# Barbican’s Feel the Sound exhibition explores how frequencies like 528Hz may affect body and mind



In an age where immersive art is increasingly gaining traction, the Barbican Centre’s latest exhibition, *Feel the Sound*, invites visitors to experience the transformative power of sound in a deeply personal way. Spanning a range of installations, the exhibition challenges traditional auditory experiences by exploring how sound interacts with our bodies on a cellular level. Central to this exploration is the notion that sound waves can influence our emotional and physical well-being, a theme beautifully articulated by artist Evan Ifekoya.

Ifekoya’s installation, titled *Resonant Frequencies*, incorporates sound frequencies often believed to possess healing properties, including the widely discussed 528Hz, commonly referred to as the 'love frequency.' As Ifekoya puts it, this frequency is said to open up new realms of self-awareness and compassion. While the scientific evidence supporting these claims remains inconclusive, anecdotal testimonies abound, suggesting that listening to 528Hz can aid DNA repair and foster emotional balance by reducing anxiety and enhancing sleep quality. This frequency is frequently integrated into meditation practices, underscoring its potential therapeutic benefits.

The exhibition features a broad spectrum of interactive displays – from Jan St Werner's *Vibraceptional Plate*, which allows visitors to feel sound vibrations, to a holographic choral experience that merges technology with auditory art. These installations invite attendees to contemplate the vibrational essence of our world, pushing beyond conventional listening and engaging our entire body as an instrument of sound perception. Luke Kemp, the head of creative programming at Barbican Immersive, highlights this concept, expressing that “the world is made up of vibrations and frequencies… we can think of our whole body as a listening device.”

Among the standout contributions to the exhibition is electronic musician Max Cooper's *Reflections of Being*. Here, visitors can experience the physicality of sound through tactile benches designed to deliver vibrations without harmful decibel levels. Cooper, who holds a PhD in computational biology, envisions this project as an emotional outlet for participants, allowing them to articulate feelings that often remain unexpressed in everyday life. The connection between sound and emotional responses is a focus of ongoing research, with studies suggesting that music can sync with our physical rhythms, such as heart rates, promoting a sense of unity and emotional release.

Another intriguing installation, *Your Inner Symphony*, led by multidisciplinary designer Robyn Landau, seeks to make the invisible workings of our bodies visible and audible. Utilising sensors to gauge biometric data, this immersive experience translates physiological responses into visual and auditory forms, providing individuals with immediate feedback on how sound and emotional states intersect. The concept draws on established research that shows how sound frequencies interact with our brainwaves to evoke emotional responses, thereby enriching our understanding of how deeply music intertwines with our physical experience of the world.

However, despite the compelling narratives surrounding the benefits of specific frequencies, including 528Hz, scientific validation remains a complex challenge. Landau points out that while anecdotal evidence exists, rigorous clinical studies are still required to substantiate these claims. Nonetheless, the impacts of low-frequency sounds are documented, indicating that they can enhance tolerance to pain and evoke strong emotional reactions, akin to a cat's purr—a natural sound that not only promotes comfort but also triggers self-soothing mechanisms in both felines and humans alike.

As visitors traverse the immersive environments of *Feel the Sound*, they engage with installations that evoke a deeper awareness of their own bodies and the vibrational nature of reality. Landau hopes that participants will leave with a newfound appreciation for their corporeal experience, recognising how sound intricately shapes the visceral feelings of being emotionally moved. In a world largely dominated by visual stimuli, this exhibition serves as a timely reminder of the profound, yet often overlooked, effects of sound on our physical and emotional well-being.

There’s much more to discover regarding the interplay between sound and the human condition. The *Feel the Sound* exhibition, running until May 2025, promises to deepen our understanding of this relationship, revealing that sound, in all its forms, has the potential to transform lives in ways we are only beginning to comprehend.

### Reference Map

1. Paragraphs 1, 2, 3, 4, 5, 6, 7, 8.
2. Paragraph 2, 5.
3. Paragraph 2.
4. Paragraphs 1, 4.
5. Paragraphs 3, 6, 7.
6. Paragraphs 3, 6, 7.
7. Paragraph 3, 6.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.theguardian.com/artanddesign/2025/may/21/anyone-fancy-a-subwoofer-massage-the-show-that-shakes-you-senseless> - Please view link - unable to able to access data
2. <https://www.barbican.org.uk/whats-on/2025/event/feel-the-sound> - The Barbican Centre's 'Feel the Sound' exhibition offers an immersive experience exploring the impact of sound on the human body. Visitors can engage with multi-sensory installations across various spaces, including the car parks and Lakeside Terrace. The exhibition features works like Jan St Werner’s Vibraceptional Plate, allowing individuals to feel sound vibrations, and a holographic choral experience. The event runs from May 2025, inviting attendees to perceive sound beyond traditional audio experiences.
3. <https://www.musictherapy-bgm.net/topic/3806> - This article delves into the therapeutic effects of 528Hz music, often referred to as the 'love frequency.' It discusses research indicating that 528Hz can aid in DNA repair, enhance emotional well-being by reducing anxiety and depression, and improve sleep quality. The piece also highlights the use of 528Hz music in meditation and yoga practices, noting its ability to stabilize heart rate and promote relaxation. Additionally, it mentions applications in spas and medical settings for stress reduction and healing.
4. <https://www.ft.com/content/4e8a1244-947d-4dbe-950a-a78595f257aa> - This article provides an overview of notable art exhibitions in London, including the 'Feel the Sound' exhibition at the Barbican Centre. It highlights the immersive experience offered by the exhibition, which explores the impact of sound on the human body through various installations. The piece also mentions other exhibitions, such as Pamela Phatsimo Sunstrum's solo show at the Barbican and Haegue Yang's 'Leap Year' at the Hayward Gallery, offering readers a comprehensive guide to London's art scene.
5. <https://tranquology.com/the-power-of-528hz-how-the-love-frequency-can-transform-your-life-and-well-being/> - This article explores the benefits of 528Hz music, known as the 'love frequency,' on well-being. It discusses how listening to 528Hz music can improve sleep quality, reduce stress and anxiety, enhance meditation and mindfulness, and promote emotional healing. The piece also touches on the frequency's potential to foster spiritual growth and inner peace, suggesting that regular exposure can lead to profound personal transformation and a deeper connection to oneself.
6. <https://mindalive.org/blogs/news/528-binaural-beats/> - This article examines the scientific research on 528Hz binaural beats and their effects on the body and mind. It discusses studies indicating that 528Hz can increase cell viability, reduce cell damage, and aid in DNA repair. The piece also highlights the impact of 528Hz on stress reduction, mood improvement, and hormone regulation, suggesting potential therapeutic applications for this frequency in promoting overall health and well-being.
7. <https://www.miraclefrequencies.org/post/exploring-the-benefits-what-is-528hz-good-for-in-healing-and-wellness> - This article delves into the healing properties of 528Hz music, often referred to as the 'miracle tone.' It discusses how exposure to this frequency can promote DNA repair, enhance immune system function, and provide pain relief. The piece also highlights the frequency's benefits for emotional and mental wellness, including stress reduction, improved sleep quality, and spiritual growth. It suggests that incorporating 528Hz into daily routines can lead to significant improvements in overall health and well-being.