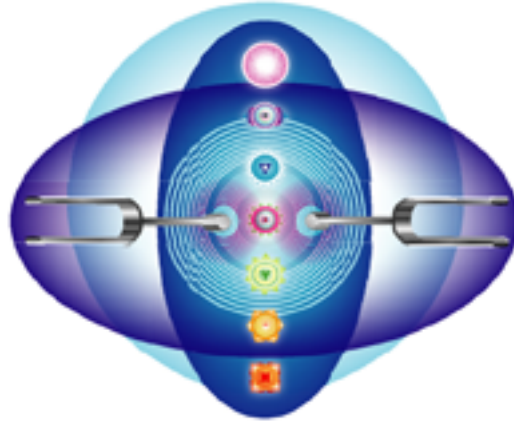


SOUND THERAPY

David Gibson



Sound Healing is the educated and conscious use of the energy of sound to reach identified goals and promote wellness in the human system – including the expansion of consciousness. Sound Healing is founded on the premise that all matter is vibrating at specific frequencies. A basic physical concept is that an external sound source will significantly change the vibrational characteristics of another vibrating object.

Science has proven that sound, or vibration, has a strong impact upon substance. For example, the study of Cymatics has shown how sound creates geometric patterns in matter. Dr. Emoto has proven that sound changes the molecular structure of water. However, more importantly, sound changes consciousness. Many ancient civilizations and modern indigenous cultures have used sound to heal and access higher levels of consciousness for thousands of years.

The field of Sound Healing includes a wide spectrum of techniques and therapies ranging from the use of natural acoustic instruments and voice to complex technologies. Sound is now being used for simple relaxation, stress reduction, sleep disorders, alertness and clarity enhancement, learning, immune system enhancement, pain reduction, personal transformation, raising consciousness, and connecting to spirit.

SOUND HEALING BASIC CONCEPTS

Your Root Frequency

Each of us has our own root or soul frequency. When in touch with that frequency we are centered, grounded and perfectly present. However, with all of the noise around us (including electromagnetic noise) we easily get distracted from our own frequency. Using toning and vibroacoustic massage (massage tables with speakers in them) we are able to regain our frequency. Not only do we have a core frequency, each organ, tissue, muscle, vertebrae, chakra and Etheric field has a resonate frequency. The more you become aware of this symphony within you, the more you can maintain a healthy musical flow within your whole system.

The Harmonic Structure of Sound

Most people don't realize that when you hear listen to an instrument (or singer) playing one note that there are actually multiple notes making up the sound. These are the harmonics. The interesting part is that each of these harmonics that make up a sound are mathematical multiples of the root frequency. This same mathematical structure is found in the distance between the planets, in the weight of each vertebra, in chemistry, and in the Etheric fields surrounding the body.

It is through such correspondences that we begin to see the "unified field" where we are all connected with each other, with nature and with every aspect of the universe.

We are always connected with this unified field. The goal is to become more conscious of this connectedness.



The Power Of Intention

As shown by Dr. Emoto, if you focus love on water, it will create a beautiful geometric crystalline pattern when it freezes. If you focus any negativity on water (such as hate) it will form a discordant, chaotic pattern. Through his scientific studies, Dr. Emoto has proven that your intention not only affects matter, it affects yourself and others. This same concept has also been shown to be true in Quantum Physics. Simply stated, the way you perceive something affects the way it is! It is now known that your intention is carried on the sound waves to another person. In fact, if you record music with intention it will be transmitted when played back.

