

Beyond Esotericism and Seven Chakras: The Three Zones Way to Heal With Sound (or Across Any Energy Modality)

By Shervin Bolorian

Intro: A Challenge

If you're drawn to energy medicine or holistic health, you've probably understood that some features keep this field stuck.

With esotericism: big promises, vague language, and a lot of difficult to grasp concepts explain what's happening. Sometimes diving into the work eventually helps, but it can feel impossible to articulate *why* it helps, or how to repeat it reliably.

On the other side, there's rigidity: gatekept certifications, complex highly specialized learning requirements, and an unspoken message that you're not "qualified" unless you've mastered the dominant system known as the Seven Chakras. The chakra system demands a memorization of the related terminology, and a collection of all the "proper" tools, tailored to each note assigned to the chakra.

Without an expertise of the complex relationship between chakra and different aspects of wellness, beginners and seasoned holistic professionals often end up in the same place: overwhelmed, second-guessing themselves, and quietly wondering if they're actually legitimate.

And that's a problem. Not just for individual practitioners, but for the credibility of the entire field.

Vedas Rule?

Right now, "energy healing" has a communication problem that is turning into a credibility problem.

Beginners enter the holistic world and get handed two bad options:

- **Option A:** They use the Vedic chakra system as the main map for everything, because it's the dominant language in yoga (which is the dominant practice of holistic spaces).
- **Option B:** Avoid anything that sounds "woo," but replace it with either vague language or obscure scientific-sounding terms that reject energy medicine entirely and still don't give clients a clear, usable understanding.

Either way, it's the same outcome: practitioners don't have an accessible or repeatable way to explain what they're doing, clients have trouble tracking what's changing, and trust erodes.

Why Another Approach Matters?

Here are the consequences when this stays unresolved:

- Public trust erodes and people label energy work “woo woo”
- Training money gets wasted on certifications that don't teach grounded, in-the-room energy reading
- Practitioners struggle to communicate results, so **retention and referrals fall**
- Energy medicine stays fringe instead of integrated into mainstream care
- Careers become harder to build and the field loses legitimacy it could have earned

To sum it up, the issue isn't whether energy work is real. It's whether we can make it **clear, usable, and trustworthy**.

The Big Misconception

The misconception is that legitimacy comes only from either:

1. Using the Vedic chakra system as the primary framework for everything, **or**
2. Stripping “energy” out altogether or hiding it behind vague language or scientific-sounding technical terms (eg 111hz).

Both block real trust—because neither provides a clear, repeatable, client-relatable method that works in real sessions with real people.

What Keeps Sound Practitioners Stuck?

When training at the Tama Do Academy of Sound, Color and Movement , I trained in both scientific research and in the mystical schools. What we learned was based on Chinese Medicine, but we still had to lead with an understanding of the dominant model and how to make it fit with TCM. This created ongoing confusion for me and other students who were brand new to the chakra system. Having now worked with hundreds of others in the field of sound therapy over 16 years, I share below some of the common mistakes I have witnessed:

Mistake #1: “The Vedic Chakra Model is the valid starting point (so everything must fit it).”

It feels right because it’s the dominant language in yoga and holistic spaces.

It fails because it forces an oft complicated, one-size-fits-all map that can confuse mainstream clients and make practitioners feel dependent on memorization rather than presence and common sense.

Mistake #2: Overcomplicating sound with music technique and note-by-note thinking.

People think they need to learn to “play more” as skilled musicians before they can serve.

But in sessions, what matters most is clear cut decision-making: what to play, when to give space, and why. Rather than reading what the person needs *in the moment and responding in real time*, sessions are *overly focused on technical mastery and musicianship*.

Mistake #3: Assuming you need a huge instrument collection to be effective.

This turns sound work into gear accumulation instead of skill-building.

It delays practice, delays confidence, and makes people feel unqualified until they’ve spent enough money.

Mistake #4: “Play whatever feels right” without any map.

I am not saying that intuition doesn’t matter but without structure and guidance, sessions can become a cacophony of noise, which are at best inconsistent and at worse damaging to a receiver’s ability to relax.

