

WORLD SOUND HEALING DAY 2026

The purpose of World Sound Healing Day is to:

- 1. Heal Our Planet!*
- 2. Heal Our Waters!*
- 3. Raise Our Consciousness!*

Join tens of thousands of people throughout the planet to join together on February 14, 2026 for the 24th Annual World Sound Healing Day. This is a day to send a “Sonic Valentine” to the Gaia Matrix—the field of consciousness of our planet Earth. Visit www.worldsoundhealingday.org for more details.

What is World Sound Healing Day?

World Sound Healing Day is a time when thousands of people throughout our planet create sounds filled with gratitude and love and project them onto Mother Earth to raise the vibrations of all living beings in love and light through Sound.

There are two components of World Sound Healing Day:

- 1. A YouTube livestream group meditation focusing on a Global Unified Heart Activation sounding of the AH tone at Noon, New York Time on Feb. 14, 2026. Join us to sound forth with a sonic valentine that resonates with our Mother Earth. It is like a highly coherent sonic laser beam of Love to shift the vibratory field of the Gaia Matrix.*
- 2. Participate in hundreds of events throughout the day via the 2026 World Sound Healing Day Events Portal at <https://www.worldsoundhealingday.org/current-events>. These events, created with the intention of compassion, love and healing, are broadcast from dozens of different countries, and include musicians, chamber orchestras, sacred kirtans, performers, vocal groups, energy healers and numerous other spiritual teachers, people, groups and organizations dedicated to peace and planetary consciousness. It is like a soothing blanket of sacred sound that wraps the Earth in a field of Light & Love.*

Why World Sound Healing Day:

Science has validated what the spiritual traditions have known for millennia—that through the power of prayer and meditation we can literally interface with the field of the Gaia Matrix—Our Mother Earth. Data that shows events of high compassion are measurable and

indicate significant positive global changes. Intentionalized sound as created by participants of World Sound Healing Day is quantum in nature and has the ability to interface with the very field of our planet. By adding the element of intentionalized sound, we can enhance and amplify this extraordinary power and help co-create a new reality of being—being in a state of Oneness—kindness and compassion.

There is compelling evidence suggesting that large groups creating intentional sound can indeed affect collective consciousness and potentially the planetary energy field. This isn't just a theoretical possibility, but a potential evolutionary leap in human consciousness - a collective awakening facilitated by synchronized, heart-centered intention. It is an exciting new adventure in active positive co-creation of planetary peace and healing.

Take part in this glorious day of Planetary Awakening and sound together with others throughout the world to manifest Global Harmonization.

Go to: www.worldsoundhealingday.org

We heal the planet, we heal ourselves. We heal ourselves and we heal the planet. We can make a difference.