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*the*

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VIBRATION  
*of*  
GRACE

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*Sound Healing Rituals  
for Liberation*

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 sounds true  
BOULDER, COLORADO

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## Introduction

# Grace and the Power of Sound: Your Body Is Your Sanctuary

**D**ear family, welcome to this journey. Let me tell you about the space you are entering. In this book you will receive detailed instruction and guidance for rituals and daily practices that will help you honor and release grief, fear, and anger from your body using the sound of your voice, your imagination, and the power of intention. You will learn how to work with the ancient ritual of soul retrieval to navigate trauma and past harm, gathering and liberating parts of yourself that may be caught in contorted positions. You will read testimonials from people I have been privileged to guide, who work with these rituals as an integral part of their well-being practice, and I will share with you my own story of healing and reclamation of my body, spirit, and mind from sexual trauma, abandonment, and anxiety. This book is a channeled work; most of the rituals shared here I have received from a being, a presence revealed to me as Grace. *The Vibration of Grace* is the healing energy inside these revolutionary practices that can teach you how to make your body a place of respite, where you may revel in feelings of ease, satisfaction, and freedom.

There is also wisdom here from my many years of service as a sound-healing practitioner. When sharing these rituals for well-being, I will sometimes say “we,” which means the information is from me and Grace. We pray that this book will be of profound service to all who are seeking new pathways to personal agency and liberation from narratives that diminish and destroy what we seek to create. Let the

space between us be open and blessed. May your ancestors and mine guide us through each ritual of grief-letting and reclamation, to a place of sovereignty and dominion over our lives.

This offering was channeled to remind you of the limitless, incalculable power you possess. To *channel* is to serve as a medium, a conduit for spirit. There are many opposing thoughts and opinions about channeling. I will not use our time together to debate or defend this practice. Grace tells me that we all have the capacity to receive messages from spirit. I trust Grace, and I trust your intuition. If you are drawn to this book, there is medicine here for you. You do not need to have experience with channeling to engage with these rituals, and the practices you will find here are not offered to create the experience of channeling. We invite you to focus on deepening your own healing practice. The only things you will need to work with this book are curiosity, willingness, and time.

*The Vibration of Grace* invites you to expand your understanding of the medicine that exists inside you and your capacity to govern your own healing. We begin by introducing rituals to identify your soul tones, the sound of you, your personal resonance and vibration. We then guide you through the power of affirmations to shape, shift, and anchor your desires for your life. These are foundational learnings that will support you as you practice rituals to release the grief that can get caught in the body.

Grief is an emotional, physical, and spiritual response to loss. Grieving is a powerful and potentially cathartic process that so many of us are taught to stifle, swallow, and ignore. Grief is energy that wants to be let. It needs expression and a pathway out of the body so that it does not ossify and become something hard and brittle that takes up residence in our psyche, internal organs, and blood. We are surrounded by glorious examples of service, solutions, beauty, and care, created from a place of grieving. This book will guide you into the sanctuary that is your body to where you may be storing grief and teach you how to release grief by using the sound of your voice and the power of your mind-body wisdom.

We are currently working on rituals to serve people who are deaf, hard of hearing, nonspeaking, or may have speech disabilities. In this book, many of the rituals require being able to make and hear sound. Please feel welcome to adapt these rituals to your own accessibility needs as you are guided by your spirit.

The rituals we offer here are structured similarly in each chapter to help set a strong container for your work. You will find instructions that guide you with *Tools*, *Preparation*, *Ritual*, and *Closing*. Within this template, there may be elements that are unique; adjustments can be made particular to your accessibility needs. There is a sound-healing ritual for group work, a pulling practice to dispel another person's energy from your body, a ritual to replenish the energy in your vital organs, meditation, breathwork, affirmations, practices that teach the art of true apology, and recipes for medicinal baths (please check to make sure all ingredients for the baths will not conflict with any medicines you may be taking).

During each ritual, please do not use recorded music unless we invite you to do so. Lyrics and instrumental compositions can be distracting and pull focus. We place *you and your accessibility needs* at the center of each solo ritual. When doing circle work, we take turns centering each individual present and learn how our personal needs may coexist to support each other. Please follow our guidance as closely as you can to receive the intended benefits.

We close *The Vibration of Grace* with a glossary to support deeper understanding, as well as "Recommended Resources," where you will find a list of practitioners and organizations involved in all manner of healing and a reading list of beautiful, nourishing books that help us love ourselves and each other in all the ways.

## Audio Guide of Ritual Instruction

Here is the link to an audio guide of my voice supporting you through some of the rituals: [soundstrue.com/vibration-of-grace-bonus](https://soundstrue.com/vibration-of-grace-bonus).

Before engaging with the audio guide to the rituals, please read or listen through the chapter you're working with so you will have all the

tools needed and complete the required preparation. The audio guide to the rituals allows us to take our time, breathe together, and engage fully, bringing all of ourselves to the moment.

