

REPORT

Sound As Healing Light Waves

lasos

Abstract

This article will address music and healing. Since focusing on creating music for over 50 years, I would like to share what I have learned about the mechanics of exactly how sound and music can induce healing. I will be discussing in detail the primary factors: 1. Physical Resonance 2. Emotional Resonance 3. Intent 4. Rhythmic Dance Music 5 Belief, and 6. Sound as a Channel for Your Consciousness

Keywords: Sound, Healing

Introduction

For any healing modality, healing is not creating something new but merely realigning the body to its own already-existing Divine blueprint. Healing is re-establishing a dynamic state of balance out of a temporary state of imbalance. There are innumerable ways to do this, and using sound is one potent way to do this.

Physical Resonance

Sound can heal primarily through physical resonance and emotional resonance. Resonance means: If there are two energy systems capable of vibrating to the same frequency, if one of them starts vibrating, and if it is sufficiently near the other one, it will tend to get the other one also vibrating to this frequency. For example, if you tune two strings on a guitar to the same note (same frequency), if you pluck one of these strings, the other string will also start vibrating.

Physical resonance results from the vibrating air “shaking up the molecules” and causing the energy system to synchronize with itself into “standing waves,” which, out of random chaos produce order, symmetry, coherency, and stability. Hans Jenny with his study of Cymatics shows innumerable photographs of beautifully symmetric shapes, formed by randomly arranged powder on a surface which is caused to vibrate by sound from a speaker attached to that surface. Sound can produce order out of randomness, by causing an energy system to synchronize with itself, producing standing waves.

Standing waves are inherently self-reinforcing and accordingly tend to maintain their existence. Consequently, they are a fundamental characteristic of any self-organizing system, such as your body. And this increased coherency is the direction of increased health, longevity, and greater life force. This means that sound can cause the various parts of your body to synchronize with each other, such as your heartbeat synchronizing with your breathing and with your brain waves. Any system that self-synchronizes into standing waves causes these waves to reinforce each other (sustained good health), whereas in a vibrating system without standing waves, the waves tend to randomly cancel each other out (disease & death).

Shaking up the molecules for sound-healing through physical resonance can occur, for example, by toning with your voice or using gongs or using Tibetan bowls that are rubbed in a circular fashion. A more esoteric example is dolphins that have been known to use their sonar to

“tune up” the chakras (subtle energy centers) of humans swimming with them. This type of sound healing - physical resonance - usually does not involve a complex blend of many instruments, such as an orchestra, but usually only one potent sound by itself.

Emotional Resonance

Emotional resonance means that music influences your feelings, and your feelings directly affect your health. To properly understand this, one must understand how different dimensions can influence each other. Then we can apply this understanding to your physical body, your emotional body, and your mental body, each of which is vibrating in a different dimension, or a different “range of frequencies.” Because of resonance, two systems tuned to the same frequency can have an energy-transfer between them. A simple example of resonance is radio: When your radio dial is tuned to the same carrier frequency that a particular radio station is transmitting on, this resonance allows your radio to pick up and “hear” the program from that radio station.

Now resonance also applies to the Law of Octaves. An octave higher means precisely twice the frequency and an octave lower means precisely half that frequency. For example, if "A" on a piano is 440 cycles per second, then 880 cycles per second is the "A" that is one octave higher and 220 cycles per second is the "A" that is one octave lower. Resonance can and does occur between octaves, simply because their frequencies are precise whole-number multiples of each other: If two strings on a guitar are tuned to 440 and 880 cycles per second, plucking either string will cause the other string to also vibrate, thanks to Resonance with the Law of Octaves.

Keeping this in mind, we can see how each of your bodies (physical, emotional, mental) can influence each other. Now to state the obvious:

1. Sound & music influence your emotions.

This is an energy transfer from the physical plane to the emotional plane. Furthermore,

2. Your emotions influence your physical body.

This is an energy transfer from the emotional plane back to the physical plane. Therefore:

3. Harmonious music/sound ==> harmonious feelings ==> good health.

Furthermore,

4. Your emotions influence your thinking.

This is an energy transfer from the emotional plane to the mental plane. And ...

5. Your thinking influences your physical body.

This is an energy transfer from the mental plane to the physical plane. Specifically, your cells respond to the mental pictures you hold in your mind of *how* your body is *supposed* to behave. Your beliefs about how your body is supposed to be will have long-lasting effects in how your body actually does behave.

Therefore:

6. Harmonious music/sound => harmonious feelings => optimistic thoughts => good health.

So to summarize, sound healing through emotional resonance triggers a chain reaction between dimensions that begin as a physical dimension sound and, through the Law of Octaves, passes through your emotional body and mental body, and then both your emotional and mental bodies influence the state of health of your physical body:

7. Harmonious music/sound ==> harmonious feelings ==> good health.
and

8. Harmonious feelings ==> harmonious feelings ==> optimistic thoughts ==> good health.

Please do not infer from this that you should repress or suppress inharmonious feelings. When you find yourself in such a state, the worst thing you can do is repress or suppress your feelings. The healthiest thing to do is to express them, release them, clear them and be done with them (study children - they're great at this!) ... rather than sustaining a state of inharmonious emotions. It is the long-term sustaining of inharmonious emotions that provides a supportive environment for poor health. The hypothetical ideal of course would be to create your reality in such a way that inharmonious emotions seldom get triggered in the first place.