Binaural Beats - HemiSync

Binaural beats are created when two tones are detuned from each other by a small amount. For example, if you have a tone generator creating 60 hertz and another one putting out 67.83 hertz you will hear the difference between the two tones, which is 7.83 hertz (which is the Schumann Resonance - the resonant frequency of the earth's atmosphere between the earth and the ionosphere). When you have two speakers playing the two different frequencies simultaneously, the two sounds cancel each other out as

they physically meet in space. However, when you wear headphones, the two sounds never meet, as the physical brain is in the way. In order to make reality consistent, our brain creates a third frequency on its own. Because the frequency in the left ear goes to the right brain, and the frequency in the right ear goes to the left-brain, this third frequency created by the brain connects the two sides of the brain. When this occurs, the Corpus Collosum, which functions to connect the two sides of the brain, lights up. As you might know, when the left and right sides of the brain are connected you are operating at your highest potential. Therefore, we commonly use binaural beats in headphones to synchronize the brain and light up the Corpus Collosum.

SOUND HEALING TECHNIQUES

Sound health work is now becoming more and more accepted in the mainstream. There are two distinct areas: 1) Sound and music for meditation, relaxation, learning, and productivity, and 2) The use of sound for medical uses.

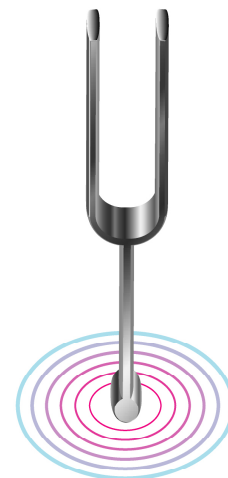
Natural Acoustic Instruments

All acoustic instruments have a wide range of harmonics that naturally massage your auric fields.

The most powerful instrument of all is the human voice. Using your intention and simply trusting that spirit will produce the most healing sound, miracle healings often take place. Another more common technique is to teach people to resonate their body with their own voice. Chanting and toning are techniques for vibrating different areas of the body through singing. Not only does this provide a deeper awareness of the way sound resonates naturally throughout the body, it also is a lot cheaper once you learn the techniques!



The use of tuning forks for healing – particularly on acupuncture meridians and chakras is now becoming widely accepted in the medical community. The system called Acutonics is now being used in a wide range of hospitals.



Crystal bowls are not only relaxing, they have a unique effect of entraining your brain into different brainwave states (alpha, theta, and delta). There are many people who are now using crystal bowls to help heal those with cancer.



Drumming not only helps with basic motor skills, it is now being used in the corporate world to release stress and build team consciousness. Shamanic drumming takes people into altered states of consciousness.

Music Therapy and Healing Music

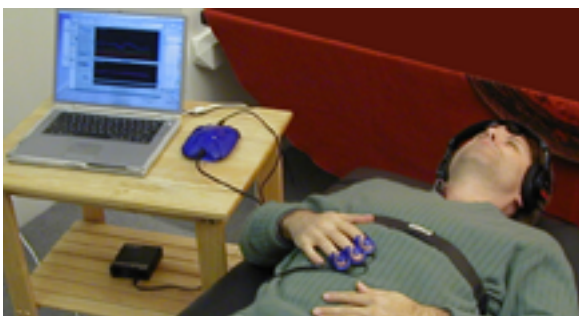
Music therapy has been used for years to simply help relax people and put them in a better state of mind. After all it has been proven that when someone releases tension and relaxes, their immune system benefits. Application-specific audio includes pain control, neurodevelopmental remediation, relaxation and stress relief, meditation, sleep, accelerated learning, enhanced productivity, consciousness raising, and connecting to spirit. There are also a growing number of musicians that take Psychoacoustics into consideration when producing commercial albums.

Pain Alleviation

Music is also being used to help with the alleviation of pain. There is a wide range of surgeons who now use sound therapy before, during, and after surgery. It has been shown to substantially reduce the amount of anesthesia that is required. In a similar light, sound is also used to aid in both the birthing and dying processes. There are numerous tapes and CDs that have come out for making the birthing process smoother. As well, there are centers, such as Chalice of Repose who use sound and music as an aid to a beautiful death.

