



H E A L

TRAINING COURSE

THE EBOOK

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Erasmus+

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INTRODUCTION

“HEAL” has been an Erasmus + training course project held in the little town of Morbello, in the Piedmont region of Italy.

The project gathered 24 youth workers who experienced new practices and methodologies of SoundHealing as a way to improve the quality of their work with youth; understanding the importance of the role of sound and music in general in the work with youth.

This EBook contains pills of the best concepts and practices experienced during the course as well as some personal reflections of the experience.

We hope that this content may sparkle inspiration to find out more and dig deeper in the marvelous world of sounds.

SOUNDHEALING

Sound healing is the intentional use of sound through vibration and frequency to support physical, emotional, mental, and spiritual well-being. It is a practice rooted in ancient traditions from various cultures — from Tibetan singing bowls to indigenous drumming and vocal chanting — and today it is embraced as a powerful holistic method for restoring balance and promoting relaxation. Sound Healing invites us into an experience of presence through listening.

It works through instruments, the human voice, rhythm, and silence, entraining the brain, calming the nervous system, and stimulating the flow of energy throughout the body.

In a state of vibrational alignment, the body and emotions can release tension, integrate experiences, and open to greater harmony.

This project was created with the purpose of bringing the essence and benefits of sound healing into the field of youth work.

We wanted to give youth workers a theoretical and experiential understanding on the function of soundhealing to enhance their personal experiences they could carry into their daily lives. Whether working with groups, supporting individuals, or caring for themselves, participants were invited to explore how sound can become a gentle yet powerful ally for transformation.

Throughout the days, we explored the healing power of voice, rhythm and natural sounds. Each session opened a space for participants to reconnect with their bodies, access emotional intelligence, and experience how sound can speak to parts of ourselves that words often cannot reach. The journey of this project was also about remembering how deeply human it is to make sound, to be moved by vibration, and to use it as a bridge between self and other, between tension and release, between chaos and coherence.

THE CHAKRAS

The chakra system is an ancient map of the human energy body, originating from the Indian Vedic tradition. The word chakra means “wheel” or “disc” in Sanskrit, and it refers to spinning centers of energy located along the spine, from the base to the crown of the head. These energetic centers are believed to regulate different aspects of our physical, emotional, mental, and spiritual experience.

Each chakra is associated with a specific area of the body, a developmental stage, and a set of qualities — such as grounding, creativity, willpower, love, communication, intuition, and connection to higher consciousness. Although the concept of chakras has its roots in ancient philosophy, it has found resonance in modern holistic approaches that recognize the deep interplay between energy, emotion, and well-being.

One of the fundamental principles behind the chakra system is that each chakra vibrates at a specific frequency. These are not physical vibrations that can be measured with scientific instruments, but subtle energetic frequencies that can be felt, intuited, and influenced. When a chakra is balanced and “open,” energy flows freely and we feel in harmony. When a chakra is blocked, overactive, or underactive, we may feel disconnected, emotionally stuck, or physically unwell.

This is where sound becomes a powerful tool. Because everything in the universe vibrates, including the human body, sound can be used to resonate with the natural frequency of each chakra, helping to bring it back into alignment. The human voice, in particular, is uniquely suited for this purpose. Each vowel sound, tone, or mantra corresponds to one of the chakras. By singing, toning, or listening to specific frequencies, we can begin to clear stagnant energy opening blocked centers, and restore balance.

In this project, we explored the chakras as embodied experiences. Participants were guided to feel each energy center in their own bodies and to use sound — especially their own voices — to activate, harmonize, and connect with those parts of themselves. This work is about listening and responding.

When we align the chakras with the help of sound, we often experience a greater sense of wholeness, vitality, and emotional clarity. Chakras are, ultimately, a language of inner awareness. And sound, as vibration in motion, becomes one of the most intuitive ways to speak this language.

