Sound, Spirit and Matter

By Jill Mattson

This book can be downloaded free at www.sound,spiritandmatter.com

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# Table of Contents

Special Thanks ................................................................. 4

**Chapter One:** *Sound Changes Matter* .......................... 5  
Sound Made Visible ...................................................... 5  
The Look of Sound ...................................................... 6  
Creating Better Houses of Sound ................................. 8  
Why Is This Important? ................................................ 9  
Sound Changes the Crystalline Structure of Frozen Water 9

**Chapter Two:** *Sound Can Heal Your Body* .................. 10  
Toning for Health ....................................................... 13  
How to Tone to Benefit Others ..................................... 14  
Toning for Your Health .............................................. 15

**Chapter Three:** *Sound Gives You Energy* ................. 17  
Harmonics Generate Energy ....................................... 17  
Patterns in Sound Waves Create Energy ........................ 18

**Chapter Four:** *Sound Changes Our Emotions* ........... 20  
Our Intent Carries on Sound Affecting the Impact of Sound .......................................................... 21  
Healing Our Emotions With Music ................................. 21

**Chapter Five:** *Increase Your Intelligence* ................. 23  
Learning Is Dependent On Our Hearing ........................ 23  
Learning Disabilities .................................................. 23  
Brain Waves Create Chemical Changes ....................... 25  
Brain Entrainment ...................................................... 26  
Binaural Beats ............................................................. 28  
Sound and Light Machines ........................................... 29
**Chapter Six: The Fast Track to Spiritual Heights**

- The Solfeggio Scale ...........................................35
- Secret Mathematical Patterns Embedded in the “Paint Your Soul” CD ...........................................41
- “You are Star Dust” ..............................................43
- Crystal Singing ..................................................45
- Sounds for Planetary Healing .................................45
- Tantra of Sound ..................................................47
- Awakening Our Note in the Cosmic Symphony .......48
- Biotuning ..........................................................50
- Changing Our Behavior .........................................54
- Music that Harmonizes Earth and Star Energy ........55
- Acupuncture: Energy Systems in the Body ..............56
- Star Tuning ........................................................59

**Conclusion:** ......................................................63
Special thanks to:

Alan Bechtold for encouraging me to write this book,
To my sons, Neil and Lee Flinchbaugh, who helped me edit and market this book,
To Marty Stride, who edited this book,
To Raphael O’Kure, who did the cover layout,
To everyone that I interviewed, thanks for sharing their passion and information about the miracles of sound.
Chapter One: *Sound Changes Matter*

Miracles are scientific phenomena. We just don’t understand them, yet.

Let’s get out our magnifying glasses and look closer at miracles we’d like to have in our lives.

On our journey, we’ll find “magic miracles” to help us:

- **Increase our IQ** and learning abilities.
- **Improve our health**, like it is the red stuff in a thermometer. It keeps going up and up, as we feel better and better.
- **Turn our energy on** and keep it on, easily and effortlessly.
- **Zoom our spiritual progress into high gear**, while we experience peace and a sense of well being.

Where are we going to find the secrets to these miracles, that we imagine enjoying?

Secrets of these miracles are all around us. We are surrounded! By sound! Invisible and potent vibrations that can be used to make magic in our own lives!

“No way!” you say. “We hear sound and music all the time and it doesn’t produce miracles.”

Ah, two important things!

1. Sound is invisible and you don’t see it changing the visible. And! We’ll make sound visible before this story is done!

2. Yes! Sound and music surround us, but we are not conscious of its power, nor how to use it to make miracles in our lives. It’s as if we have a rabbit and a tall black hat, but we don’t know how to put the rabbit in the hat and make it disappear. However, that is about to change.

Hold on to your hats! Here we go--to learn about the power in vibrations, sound and in music!
Sound Made Visible

Let’s get the biggest hurdle out of the way first. You don’t believe that sound is that powerful. Do you?

So! Let’s look at sound! And a picture is worth a thousand words.

Dr. Hans Jenny created a process for people to view sound creating matter by putting sand, powder or fluid on a metal plate and attaching a crystal sound generator to the bottom of the plate, which it vibrated. The sound formed pictures in the sand. Dr. Jenny called this process Cymatics, after the Greek word to kymatika, meaning “matter pertaining to waves.”

An easier way to imagine this process is to imagine a boom box blasting music under a drum that has sand on it. The music will move the sand on the drum, and it may create pictures!

The Look of Sound

People suspect sound would produce abstract, random, haphazard and formless lines, if any lines at all. However, harmonic sound creates:

- intricate geometric patterns
- mandalas
- flower patterns
- biological forms
- powerful archetypes
- pictures that look like stained glass
- patterns found in crop circles

Many religious documents tell us that our world was created by sound, but Hans Jenny lets us watch this process with our own eyes. And a picture is worth a thousand words!

Cymatic images illustrate natural laws that do not rely on any belief systems. It is simple science. It is not a philosophy, a religion nor a belief, but an analytical observation of nature.
Below, see shapes that sound created from loose sand or other matter.\footnote{Images from \textit{Cymatics: A Study of Wave Phenomena and Vibration}, copyright 2001 MACROmedia, Used by Permission. \url{www.cymaticsresource.com}}
Creating better houses of sand!

When a metal plate (with loose sand on it) is vibrated with harmonic sounds, the sounds create shapes that are symmetrical, intricate, balanced and beautiful. In contrast, abrasive sounds create abstract, fragmented, scattered and lopsided images.

However, harmonic intervals do not maintain symmetrical designs. As the frequency of the harmonic pitches change, the resulting shapes organize and disorganize over and over again.

At lower frequencies, the harmonic patterns create simple, geometric and pleasing shapes in the sand. As the frequency climbs, the lines of the simple images crack. The images fall apart at the seams! Fragmentation, disorder and an unpleasing image then emerges.

As the frequency continues to climb, the fragments again coalesce into a beautiful pattern. This time, the pattern is more intricate. With escalating frequencies, sound waves again shake, rattle and roll, as the pattern disintegrates. Again, chaos emerges as the ruler.
As the frequency continues to increase, it energizes the sand to form into an even more lavish and rich design with fields within fields, and patterns within patterns. This time the frequencies create a better “house of sand.”

**Why is this important?**

Watching sound create organized shapes, which decay and then reform into more complicated shapes, mirrors life and helps us make sense of the difficult times in our lives. We enjoy a simple peace, but when difficulties arise, we fall apart at the seams. After incidents shatter our thinking patterns, we pick up our pieces and learn lessons about ourselves. We remake our lives with this newfound wisdom. After we achieve stability, inevitably there is a new crisis in which we doubt what we believe in, and the cycle continues.

See [www.cymaticsource.com](http://www.cymaticsource.com) for videos, books on sound creating matter and sound healing. Thanks to Jeff Volk, the publisher of the Cymatics book and videos, who made much of this information available through an interview and his web site. (MACROmedia, 219 Grant Road, New Market NH 03857 USA)

**Sound Changes the Crystalline Structure of Frozen Water**

Masuro Emoto\(^2\) published photographs of the fragmented and abstract structure of polluted water. After a holy man sang to the water, a photograph of the same water was retaken. It revealed the water had transformed into a pure, balanced, crystalline structure. The polluted water changed and now matched the photographs of the unpolluted water. **Sound purified and restored the water!** Our bodies are made up of 97% water. Think of what sound can do for your health, as your body has lots of water in it!

**Summary**

We can watch sound creating in matter. Wow. Sound is “miraculously” powerful!

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\(^2\) Masuro Emoto, The Message from Water
Our body is made up of atoms, which are vibrating energy. Atoms vibrate at certain frequencies or pitches. They sing! Our body is a symphony of atoms and organs that sing. When we are healthy, our body sings in harmony.

When anger, disappointment, helplessness, despair and other negative energies fill us, this heavy energy slows down the vibrations (or pitches) of our organs. We become “out of tune.”

**The part of the body that is out of tune** (slow moving energy) is “sick.” Medical drugs kill the part of the body that is out of tune. Could we just help this part of the body obtain the right frequency?

Do you remember the process of “entrainment” from science class? A weaker vibration will copy a stronger vibration, if it is nearby. For example, if there are two clocks close by (one with a stronger tick), in time both clocks will tick in unison, to the beat of the stronger clock. Therefore, in the same manner, sound can be used to change a frequency of an organ in our body!

Dr. Jeffrey Thompson, a sound researcher and chiropractor, used sound to pop vertebrae in the back into place instead of using his thumb. Certain vibrations of sound popped the back into place. Magic! But not useful magic, because his thumb could pop the vertebrae of the back into place in 5 seconds and sound took 30 seconds.

However, Dr. Thompson noted that he could do a chemical blood screen before and after he put the back into place with his thumb and with sound. When sound was used, it corrected chemical imbalances noted prior to the back being put into place. This did not happen when he used his thumb to put the vertebra back in place. Now, this is magic!

Dr. Thompson also noted that when he played a frequency that an organ fully resonated at, a chemical blood screen that determined one’s nutritional needs, also corrected itself. For example, a blood test could show the patient needed a liver enzyme. After exposing the liver to what Dr. Thompson called the
“fundamental tone” of the liver (the tone the liver vibrated the most with) the blood values changed, eliminating the problem.

*For more fascinating information, see [http://neuroacoustic.org](http://neuroacoustic.org).*

We can tune our body into health with sound!

When sound travels from the outer ear to the inner ear, it must be compressed to fit smaller and smaller spaces. This process increased the pressure of sound 150 to 200 times. We reverberate with this sound before it is transformed into electromagnetic impulses, which are conveyed to the processing center.³

**How does sound go to all the parts of our body when it enters our bodies from our ears?** The ear is the “Rome” of our body and “all roads lead to Rome.” The sound from our ears is linked to almost every organ in our body. Most cranial nerves lead to the ear, 10 out of 12 nerves. For example, one nerve, the vagus nerve regulates:

- larynx,
- heart, lungs,
- stomach, liver,
- bladder, kidneys,
- small intestines,
- colon,
- anus.

*So you see that sound vibrates our body, not just our eardrums.*

**How important is sound to our health?** The ears are one of the first things to develop in a baby in the womb. Hearing is also one of the last abilities to leave us in the dying process. Why is this? *Do the forming baby and the dying person need sound to create a new body or to stay alive?*

Jonathan Goldman, a sound healer and researcher, tells us that in the New York Times, Feb 1988, in the science section, there was this statement: “Sound shaped into a dazzling tool. It can make or break molecular structures and levitate objects.”

Jonathan reflects, “Not only can sound vibrate our ears, brain and body, but it can change our molecular structure. If we can arrange our molecular structure that means sound can change our DNA, our molecules, and atoms. Now that’s profound! That’s extraordinary!”

**Toning**

Ouch! Groan! Scream in pain! Why do we do this? We use sound to release pain out of our body. It is instinctual. We use sound naturally to relieve pain, but we forget to credit sound.

The karate master cries before he strikes. The weight lifter groans as he lifts. Why? Because the voice releases energy and power. Self-created tones affect us from the inside out!

**Feeling Attach to Sounds**

Our subconscious feelings ride on the tone of our spoken words. Our tone communicates our underlying intent and the feelings beneath our words. For example, the “hello” we say to someone we love is different than the “hello” we say to someone we don’t like. Our communication is in our tone of voice, more so than the words.

When our brain censors our spoken words, these censored ideas remain in our tone of voice. We may not even be aware of these underlying feelings, but others sense these feelings from our tone of voice. Therefore, our tone of voice is a secret communication link to our subconscious mind.