Sound and Therapy

Very specific utilizations of music are now being used in integrative and complementary healing centers, including: Office and treatment room ambiance, relaxation techniques, stress reduction, auditory biofeedback, correction of auditory tonal processing difficulties, abatement of hearing sensitivities, and correction of learning disabilities



Sound is currently being used to help correct certain learning disabilities in children. There are numerous clinics across the world that are using the research of Dr. Tomatis to stimulate the

brain and nervous system. For example, The Listening Program uses classical music. The low frequencies are increasingly rolled off in classical music until only the high frequencies are left. Then all the frequencies are rolled back in until the full audio spectrum is again present. It has been proven that using this technique over a few weeks significantly aids in the reduction of learning disabilities.

Voice Analysis

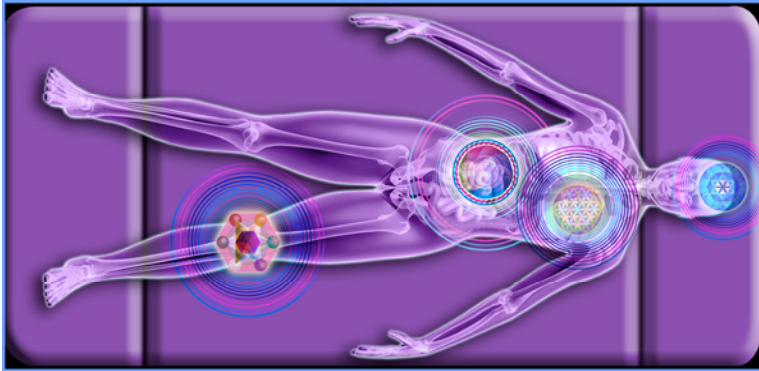
There are multiple systems that use the sound of the voice to give us a blueprint of what is going on inside the body. Through research it has become well known that the frequencies within the voice are a map of your entire physical, mental, emotional and spiritual bodies. An analysis can even detect a weakness in a particular organ and show a presence or predisposal to specific diseases. With this information, specific sounds and music can be used to alleviate the issue.



Medical Uses of Sound

New research has discovered that when you find the resonant frequency of a cell, it opens up the cell to receive energy. If you then turn up the volume at this resonant frequency the cell will explode. There are now very specific medical techniques being developed to destroy diseased cells with no side effects, and in a way that is totally non-invasive. In the field of sound healing it is becoming widely accepted that within a very short time that the whole medical field will be changing drastically as new techniques using sound become more widely accepted. There exists a wide range of techniques that range from simple sound massage to what is termed “sound surgery” where sound is utilized inside the body. This includes placing highly precise tones within specific organs. Of course, ultrasound has been used for years to break up kidney stones or plaque on our teeth. This type of sound application is also being explored on other diseases such as cancer. Fabian Maman shows cancer being broken up with sound in one of his books. There are many reports of people who have successfully rid themselves of cancer using their own voice. We are beginning to take back our power as we once again are able to heal ourselves.

Sound and Visuals Inside the Body



One of the most interesting evolving areas within the field of sound work is the use of sound correlated with visuals. Hans Jenny has done research in the field called Cymatics, which explores the mandala-like patterns that sound creates in water molecules inside each cell of the body. Jenny vibrated sand on a metal plate with different frequencies and timbres to create a whole range of dynamically changing patterns. David Gibson, is developing a system where by 3D visuals of sounds can be placed inside the body in Virtual Reality. This is also leading the use of 3D visuals of all types of geometric forms being able to be placed throughout the body. Many are now studying the effect of different types of complex, geometric shapes on our psyche, body and spirit. This whole field is referred to as “sacred geometry.” The interesting thing is that various geometric shapes correlate mathematically to different types of chord structures in music. Therefore, a goal is to create a 3D geometric pattern coupled with music that resonates throughout the body both visually and aurally. There is much research to be done on the effects that this has on the body, psyche and spirit.

New Technologies

There are new technologies being developed every year.