ENTRAINMENT THROUGH SOUND

One of the most fascinating phenomena in the world of sound healing is entrainment — the process by which independent systems synchronize their rhythm with an external, dominant frequency. This principle exists throughout nature: fireflies flashing in unison, heart cells pulsing together, or people walking in step without realizing it. When it comes to the human body and brain, entrainment happens when our brainwaves, heartbeat, or breath begin to match the rhythm or frequency of a sound that we are exposed to. In the context of sound healing, entrainment allows us to use sound not just for expression, but as a tool to gently guide the body and mind into different states. For example, fast drumming patterns may stimulate alertness and energy, while slow, steady rhythms can help shift the brain into alpha or theta brainwave states, which are associated with relaxation, creativity, and deep meditation.

Entrainment happens because our body's systems are responsive and adaptable. The brain, in particular, is an oscillatory organ, operating through waves of electrical activity. When we are stressed or overstimulated, our brainwaves may become chaotic or overly fast. Sound can act like a tuning fork, inviting coherence and helping us return to a state of balance. Over time, entrainment can also support emotional regulation, nervous system healing, and improved focus or sleep.

During this project, participants experienced entrainment through practices such as repetitive drumming, steady toning, rhythmic breathing with sound, and listening to Tibetan singing bowls. These techniques were not about performance, but about presence — allowing the rhythm or vibration to lead, and the body to follow. Tibetan bowls, in particular, produce harmonic overtones and sustained frequencies that naturally draw the listener into a slower, more coherent state of being. Their sound gently invites the brain to relax and the body to soften, supporting a deep sense of inner stillness and alignment.

What makes entrainment so meaningful in the context of youth work is its accessibility. No advanced training is needed to feel the calming effect of a slow heartbeat-like drumbeat, or to notice how chanting or sound meditation brings people into harmony. It reminds us that we are wired to connect — not only to one another, but also to the rhythms of the Earth and the vibration of sound.

By learning how to apply entrainment through sound, youth workers are empowered to create spaces that support regulation, empathy, and group cohesion. Whether it's through group toning, guided drumming, listening to singing bowls, or meditative sound journeys, entrainment becomes a bridge between disconnection and coherence — between fragmentation and unity.

SOUNDSCAPES

A soundscape is the acoustic environment that surrounds us, whether natural, urban, or imagined. It is made up of all the sounds we perceive, consciously or unconsciously, in a given space. Birds singing, footsteps on gravel, distant traffic, the hum of a refrigerator, or the subtle rustling of leaves — all these are elements of a soundscape. But soundscapes can also be internal: the sound of our own breath, heartbeat, or voice. In this project, we explored soundscapes as a powerful gateway to emotional awareness and creativity. By learning to listen more deeply — both outwardly and inwardly — participants developed a sensitivity to how sound reflects and influences their emotional state. The session invited youth workers to experience their environment through a sonic lens. We began with deep listening exercises in nature, encouraging participants to become aware of layers of sound: foreground, background, near and far, human-made and organic. This type of listening brings us into the present moment and helps develop mindfulness, attention, and non-verbal perception.

But soundscapes can also be created. During the session, participants worked in small groups to design and perform their own emotional soundscapes using voice, natural objects, body percussion, and simple instruments. Each group chose an emotional theme — such as calm, chaos, longing, or connection — and then created a sonic environment that embodied that emotion without using words or melody.

This creative act was about expressing internal landscapes through sound. It allowed for emotional exploration, non-verbal communication, and shared experience. The soundscapes became a mirror of what was felt inside — and often, a path to transformation.

In sound healing, soundscapes are used to create atmospheres that support healing and emotional release. A carefully designed soundscape can guide the nervous system into relaxation, hold space for catharsis, or stimulate the imagination.

This makes soundscapes a valuable tool for youth workers, who can use them to create intentional spaces for grounding, expression, or group cohesion.

Ultimately, the session on soundscapes reminded us that we are always surrounded by vibration, and that by becoming intentional listeners — and soundmakers — we can tune into deeper layers of connection with ourselves, others, and the world around us.