We don’t always speak the truth. When speaking the truth would be hurtful, we may be polite or kind, instead. How often do we tell people we feel fine, when we don’t? Or “nothing is new,” when we don’t want to share something new? Or that we like something when we don’t? When our feelings and our words are not in alignment, we create dissonance in our bodies. In contrast, speaking our truth sets us free.

Sometimes we forget what our truth is, because we have hidden it in our subconscious minds. Sound can carry our hidden feelings back to us.

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4 For more information, go to [www.healingsounds.com](http://www.healingsounds.com)
5 The Book of Sound Therapy, Olivea Dewhurst Madock
Vowel sounds like “ooooooh” and “aaaaaaaah” can express our feelings. In contrast, consonants help us express our thoughts. When we sing vowel sounds, our underlying feelings are expressed.

Singing vowel sounds is a powerful way to refresh our energy and improve our health. The process of singing a vowel sound with the pitch changing is called “toning.” We tone using vowel sounds because vowel sounds carry our true feelings, especially the ones we hide from ourselves.

**Toning for Health**

An organ is made up of cells that are made of **moving energy**, such as electrons. The collective group of cells in an organ operates well when vibrating a specific frequency. When that frequency drops, the organ becomes sick.

When we think and feel negatively, we lower the frequency of our organs. An accumulation of negative thoughts and feelings (like anger, disappointment, hate, pity, helplessness, stress and worry) slows down energy in our organs. If this energy slows down long enough, we get “dis-ease” or disease.

For example, when someone carries the weight of the world on his shoulders, we see him moving slowly due to the low frequency of his energy. Perhaps he worries and gets a sick feeling in his gut. Later, he develops an ulcer.

In contrast, when we are happy, we feel like we can float on the clouds, as our feelings are light and more energetic. Being happy makes us feel good. In summary, our moods and thoughts affect our health over time.

When we can’t keep our thoughts and moods positive, we can use sound to reestablish healthy frequencies in our body. Acupuncture is one method to regenerate frequencies of energy in our body. Another method that you can do yourself quickly, easily and for free is by using your voice in a process called toning.

Toning increases the energy in our body, raises the frequencies of organs, releases negative energy, and balances our energy. Sound can break up stuck energy and restore the body’s natural resonance. Toning gives us a body tune-up!
Laurel Keyes writes that, “The purpose of toning is to restore the vibratory pattern of the body to its perfect electromagnetic field, so that it will function in harmony with itself.”

Laurel Keyes writes about a small group of people that toned vowel sounds while imagining the tone going through another’s body. Laurel reports tumors healed, cancers cured and other marvelous affects.

Another beautiful benefit of toning is that the recipient of healing sound doesn’t have to know you are doing it, for it to work.

**How to Tone to Benefit Others**

1. Face another individual, or imagine him across from you.
2. Close your eyes.
3. Relax, keep your teeth apart, muscles loose.
4. Tune into your own feelings and put your thoughts aside.
5. Set your intentions. Expect to clear energy blockages in the other person. (Placebos are often effective as high as 79% of the time, because a positive belief is a powerful energy. It is important that you believe you can heal another.)
6. Utter the highest pitch on any vowel sound that you can, and let the tone smoothly sink in pitch, like you are pretending to be a fire siren. This could take many minutes.
7. As you do this, imagine the tone traveling through the other person’s body, starting with his head and going towards his feet.
8. Listen carefully to your sound. There will be cracks in the sound, places where the sound is softer or weaker. When this occurs, stay on this pitch, and then repeat going just above and just below the pitch until your voice is smooth and strong.
9. In your mind’s eye a cracking pitch will correspond to a part in the other person’s body where an energy blockage is occurring. If you are unsure of where this spot is, don’t worry; just correct the tone and the energy blockage will clear.
10. If you feel in your imagination that the tone goes right or left as well as up or down, honor that feeling. If you can’t imagine this, know that the energy is clearing in the other person.

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6 The Creative Power of the Voice, Laurel Elizabeth Keyes
7 The Creative Power of the Voice, Laurel Elizabeth Keyes
11. Use your imagination and see your tone run through the person’s body from top to bottom, then bottom to top, and again as necessary until you get a smooth, strong siren tone without any cracking or soft spots.

12. Laurel Keyes reports that she tones on average for 15 minutes. If someone is seriously ill, Laurel tones with others and may continue toning for several weeks, every day.

13. The person receiving the benefit of the healing sound does not have to be present; although, Laurel recommends it, if possible.

14. Toning increases its power when more people tone for the same person at the same time.

15. Feel gratitude for being able to raise the energy in another person’s body.

**Toning for Your Health**

1. Close your eyes and imagine that your body is a black ink well. As you utter tones throughout this exercise, visualize clear water coming into the ink well with each breath, until you and the ink well are pristine clear.

2. Let out a vowel sound (any one you feel comfortable with) or even a groan, on the lowest pitch that you can.

3. Let your body speak—not your mind. Don’t worry about how you sound, but concentrate on how the sound makes your body feel. Be entirely absorbed in your sound and let it rise from you, as if this sound is separate from you. You are just observing the sound.

4. Imagine the tone begins in your feet and works its way up the body until it reaches the top of your head, or above that point by 13 inches or so. (this could take 15 minutes or more)

5. As you imagine your tone going from your feet to your head, the pitch of your tone will rise, too. Allow the tone to raise in pitch **when the body wants it to**.

6. Any areas in which the pitch takes a while to rise, is an area with an energy blockage. Don’t get louder to break through the energy blockage; that will not help. Gently continue toning and give your voice all the time it needs to raise in pitch. If you stay on a pitch for 5 to 10 minutes, then you are receiving a great healing!

7. If your voice doesn’t rise right away, imagine seeing your tone going right or left in your body and finding a path eventually that leads upward.
8. In the spot in your body where you imagine the blockage or discord to be, send feelings of harmony and well being to that spot. Allow your intent to travel on your voice. Send love to your body.

9. Let the pitch raise as high as it comfortably can. In your imagination, the tone will have traveled to the top of your head or slightly above. This entire process may take 15 to 30 minutes. The first time that you tone, it may take a bit longer, as there are built up energy blockages to clear. It is best to do this daily for better and better health.

10. If you do this regularly, you will feel energized, refreshed, healthier, and will watch negative emotions loosen away from your thinking!

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8 Health is not a black and white issue. There are not states of being, healthy or sick. There are many degrees of sickliness and many degrees of health. Your health can get better and better!
Chapter Three: *Sound Gives You Energy!*

The Benedictine monastery was told by the Vatican to *stop the monks from chanting.* (The monks chanted 6 to 8 hours a day.) Soon the monks became depressed and couldn’t perform their long hours of work. In fact, many monks couldn’t work at all.

It was not until Dr. Tomatis, a French ear, nose, throat specialist, reinstated the chanting that the monks recovered from depression and lack of energy.

Dr. Tomatis discovered that listening recharges the brain and gives us energy. Dr. Tomatis tells us that the primary purpose of the ear is to recycle sound to recharge our batteries. Sound feeds us electrical impulses that charge the brain. **Sound can give us energy!**

High frequency sounds energize us, while low frequency sound drains our energy. After learning about Dr. Tomatis’s work, I listened to high frequency music with earphones for 4 hours a day for about 6 weeks. (Turn the EQ button on your stereo up for the treble sounds to get high frequencies.) At the end of this time, I had so much energy, I was requiring 2 to 3 fewer hours of sleep a day, while maintaining a creative “high” mood and fountains of energy all day.

Another method to boost your energy and mental functioning is to turn the underside of your tongue so it touches the roof of your mouth and hum for about 15 minutes a day. Watch your disposition, mental clarity and energy skyrocket in just one week!

**Harmonics Generate Energy!**

Harmonics! What a big word! Even though all tones appear to be one tone, they are not. What we consider a tone is in truth a mixture of tones. The tones after the first tone are called harmonics.

Have you ever been in a huge church and heard your voice become fuzzy due to the echo? You are hearing the circle of a sound wave getting bigger.
Similarly, when we drop a stone in water, it creates a circle that keeps getting bigger. Sound waves get bigger in the same way, as the frequency gets higher. The echoes, or the fuzzy sounds, are called overtones or harmonics.

**Patterns in Sound Waves Create Energy**

Have you ever sang in the shower? With the shower’s highly reflective walls, you discover that there is one pitch in which the shower fills up with tone. You barely sing a tone and the shower seems to sings back to you.

When the tone and its following string of harmonics bounce off the walls, the harmonics interact with each other. When the sound waves bounce off the shower walls just right, the sound waves can form in a mathematical alignment that amplifies energy. In other words, the sound waves can interact with each other and create more sound waves. And! Sound is energy that interacts with us!

Dr. Harold Moses, a sound healer and researcher, uses streams of sound in different combinations of intervals to energetically impact one another, and in specific, to combine tones so that the harmonics increase energy. He captures “secret formulas” to combine tones to produce energy.

Harold offers a recording of “The Drone.” This CD sings a soft and pulsing sound that you can play when you are talking to a crowd of people. The drone generates energy without anyone noticing what is going on! It also puts people in a good mood without them noticing they are listening to anything. I play this in the background whenever I give a speech.

Harold also holds “In Chant” sessions where people join together to catapult their energy with Harold’s carefully engineered, harmonic intervals and music.

Harold’s web site says that preliminary research indicates that In-Chant participants frequently experience one or more of the following:

- Reduced stress
- Improved attitude
- Greater breath control
- Improved respiratory function
- Effective pain management
- Improved mental clarity
- Increased energy
• Blood pressure regulation
• Strengthened immune system
• Spiritual awareness
• A sense of greater well-being

We don’t have health systems, but disease management systems. What Harold offers are ways to receive increased health by vibrating ourselves into harmonic alignment.

When in Phoenix, Arizona, visit a powerful In-Chant session. Go to www.harmonicscience.org and www.musicfortheheart.com for more exciting details and to review Harold’s incredible CDs!
Chapter Four: Sound Changes Our Emotions!

Dr. Alfred Tomatis discovered that when our ears don’t hear certain frequencies, our voice doesn’t contain those frequencies either. That is, **when you modify your hearing, your voice changes.**

In order to help opera singers, whose voices were failing, Dr. Tomatis developed a method to strengthen ear muscles, which improved hearing damaged at select frequencies. He engineered music to quickly switch from base tones to high frequency ones, making the ear muscles relax and stretch, strengthening the ear muscle. He developed an audio gym to exercise our ears! Thus, he was able to help the opera singers regain their voices by regaining their hearing.

Dr. Tomatis later discovered that **strengthening our hearing not only affected our voices, but our emotions as well.**

We can selectively tune into one sound over another. For example, we can ignore the roar of a crowd and tune into a secret that a friend is telling us.

During times of trauma, we tune out sounds associated with that trauma. For example, we can tune out our mother’s voice yelling at us. Dr. Tomatis found that many Jewish people, right after World War II, were deaf in the frequency of the sirens of vehicles that took Jewish people to death camps. They tuned out some frequencies so much, they lost the ability to hear them at all!

Unfortunately, hearing loss associated with trauma affects our emotions as well. For example, if we tune out our mother’s voice yelling at us, we may experience emotional difficulty making friends with other women whose voice is in the same frequency as our mother’s voice. Hearing loss of select pitches cripples our control of our emotions.

When we regain our hearing in these frequencies by exercising our ears, we no longer associate pain with these frequencies. With our changed hearing, our emotions change. We open up new opportunities as we gain emotional flexibility…..by listening to sound and music!

