

# Sound Therapy for Autism and Hyperactivity

It is very common for autistic children to be highly sensitive and anxious. Due to their sensitivity they can be affected by the distress of those around them, also.

Sound therapy works on the principle of vibration. Every atom in our body is made of vibrating energy. Sound vibrations, through resonance, can help to balance the energy in the body and return the natural, healthy flow. Sound can also entrain brainwave rhythms into the slower states of *Alpha* and *Theta* waves. This relaxes and calms the person, lowering breath rate, heart rate, blood pressure and stress hormones and boosting the immune system.

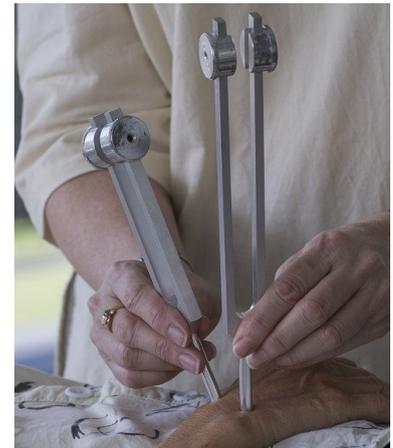
**Energy chimes** vibrate at a rate that balances the energy centres of the body and bring peace and harmony to the whole body.



Using a combination of metal singing bowls, energy chimes, tuning forks and voice, the body gently becomes balanced. It is common for the child to lie down and sleep by the end of the session.



Zen Bowl



Tuning forks

*Hyperactive autistic boy after his first session:*

*I have wonderful news about my son. I usually need to open the door in his room once I get up. If I don't leave the door open, he'll jump up (literally) from his bed and anxiously open the door.*

*Usually after that he can't sleep. So he gets up very early. BUT..... this morning I didn't leave his room door open and he slept right through until I woke him up to go to school! Thank you, Anne, for your help. You are truly our angel on earth!*

*~Fern., Ipoh, Malaysia, September 2014*

**Anne Huxtable** is a certified Sound Therapist (Globe Sound & Consciousness Institute, USA) based in Kuala Lumpur. She also has experience in a number of other complementary therapies but she has found sound to be most effective tool when working with autistic and hyperactive children.

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