SOUNDS AND EMOTIONS

Sound is not only heard — it is felt. It bypasses rational thinking and goes straight to the emotional body, stirring sensations and memories.

Unlike words, which are filtered through logic and interpretation, sound speaks directly to our limbic system — the part of the brain responsible for emotion, memory, and survival instincts.

In this project, we explored how sound can be used to access, express, and release emotional energy. A deep tone can bring a sense of safety. A dissonant sound might awaken anxiety or sadness. A rhythmic pattern might energize or ground us. Through these emotional resonances, sound becomes a bridge between the visible and invisible, the spoken and the unspeakable.

Scientific studies have shown that music and sound modulate brain activity, affect heart rate, and influence hormonal balance. But beyond science, we all intuitively know that a certain song can make us cry, a familiar melody can bring us home, and a sudden silence can feel louder than noise.

In our sessions, we created space for participants to observe their emotional responses to different kinds of sound: harmonic or chaotic, organic or electronic, subtle or intense. These experiences highlighted how each person's emotional map is unique, and how the body responds before the mind can explain.

We also worked with the voice as an emotional instrument — not for singing in tune, but for releasing feelings that are often held in the body. The practice of toning, vocal improvisation, and group sound-making allowed participants to move from repression to expression, from fragmentation to flow. A key concept in this process is emotional resonance. Just like physical resonance, it occurs when a sound matches or activates an emotional frequency that is already present within us. This resonance can bring awareness to what needs to be felt — and, sometimes, released. In this way, sound becomes a non-verbal pathway for emotional healing.

For youth workers, understanding the emotional dimension of sound opens new doors. A simple instrument, a shared rhythm, or a quiet vocal practice can help young people process difficult feelings, express what words cannot, and feel seen and held in a safe space.

THE USES OF MUSIC IN NFE

In this project, we explored how music can be consciously used as a tool for emotional regulation, connection, creativity, and presence in non-formal education. Music is a gateway that can support learning processes, group dynamics, and personal growth.

Throughout the sessions, we experimented with different types of music, observing how each one influences our emotional and mental state. We listened, created, and reflected on how specific musical qualities — tempo, rhythm, harmony, tone — affect our focus, emotions, and relationships.

We explored:

- Music for relaxation, using ambient, slow, spacious sounds that help the body and mind unwind.
- Music for concentration, such as minimal, repetitive instrumental tracks that help reduce distractions and support mental clarity.

- Music for imagination, choosing evocative soundtracks that stimulate the imagination and bring emotions to the surface.
- Music for meditation, using drones, Tibetan bowls, overtone singing, or nature sounds to slow down the brainwaves and enter introspective states.
- Music for connection and bonding, through group vocal work, rhythm circles, and harmonic toning that bring people into resonance with one another.

Each musical experience was designed with intention — to guide the participants into a specific state of consciousness or emotion, depending on the goals of the session. This highlighted the incredible potential of music to co-regulate groups, support vulnerable sharing, and help young people access parts of themselves that may remain hidden in more verbal or cognitive approaches.

For youth workers, the conscious use of music in non-formal settings offers a powerful way to meet young people where they are — emotionally, energetically, and creatively. Even without being a professional musician, one can use playlists, sound exercises, silence, and collective music-making to foster presence, empathy, and meaningful engagement.

RHYTHMS OF THE EARTH

Throughout human history, drumming has been used by traditional cultures as a gateway to transformation. In tribal settings, the drum was a sacred tool. Repetitive drumming was used in rituals, healing ceremonies, and collective dances to access altered states of consciousness, deepen connection with the body, and release emotional or energetic blockages.

This practice is rooted in the body's natural response to rhythm. The nervous system — especially the brainstem and vagus nerve — responds to steady, low-frequency beats by shifting from sympathetic activation (stress, alertness) to parasympathetic states (relaxation, safety, openness). As the rhythm continues, the brainwaves begin to slow, moving into alpha and theta states, which are linked to creativity, introspection, and non-ordinary perception. In this project, we designed an immersive experience called “Rhythms of the Earth”, in which participants were invited to enter a relaxation state guided by the shamanic drum.