Dr. Tomatis has “Centers” with a devise called an electronic ear that can help you regain your hearing in select frequencies. **www.tomatis.com**
Patricia Joundry has developed a portable, convenient method that gives you the benefits of the electronic ear, for an inexpensive price. Patricia has a book and healing tapes available. Contact her at:

Sound Therapy
Steele and Steele
PO Box 616
Dalmany, Sask, Canada S0K1E
Phone: (306) 931-2522

Our Intent Carries on Sound, Affecting the Impact of Sound

Jonathan Goldman tells us that, “Not only does frequency change sound, but so does the person’s intentions when he is creating the sound.” Jonathan created this formula:

“Frequency + Intent = Healing.”

“Not only does frequency of the sound affect the person receiving the sound, but also the intention of the person uttering the sound changes the effect of the sound. Intention is the energy or the consciousness behind the sound. This is a powerful concept.”

“Our emotions may be impacted, not only by sounds, but the by the intention of the person making the sounds,” I summed up. “Wow! Sound is really powerful!”

Healing Our Emotions With Music

Musicians communicate their intentions, emotions and energy through their music. You can vibrate in sync with those same emotions, energy and intentions just by listening.

As a musician, I went through a stage, in which I was hesitant to play sad songs, lest I give people my sad energy. Later, I played violin once a week for a year, for about 30 minutes for groups of people in a nursing home. One time I was played, a gentleman fell flat on his face on the floor, perhaps his legs gave out or perhaps he had a heart attack. No one else in the room (twenty-five people) acknowledged what happened. In their cocoon positions, they blankly stared in another direction. Their emotions were frozen and they showed no reaction.
With the continued playing of emotional music, much of it sad music, the elderly people began to acknowledge me, and then later they acknowledged each other. Within a year, they all chatted with one another, often encouraging one another. Music changed their lives. How and what did the music do?

Whenever we ignore painful emotions, the pain doesn’t go away. It remains invisible and wraps around us. With too much of this low vibration painful energy streaming around us, we become emotionally paralyzed and slip into depression.

In order to get rid of this invisible negative energy, we must acknowledge and feel our emotion. But! Only for a minute! Then we can let the pain go.

Sad songs helped the elderly honor and acknowledge a lifetime buildup of painful, paralyzing emotions. Since they acknowledged the emotions with their right brains (the right brain doesn’t think in words, it experiences feelings), they didn’t have to relive the specific painful situation in their memory.

With sad music, the elderly were able to acknowledge and to let go of emotional baggage. They reestablished emotional flexibility. Hence, they could release depression enough to acknowledge and care for one another.

I imagined a painful residue from many of their experiences was stored up inside a jar (their body). By listening to emotional music, they were able to stir up heavy and painful residue that was weighing them down, and to release the painful residue. The healing music was like a spoon and took a bit of the heavy residue away from them each time I played for them. Their emotional energy was restored with music.
Chapter Five: *Increase Your Intelligence!*

Learning is Dependent on Our Hearing

Dr. Tomatis discovered that **learning is dependent on our hearing**! We learn faster if we are right-ear dominant, rather than left-ear dominant. You would think we hear equally in both ears! Wrong!

The **right** ear channels sound to our **left** brain that understands language. Our **left** ear sends sound to our **right** brain, which does not understand language. It’s that simple. Sound from our left ear has to make a voyage to several areas of the brain before it gets to the left brain that understands language.

Therefore, people who hear primarily with their left ear take longer to understand the spoken or written word, and sometimes information gets lost in its voyage to the language-processing, left brain. By the time these people understand a message, the speaker has already gone on to several more topics. These people are constantly behind and hence, frustrated.

If you know someone who has learning disabilities, get them to check out [www.tomatis.com](http://www.tomatis.com). One can train his ears to hear with the right ear first and improve his learning speed!

Dr. Tomatis also discovered that **motor skills could also improve with increased hearing abilities**. Check out his web site for more information. Our ears are hidden gold mines to enrich our lives!

**Learning Disabilities**

We not only hear with our ears, but with our bones. Sound that travels through our bones goes directly to the inner ear, bypassing the middle ear. The middle ear has the ability to focus on only a portion of sound. Without sound going to our inner ears first, we lose the ability to focus on just ONE thing. For example, some listeners can’t distinguish what they want to hear from meaningless distractions. They can’t filter out irrelevant sound.

People with attention deficit disorders (ADHD and ADD) receive sound primarily through their bones. They are forced to pay attention to all sounds,
feeling overwhelmed with too much information and distractions. Frustration, anger and inability to pay attention result.

Tomatis Centers can teach people to channel sound through their ears first, rather than through their bones first, increasing their speed of learning.

In the Tomatis Center in Toronto, 400 children with learning disabilities were retrained in their hearing processes. Parents saw these improvements:

1. greater communication…………….. 89%
2. better attention span……………… .86%
3. decreased frustration ……………… 80%
4. increased reading comprehension …. 85%
5. improved quality of speech ……….74%
6. improved memory ………………….73%
7. improved spelling……………………69%
8. increased maturity…………………. 84%.

In a six-month follow up report, 83% of the children maintained their gains or increased them; 14% maintained some of their gains. Only 3% did not maintain their improvements.

H.A. Stutt concluded, “the Tomatis Listening Program produces benefits …including:

1. A significant increase in IQ
2. Better reading skills
3. More perceptual processing
4. Increased academic skills
5. A general sense of adjustment
6. More developed communication skills
7. A greater ability to express thoughts and feelings”

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Brain Waves Create Chemical Changes!

When a person calms his mind, the chemistry in his brain and body changes. For example, in a relaxed state of mind, we create serotonin and beta-endorphins. Both chemicals rejuvenate our bodies.

Some sounds produce melatonin in your body. There have been studies that show the increase of youthful attributes of guinea pigs that received melatonin. Melatonin aides sleep. As people age, they lose the ability to sleep deeply. However, your body regenerates itself when you sleep. So more melatonin enables you to sleep better and have additional time for your body to regenerate itself, instead of tossing and turning the night away.\textsuperscript{10}

Sound enables you to entrain your brain to vibrate at certain brain waves that trigger the production of chemicals in your brain. Some examples of chemicals created in your brain by certain brain waves are:

- serotonin which \textit{eases pain}
- acetylcholine which is connected to \textit{intelligence}
- catecholamines which are vital for \textit{learning and memory}
- DHEA which \textit{increases your resistance to disease}
- melatonin which \textit{aides sleep} and therefore \textit{physical body regeneration}\textsuperscript{11}

All this can be yours easily, simply by listening to sound and music! You can produce healthy chemicals inside you with listening and toning, too! Using sound to obtain these beneficial body chemicals is cheaper than expensive supplements, and are you sure that your body will incorporate the supplements anyway?

\textsuperscript{11} \url{www.neuroacoustic.com}
Brain Entrainment

All vibrations impact other vibrations when they come into contact. The stronger vibration overcomes the lesser, if they are in close proximity. For example, if you have several clocks ticking differently and you put the clocks near each other, soon they will follow the rhythm of the loudest tick. This process is called *entrainment*.

The process of entrainment reflects all living things trying to harmonize with each other. Did you ever wonder why fireflies blink together? We naturally vibrate with other vibrations.

In fact, entrainment demonstrates the art of giving up small vibrations to be a part of a big vibration. Perhaps entrainment mirrors the process of giving up our small self to become part of our BIG self.

**What happens when our brain waves vibrate at different speeds?**

Your thoughts and feelings can vary the frequency of your brain waves. So can sound. In fact, there are benefits from having your brain vibrating at certain frequencies and sound can assist your brain to vibrate at those exact frequencies.

Frequencies of brain waves (frequencies are measured in hertz, that is, cycles per second) create different states of consciousness or awareness.

<table>
<thead>
<tr>
<th>Name of Brain Wave Category</th>
<th>Hertz (Units of Frequency)</th>
<th>Consciousness State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta</td>
<td>13 – 100 cycles per second or hertz</td>
<td>normal waking consciousness</td>
</tr>
<tr>
<td>Alpha</td>
<td>8 – 12 hertz</td>
<td>a relaxed state of mind</td>
</tr>
<tr>
<td>Theta</td>
<td>4 – 7 hertz</td>
<td>tapping into our subconscious mind</td>
</tr>
<tr>
<td>Delta</td>
<td>.5 – 3 hertz</td>
<td>deep unconscious sleep</td>
</tr>
</tbody>
</table>
As your listening changes so does your consciousness. “Sound is pure consciousness.” Dennis Holtj

Here are some frequencies that when your brain copies them, you will have special experiences.

<table>
<thead>
<tr>
<th>Frequency Brain Wave Vibrates At</th>
<th>Our Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>.5 hertz</td>
<td>growth hormones are active</td>
</tr>
<tr>
<td>6 hertz</td>
<td>archetypal experiences</td>
</tr>
<tr>
<td>7.83 hertz</td>
<td>peak experiences and phychic phenomena</td>
</tr>
<tr>
<td>40 hertz</td>
<td>altered states of consciousness</td>
</tr>
<tr>
<td>? Who knows what else?</td>
<td>???</td>
</tr>
</tbody>
</table>

By listening to sound, your brain waves can copy frequencies. This process is called brain entrainment.

Robert Monroe, who developed the hemi-sync process for whole-brain synchronization, founded the Monroe Institute in Virginia. The Monroe Institute offers courses in the brain entrainment process that enables you to quickly learn to change your brain frequency. For example, you can meditate deeply and quickly—as deeply as monks that have spent twenty years learning to produce these affects! See www.MonroeInstitute.org for training information.

The Monroe Institute produces CDs that entrain your brain to various frequencies that give you desirable and perhaps unusual experiences. Laurie Monroe, Robert Monroe’s daughter and CEO of Monroe Institute, reports that frequencies of sound can entrain your brain and produce different experiences. For example, with different sounds, you can quickly experience:

- mind awake, body asleep
- the state of expanded awareness beyond the experience of your senses
- the sensation of no time and no space
- the bridge to other dimensions
- what it feels like after death
• getting to sleep
• increasing your IQ
• overcoming grief
• becoming a powerful healer
• reducing the recovery time after surgery


Laurie tells us, “The Monroe Institute embraces a person's belief and allows him to turn that belief into a KNOWN. For example, I could write a book on what ‘cold’ is, but that will never help you understand that concept as much as when you experience what cold is.

“A person may believe that there is life after death, but when they experience a visit with a person who has passed on, that is when the ‘shift’ occurs. Then they KNOW there is life after death, quite a different emotion than just thinking it so.

“At Monroe Institute, we measure the brainwave patterns of a healer and ‘reverse-engineer’ those brainwave patterns into frequencies. Now when one hears those frequencies on a CD and he is wearing headphones, it will entrain the listener’s brain to vibrate at that same frequency, which produces a specific state of consciousness. Without these auditory influences, this person may never experience such a state of consciousness," Laurie continued.

“Our CDs are like training wheels. After you hear the CDs enough, you don’t need the sound any more to create the experience,” Laurie concluded.

**Binaural Beats**

Binaural beats are created when your brain hears (with headphones) different tones in each ear. Your brain can only process one set of tones from either your right or left ear at a time. Therefore, if you input different tones into each ear, both the left and the right half of your brain will exchange the frequency each heard and average the two frequencies. You will hear the average of the two pitches. This is called a binaural beat, as the pitch will pulse.

The incredible by-product of this process is that both halves of your brain are working together. Usually you are using either your right or the left half of your brain. When people’s minds are in peak states (when they create extraordinary
discoveries), they are using both halves of their brain at the same time. By listening to binaural beats, you can train both halves of your brain to work together. It is simple, if you use both halves of your brain together enough, then it becomes a habit! And you have greater use of your brain!

Look at the photograph below, showing the brain’s expanded usage after listening to the Hemi-Sync sounds. The photograph vividly shows that both the right and left halves of the brain are used when one listens to the Hemi-Sync sounds. In contrast, without the Hemi-Sync sounds, we normally use the right OR the left half of our brain.

