

Vibrational sound healing

Born of Sound, Heal with Sound

Why Sound Medicine?

It is astounding to understand that we have a deep connection with sound. The entire universe, including you and me, is born of sound. 'The Big Bang' explosion hurled energy in all directions at the speed of light, creating matter and billions of galaxies in the Universe, including celestial bodies, planets, plants, animals, and us. Therefore, living beings are the physical manifestation of pure sound energy.

Sound energy is the source of our being, which deeply rules our lives.

About Us

Charista Foundation was born out of the perceived needs of the society, our trustees having worked for long in the elderly care, art and artisan domains. A cleaner and greener planet is the global need going forward. We believe in doing our bit for the society and help evolve a better and a prosperous one.

Sound healing is one of our process to heal body and mind and to rid of disease, especially in elders.

Get In Touch!

@ +91-9902077066 / 9007964170
shilpi@charista.in / info@charista.in

BHEL Enclave, Akbar Road,
Hyderabad 500009.
Telangana.
INDIA.

Meet The Healer

Shilpi Das Chohan

Sound Healing Practitioner,
Personal Voice Coach, Voice Artist,
Co-founder & Trustee - Charista
Foundation



Talk to us to book Shilpi for facilitating Group Healing Meditation, onsite or offsite.

"Sound will be the medicine of the future..." – Edgar Cayce.

The World of Sound Therapy

Deep relaxation is one of the most significant and universal benefits of sound therapy. Sound healing has mental and physical health while improving mood and reducing stress. During disease, our cells are not in tune with the right frequencies. Sound medicine acts powerfully and tunes them with the right frequencies, to heal at a cellular level.



Sound Cellular Health

We comprise amazing cells of different types, and they need to be fed what is essential to them to optimize overall wellness. If the body is the physical manifestation of the formless mind and soul that makes our existence complete, then it is essential to nourish ourselves at physical, mental, emotional, and spiritual levels for holistic living and well-being.

With the spur of health disorders in today's world, there's also a movement of going back to the ancient ways of healing our bodies holistically to promote wellness, especially cellular health, using energy healing.

Vibrational Frequencies



Thoughts create physiological effects on the body. Each thought and emotion has its own vibrational frequency since thoughts are sound waves. Sound healing instruments induce a meditative state, resulting in a calming state of mind. Sound frequency impacts our sympathetic nervous system by synchronizing brain waves.

"All things in our universe are constantly in motion, vibrating. Even objects that appear to be stationary are, in fact, vibrating, oscillating, resonating, at various frequencies".
– Tam Hunt

Healing Instruments

We comprises of trillions of cells with the atomic particles in continuous motion makes the body naturally sensitive to sound. Our body being 70% water is the best conductor of sound. Hence, we naturally respond to vibrational energy. We don't just sense sound waves through our ears, the vibrations can actually travel through our skin and the fluids and bones. We register the frequencies in silence through our nervous system. Recent research has shown that human body picks up both audible and inaudible sound at the cellular level.

There is a direct relationship between environmental sound and our psychological health. Sound healing uses the human voice or external equipments like singing bowls, tuning forks, gongs etc.

Cellular Health

Cellular health through Sound Healing isn't a new concept. Sound has an ancient kinship with meditation and healing. Our Vedic masters, ancient Egyptians, Tibetan monks, Australian aborigines, and the native American Shamans have used this science of external vibrations to restore the internal rhythms of the body. From mantra chanting and blowing of the conch to bells or gongs in places of worship, or Himalayan singing bowls, there's evidence of some form of sound healing in spiritual and religious ceremonies for invoking the divine and warding off negative energies in every culture around the world across continents and demographics.