With their eyes covered, they were encouraged to let go of visual stimulation and connect deeply with the vibration of the drum through free movement.

The session focused on listening to the body, following the impulse of the sound, and allowing the rhythm to guide emotional release and grounding. The steady heartbeat of the drum acted like an anchor — calling the body back to its instinctual intelligence, reconnecting it with the Earth's pulse.

Participants experienced a range of responses: some felt energized and alive, others encountered memories, emotions, or unexpected sensations. The blindfold created a safe container for inner exploration, allowing the body to move without judgment and the mind to quieten. After the experience, reflection and sharing revealed how profound it can be to step outside the linear mind and enter the rhythmic intelligence of the body.

For youth workers, this kind of practice opens new pathways to work with emotional release, body awareness, and non-verbal expression. It enhances the importance of feeling grounded and more in tune with oneself especially living in a world that often pulls us away from our bodies, the drum brings us back to our center — slow, strong, and deeply human.

TONING

Toning is one of the most accessible and profound practices in sound healing. It involves the use of the voice to produce sustained, pure vowel sounds — not to perform music, but to activate resonance in the body and support emotional release. Unlike singing songs or melodies, toning focuses on sound as vibration.

When we tone, we allow our voice to become a healing instrument. Each vowel sound resonates in different parts of the body, often corresponding to chakras or emotional zones. For example, the sound “AH” resonates in the heart space, while “OO” tends to ground into the lower belly.

In our project, we practiced toning both individually and in groups. Individually, participants explored how their voice felt in different tones, where the sound vibrated, and what emotions emerged. Group toning created a powerful shared field. As voices merged into collective resonance, many reported feelings of deep connection, calm, and safety.

Toning is also a tool for nervous system regulation. The long, slow exhalation involved in toning activates the parasympathetic branch of the nervous system, which helps reduce stress and restore balance. When combined with breath awareness and body scanning, toning becomes a full-body, full-soul meditation. We encouraged participants to tone with intention: to direct sound into areas of tension, to tone for self-compassion, to release anger, grief, or joy. This conscious approach to sound empowers youth workers to be mindful about the connection and importance to one's own voice and the healing power it carries within.

THE ENCHANTED FOREST

In a world filled with noise and constant expression through words, The Enchanted Forest was an invitation to slow down, to listen with the body, and to speak through presence rather than voice. This experiential activity was designed to empower participants to access and express subtle emotions and sensations through non-verbal communication, creating a safe and poetic space to reconnect with feelings often left unspoken.

The experience began long before the actual walk. As participants approached the activity space, they were greeted by dim lights, a crafted ambient/post-rock playlist that guided the emotional tone, and a sense of mystery. The music played a central role: beginning with deep, introspective tones and slowly evolving into more emotional, heart-centered melodies. This progression mirrored the inner journey participants would take : from shadow to light, from hesitation to openness.

At the entrance, each person was invited to draw a small paper from a bowl, each containing an evocative phrase or symbolic emotion — such as the spring breeze, the care of the grandmother, the curiosity of the child, or the whispers of the old tree. These images were not meant to be interpreted mentally, but embodied. Each participant became a “tree” in this enchanted emotional forest, holding a specific energy or mood.

Before the forest opened, a guided meditation helped participants connect with the feeling written on their paper, inviting them to soften into it, to breathe it, and to begin imagining how they could transmit that quality through subtle movements, presence, or gentle touch — without using words. This grounding moment was essential to create an atmosphere of trust, depth, and intention.

Then, one by one, participants were invited to put on a blindfold and walk slowly through the forest, guided by a rope to feel safe and contained. With their sight removed, the other senses awakened: sound, temperature, proximity, vibration. As they encountered the “trees,” they were invited to stop and receive what that emotion had to offer — a touch, a movement, a silent transmission.

Consent and boundaries were clearly established: anyone who did not wish to be touched could simply cross their arms, and the trees respected that sign with full care.