When we engage BOTH halves of our brain at the same time in coherency, we clearly increase our mental capacities. This is what Hemi-Sync sounds can do!

Sound and music are more powerful than we realize because they dance with us, they entrain us, and they can change who we are.

So what are the magical formulas to quickly and easily get these “miracle” gifts from sound? Special CDs entrain the brain when they are used with headphones, as well as a “miracle” devise, a sound and light machine.
Light and Sound Machines

Let’s listen to Michael, co-owner of Theta Technologies, talk about how sound and light machines changed his life.

“It could have taken me a lifetime to have these positive moves forward, and I did it in a short time with the sound-light machines,” Michael revealed.

“It happened over several years, as a result of me vibrating my brain waves slower,” Michael clarified. “When your brain vibrates at certain frequencies, you change your experience and your consciousness. You change you. You become who you were meant to be. Sound and light machines do this easily and quickly.

“Meditation can take a long time to learn, but with sound and light machines, one can start to get results in twenty minutes. Quickly, one goes to restful theta brain activity, gets energized and increases his learning speed.”

“As I used our sound-light machines, my world started to change. All of a sudden, I was achieving states of consciousness that a monk could spend years to learn.

“There are two things that can happen to you in life. You get better as a person, or you get worse. Either you face your fears and improve, or you get worse because you store your fears as emotional baggage. There is no middle ground,” Michael pronounced.

Michael’s voice was growing more definite. “The less cluttered your mind is, the more open you are to suggestion. You can hear your own inner voice. The sound-light machines help you to reach meditative states that enable you to streamline your thoughts and avoid the clutter.

Michael continued:

“The more aware a person is, the better he deals with life in general. Sound and light machines help increase your awareness.

The more relaxed a person is, the better he deals with life in general.

Sound and light machines enable you to relax deeply quickly.
The better rested a person is, the better he deals with life in general. The sound and light machines enable you to quickly obtain brain wave states that you experience in your **deepest sleep** at night.”

Michael reflected, “I feel good about what I do with my life now.”

“People tell us all the time that their lives change after experiencing these frequencies from sound and light machines. The neat thing is that the sound and light machine is just a training tool. Once people use the machine for an extended period of time, they can create the frequency in their brains because this state of activity it is now a habit! They no longer need the sound and light as a stimulus!” Michael exclaimed.

“What do these amazing machines look like?” I asked.

Michael showed me the little hand-held, sound-light machine with several buttons, earphones and sunglasses attached. You select a program, such as relax, learn, change, explore, or energize; then you put on the sunglasses that have little flickering lights, close your eyes and put on the earphones.

The sound-light machine produces binaural beats, facilitating your whole brain working together. Your brain will match the frequency of the binaural beat when it hears it, in a matter of minutes.

When you put on the glasses and close your eyes, you see flickering colored lights. These lights use neural pathways in your brain, affecting up to 40 percent of your brain. Both sides of your brain are in use, giving you full brainpower, rather than the typical right OR left brain functions we use in our daily life. Your awareness and ability to focus increase. Your speed of learning improves too.

“Could this assist the elderly who find themselves forgetting things all the time?” I asked Michael.

“When we age, some brain cells lose their neural cuitry. The brain cells shrink and lose extensions to other cells, making information harder to retrieve. Stimulating your brain is exercising it. You can create new neural pathways at any point in your life. The flashing lights create new neural pathways in one’s brain, which build new bridges to retrieve information,” Michael answered.
So, yes, the sound and light machines can help the elderly regain greater usage of their brains and memory!

I read a study from UCLA in which Dr. Marion Diamond found that brains of stimulated rats weighed more than brains of rats that weren’t stimulated. The stimulated rats also had more brain extensions to retrieve information. Diamond also discovered that stimulated rats developed a stronger immune defense response than those not stimulated. I was ready to volunteer to be “stimulated” with light and sound.

An article by Thomas Budzynski, Ph.D. flashed in my mind. It was entitled, “Why is it so hard to be happy?” It said: “Some experts say that it is because we are burdened by negative, self-destructive, unconscious ‘scripts’ which are ‘programmed’ into us early in life. We start out as innocent, expressive, asking-for-what-we-want, loving, trusting little babies. How did we get to the point where we are fearful, distrusting, stressed, self-destructive adults? Our mothers, fathers, siblings, teachers, ministers, other children, and other adults managed to scare, punish, degrade, embarrass, humiliate, and confuse us, not to mention, act as bad role models.”

Dr. Budzynski suggests that frequently going into a theta brain wave state with a sound-light machine can break our loops of negative, habitual thinking.

Michael added, “Our unconscious mind automatically repeats thoughts we think often. By repeating thoughts we create inner dialogues at the core of our being that are like a fountain of impulses and unconscious thoughts. Unfortunately, most of us think fearful thoughts repeatedly, creating negative loops of thinking in our unconscious minds. For example, my daughter is deathly afraid of spiders. Why is she afraid of spiders and I am not? It is just one of her negative thinking patterns.”

“These negative thinking patterns are frequency patterns that are run by our unconscious minds. Negative loops of our thinking can be stopped with sound and light machines.

“In the theta state of mind, we are open to new suggestions. We can use the sound and light machine to go to a theta brain state and imagine a better habit. For example, our automated thought regarding eating might be ‘junk food is yummy.’ We want to replace the automatic thought with ‘I feel great when I eat healthy foods.’ To acquire this new habitual thought, we need to think this new thought many times for it to become a habit. The number of times we need to think this
new healthy thought is greatly reduced if we think the new thought in a theta brainwave state. In summary, **we can use theta brain waves to make changes easier.**

“Are these machines costly?” I peeped, hoping the answer to be NO. I learned that they could be obtained for as little as $189 to $249. There is also a more powerful sound and light machine with 50 different programs that can be updated with special programs.”

“How can one buy one?” I continued.

“Call Theta Technologies!” To order call, 425-222-6962 or 1-800-395-9148 Pacific Time and say hello to Michael.
Chapter Six: *The Fast Track to Spiritual Heights*

The Old Testament was not to be read. Sorry, but it is true.

The Old Testament was to be sung. Yes, that’s right. Every word was to be sung.

I first learned this from the honorable Reverend Bill Thompson, the Rev. Bill for short.

I met the Rev. Bill at the Cleveland Airport. At the baggage claim, a short, dark skinned man came up to me, flashing his pearly white, happy teeth. Rather than the familiar, “May I help you with your bags?” I got, “You and I are supposed to record music.” That’s a switch.

The Rev. Bill quickly explained that he is clairaudient and his “voices” told him to come to the baggage claim. There he saw yellow lights around me. He knew I was the one he was to record music with.

Many would barely give this a passing grade for a “come on,” but I am clairaudient, too. Experiences like this happen to me too. I was open to believe him.

I looked into the Rev. Bill’s deep eyes. Innocence is all I saw. He trusted me on first sight and that is a delicate fragrance that the Rev. Bill wore.

For the next several years, the Rev. Bill always met me at the Cleveland airport when I traveled. I never told him when I traveled, but he always knew.

I was saving money to buy recording equipment and we planned to record.

The Rev. Bill not only heard voices, but music. In specific, he heard the Old Testament in songs.

The Rev. Bill was a song himself. I’d say a sentence and he would hum the “amen.” I’d continue talking and my echo would yodel back… “Bleeeeeeessssss you, Sister!”
I imagine the Rev. Bill was able to talk for more than ten minutes without mentioning his beloved “Yeshua” (Jesus) but I never shared that experience with him.

The Rev. Bill was a gospel rocking, evangelical ballad. I assume he was not a rich man as he had the honorable job of escorting my suitcase--among other airport duties.

However, the Rev Bill had a gift of song. He sang the Old Testament.

This is the part where it gets good. The Rev. Bill picked up a few bucks cantering in Jewish Synagogues. I wonder if he tried to get Jesus to save them?

So, it was the Reverend who introduced me to singing the Old Testament.

Our recordings? The Rev Bill died suddenly before our first recording session. And I softly cantered back one last, “Bless you Brother!”

But, I did record tones encoded from the Old Testament.

In Healing Codes for the Biological Apocalypse\textsuperscript{12}, a numerical pattern of numbers/frequencies was found encoded in the Bible (Numbers 7:12-83). These tones were believed to be powerful, or the tones wouldn't have been encoded in the Old Testament. The tones have been kept safe throughout the ages, and waited for the right time to be revealed.

This sacred pattern of tones, called the Solfeggio scale, introduces new intervals to our listening ears that are not heard in Western music. These “magical” tones are in-between the tones on the piano. Because of this, their healing powers have remained hidden from us.

**The Solfeggio Scale**

The origin of the Solfeggio scale arose from a medieval hymn to John the Baptist, in which each new verse started on the next pitch of a scale.

The standard scale used today is NOT the ancient Solfeggio scale. Today, we use the **twelve-tone equal temperament** that allows us to change from one key to another without needing a separate piano for each key. However, each pitch is **changed from the original scale so that all notes are a little out of tune**, but they are close to in tune.

I interviewed David Hulse, who uses the Solfeggio scale in a healing process. David Hulse, who developed a healing technique, called “SomaEnergetics,” used the ancient Solfeggio scale to balance and restore energy.

“When the Solfeggio tones were replaced with our twelve-tone temperament, ‘high matrices and to a great extent, well being were squelched,’”¹³ David reported.

David continued, “For example, the third note of the Solfeggio scale is 528 hertz frequency and it was changed to 512 hertz frequency in the twelve-tone temperament scale. The original 528 frequency repairs our DNA….and we stopped listening to this!”

Lee Lorenzen bombarded water with electromagnetic power (vibration), causing it to cluster in beautiful six-sided crystals. There are two types of water in the human body – bound water and clustered water. Clustered water can move freely through the cell walls and transport nutrients, remove waste, and help to maintain proper communication between the cells. This clustered water surrounds the DNA in each of our cells.¹⁴ Bound water does not do these things.

Biochemist Steve Chemiski says these six-sided crystal clear clusters that support the D.N.A double helix, vibrate at a specific frequency – 528 hertz. In equal temperament tuning, we eliminated this frequency from our music system, but **listening to 528 hertz will enable cells in our body to also vibrate at 528 hertz frequency**.¹⁵

Through the process of entrainment water in our bodies can be exposed to and transform to the vibratory rate of 528 hertz. This enables our body’s water molecules to perform necessary functions. Therefore, listening to 528 hertz is healthy!

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¹⁴ David Hulse. Sacred Pause. Pg.58.

¹⁵ David Hulse. Sacred Pause. Pg.58.
David observed the radionics technique\textsuperscript{16} to measure the flow of energy in one’s chakras and discovered that people in general increased their vitality about 200 points by listening to the ancient Solfeggio scale.

\begin{figure}[h]
\centering
\includegraphics[width=\textwidth]{BEFORE~1.JPG}
\includegraphics[width=\textwidth]{AFTER~1.JPG}
\caption{Notice the picture showing increased light around a woman after she listened to the ancient Solfeggio scale. This photograph was done with Kirlian photography. Electromagnetic (Kirlian photography) records electromagnetic fields.}
\end{figure}

David Hulse tells us, “Through the Solfeggio tones, people can open channels of energy within and allow their life force energy to flow freely. This is what the Solfeggio frequencies were originally supposed to accomplish.”

“The lost frequencies of the ancient Solfeggio scale…are sacred tones which I believe, can serve as a ‘vibrational bridge’ to holistically reintegrate the physical, mental and emotional and spiritual aspects of individual, as well as humanity, collectively,” David said.

