance therapy serves as a potent facilitator, enabling anyone to undergo spiritual growth and development.**

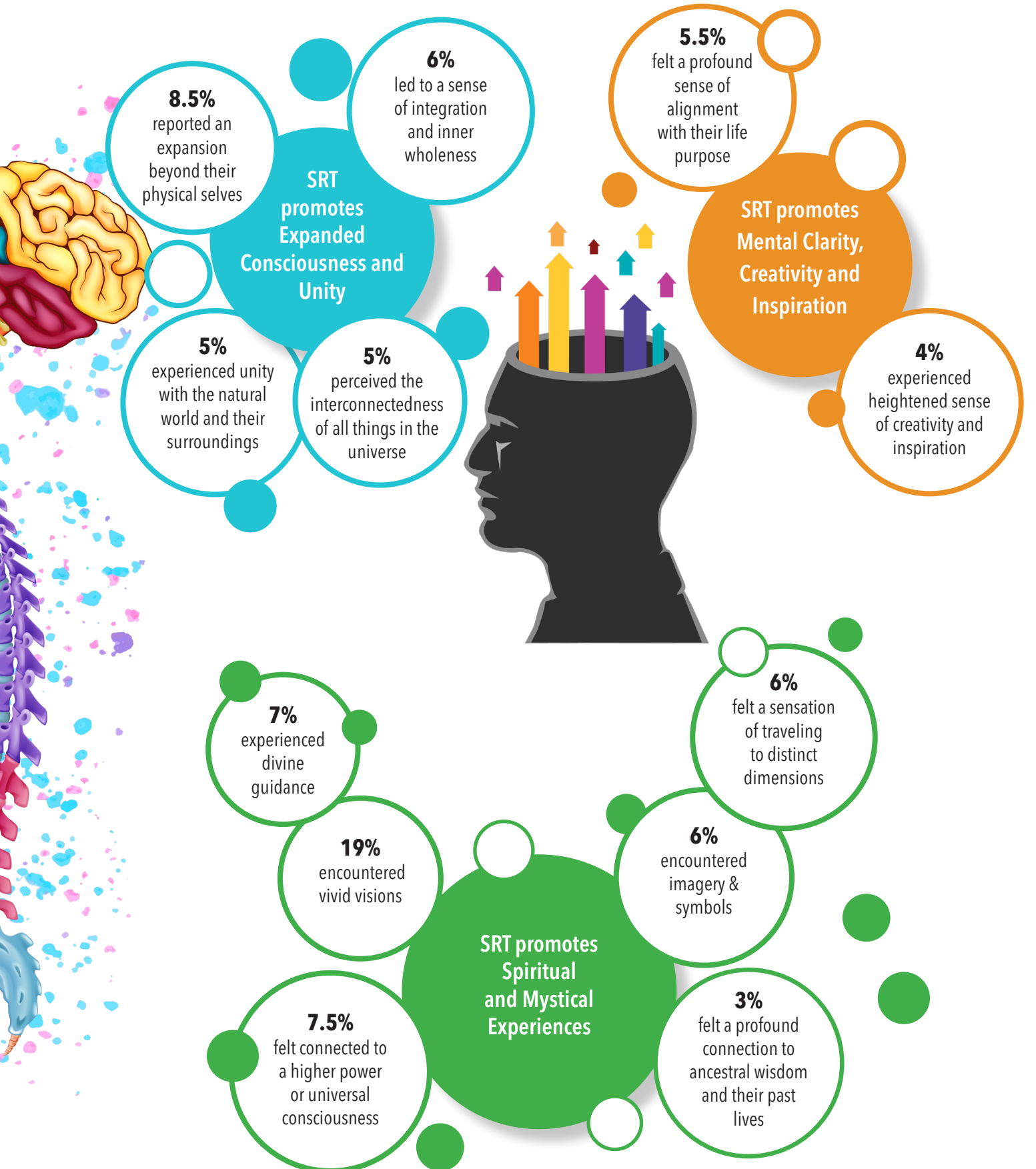
Our quest to unravel the profound interplay between the human mind and the expansive universe has unveiled a profound tapestry of metaphysical encounters among participants immersed in a transformative 21-day sound healing program. These findings, each a unique facet of the human experience, have been thoughtfully categorized and, where applicable, combined to illuminate the multifaceted nature of these experiences:

# BEYOND THE PHYSICAL: CULTIVATING HARMONY





# IN THE SPIRITUAL DIMENSIONS OF WELL-BEING







I feel more flexible, I feel more in control of my emotions, and I feel more joyful. I feel lighter and good. I will definitely continue to use Sound

**-Aparna Suresh**



Through sound I have received more happiness. I want to continue receiving sound for myself

**-Baghiyalakshmi D**



These 21 days were important for me to realize that though I was giving healing to people, I was still not realizing where my emotions were stored. I released it

**- Monika Choraria**



Initially hyperactive, I slowed down after two weeks. The third week was calmer with cymatics effects and colors seen while receiving the session

**- Karpagam**



I can complete my work energetically and feel happy too. So, physically, mentally, and spiritually, I have felt a lot of changes. I started to feel energetic. I can confidently say, I felt a deep release has happened in my body

**-Deepalakshmi**



I had slept a lot, I had a sound sleep, I had a good metabolism, my diet improved, everything had started, like the fog went off, but the message was like now focus on yourself

**-Kalpana Patil**

What can one session give you? An Experience - But I must say it's fabulous and it is a great session for anyone to start experiencing deep relaxation

