



Sound healing brief background and origins

The secrets and magic of sound has been known and used by the most ancient civilizations for healing and human ascension.

The aboriginal people of Australia are the first known culture to heal broken bones, muscle tears and illnesses of every kind using their enigmatic musical instrument 'yidaki' (didgeridoo).

The Egyptian culture has a long tradition of vowel sound chants that extends back to 4000 BC. Egyptians believed vowel chants were sacred, so much so that their written hieroglyphic language contains no vowels.

*Egyptians priestesses used the Egyptian rattle: sistrum '**that which is shaken.**' The vibration of the rattling sistrum is as the constant vibration of the atoms that make up all things and the activity of all living things. The sistrum is not only the instrument of power represented by the element of fire that derives from Sekhem root with its jangling pleasant sound, but also generated copious amounts of Ultrasound which are sound waves with frequencies higher than the upper audible limit of human hearing - from 20 kHz up to several gigahertz.*

In Ancient Greece, Apollo was the god of music and medicine. Aesculapius cured mental disorders with songs. The philosophers Plato and Aristotle claimed that music affected the soul and the emotions.

" Rhythm and harmony find their way into the inward places of the soul." - Plato

Pythagoras (circa 500BC), was the first person to prescribe music as medicine and is considered the "Father of Harmonics" among many other things. Pythagoras taught the use of flute and lyre as the primary healing instruments in his Mystery School in the Island of Crotona. Pythagoras used various intervals of harmonic ratios as a medicine for dis-eases of the body, the emotions, & the Soul and was able to perform 'soul adjustments'

Pythagoras was able to discern the harmony and consonance of heavenly bodies, the 'Music of the Spheres' which represent the entwined relationship connecting the structures of music and those of the physical world, and promote the expression of conscious awareness of mystical and/or spiritual qualities being transmitted through-composed sound.

"There is geometry in the humming of the strings. There is music in the spacing of the spheres." - Pythagoras

What is Sound?

Sound is frequency and vibration that makes up our entire existence and is understood as the therapeutic application of sound frequencies that, when applied to the biological and energetic bodies have the magical power of restoring order to organisms that are malfunctioning to a

state of harmony, balance and health. It works through Sympathetic resonance, Brain wave entrainment, Frequency response and balancing left / right brain hemispheres.

“Everything in Life is Vibration” – Albert Einstein

Quantum physics demonstrates that we are all made of Vibrations which can be measured in frequencies and physicists have demonstrated that, although matter may appear to be solid (when broken down into its smallest components: molecules, atoms, neutrons, electrons and quarks), it is ultimately mostly empty space interspersed with energy, meaning that in essence everything is comprised of energy and empty space. It is also understood that (the denser the object, the higher the speed of vibration and the lower the density of an object is, the lower the speed of vibration).

The law of vibration States that ‘anything that exists in our universe, whether visible or not, broken down into and analysed in its purest and most basic form, consists of pure energy or light which resonates and exists as a vibratory frequency or pattern.’ All matter, thoughts and feelings have its own vibrational frequency.

In Sound healing as in quantum physics there is an understanding that everything in our universe is energy which vibrates at a unique frequency refer to as resonance. Everything physical has a resonance which also resonates with the sounds around us. Therefore, the sounds we listen to have an impact on our minds, bodies and souls.

As human beings, we are essentially vibration sensors since all our senses are just allowing us to experience vibrations of different frequencies with our physical bodies.

Brain wave & entrainment:

Brain waves pulsate and oscillate at specific frequencies that can be measured in cycles per second just like sound waves. Based upon the cycles per second of the brain there are four brain wave states sound healing works through.

- **Beta waves-from 14 to 20 hz.** Beta waves are present when our focus of attention is on activities of the external world and are experienced in our normal waking state of consciousness.
- **Alpha waves-from 8 to 13 hz.** Occur when we daydream and become stronger and more regular when our eyes are closed and associated with relaxed consciousness.
- **Theta waves-from 4 to 7 hz.** Theta waves occur deep and meditative states, (experienced in states of high creativity and have been equated to altered states of consciousness) found in much shamanic work.
- **Delta waves-from .5 to 3 hz.** Experienced in states of **deep sleep or unconsciousness**. Brain wave work demonstrates that a state of deep meditation produces Delta waves in conscious individuals.

Entrainment is an aspect of resonance and is known to synchronize fluctuating brainwaves by providing a stable frequency which the brainwave can attune to and is defined as “a synchronization of two or more rhythmic cycles”.

When two closely related rhythmic cycles interact with each other, they synchronize with each other resulting in the conservation of energy. e.g Dutch scientist Christian Huygens (1656) discovered entrainment when he placed two unsynchronised clocks side by side and found that they

began to gradually synchronize. Another example is found in the way musicians manage to play in time together in groups, the way women's menstrual cycles fall into synch when they live with one another

Through entrainment, the brain is stimulated into entering a specific state by using a pulsing sound, light, or electromagnetic field. The pulses elicit the brain's 'frequency following' response, encouraging the brainwaves to align to the frequency of a given beat.

Resonance *refers to the frequency at which an object most naturally wants to vibrate. If two objects share the same resonant frequency, one object may set another object into motion, in another words, resonance can be understood as a cooperative phenomenon between two objects that share the same frequency.*

E.g. you strike a tuning fork of 100 cycles per second and bring it near another tuning fork of that same frequency, the second tuning fork will be set in motion. Another great example of resonance is the opera singer capable of breaking a glass with their voice. This phenomenon also occurs between two guitar strings, one struck and one unstruck.

Balancing left / right brain hemisphere or 'hemi-sync'

The human brain is separated lengthwise into two different hemispheres. The left-brain is linked to the masculine principle of reason, scientific proof and emotional objectivity. The right-brain is linked with the feminine principle of creativity, intuition and empathy.

In the middle the two hemispheres are connected via the Corpus Callosum which allows instant communication between them. According to brain wave synchrony leader researcher Dr. Lester Fehmi "Synchrony represents the maximum efficiency of information transport through the whole brain." Meaning that brain wave

synchrony produces a sharp increase in the effects of various brain waves' amplitude and strength. The key to peak states and individual human peak performance is evident in a brain where both hemispheres are functioning in symmetry, harmony, synchrony and unity.

*Dr Robert Monroe of the Monroe Institute, and the creator of the **Hemi-Sync technology**, conducted extended research particularly in the area of Sound tools and its administration to enhance education. Numerous subjective studies demonstrated that groups of students in various age groups using tapes with Hemi-Sync had higher test scores and grades than control groups not using the technology. **Hemi-Sync** has also proved to be of help in the areas of learning disabilities, cerebral palsy, mental retardation, autism, uncontrolled seizure disorder, emotional disturbance, and Down's syndrome.*

Finally, Sound healing tools provide the means to promote and allow both hemispheres to be balanced and intertwined for optimum health, transformation, healing and ascension through inherent rhythmic vibrations, tones, harmonious frequencies and sounds capable of altering brain wave frequency by replacing dissonant vibrations into positive and balanced vibratory rates.