What are the Costs?

If we keep relying on the esoteric language *or* rigid gatekeeping dichotomy, the outcomes are predictable:

- Continued loss of public trust
- Continued wasted spending on training without usable structure
- Continued inconsistency in results and communication
- Fewer referrals, lower retention, reduced overall professional confidence
- A field that remains marginal instead of becoming credible and integrated

An Alternative

The practitioners who build real trust—especially across mainstream audiences—do something different.

They can bridge the esoteric and mainstream by:

- Focusing on **physical, emotional, and mental** imbalances in plain language
- Giving clients a clear explanation of what’s happening and what could be shifting
- Using a repeatable framework that builds authority **without volumes of jargon**

- Making decisions in real time based on what they observe—not what they memorized

Using a tripartite system of study is much more straightforward than seven chakras. It wouldn't stop the subsequent expansion into the chakra system and finding correlations further down the road. But working with a simpler and clearer system to start with means they don't try to "know everything" right off the bat. They learn a usable map and a compass to read it first to help master presence and intention.

A Simpler Approach: The Three Zones Method

Here's the shift:

People don't need more notes to memorize. They need a simple map that links broad sound choices to the three places humans actually experience imbalance:

- **Low body / grounding / physical safety**
- **Mid section / emotional processing / connection**
- **Head space / mental noise / clarity**

That's what The Three Zones of Sound is.

Signature Method: The Three Zones of Sound

The Three Zones of Sound is a practical energy map that groups acoustic natural sound instruments into three frequency bands:

- **Low Zone (Shamanic / Grounding):** supports the body, physical safety (inner and that of the surrounding environment), stability, and regulation
- **Mid Zone (Heart-opening):** supports emotion, connection, and relational openness
- **High Zone (Celestial / Clearing):** supports mind-space, insight, mental calm, and centering

It replaces complex memorization with a simple, actionable framework that helps practitioners make better decisions in real time. There is no need for chakra mastery, musical genius, or a giant instrument collection with this method.

Core Insight (Why it works?)

People don't need complex theories.

They need a clear means of relating sound to the three dimensions of human experience; the **physical, emotional, and mental**—so they can then optimally assess and respond in the moment.

The method's foundation is not based on memorizing notes of the chakras and precise frequencies on the frequency scale but clear zones of attention based on the three main dimensions of human reality. Rather than the Veda's seven chakras, the emphasis is on the three Dantien's of the Taoist system.

The Visual Model

A simple Three Zones flow looks like this:

1. **Read and Assess:** Quick listening + sensing to identify dominant imbalance (low / mid / high)
2. **Ground (Low):** Apply low-frequency instruments to stabilize body tension and settle the system
3. **Open Heart (Mid):** Use mid-frequency instruments to support emotional processing and connection
4. **Clear Head (High):** Add high-frequency instruments to create spaciousness, clarity, and integration

Each session's evolution, the apportionments of time and manner of play is based on the practitioner's ability to read and respond to how each zone is being received.

Benefits:

Across trainings and professional sessions, the pattern is consistent:

- Beginners learn Three Zones faster than chakra-based, or precision-based frequency focused systems
 - Practitioners report quicker rapport because the framework is easy to explain
 - With an emphasis on relaxation (physical/emotional/mental) clients have a language to articulate experiences that are often difficult to express
 - The model scales: it works for beginners, and it deepens with experience and the framework is broad enough to better balance intuition as well as structure.
 - The simplicity means that the practitioner is less focused on memorization of esoteric terms and concepts and can instead engage in areas of self-awareness and energy balancing rooted in accessing their own relationship with the Three Zones.
-

Case Study (Nicole)

Nicole is a conscious movement facilitator in her 30s and a trained yoga instructor. She joined Module 1 because she'd been collecting sound instruments but didn't yet have a method she could trust, repeat, and explain.

Before The Three Zones, the realms of sound may have felt fragmented: a lot of techniques, a lot of "feel into it," but not necessarily a clear way to know what to play, when, or why. That uncertainty didn't come from lack of an already experienced facilitator's skill, it came from lack of a map and compass.