## The Power of Sound

The medicine of Grace is sound. Sound has an immediate point of entry to the mind, body, and spirit. Sound creates vibration, an energy that shapes and moves everything. Grace tells me that sound has been sourced as a healing modality since humans appeared on the earth. The Vedas, ancient Hindu scriptures, contain thousands of mantras that create vibrational frequencies when chanted that impact the neurons in the body. All over the world are resonating structures that amplify the power of sound, such as ancient Mayan temples, Egyptian pyramids, Stonehenge (which hums when the wind blows just so), and caves in Utah, New Mexico, and Peru, to name a few. The medicine of sound is shared in many ways, including using drums, didgeridoo, bells, chanting, prayers, crystal bowls, and when singing along to your favorite song, which may also cause you to dance and feel better. The sounds of the natural world can help us to remember beauty: rushing rivers, quiet streams, oceans, rain, birds singing, children laughing, and so many more.

The healing effects of sound on the body can be explained in scientific terminology too. A cranial nerve called the vagus nerve, the longest nerve in the body, impacts almost every major organ. It is connected to your vocal cords, the muscles at the back of your throat, and passes through your inner ear. The vagus nerve is the main nerve of the parasympathetic nervous system and connected to your larynx (voice box), so that whenever you sing, hum, and speak, the nerve is activated. Internally created sound has a direct effect on our internal systems. There are myriad documented studies by neurologists and scientists on the healing effects sound and frequency have on the human body, such as using acoustics to manipulate cells or using an apparatus that translates brain activity into sound to detect seizures, listening to the blood to monitor blood pressure, using sound waves

to disrupt the growth of cancerous cells, and humming to calm the parasympathetic nervous system.<sup>1</sup>

Grace has shared with me that the millions of pores that cover our body are more than exit points for oil and sweat; pores are also openings that receive sound. Those of us who have been working with sound as a healing modality through the guidance of spirit already know what is being reconfirmed and remembered by science: sound and vibration are indeed potent and powerful healing modalities.

## Your Voice

The sound of your voice and the energy of your presence are as personal as your fingerprint and carry a vibrational frequency that uniquely belongs to you. The shape of your mouth, the placement and size of your vocal cords, tongue, larynx, the capacity of your lungs, how many languages you use: there are many things that make your voice yours. The voice also carries inherent awareness and evidence of lineage. Many of us do not know our ancestors, but as with blood, there is power inside of your sound and a connection to those in your lineage who have come before you.

Our cells respond to sound. The sound of your voice and the power of vibration married with intention can produce an immediate effect on your being. Even if you don't enjoy or have access to the sound of your voice, you can learn how to source the medicinal effect of toning, tapping, humming, chanting, and affirming. You do not need to think of yourself as a singer to practice sound healing.

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1 Roberto M. Soriano, Ryan Winters, and Vikas Gupta, "Anatomy, Head and Neck: Larynx Nerves," National Center for Biotechnology Information, September 18, 2022, [ncbi.nlm.nih.gov/books/NBK557742/](https://ncbi.nlm.nih.gov/books/NBK557742/); Nathan Collins, "Stanford researchers listen for silent seizures with 'brain stethoscope' that turns brain waves into sound," Stanford News, March, 20, 2018, [news.stanford.edu/2018/03/20/brain-stethoscope-listens-silent-seizures/](https://news.stanford.edu/2018/03/20/brain-stethoscope-listens-silent-seizures/); Elana Gordon, "The sounds of blood pressure: What are we listening for?" February 8, 2016, "WHYY" on PBS/NPR, [whyy.org/articles/the-sounds-of-blood-pressure-what-are-they-listening-for/](https://www.whyy.org/articles/the-sounds-of-blood-pressure-what-are-they-listening-for/).



## About Grace and Me

I am about to share a personal story that includes abandonment. Please take care of yourself and feel welcome to come back to this section at another time.

The first time I heard Grace speak I was six years old, standing on the front steps of our apartment building in Crown Heights, Brooklyn, in 1971. I was watching my mother leave, driving away in a car I had never seen before with a man I had never met. I watched the car go for a long time, waiting for my mother to return. I knew she wasn't coming back, and I waited anyway. My four siblings and my father were upstairs in our apartment. It seemed to me they were unaware of what had just happened.

My father was sitting in his usual spot on the couch, staring into space, a pile of empty beer cans growing around his feet. My sisters and brothers, the older two and the younger two, were watching television in the room with my father, finding solace in *The Partridge Family*, a show about a family of traveling musicians making their way around the world on a brightly colored tour bus with a happy ending at the close of each episode.

Anchored to the doorstep, I could not make myself return to the apartment. Our mother had just moved out and I had helped her downstairs with her luggage. Holding vigil on the front steps with feelings that were too big for my six-year-old body, I heard Grace say: *Sing, gina. Sing and you will feel better. Sing right now.* I began to sing the chorus of the song "La La Means I Love You" by the Delfonics softly to myself, soothing my heart with the sweet, simple beauty of the melody and the promise inside the words. The sound of my voice broke the spell of feeling stuck. I sang myself off the stoop, up the stairs to the second floor, and into our house of immense grief. I found my way to the top bunk bed and sang and cried until I fell asleep.