In the book, \textit{Forgotten in time, the Ancient Solfeggio Scale},\textsuperscript{17} we read that, “Whenever you sing a Psalm, it is music to the ears. But originally it was intended to be \textbf{music to the soul}.”

\textsuperscript{16} Dr. Albert Adams, a medical professor at Standford University developed Radionics, during the early 1900’s as an alternative diagnostic tool, similar to dowsing.

\textsuperscript{17} Exerpts from Forgotten in Time, the Ancient Solfeggio Scale. Quoted from \url{www.SomaEnergetics.com} page 9.
David Hulse reminds us that the ancient Solfeggio scale held “mathematical resonance, frequencies capable of spiritually inspiring mankind to be more ‘godlike.’”

**David’s OBSERVATIONS of the impact of listening to the Solfeggio scale:**

**“UT” (Later this syllable was changed to DO):** liberates energy, eliminating hidden blockages and subconscious negative beliefs.

“**RE:** helps people change. I hear people say: “I need to change.” “I need another job.” “I need to move to a different place.” But people don’t have the energy to do it. It is possible, with the tuning forks, to increase our energy so we can change.”

David reflected, “a girl, who worked as a massage therapist, wanted to make changes in her life. After her tuning session, she called me. “You won’t believe where I am right now, but I am in Arizona! After the tuning, I had enough energy to pack up everything I owned, put it in a truck and drive to Sedona, Arizona. The dream of my life was to live in Sedona, Arizona. Shortly, she secured a much better job in Sedona. Today she is the head of all massage therapists at a resort there. In summary, the tuning forks can put us in touch with an inexhaustible source of energy that allows us to be able to make our dreams come true.

“**MI:** brings transformation and miracles into our life. Physicists repair DNA with this frequency.

“**FA:** benefits relationships. We can live in harmony with people!

“**SOL:** gives us power of self-expression. This frequency helps us to be who we really are and to do what we were created to do. In my workshops, women come who can hardly make a sound without permission from a male or authority figure. This frequency helps a woman assume control of herself. For men, the 5th tuning fork allows feminine energy (representing our feelings) to be expressed and be balanced with their maleness. Without this balance, men have difficulties managing their emotions.

“**LA:** links the mind, body, insight, consciousness and spiritual evolution.
My SomaEnergetic workshops also teach how to use all six tuning forks together to produce the frequency which opens people to divine inspiration, revelation, wisdom and knowledge.”

According to David’s research from the DEFINITIONS of the original syllables of the musical scale, hidden entries from Webster’s Dictionary, the original Greek Apocracrypha and Healing Codes for a Biological Apocalypse, he determined that the original Solfeggio frequencies were used for:

<table>
<thead>
<tr>
<th>Syllable of musical scale of the Solfeggio scale</th>
<th>Hertz measurement of frequency</th>
<th>Purpose of the frequency from Literature</th>
</tr>
</thead>
<tbody>
<tr>
<td>UT</td>
<td>396</td>
<td>Turning grief to joy; liberating guilt and fear</td>
</tr>
<tr>
<td>RE</td>
<td>417</td>
<td>Helping a person connect to their source to bring forth miracles; undoing situations and facilitating changes.</td>
</tr>
<tr>
<td>MI</td>
<td>528</td>
<td>DNA repair and transformation. “For example, MI derives from the phrase “Miragestorum” in Latin, meaning miracle. Stunningly, this is the exact frequency used by genetic biochemists to repair broken DNA the genetic blueprint upon which life is based.”18</td>
</tr>
<tr>
<td>FA</td>
<td>639</td>
<td>Connecting with spiritual family/ connecting/ relationships.</td>
</tr>
<tr>
<td>SOL</td>
<td>741</td>
<td>Solving situations and becoming more</td>
</tr>
</tbody>
</table>

Many believe that the numerical pattern creating the frequencies in the Solfeggio scale is incomplete. Can you find the missing numbers? Below notice the six frequencies encoded in Numbers 7:12-83.

396
417
528
639
741
852

Notice the sequence of numbers as you go down the columns. Look at the sequence of numbers of the first numbers of each note of the scale; 3,4,5,6,7,8.

Notice the pattern of numbers in the middle number: 9,1,2,3,4,5.

Finally, observe the sequence of numbers in the final number in each frequency; 6,7,8,9,1,2.

What notes are needed to complete the pattern?


Some people believe these additional frequencies complete evolutionary pathways in our consciousness, which will assist mankind.

David Hulse, in contrast, prefers to use only the six original frequencies. David uses each one of the six tones encoded in the Bible to heal each one of our body’s seven major chakras. David reminded me that the chakras connect to our endocrine glands, which have a powerful effect on our bodies.

David continued, “The seventh chakra is the crown chakra, which is located slightly above the head. As all colors of light combine to make clear white light, I
was guided to combine the set of six frequencies to make the seventh sound for strengthening the seventh chakra.

“I believe that the seventh chakra connects one to energies and information in other dimensions, without time and space as we know it. Therefore I only use the first six frequencies and the combination of them all as a seventh tone.

Listening to the Solfeggio scales

At [www.SomaEnergetics.com](http://www.SomaEnergetics.com) learn more about David’s healing classes using the ancient Solfeggio scale and the tuning forks of the ancient Solfeggio scale.

Taste the beautiful music of the Solfeggio scales. The completed series of frequencies found encoded in Numbers 7:12 - 83, translated into tones, sounded with tuning forks, is found on my “Paint Your Soul” CD at [www.jillswingsoflight.com](http://www.jillswingsoflight.com) and at [www.soundmatterandspirit.com](http://www.soundmatterandspirit.com).

The healing Solfeggio scales are also on Jonathan Goldman’s “Holy Harmony” which can be found at [www.healingsounds.com](http://www.healingsounds.com).

Jonathan Goldman, reports that these tuning forks are said to be:

- The Divine frequencies of creation.
- Fulfillment of certain Biblical prophesies.
- Embedded with extraordinary healing and transformational properties. ¹⁹

Also check out the web site [www.Bibal.com](http://www.Bibal.com) to learn about the translation of the Old Testament into music. The Bibal group uses ancient mathematics, ancient philosophy and musical theory and then transcribes ancient texts and produces the original music of the Old Testament.

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¹⁹ [www.healingsounds.com](http://www.healingsounds.com)
Secret Mathematical Patterns Embedded in the “Paint Your Soul” CD.

“Leonardo De Pisa (@1180 – 1240 A.D.) better known as Fibonacci, noted that branching patterns, flowering patterns and spiraling forms in nature use harmonic laws found in music. In nature, he discovered the Fibonacci numbers: 1, 1, 2, 3, 5, 8, 13, 21, 34, 55… unto infinity. Adding any two adjacent numbers will give you the next number in the series.

The Fibonacci series of numbers has been converted into musical intervals in my “Paint Your Soul” CD.

The ratio of neighboring Fibonacci numbers equals phi (1.68…). This is intriguing because these ratios are the same as the proportions found in our bodies, the spiral of a seashell and in billions of stars in a distant galaxy.

Our musical system uses beginning numbers in the Fibonacci series in the major chord structure (1,3,5,8). The next number in the Fibonacci series is 13. The 8/13 interval is believed by Jonathan Goldman and many to open up the next steps of consciousness for mankind. Jonathan Goldman rediscovered the musical validity of the 8/13 interval, creating tuning forks as well as recordings that utilize it. (see www.healingsounds.com)

"The ‘Paint Your Soul’ CD brought tears to my eyes at first and weeks later still leaves me in a state of contemplative quietude hours after listening.” Judy S.

The 8/13 interval also has the ratio of phi. This interval is believed by many to send our energy up this mathematical spiral towards the heavens. This interval sounds in tuning forks on the “Paint Your Soul” CD.

The Fibonacci numbers (or frequencies), if graphed, reveal a spiral. In contrast, Western music creates a circle when graphed (because notes in our tuning system have been modified.) Many ancient traditions believed that listening to the ‘spiral’ pattern in sound enabled one to ‘quicken’ their soul and rise closer to God.
These frequencies are not used today, because using the pure Fibonacci frequencies makes our pianos impractical. We would need a separate piano for each key.

The “Paint Your Soul” CD incorporates tuning forks that sound the pure tones of this spiral pattern, creating the sound that ancient traditions believed carved a pathway into the listener's consciousness to lead him closer to God, creating patterns in our brains for consciousness to expand on.

Visit [www.jillswingsoflight.com](http://www.jillswingsoflight.com) to taste the Paint Your Soul CD or [www.soundmatterandspirit.com](http://www.soundmatterandspirit.com), a Sound-spirit store.

“While listening to ‘Paint Your Soul,’ I felt a deep healing happening. I was sitting at my computer when I first listened to it, and when the CD ended, I felt such profound peace and lightness. Even though I was in the ‘thinking’ mode while listening to it, the music resonated right into my being. It is truly healing music for your spirit and soul.” Anne L.

In the book, *Music, Its Secret Influence through out the Ages*, Cyril Scott reports that music makes energetic pathways in our consciousness, which paves a way for evolutionary progress to be achieved in mankind. For example, Bach's and Haydn's harmony and mathematical perfection of tones enabled the people at that time to rise out of the dark ages, by introducing the frequencies and consciousness of harmony.

Scott argued that the ornate classical music inspired the ornate Victorian architecture and styles at the time. Beauty emerged, but some people's pretty things hid a cold heart. Later, the music of Beethoven introduced the frequency of compassion, which was needed to grow people beyond ornamental, good behavior. To validate this, Scott argues that the first charities are recorded in history only after many people had heard Beethoven's music.

“Upon the wings of sound is the path of higher evolution.” Tibetan master, *Djwhal Khul*
Can music carve pathways into our consciousness to help us uplift ourselves?

“You are Star Dust!”

Stars are primarily made of carbon, hydrogen, oxygen and nitrogen. You are primarily made out of the same elements! Are there similarities between you and the stars, given we are made out of the same stuff?

Pythagorus taught that musical scales were based on planetary tones. Pythagorus believed that the same mathematical proportions used to create musical intervals also predicted the movement of the planets in our solar system. Pythagorus believed that **music and the heavens are related**!

“**Whosoever shall make a copy thereof (of the cosmos) and shall know it upon earth, it shall act as a protector for him, both in heaven and upon earth.**”  Heaven’s Mirror by Graham Hancock.

A French physicist, Joel Sternheimer discovered sound frequencies of elemental particles. In fact, he produced a formula to convert atomic mass into frequency. Everything has a frequency, a song if you will. The song may be below our hearing range, but the song sings nonetheless.

Joel Sternheimer used equipment to detect sound that we can’t hear with our ears. He recorded the sounds that amino acids in plants make and played their own songs back to them. He discovered that when the plants heard their song, the plant growth doubled, resilience to drought and resistance to disease increased. This says to me, that **when we sing our song, in tune, we become all that we were meant to be**.

What is our unique song? How do we find this out when we can’t hear it? Is our unique song similar to the stars’ songs? After all, we are both made out of the same elements! (although different proportions) And each element has a tone!

People’s bodies produce musical tones that our ears can’t hear, they are either harmonious with the heavenly spheres or not! Our bodies hum together with the planets and the stars!

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The Sounds of the Planets and the Sun

In truth there is no such thing as sound or color. There are only wavelengths that we perceive as sound or color. Our ears and eyes distinguish between certain frequencies or wavelengths. Our eyes and ears then transform the waves into electrical or electromagnetic signals that are sent to the brain. We then see colors and hear sounds.

The laws of musical harmony are mathematical equations that apply to all wavelengths, and not just the wavelengths we hear.

For example, we don’t hear colors, because they are a higher frequency that our ears can transfer into electromagnetic impulses and send to our brain for interpretation. Colors are wavelengths just the same as frequencies are.