- **Electronic Nerve Stimulation** – Use of microcurrents within the body to stimulate cells within the brain, muscles, organs, and ears for optimum functionality
- **Water Sound Infusion Systems** - Don Estes, Patrick Flanagan, and Dr. Emoto are using various methods of using sound to change the structure of water so that cells not only easily absorb the water, but helps facilitate the transmission of healing aspects of the water into the body.
- **Neurophone** - Bypasses normal auditory mechanisms used by the body to provide ultrasonic neural stimulation directly to the brain. This process facilitates grounding, relaxation, increased learning potential and increased concentration and focus.
- **Bio-Tuning** - A global tri-body healing, personal transformation, and awakening consciousness. A therapy that utilizes physical vibrations from the sound of your

own voice to heal your body. A computer analysis of your recorded voice identifies the primary sound frequency that will resonate and balance brain function. Muscle testing is used to confirm that the frequency has a strengthening effect on the individual. The recorded sound of the person's voice is raised and lowered one octave to create a three-octave symphony of the person's voice. The resonant frequency is lowered mathematically, approximately three octaves, and split into binaural beat frequencies that are tuned to a specific brainwave state (delta, theta, or alpha). The binaural beats and three-octave symphony of the person's own voice are mixed with nature sounds and played back through a sound table or chair for about 45 minutes. The person is entrained into the brainwave state tuned to his or her own resonant frequency. This technique is useful for balancing the central nervous system, enhancing creativity and promoting physical, emotional and cognitive health.

- **The X-1 Healing Machine** by Dr. Fred Bell uses holographic sound, which puts in concert every cell and atom in the DNA helix.

- **The Cyma®1000** by Cymatherary International generates specific sound frequencies to stimulate muscles, organs and bones to their natural state of resonance.

- **Infratonics** – Dr. Richard Lee uses tools that combine shape, color, electromagnetic frequencies, magnetics and many different materials to affect energetic shifts in environments for health and growth, by producing unpredictable signals in the infrasonic ranges of specific brain wave rhythms, Infratonic equipment relieves pain and accelerates recovery by breaking up traumatic cellular patterns that cause production of inflammatory chemicals. The two main intents of Infratonic signals are to increase cooperation between cells and to bridge between analytical consciousness and the rhythms of the heart;

- **Alternative frequency based therapeutic devices** utilizing sound, light, magnetics, and microcurrent electrical stimulation. The neuroscience of acoustically resonant structures of the body, and its effect on brain wave and ultradian biorhythms.

- **Scalar wave EESystem** - Generates multiple bio-active life enhancing energy fields, including “scalar waves” which can allow cell regeneration, pain relief, detoxification, and increased energy levels

Sound for Raising Consciousness and Connecting to Spirit

We all now how powerful music is. There is more information and research now coming out as to exactly how sound and music can expand our consciousness. Tools and techniques are being refined to help us connect to spirit whenever we lose contact. And, of course, when connected to spirit, we might not ever need healing again.

**World Sound Healing Conference – May 11-14 Cathedral Hill Hotel San Francisco
www.SoundHealingCenter.com/WSHC or call (415) 777-2HUM (2486)**

The conference brings together a full spectrum of industry professionals addressing all of the above information and issues. You will have the opportunity to experience and interact with over 50 of the top researchers, pioneers, instructors, doctors, alternative therapists, and musicians in the field. There will also be four evening concerts coinciding with the conference:

Friday - Moody Blo, Stanley Jordan and Mickey Hart with 3D visuals of Sacred Geometry synchronized to the music (everyone gets 3D glasses)

Saturday - Fabien Maman – Natural Acoustic Healing Music tuned to the cosmos Sunday - Lisa Rafel's Mother's Day Globe Space/Time Phenomena Concert

Monday - Karma Moffett's Tibetan Bowl Experience



You can also take individual classes, get a certificate, or an Associates Degree in Sound Healing at Globe Sound Healing Institute in San Francisco. Checkout www.SoundHealingCenter.com or call (415) 777-2HUM (2486)