The forest was an intimate dance of empathy, sensitivity, and emotional resonance. For many, it brought moments of surprise, insight, or release. The slowness of the walk, the immersive soundscape, and the absence of speech created a space where subtle gestures spoke louder than words.

After the last person had walked the forest, the group gently transitioned into a collective rest moment — either lying on the ground in stillness or sitting in a circle to integrate the experience. No immediate talking was required. The silence itself was a form of holding, allowing what had emerged to settle and find its place.

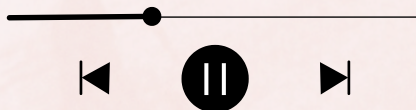
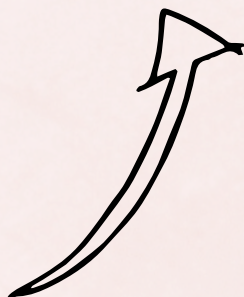
The Enchanted Forest reminded us that there is a deep wisdom in the body, a silent language of connection, and a richness in slowing down. In the context of youth work, such practices offer a way to nurture presence, emotional literacy, and non-verbal communication, especially for those who may struggle to articulate their inner world with words.

OUR SONGS

If you are interested in finding out more, take a listen to the recordings the wonderful pieces of music that our group created during the Training, here below:



 **Link**



TALES OF THE PROJECT

We are very grateful to everybody that contributed in creating the experience of HEAL, acknowledging the world of sound and its power to work as a bridge towards healing.

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"I wish the memory of the week spent in Morbello could stay alive forever. And maybe the only way to keep it alive is through the programs I continue to facilitate.

Still, I know the HEAL experience was one of a kind – rich in meaning, presence, and significance, almost impossible to fully capture in words or pictures.

But I'll try.

Morbello was, above all, about people – about authentic connections and the kind of bonds that form naturally. It was about how sound connects us and holds us together. About curiosity, exploration, and rediscovery. About passion, improvisation, and flow. Sometimes random, sometimes perfectly aligned – but always real.

HEAL was also about nourishing the body – with food (plenty of it, and delicious!), with movement, and with the time and space we needed to heal.

And with this care carried throughout the process, guided by sound, music, and nature, we each found our own way to healing.”

-Simi-

“These days have been precious – so rare, so unique, like the dance of the fireflies among the woods at night in the magical forest in the village of Morbello. I close my eyes and remember the dark, the light, the soft hum of nature around me, the melody of the guitar, the gentle chorus of our voices blending, seeking, opening – singing not only to the fireflies, but, it seems, to life itself.

There are moments here when I want only to dissolve, to melt entirely into the luminous now. When we tune our voices together, following its vibration deep within the body, then I find myself becoming so hyper-aware of the wild miracle of presence – the way sensation feels in the belly, the chest, the back of the throat.

How powerful my voice is when I let it open wider, as if the universe itself were unfolding its limitlessness right in front of me. In those moments, I feel inspired – more than inspired – as if the entire world is gently urging me to listen, to sing, to belong.”

-Hanna-

“What made HEAL special for me was the combination of structure and freedom. There was a clear flow in the program, but also enough space to breathe, reflect, and connect.

This experience left a lasting impression on me—not only because of the tools and practices we explored, but because of the way we lived together. With care. With respect. With intention.

I came back home with a deeper sense of inner peace, a few new rhythms in my heart, and a clearer vision of the kind of presence I want to bring into my personal and professional life.

And yes—I'll be framing that view from Morbello in my memory for a long time.”

-Ruben-



WESOUND

WeSound is a community of facilitators, educators, and musicians passionate about the transformative power of music. Born from the desire to reconnect people with their inner voice, body, and emotional depth, WeSound creates spaces where music becomes a bridge — between self and others, between tension and harmony, between noise and presence.

Our intention is to make music activities accessible tools, especially in the field of youth work and non-formal education.

This eBook reflects one of our shared journeys — a project that brought together youth workers from across Europe to explore how sound can heal, empower, and transform.

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