Just as we have learned that music can heal, so can colors. This is because colors are wavelengths too and the laws of harmony apply to them too.

Professor Max Luscher in Canada proved that the growth of testes in drakes could be controlled by the use of color. He used two groups of drakes in identical conditions, except one group of drakes lived under orange-red lights and the other group lived under light blue lights. The testes of the drakes that lived under the orange-red colored lights grew to be twice as large as those drakes that lived under the light blue lights. Clearly color impacts us, just like sound impact us.

According to Hans Cousto, the phenomenon that determines color, timber and tone is mathematically described in the formula for harmonics (that we discussed with Harold Moses).

Hans Cousto tells us that the time it takes a planet to complete an orbit is equal to 1/ the frequency of the planet. He has calculated the frequencies of the planets in our solar system, the moon, the sun, and

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22 Luscher, Max. Der Klinishe Luscher test.
The Harmony of the Earth

Hans Cousto calculated the frequency of the earth as it rotates on her axis for one day as the tone “G.” A half of a rotation results in a tone one octave above “G.” A quarter rotation creates the “G” two octaves higher. An eighth rotation results in a “G,” three octaves higher. A sixteenth rotation creates a “G,” four octaves higher. See the pattern?

Two different scientists discovered, using different methods, that DNA and RNA chains have a special resonance maximum, that correspond to an octave tone of the earth’s rotation. By tuning ourselves to the frequency of a “G,” do we tune up our DNA?

If you raise the frequency of earth day 65 octaves, you create the color orange / red.

Also the maximum resonance of the DNA lies in the 66 octave of the earth day, linking the resonance of your DNA and the color orange / red. This color has a multiplying effect on your DNA (remember the study on the drakes and the impact of this color). Also, listening to this tone, “G,” is a way to get energy.

Hans Cousto recommended that a tuning fork tuned to the frequency of an earth day, be placed on various meridian points of energy in your body for an astonishing and invigorating effect (see “The Cosmic Octave” for details). He also recommended placing an earth day tuning fork on the lower part of your breastbone so sound could reverberate within you.

Cousto suggested that when you tune in the harmony of the earth, that you simultaneously tuned into the energy of beings such as the Indian saddhus (monks) and the monks of Tibet. By tuning into their energy you participated in their peace of mind, you “become part of the morphogenetic field” of all those already in harmony due to their regular meditation.

When Cousto told us that we can join in the energy of advanced beings, (who regularly benefit from meditation) he reminded us of the scientific phenomenon of the hundredth monkey. Studies show that when a

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25 To purchase this book, go to www.LifeRhythms.com or call 707-937-1825.
certain percentage of the monkey population learned a new trick, that the entire population of the monkeys, even those on other islands who had never seen the trick, could also easily perform the trick. The British biologist, Rupert Shaldrake tells us that information belonging to a species is available to other members of that species when a certain percentage of the population learns the information, even if he is around the world.

**Tones and The Weather**

Cousto reflected on an interesting comparisons between electromagnetic impulses from the earth’s atmosphere (called spherics) and the earth tone. The earth’s rotation is responsible for continuously creating similar frequencies of electromagnetic impulses in our atmosphere. Spherics are exact octaves of the frequency of the earth’s rotation. The spheric impulses have a determining effect on our weather. So frequency affects our weather, too!

Spherics can also modify the structure of protein molecules. So the earth tone effects the spherics and the spherics affect us!

**The Frequency of the Moon**

Cousto calculated the frequency from one new moon to another, at a “G#.” He also noted that the moon effects the tides and our body fluids. He suggested that tuning with a moon “G can help stabilize fluid imbalances.” Cousto cautions us to not use tuning forks to replace traditional medicine.

Cousto noted that Monday, or “Moonday,” was when the moon entered a new phase. In the old days the festivals were in harmony with the passage of the moon.

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The Harmony of the Sun

Indians, in the eastern part of our planet, tune to a “C#,” the exact frequency of the movement of the earth around the sun! Indian tuning practices take longer than in western civilization and include the tuning and harmonizing of the musician and the audience to the frequency of “C#.”

**Attuning to a “C#” has a calming and stimulating effect on one’s soul.**

Harmonizing with the frequency “C#” is beneficial for those experiencing stress, and need fortifying and calming energy.

Cousto commented, “The sun tone corresponds to the limits of physical existence. The world beyond this frequency is completely different than ours. It is a world with other dimensions, other concepts of space and time, and a world existing beyond Einstein’s theory of relativity. …. The sun represents a door from one world to another. It is and exit from the known, the mechanical and the physical world, and the entrance to a new world, a magical world.”

Cousto summed up that; “Meditation music attuned to this tone is beyond all imagination and will lead the listener into new dimensions. Above, all, it is recommended for people whose souls are full of joy and whose spirits are clear, for those who are prepared to leave everything behind them without regret. *Meditation carried out to this tone will lead the listener to a state beyond good and bad, shame and guilt, beyond space and time, knowledge and wisdom, action and rest, and being and non being. It leads to a state where being has no name to a state where the all- in-one and the all-encompassing are no longer separate entities but are reunited at their tone, common origin, the origin that is also you.*”

Tuning with the Galaxy and the Stars

The earth completes a full rotation in our sky in 25,920 years, a platonic year. When we use Cousto’s formula to calculate this pitch we get an “F.”

Cousto explained that this pitch stimulates our spirit, which is higher than our soul.

Our soul gives us divine guidance. Our soul’s energy is closer to ours than our spirit’s energy.

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In contrast, our spirit is not affected by our emotions, because it is beyond all good and bad. For example, our spirit wouldn’t understand the concept of forgiveness, as it practices unconditional love and nothing would ever need forgiveness. Yet, our soul understands the concepts of duality, good and bad, and forgiveness, just as we do.

Cousto attributed the great wisdom of the ancient Chinese (who exhibited wide horizons in their thinking) to their concert tuning practices of tuning to the platonic year. The ancient Chinese placed an extreme importance on the spirit.

The emotion one receives from attuning to an “F,” the frequency of a platonic year, is \textbf{cheerfulness that is beyond suffering and desire}. We receive a cheerful and clarifying effect on our spirit with this harmony.

Hans Cousto associated the Crown chakra with the platonic frequency. He quoted Hans David: (The crown chakra) “…represents the highest stage of spiritual development… where all problems, tensions, and conflicts have been resolved or overcome and transcended.”

\textbf{Summary of planetary Rotation Frequencies}

Cousto compared the different earth, sun and galaxy frequencies to stages in our lives.

\textbf{Tuning to “G,” the earth day}: We activate our neural and genetic equipment, and we are a receptor for many levels of consciousness. This is beneficial the young in spirit or those interested in starting families.

\textbf{Tuning to “C#,” the earth year}: In this stage we learn to integrate harmonically with people and our environment. We learn new perspectives as we resolve issues.

\textbf{Tuning to “F,” the platonic Year}: We no longer participate in unconscious activities. We divert our reliance from the outside world to rely on ourselves, as we make new choices.

In the “You are Star Dust” CD, the tones as calculated by Cousto, for the planets and the sun, are raised many octaves so we can hear them. \textbf{These “star tones” are played on tuning forks and twinkle in the background of the deeply sonorous and fluid music, the “You are Star Dust” CD.}

\footnotesize 33 Cousto, Hans. The Cosmic Octave, the origin of Harmony. LifeRhythm, Mendocino, CA, 2000. Pg.73. 
The theory of entrainment says that a strong vibration in close proximity will cause a lessor vibration to change and vibrate in sync with the stronger vibration. **So when you hear the sounds of the stars** (raised up octaves into your hearing range) **you can vibrate with the harmony of the songs of the heavens.**

“As you hear the star’s vibration, you can vibrate in tune with it. So you can sing the song of the stars and the stars sing in you! **We are in the choir of the uni-verse, meaning one song.**”

Visit [www.jillswingsoflight.com](http://www.jillswingsoflight.com) to hear the “You are Star Dust” CD and melodically meander through my virtual web gallery of paintings! “You are Star Dust” is also available at [www.soundmatterandspirit.com](http://www.soundmatterandspirit.com)

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**Crystal Singing**

Jonathan Goldman states, “Information on computers is stored on silicon chips, that are made of crystal. Radio and TV transmitters are also made out of crystals. A crystal sends and receives information.

“When you sing into the base of a crystal, singing up and down with the pitch of your voice like a siren, one pitch will create an audible harmonic. The crystal will resonate with this harmonic. This vibration is a powerful influence and can increase your energy and power. Crystal singing can be used as a tool for transformation and healing,” Jonathan continued.

“A group of people can stand, making a geometric pattern. For example they can form a six-pointed star around a recipient. Each person then sings into the base of a crystal, pointing the crystal towards the recipient. Each person also projects his or her intent of healing to the recipient. The lines of sound go towards the recipient at geometric angles. The sound hits the recipient at certain angles, which amplifies the healing. This type of experience can be very powerful.”

**Sounds for Planetary Healing**

Jonathan continued, “I have been working in this field for 30 years. In the first 15 to 20 years, I helped people discover that sound can heal their bodies. Later, I
taught that sound could help people enter deep meditation, quickly and easily.
Then, I wondered, ‘What next?’

“In a deep meditation, I understood that sound could be used for ‘planetary healing’ to raise the consciousness of the people on this planet and to generate more compassion and kindness. In other words, we can make our world a kinder and more loving place, with the powerful tool of sound coupled with consciousness.

“So how do we use sound to uplift the planet?

“Many people consider the Internet to be the neural network of our planet. It is like the global mind that we can tap into. It’s a great phenomenon, but we really need to have the energy of the heart—the global heart of the planet as well—in order to balance this global mind.

“The energy of the heart is so important. Spiritual masters throughout the ages have told us this, and indeed now modern science is validating this as well. Did you know that the electro-magnetic field generated by the heart is 60 times greater than the electro-magnetic field generated by the brain? The Heart Math Institute made this discovery. The heart is an extraordinarily powerful instrument, especially if it is manifesting the energy of love and appreciation. This is one of the keys that Gregg Braden writes about in his book The Issiah Effect, which is about ‘The Lost Mode of Prayer.’

“The question is: ‘How do we activate the global heart? ’ The answer is quite simple. In Tibetan Buddhism, there is the mind, the body, and the connective force that links these two—sound! In order to activate the global heart of the planet via the Internet and connect it to the global mind, we must make sound together.

“After linking with people on the Internet who tune in and begin listening to programs such as ‘World Puja,’ I then get these people to become co-creative and active by toning the ‘Ah’ sound, which activates people’s heart energy.

Jonathan has many CDs that received awards:
"The Divine Name" (co-created with Gregg Braden), Finalist for the 2004 Visionary Awards for Best Healing-Meditation Album.”
 His overtone chanting is heard on Kitaro's 2001 Grammy Award winning album.
Jonathan's best selling release "Chakra Chants" won the 1999 Visionary Awards for "Best Healing-Meditation Album" and "Album of the Year."
"The Lost Chord" won Runner Up as the 2001 Visionary Award for "Best Healing-Meditation Album."

Jonathan is the author of:
* Shifting Frequencies,
* The Lost Chord,
* Tantra of Sound, co-authored with his wife Andi.
Currently, people are not yet able to hear each other make this sound while they are toning via the Internet, but the effects are still measurable. I trust that soon, as technology continues to develop, we’ll be able to actually hear each other’s sounds while we focus our intent on the sounds. The effects will be even more extraordinary.

“Sound amplifies prayer. It enhances consciousness. With increased consciousness, we can be more compassionate towards each other and have deeper understanding of one another. This loving kindness is one of the more important aspects of consciousness that we can manifest in order for us to evolve.”