The Three Zones of Sound gave her those immediately: **low** for grounding and stabilizing the body, **mid** for heart-opening and emotional processing, and **high** for clearing head-space and supporting mental calm. Instead of overthinking techniques, trying to focus on chakras, or collecting "more gear," she could make clear, in-the-moment choices.

What surprised her most was how personal the work became in the **mid zone**. She reported feeling more able to access her own genuine emotional landscape. As a spaceholder, she softened, becoming more vulnerable, and using this new emotional connection to relate more naturally. These inner shifts translated directly while guiding her practice sessions: she felt more confident incorporating instruments, and more capable of reading the room and responding to what her audience needs. This created a marked difference from before her training.

In the end, Nicole didn't need more instruments or more theory. She gained from a reliable structured way to choose what to play, when to play it, and what needed to come from her to magnetically touch her audiences with her instruments and voice. The Three Zones gave her that, and her sessions started to feel more clear about what she already had studied as a yoga and meditation instructor.

Now is the Time

There's growing demand for simplified, accessible energy and sound-based approaches.

Clients are looking for results they can feel and methods that are easy to understand and track. The wellness market increasingly favors frameworks that:

- are simple and commonsensical enough to learn quickly
- can be communicated clearly
- scale across different experience levels
- produce tangible, repeatable outcomes

Three Zones fits this moment because it does all of the above and is grounded in the holistic science of TCM.

Directional Shifts Can Start Now

- Instead of trying to “learn everything” (chakras, precise frequencies, musicality), **Three Zones can be integrated as a fresh map and compass**
- Instead of asking “What tools should I buy next?”, ask “What zone do I hang out in?” “Where can I expand more into to support my healing journey?”
- Instead of randomly “playing whatever feels right,” lead sessions with a clear arc: **Ground → Open → Clear**
- Instead of hiding behind jargon, use plain language: **body / heart / mind**

Consider what you’re getting when using this method: clarity, repeatability, and the ability to communicate results. These are ways to improve and grow any energy field based practice. I have seen a lot of sound and other modality teachers ask people to invest in their trainings with thin credentials, unclear outcomes, and no repeatable structure. That’s the standard Three Zones is designed to meet.

The Contrasts

In this article, I have just touched on how much the Three Zones method has transformed the relatability of energy to my students and clients. With the Three Zones, you have a framework that can apply to multiple holistic modalities. It is based on simplicity, it helps build confidence with your choices as you pursue your professional path. The results are consistent. It doesn’t have to feel like you’re always “still learning,” but never ready. Here you have a simple, repeatable map and compass. You can make decisions in real time, explain what you’re doing in plain language, and track the shifts as they happen. You feel credible and clear.

The Possibilities?

In the case of sound healing, it has gone from esoteric and inaccessible to practical and usable through the Three Zones method I use. Those who are trained in the method

- Wake up confident in a step-by-step practice
- Relate to their clients which improves retention and measurable improvement

- Feel skilled, connected to their craft, and free from constant second-guessing
 - Can communicate their work in a way that builds trust in the field of energy medicine
-

In Closing

If you want to understand healing, stop trying to explain everything through the chakra system. Start with the three dimensions of being human: **physical, emotional, and mental**.

What's Next?

If you're a holistic practitioner, a musician, or a complete beginner curious about sound, get clear on which sound practice will actually work for you by starting with our survey. Please spend a few minutes answering a short set of questions to see where your approach is solid, where it's scattered, and which of the Three Zones you most need to strengthen next.

If you want to learn more (with no obligation), join our next group Zoom info call where I'll explain upcoming trainings and answer your questions. Our next call is on Feb 22. Email me at soundhealingbali@gmail.com to register and to receive the link.

Shervin Bolorian is a world renowned and Global Peace Song award winning music artist and sound therapist. He is the founder of Sound Healing Bali and the Bali Sound Healing Collective. He published the Three Zones of Sound in 2022 laying out his method of training the next generation of sound therapists and is currently working on a second edition. To listen to his music go [here](#) and visit his website [here](#).