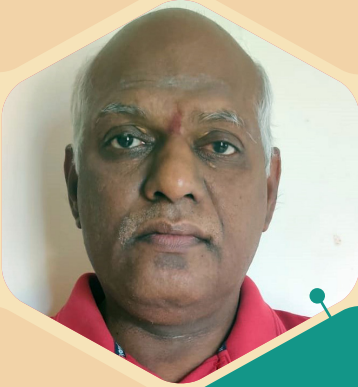
**-Karishma Chirag Jain**



My wife and I are feeling that our house vibration has changed after these 21 days of sound healing. Every day I feel very happy. Medications for diabetes have reduced, BP is normal, stress and anger have considerably reduced. Now I feel a lot of inner changes in my body, mind and soul

**- T. D Krishnakumar**





This sound session of 21 days has given me a lot of clarity in me. Whatever I wanted to do, that's all happening now

**-Lashmanaswami M**



I started feeling very calm and relaxed. I was able to complete all my tasks and felt so energetic throughout the day

**Gomathi Selvi R.**



I felt free from all the attachments after 21 days of sound healing. I am detached from everything totally, the best part is I can meditate deeply

**Prameela Suresh**



The first 7 days were amazing. I used to feel like a feather and my emotions were nice. Second week, slowly, whatever was deep inside of me started coming out

**- Vijaya S**



Interestingly, that's probably the biggest physical experience I had with the whole healing session. Everything else was emotional and it did open up quite a lot in that sense

**- Sangeetha Venkat**



Mind - Body has received lots of sound inputs and confidence has gone inside that I can see. With which I can speak very clearly and with clarity

**- Sankaran Balamurugan**



Could say it was stress relieving and retaining harmony in day-to-day life

**- Ramana Kumar.**



In the healing time spiritually, mentally, and metaphysically everything has opened. During the healing time, my full chakras have been activated. Most of the bad habits within myself, not like alcohol, it's the (negative) thinking that means being greedy, now that thinking has cleared - everything about greed is cleared

**- Nagarajan Ramachandran**





## OUR RESEARCH TEAM



**Mr Manan Sharma**  
Founder, Visionary,  
Co-Creator and  
Forward Thinker  
New Delhi



**Mr Bala Senthil Kumar**  
Sound Healing  
Practitioner,  
Chennai



**Ms Priyanka Mohan**  
Principal  
Researcher,  
Chennai



**Ms Siranjothi K**  
Principal  
Researcher,  
Chennai



**Mr Kannappan S**  
Researcher,  
Chennai

### Study Participants for the 21 Days Research Study

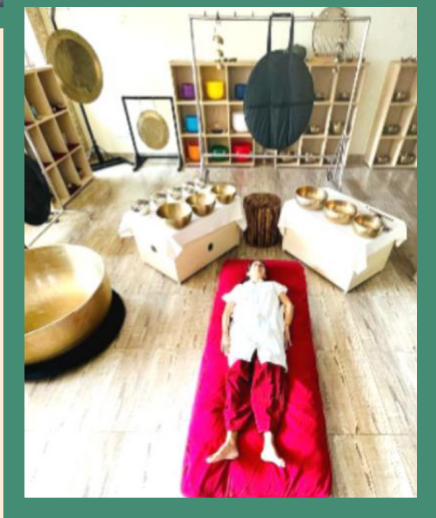
1. Ms Aparna Suresh, Sound Healing Practitioner, Coimbatore
2. Ms Baghiyalkshmi D, HR Profession, Chennai
3. Mr Bala Senthil Kumar, Sound Healing Practitioner, Chennai
4. Ms Deepalakshmi, Sound Healing Practitioner, Coimbatore
5. Ms Gomathi Selvi, Sound Healing Practitioner, Hosur
6. Ms Eswari S, Software Developer, Chennai
7. Ms Kalpana Patil, Homemaker, Chennai
8. Ms Karishma Chirag Jain, Regression Therapist, Chennai
9. Ms Karpagam V, IT Consultant, Chennai
10. Mr Krishna Kumar, Yoga Trainer, Chennai
11. Mr Lashmanaswami M, Therapist, Chennai
12. Ms Mamta Tiwari, Life and Wellness Coach, Chennai
13. Ms Monika Choraria, Counselling Psychologist & Healer, Chennai
14. Mr Nagarajan Ramachandran, Businessman, Chennai
15. Ms Prameela Suresh, Teacher, Chennai
16. Mr Ramana Kumar, Engineer, Chennai

17. Ms Sangeetha Venkat, Director at Barclays Bank, Chennai
18. Mr Sankaran Balamurugan, IT Project Manager, Chennai
19. Ms Swapna Tiwari, Life Skills Trainer, Chennai
20. Mr D Senthil Kumar, Sound Healing Practitioner, Erode
21. Mr Shriram Deenadayalu, Sound Healing Practitioner, Chennai
22. Ms Vijaya S, Therapist & Healer, Chennai

### Sound Facilitators for the 21 Days Research Study

1. Mr Ashok Kumar Elavarasu, Sound Healing Practitioner & IT Consultant, Coimbatore
2. Mr Bala Senthil Kumar, Sound Healing Practitioner, Chennai
3. Ms Kusum Maaheswari, Energy Healer, Chennai
4. Ms Priyanka Mohan, Sound Healing Practitioner & Researcher, Chennai
5. Ms Siranjothi K, Sound Healing Practitioner & Researcher, Chennai
6. Mr Sushil Joseph, Energy Healer, Chennai





*Your life journey is unique & belongs to YOU,  
CREATE IT the way YOU value YOURSELF,  
Honor, Love and Value Your Birth.*

*~ Manan Sharma*



**MEDITATONES**

**Manan Wellness Pvt. Ltd, New Delhi, India**