“The Global Consciousness Project at Princeton has a research project initially called ‘The Maharishi Effect.’ It showed that if, for example, a group of people meditated on peace for about 24 hours, there was an actual decrease in violent activities within the city where the meditation occurred.

“Further research on the power of group meditations showed that in order to affect the measurable field studied by the Global Consciousness Project, you only needed to have the square root of 1% of the population taking part in a meditation. Now, if you consider the population of the planet, this is only about 8,000 people. That’s an incredibly small number of people needed to make such a major effect and create a difference.

“Of course, I’d like to suggest that this number of the square root of 1% of the population needs to be refined meditators in order to manifest change. I believe they need to master techniques to achieve inner peace and then to generate this energy outward. These techniques are available in books such as Tantra of Sound.”

**Tantra of Sound**

Jonathan continued, “My wife Andi and I have written a book called *Tantra of Sound*. We use the term ‘tantra’ in its traditional way, meaning the interconnecting web that unites all of reality. Some call it ‘The Field.’ Others call it ‘Indra’s Net.’ It has many different names, but basically it is the unifying
energy that connects us all. From our perspective, sound is the substance that makes up this force.

**Tantra of Sound** tells us how to use sound to:

- connect more deeply with yourself
- connect more completely with others
- manifest compassion
- enhance relationships with yourself
- create more powerful connections with others
- create inner harmony within your own being
- generate harmonic energy for others.

“At this point in our evolutionary development we can make a positive difference in our planet, because we have the necessary technology. And that technology is using our own sounds coupled with conscious intent.

“This technology of toning together throughout the world via the Internet or having more people ‘tune’ into healing sounds can change the vibration of our planet. Our sounds can positively change our world. This realization is truly powerful and uplifting! We have the ability to make a difference! This is why I do this work!”

For more information and healing sound products go to: [www.healingsounds.com](http://www.healingsounds.com).

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**Awakening Our Note in the Cosmic Symphony**

Let me introduce Dr. Jeffrey Thompson to you. Dr. Jeffrey Thompson, DC, BFA, a physician, a scientist, musician and composer, is the founder and Director of The Center for Neuroacoustic Research.

Dr. Thompson is recognized as a worldwide expert in sound healing. He has: produced over 66 sound healing CDs for the general public and professionals; invented at least 14 healing techniques; designed and produced vibro-acoustic-visual healing equipment; written many articles (Some are on www.neuroacoustic.org); lectured widely on the use and benefits of sound; worked with Deepak Chopra, Louise Hay, Bernie Siegel, Barbara Max Hubbard, Bru Joy, Susan Jeffers and NASA; been on interviewed national television (as many as 20 times in 2005); and featured in many magazines and newspapers (such as the Wall Street Journal).
One Special Frequency

Dr. Thompson began our interview by talking about certain sounds that affect us. “If you expose a wineglass to various frequencies of sound, you will find one, and only one, tone that makes the wineglass shake. The wineglass “resonates” with that particular tone and vibrates at the same frequency. That particular frequency is the fundamental frequency of the wineglass. One can find the fundamental frequency for all things.

“I came up with a system to measure the fundamental frequency of each vertebra in one’s back,” Dr. Jeff explained.

“If someone’s vertebra was pushed to the right, and I pushed it even more out of place, my action would trigger an alarm in his brain. That alarm produced: increased pain, increased heart rate, increased pulse rate, increased respiration, galvanic skin response, increased blood pressure, change in electromyograph (EMG) rate and change in brain waves (EEG). The person exhibited the stress responses and we can measure this,” Dr. Jeff concluded.

“When I was pushing the vertebra out of place, I simultaneously played different tones. One tone would cause the back to slip back into place, despite my pushing in the wrong direction. All stress responses would stop. This tone is the fundamental frequency of that vertebra.

“Blood tests (before and after the vertebra is put into place with the fundamental frequency) reveal improvements in other areas of the body!”

“Perhaps each vertebra sends vibrations to an organ,” I thought.

“When an organ vibrates in sync with the fundamental frequency, the organ becomes healthy,” Dr. Jeff told me.

“Improved health in one organ may improve health in another, as each organ’s performance can affect another organ’s performance,” Dr. Jeff continued.

“Every organ has its own fundamental frequency!”
Bio-Tuning

“We can monitor the autonomic nervous system (I think of it as the automated nervous system) which controls automated functions in our body, like the function of our liver and other organs,” Dr. Jeff told me.

“In contrast, the Central Nervous System monitors voluntary systems, such as moving your arm.

“The autonomic nervous system sends signals through either of two opposing nerve branches:

1. The sympathetic nervous system, which is your ‘flight or fight’ response.
2. The parasympathetic system, which maintains and rebuilds organs.

*The autonomic nervous system directs energy to where it is needed.*

“When the person is in a “flight or fight” situation, his sympathetic nervous system receives energy. The person experiences increased heart rate, galvanic skin response and increased blood pressure. A “flight or fight” situation takes energy from the parasympathetic system, which stops rebuilding organs and tissues.”

*When the autonomic nervous system does not need to do anything*

“When the autonomic nervous system is not channeling energy into the parasympathetic or the sympathetic system, the person is in a state of homeostasis or perfect rest. This is an excellent state of being. A test of a person’s degree of health is shown by how fast he can go from the parasympathetic or the sympathetic system into homeostasis!” Dr. Jeff stated.

I imagined that without rest our body gets tired, overworked and ages quickly. It must be important for the parasympathetic and the sympathetic nervous system to go into homeostasis.
“We have machines that measure one’s heart rate, which in turn analyze the parasympathetic and sympathetic nervous system. We monitor how long it takes for a person to go into homeostasis, to measure his degree of health,” Dr. Jeff continued.

“Some people can never get to homeostasis. These people are in the ‘flight or fight’ stage all the time, with symptoms such as high blood pressure or high blood sugar. They also have difficulties sleeping, as if they have ‘one eye open,’ waiting for the predator to come. Lack of sleep makes their problems worse,” Dr. Jeff continued.

“Since we can monitor the autonomic nervous system, we can watch the body’s response to frequencies. We can calculate which one frequency will take a person into homeostasis! In homeostasis, the person receives a whole healing, because the autonomic nervous system controls all the automated systems, that is, all the organs and body systems!

“I call this process Bio-Tuning,” Dr. Jeff revealed.

“Hmmm. So, when your autonomic nervous system is working perfectly, it directs your body to work perfectly!” I concluded with a smile.

**How our Fundamental Frequency affects our Consciousness**

Dr. Jeff gently spoke, “There are relationships between states of consciousness and your fundamental frequency.

“Let’s say your fundamental frequency is 100 cycles per second;

- If you go an octave below your fundamental frequency, you half the frequency and the frequency is now 50 cycles per second.
- If we go down another octave, the frequency is 25 cycles per second.
- If we go down another octave, the frequency is 12.5 cycles per second.
- If we go down another octave, the frequency is 6.25 cycles per second.
- If we go down another octave, the frequency is 3.125 cycles per second.”

“The human can’t hear below 20 cycles a second. However, a frequency below 20 cycles a second produces brain waves, which cause a specific state of consciousness.
“Our brain experiences frequencies below 20 cycles per second when we sleep. The specific frequencies that heal our mind, body and feelings in deep sleep are lower octaves of our overall fundamental frequency. We can calculate and produce exactly which brain frequencies enable you to receive these beneficial gifts by using binaural beats. You don’t have to be in deep sleep to receive these benefits!

**Fundamental Frequencies and Healing Colors**

“Let’s go the other way and raise your fundamental frequency by octaves. Let’s start at 20,000 cycles per second and raise this pitch by octaves, which means we double the frequency to create each new octave,” Dr. Jeff offered.

“The new octave will be above our hearing range. As we keep increasing the frequency by octaves we create radio waves, TV waves, microwaves and x-rays. When we increase the frequency 40 octaves, the frequencies are now measured in angstroms, that is, millions of cycles per second. These high octaves above your fundamental frequency are now light!

“In fact, your fundamental frequency is a specific color. If we were to shine this color of light on you, you would go into homeostasis or ‘perfect rest,’” Dr. Jeff added.

“Wow! I’ve always been affected by certain colors and now I know why!” I marveled with this thought.

**Primordial Sounds**

“Primordial sounds are space sounds, nature sounds, body sounds, and one’s own voice disguised from our left brains.

“Primordial sounds give people a visceral response. By that I mean an unconscious physical response, like getting goose bumps or the hairs on your
arms raising. With a visceral response, one can't tell where the sound ends and the body begins.

“A visceral response is caused by a signal in the brain (such as primordial sounds). The primordial sounds create brain waves that produce beneficial chemicals in our body. Therefore, primordial sounds are beneficial for your body.”

“I used primordial sounds on my CDs because they awaken deep levels of recognition in the subconscious mind.

“In psychoanalysis, people receive help to awaken deep levels of their subconscious. Listening to primordial sounds does the same beneficial thing.

“Primordial sounds create a deep and lasting healing in one’s subconscious mind, while expanding consciousness,” Dr. Jeff continued.

Different Octaves of the Fundamental Frequency

“Not only does the fundamental frequency (and its octaves and harmonics) vibrate your body, but different octaves of your fundamental frequency resonates different parts of your body. This is because different organs in your body have different density. Slower frequencies penetrate denser matter. For example:

- Your fundamental frequency affects your skin.
- One octave below your fundamental frequency, the vibration affects your muscles.
- Two octaves below your fundamental frequency, the vibration affects your joints, tendons, and ligaments.
- Three octaves below your fundamental frequency, the vibration affects your bones. (Notes three octaves below your fundamental frequency sound as low as a base guitar.)
- Four octaves below your fundamental frequency, the vibration affects your fluids, and cells.
- All of the octaves of your fundamental frequency take you into homeostasis!” Dr. Jeff’s eyes danced with excitement.
I never considered that different pitches of the fundamental frequency would affect different parts of me, but it does make sense when you consider the different depths and densities of our bodies.

**Changing Our Behavior**

“I tape people speaking affirmations of things they want to change in their life. I then take the person’s voice down two to four octaves so he doesn’t recognize his own voice with his left brain. However, he does recognize it on a deep subconscious level. When he listens to the affirmations in his own voice that only his subconscious recognizes, there is an effect on his behavior. *He makes his affirmation a habit, quickly and permanently!*”

**How Dr. Jeff’s Methods can help us!**

I asked Dr. Jeff if he could recommend a “sound” product or a “sound” therapy that was inexpensive. Dr. Jeff reminded me that we each have a sophisticated tone generator, our voice. The voice has been used throughout the ages for healing at the deepest levels. Different forms of chanting, toning, mantras, and group chanting are powerful healing tools available to people and they are free.

Dr. Jeff recommended listening to CDs. On his web site ([www.neuroacoustic.org](http://www.neuroacoustic.org)), in the sound store, click on the pictures of the CD covers to hear sound clips.

Feel which CDs give you pleasure or a visceral response. Also, there is a document in the Sound Store that describes which CDs help you sleep, meditate, heal, grow, relax, perform at peak states, and so on.

With more investment, Dr. Jeff highlighted the sound tables and chairs. The CDs are designed to take sound into your physical body. The CDs and the sound table or sound chair will “play” your body with the music, creating a much greater response in your body.

The Center for Neuroacoustic Research offers seminars on learning how to use sound to heal others and yourself. One may train to become a Neuroacoustic Sound Practitioner or a Neuroacoustic Sound therapist. Upcoming seminars, workshops, and internships are noted on [www.neuroacoustic.org](http://www.neuroacoustic.org). To fund a research project to benefit mankind, contact the Center for Neuroacoustic Research at 760-942-6749.
Music that Harmonizes Earth and Star Energy

Fabien’s Story

I asked Fabien Maman to tell me his story. I wanted to know how he came to create musical instruments to connect with the stars and harmonize with the heavens!