Throughout my life, Grace has been a constant presence, a calm and steady knowing at the center of my being. Although the name Grace is associated with feminine pronouns, I have been guided to

refer to Grace as “They” and “We.” During my sound-healing sessions, Grace will address community as “family.” When Grace speaks, their voice is like an inner echo moving through my spirit, distinguishable by the absolute clarity of the instruction for rituals and concepts that I personally have no reference for. With Grace’s guidance, I have returned to that Brooklyn doorstep often to rescue my six-year-old self and practiced rituals of soul retrieval and trance work, discovering this language as my work deepened.

After years of practicing sound healing on my own body, Grace told me that I could also help others. I began to offer private sound-healing sessions in 2008. The testimonies shared here are from people I’ve worked with over the years, guiding them back to themselves using all the rituals in this book. With their permission and preferred pronouns, we share their stories to dispel narratives of isolation and to show what is possible.

When requests for private sessions began to exceed space on my calendar, I asked Grace how this work could be made available for more people. Thus, this book was born.

## Grace and Ownership of Self

Grace tells me that our body is our primary home. She asks us to ask ourselves, *Do I own my mind?* There is a constant campaign for our consciousness, where we place our attention, who and what we believe, what we dream about. It seems that most conversations we have with each other are peppered with what is *trending*. In this work, the path to liberation begins with focusing on ourselves, turning toward the questions: *Do I own my mind? Do I think the thoughts I wish to think? Do I trust the sound of my own voice? Do I feel at home in my body? The Vibration of Grace* can teach you how to embrace your own body wisdom, as your unfettered mind remembers who you are and what you desire for your life.

We are living in a time of great opportunity and danger. There exists an energy of undoing that can steal our will and weaken our capacity to imagine and create a world that truly cares for everyone.

And Grace tells me that love will always prevail. I gratefully align my energy and voice with the many, many humans around the planet working for liberation, justice, and freedom for all beings. I have personally tended to some of these folks, helping them to stay well inside of their incredible output of energy toward a healing world. I have sat in rooms with organizers, healers, and community members, where the fight for reproductive justice, transgender and LGBTQIA rights, the Movement 4 Black Lives (M4BL), language justice, land justice, and climate justice are living, breathing acts of persistence. And I have been privileged to teach and learn from the brilliance of younger people who are trying to make the world a better place for all beings. We have much repair work to do, within ourselves and our interconnected communities, and there is ample reason to feel hopeful. We can heal as we fight to dismantle horrific, destructive systems and respond to the needs of our collective present moment without constantly feeling overwhelmed and exhausted.

A sound healing practice is one way to caretake your body as we move beside each other on this long journey to true freedom. Sound is also a healing modality that pairs beautifully with other well-being practices and guided medicine journeys designed for healing: somatic therapy, Reiki, acupuncture, ayahuasca, psilocybin therapy, and EMDR, to name just a few.

## Daily Practice

The essential requirement for these rituals to be most effective is practice. *The Vibration of Grace* is about caring for yourself from your marrow to your skin, and to fully embrace these rituals will mean that you have to release old patterns and behaviors, which requires focus and time. Daily practice should be tailored to suit your life: a half hour of ritual each morning to begin your day, an evening practice before you close your eyes to rest at night. There are also rituals here that you can engage throughout your day, like noticing beauty and humming, or pausing to take five deep breaths before that next call. Practice is key to our salvation. Practice is how we heal.

As you move beyond this introduction, you are invited to read this book in a linear way; please know that on the opening page of parts 1, 2, 3, and 4, I've included snippets of lyrics from songs I've written. You can also fast-forward to a chapter that speaks to you, or allow yourself to be divinely guided by holding the book in your hands, closing or softening your eyes, breathing deeply for a few minutes, and asking out loud, "What do I need to know today?" Then open to a page—a seemingly random choice that invariably will be just the thing you need to see, read, know, and share.

Dear family, we are grateful to meet you here. May you be covered in love.

## Sound and Your Soul Tones: The Key of You

**D**ear family, we begin with rituals for remembering and working with your soul tones, the sounds that emanate from the living, breathing presence that is you. Your soul tones come from marrow-deep medicine and wisdom housed within your cells, ancestral and spiritual legacies, and an inheritance of limitlessness. They are sounds that you embody, often described as vibrational presence, the energy you bring into a room. A daily practice of humming or singing your soul tones to yourself can help you feel an immediate sense of calm and groundedness. We are surrounded by a cacophony of sounds that can feel like noise, and we forget or don't know how to experience our own resonance. Your soul tones are sounds you can reach for when you need to gather yourself. They can support you as you move through the grief-letting rituals in this book, providing opportunity to pause and breathe.

We rediscover our soul tones by leaning into the sounds we are most drawn to. For our shared practice, we will work with the eight musical notes of the C-major scale and nine solfeggio frequencies. Solfeggio frequencies are specific tones that carry sound medicine for healing the mind, spirit, and body.

Universally, we share sound, so your soul tones can be the same note or frequency as someone else's. What makes your soul tones particular to you is how the sound moves within your body, spirit, and mind. Like the limbs and leaves of a tree joined at the root, our lives are both interconnected and individual, anchored in the shared