“I was a musician in a jazz band, giving concerts in various places throughout the world: Japan, Mexico, New York and Germany,” Fabien remembered. “People responded to our music differently depending where we played. It was more than just cultural differences, because people had a different reaction to our music in the same country, but at different times of the year. The musicians and the music were the same, but the time and place changed.” Fabien learned that location and time affected how people respond to music.

“I felt the crowd’s emotional response to our music, but I also saw their auras (the colors of people’s subtle energy). I saw music affecting people’s energy fields (auras).”

At one concert Fabien saw the audience’s auras light up intensely and flood onto the stage, hugging the band members with iridescent colors. Fabien learned that subtle energy travels on music.

In 1974, Fabien had a similar experience while he was giving a concert in Japan. Japanese do not clap after each song. Without clapping, the subtle energy (auras) built up faster. The aura colors formed waves that went from stage, and returned in this cyclic motion. Fabien learned that breaking up subtle energy that music creates.

“These experiences deeply affected me, and I wanted to know how music affected people: their mind, body and soul.”

Visit www.neuroacoustic.org for more information!


Acupuncture: Energy Systems in the Body

Before one of Fabien’s concerts in Japan, the band was exhausted. He asked an acupuncturist in the hotel to work on his band members, to rejuvenate their energy. The acupuncturist tuned and played their bodies like a harp. They were all astounded at the magnificent changes that they felt.

“That was a life changing experience for me, as I realized that in that room of musicians, the acupuncturist was the REAL musician. And, I wanted to be a REAL musician. I took what I thought would be a three-month break from music to learn acupuncture, and then extended my study of this art for the next seven years.”

The study of acupuncture taught Fabien how energy travels through the body. Later he used these energy systems to transport healing music and sound into the body for body, mind and soul restoration.

A Picture is Worth a Thousand Words

“How did you decide which pitches affect your body, and organs?” I asked.

“I did research on the affects of sound on the human body in 1981 with biologist Helene Grimal at the University of Jussieu, Paris.

“I photographed cells that were exposed to various pitches and different instruments. I used Kirlian photography to see the subtle, yet powerful affects of music on the body’s cells,” Fabien added.

In his book, The Role of Music in the Twenty-First Century, there are Kirlian photographs of certain pitches exploding helia cancer cells. The photographs showed that sound could drastically change the health of one’s cells. There are photographs showing the shape and color of cells changing due to pitch and different instruments also in www.tama-do.com.

“Wow!” I thought, “that is powerful proof of how much sound affects us!”

Fabien continued, “From my research, it is clear that blockages in our subtle bodies result in physical illnesses if they are allowed to crystallize. Sound, color
and movement are the most effective tools we can use to dissolve these negative energies.”

This research became the driving theory behind Fabien’s life work.

**Further Proof of the Impact of Sound on Your Body**

For further proof, Fabien collaborated with the physicist and musician, Joel Sternheimer, who discovered sound frequencies of elementary particles and molecules. Joel also discovered fundamental frequencies for organs and amino acids in plants.

Let me give you a little information on Sternheimer’s work. In an article on [www.earthpulse.com](http://www.earthpulse.com) said that Sternheimer discovered the mechanism for how plants respond to the stimulation of sound waves.

“The sound sequences are not a random but carefully constructed melodies. Each note is chosen to correspond to the stimulation of sound waves. What this means is that the sound sequenced in just the right order, results in a tune which is unique and harmonizes with the internal structure of a specific plant type. Each plant has a different sequence of notes to stimulate its growth.”

“According to New Science ‘Sternheimer claims that when plants hear the appropriate tune, they produce more of that protein. He also writes tunes that inhibit the synthesis of protein.’ In other words, desirable plants (weeds for instance) could be inhibited.”

“In experiments by Sternheimer, he claims that tomatoes exposed to his melodies grew two-and-a-half times as large as those, which were untreated. Some of the treated plants were sweeter in addition to being significantly larger.

“Sternheimer also claims to have stopped the mosaic virus by playing the notes sequences that inhibited enzymes required by the virus.”

I wonder if each molecule corresponds to a melody and each molecule in our body can be reactivated if it ‘hears’ its corresponding melody?

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“Each molecule corresponds to a melody. Each molecule in our body can be reactivated if it ‘hears’ its corresponding melody.”

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Fabien continued, “Sternheimer and I both worked on a great many people with tones.

**Getting Sound into the Body**

Fabien also learned that tones are different when the harmonics vibrate in the air and go into the body via your ear, than when tones vibrate and go into the body another way. The body is denser than air and distorts the tones.

“I use a different healing tones for organs, depending on whether or not someone hears the tones with his ears, or sends tones into his denser body.”

“Fabien,” I asked. “I understand how one hears through his ears, but how do you get sound into one’s body?”

“Through acupuncture meridians,” Fabian replied.

After spending seven years to learn acupuncture Fabien learned the natural system of channeling energies through the body, through chakras and the meridians. Fabien spent seven years researching and creating a sound system linking the notes that correspond to the acupuncture meridians and their organs. He also created a system of tones that link with the chakras. The vibration of the sound then goes into the chakras and meridians, the body energy transport system.

I imagined a subway system of energy in our physical bodies that transported energy to the various organs. Of course a blockage in the subway transport system would cause the organ to go without needed energy.

**Tama-Do Courses**

Fabian teaches many courses at the Tama-Do Academy of Sound, Color and Movement and I asked him to explain them to me.
“We teach students to use music, color and chi movement (energy in the energy subway, transport system) in their bodies to improve their energy, which improves their mind, body and spirit.

We offer courses on:
- sound, color and chi movement
- becoming a sound or color healing practitioner
- becoming a teacher of this material

In Fabien’s first level of training, he teaches channeling energy into meridians and the body with tuning forks. Students learn to be sensitive to frequencies in bodies and commune with energy that radiates from nature.

“In the second level of training, we move from the physical to a more subtle level of energy. We teach how sound (and its harmonics), color, and movement affect one’s subtle energy fields, which in turn influences the physical, emotional, and mental energies. Students develop sensitivity to feel subtle energy. This increases awareness, which helps the students manage themselves better and provide healing services to others.

“In the third level of training, students develop sensitivity to the energy that radiates from the stars.

Star Tuning

Fabien continued, “We are human beings. We resonate with the earth that we stand on. Therefore, resonating with the tones of the elements heals us.

“Our feet stand on the ground and connect with the earth, but our body rises in the sky. So energies from stars, planets and the sun also affect us.

“Music is sound waves, and sound waves are energy. Light is energy also. Energies affect one another when in close proximity, so the energies from earth and sky interact with musical energy.

“Energy from starlight gives us direction in the form of mental and feeling impulses. When students feel energy from starlight, the starlight triggers responses in one’s mind, body and feelings, which in turn releases stored
information in the DNA and subconscious mind. Star energy can trigger the release of DNA information.

“The seed of the spiritual is found in the physical, in the heart of the cells. The divine story for each person is written in his spiraling DNA. The starlight gives people encoded information (that later unfolds) about their gifts, how their gifts benefit others and their life purpose. Thus, star energy helps people find their divine path in life” Fabien continued.

“Rebirth occurs with realization of our soul’s purpose, which is our divine path. By following this path, we shine like the sun. Strength and beauty return, while celestial overtones add increased radiance.”

“Fabien,” I begged, **“How does a star give us information?”**

“We pick up star energy *just like a radio receives radio waves from outer space.* Radio waves can be heard and we understand their messages. The same is true for starlight waves.

“Energy is information. The messages from stars are held in our subtle energy fields until our consciousness can accept and integrate their information.

“Energy, a vital life force, travels in the universe from stars, planets and nature through our subtle energy fields and then enters our physical forms. We may not understand the specific energy at the time, but later we will learn something or achieve the development of a value.”

“Like patience?” I interrupted.

“Yes,” Fabien replied. Fabien asked me, “Which star caught your eye in the night sky?” I pointed to a star.

“You are resonating with this star’s energy and on some level its message,” he explained.

All of the sudden, **the night sky became magical to me.** It was like an Advent calendar with hidden messages waiting to unfold when the time was right.
Fabien, how do you teach someone to receive star information?” I queried.

“We teach students sensitivity to notice how different groups of stars give them different feelings,” Fabien replied. To enhance the feelings students get from the stars, Fabien invented a huge, outside instrument, a bagwa, a 13-foot cathedral of sound with 25 tubes. The bagwa produces extremely low and high harmonics, which activates one’s consciousness and awareness. A student stands inside the bagwa so the bagwa’s music surrounds his body, opening his consciousness and awareness. In the bagwa, a person’s energy balances and harmonizes as he receives information that will unfold later.

The Bagwa

Others have told me that the stars have different energy and the qualities of the energies can help us develop qualities within ourselves, through sonic resonance. The stars can awaken qualities like:

- determination
- intuition
- consciousness
- aligning with Higher Will
- liberating spirit from matter
- awakening the soul vision
- adding light to your chakras
- bringing spirit into matter
- increasing the light in your aura.

Now that I have talked with Fabien, I understand how stars can impact us.
I always felt the impact of a star. Our sun is a star. On a sunny day, I feel more upbeat than on a dark and dreary day. Weather stations in the northern part of the USA report on seasonal disorder, which is depression caused by lack of sunshine. So, we are accustomed to being influenced by the star in our solar system. It makes sense to believe that other stars affect us likewise.

**Can we sing in harmony with the stars, too?**

I asked Fabien to give us advice on how we can benefit from his work and products.

Fabien recommended listening to his CDs while paying attention to where the music resonates in your body. “If you don’t feel anything from the music,” Fabien cautioned, “then use tuning forks on your body.”

“Pure acoustic sound clarifies your aura and opens up space for new consciousness, new ideas and energy,” Fabien reminded me.

“Come to a workshop. You will experience everything I have talked about,” Fabien invited.

People respond to Fabien’s work differently, because people are different. For example, some respond to their feelings based on movements, color or sound. Fabien uses all of these modalities in his practices.

[www.Tamo-Do.com](http://www.Tamo-Do.com) has much to explore, with numerous sound clips and enlightening photos, Fabien’s books, workshops, articles and CDs. Call 1-800-615-3675 for more details.

Fabien smiled and told me, “We are just starlight, all part of the universe.”

I smiled back and began to hum, “When You Wish Upon a Star.” This song held new meaning for me now.

And Fabien said, “yes.”

“Music prepares the way for spiritual work and brings us back to our natural crystalline structure, so we can be conduits of harmony here on earth.”

“The sky and its stars make music in you!”

The Egyptian Dendera Temple wall
Conclusion

We’ve seen pictures of sound creating things in matter. We can see pictures of the crystalline structure of water and see how water molecules change after being exposed to music. Fabien Maman produced Kirlian photographs that showed certain sounds exploding cancer cells. We can observe the power of sound!

We learned how sound and music impacts:

- our health
- our learning abilities and speed
- our energy
- our emotions
- our spiritual progress
- our body’s ability to produce desirable chemicals.

Congratulations! You have learned how to do “magic” with sound!

We’ve been surrounded with tools to make “miraculous” changes in our loved ones and our lives with sound and music, but we’ve never understood how to use these powerful tools.

So it’s up to you now to use this powerful information, or put it away and lose the “magic!”

Me? I’m humming a catchy little tune right now! And I know that I am a symphony, although I can’t hear all the tones with my limited hearing range. So I am going to continue to tune up my mind, body and spirit. Got to keep my symphony and my world in tune!

How about you?
FREE OFFER!

* * * * *

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