Here's what happens when you repress/suppress your feelings: Your emotions are an egg-shaped energy field larger than your physical body and surrounding and interpenetrating your physical body. Each emotion is usually localized in one particular part of this emotional energy field. (For example, anger might be localized in your solar plexus.) Often, a person may decide that their emotion is bad, shameful, or too painful, and consequently decide to not let themselves

feel it. This causes the area where this emotion exists to freeze-up or lock-up, and basically get stuck and not flow. Since the flow of prana or life-force is extremely interactive with the flowing of emotional energy, if the emotional energy freezes up in one particular area, then the flow of life force also freezes up in that area. This means that not enough life force is flowing into that area now. So whatever physical organs happen to occupy the same space where the emotional energy got stuck are now no longer receiving sufficient life force! If this condition persists, then predictably those physical organs will begin having serious health problems!

Intent

Let yourself feel the feelings! Get the emotions flowing! (emotion = energy in motion.) All diseases are psychosomatic (caused by the mind and feelings). The physical body is the realm of "effect." The realm of "cause" is your thoughts and feelings. You can think of your physical body as the accumulated repository or record of all your thoughts and feelings throughout your life. The Angels of Healing make an important distinction between a temporary healing and a permanent healing: For them, a temporary healing is when only the symptoms (effect) are removed, not the cause. Permanent healing is when the emotional and mental attitudes creating the disease (cause) are changed or corrected. You can temporarily remove the symptoms, but for a permanent cure, you must remove the cause, and the cause is always in the feelings and thinking - your emotional and mental attitudes.

Furthermore, new incoming thoughts must pass through your intellectual censor, where you decide to accept or reject these ideas. However, music is sneaky: Sound and music bypass any intellectual censor and totally saturate their influence on your emotions & feelings. This highlights the importance of taking dominion over your own world and always monitoring what music you are allowing into your emotional world.

And for those of you that actively create and use sound in your work, remember intent can modulate (ride on) a sound wave just as one water wave can ride on top of another larger wave. For example, the same vowel sound of "ah" can make a plant shrivel up or thrive, depending on the intent of the singer in that moment. Maximize your intention when using sound. Clearly and consciously intend the effects of the sounds you are creating or using and watch its impact blossom right before your eyes! And intention creates an effect - not only when

you are creating sounds yourself, but even when you are re-playing sound recordings created by others!

Rhythmic Dance Music

One area of sound healing that is seldom regarded as such is rhythmic dance music! How so? Rhythmic dance music can perform 3 powerful healing functions:

1. It can charge the bottom 3 chakras or energy systems in the body - the base of the spine, the sex center, and the solar plexus center.
2. It can help ground the physical body.
3. It can vitalize the physical body by pumping energy into it.

Rhythm is actually an energy-pump through time. And if it is an effective rhythm (you know ... the kind where you have to move), then it is pumping a lot of energy! Effective rhythms tend to induce a resonance between the pulsing sound waves and the pulsing body waves. When the resonance is great, they have a hi-tech name for this synchronized pulsing together of the sound waves and your body waves - dancing! Since resonance allows for energy-transfer, in such a synchronized state, the sound of the music you are dancing to can pump energy and vitality into your body! ("I could have danced all night...") Hence, rhythm can provide nourishment to your body.

The trick, however, is to only choose dance music that is emotionally positive - otherwise you can be polluting your emotional body while vitalizing your physical body. Be discerning, only choose dance music that you sense to be emotionally positive and uplifting. Trust your intuitive guidance on this.

Another area of sound healing is sacred music. Here is how this works: Whatever you place your attention on, your attention is like an electronic beam that instantly connects you to the target of your attention, like dialing a particular phone number. Think of this beam of your attention as a *wire* on the mental plane, connecting two points. While this electronic beam of your attention is connecting you to your attention-target, three things are occurring:

1. Your energy flows out to the object of your attention.
2. The energy from the object of your attention is flowing back to you.

3. By being electronically linked up, you and this object of your attention begin to synchronize, and entrain, and resonate together as one system.

Therefore, whether your attention is focused on television reporting some horrible disaster or focused on a beautiful flower, you and the object of your attention immediately begin resonating together as one synchronized system, and you immediately begin absorbing the qualities of that reality!

Belief

Now when your attention is on the One Supreme Source of all Life everywhere - that which makes all of us alive - then you begin resonating with this Universal Energy. This means you begin synchronizing with the entire universe! And since *balance* is one of the prime qualities of the Universal Source of All Life, this means you are getting more in balance with the entire universe! And balance = healing! Attuning to the Universal Source, by any means, is the most healing thing you can do for yourself!

However, most humans have such a short attention span, even if their attention is on the one Universal Source, it cannot solidly stay focused there more than a few seconds. Here is where music can help: Music can perform the function of assisting you in attuning to the Universal First Cause and in keeping your attention focused there for an extended time period. Sacred music performs the function of facilitating your attunement to the Universal Source and sustaining your focus on the Universal Source, thereby causing you to become more healed by establishing a sustained alignment with the Infinite Eternal Source of all Life. Just think - for each second that your attention is focused on the Universal Source of all Life, there is a tremendous stream of healing balancing energy flowing into your body and energy fields!

For those readers that professionally use sound as a healing tool, keep in mind that there are endless, innumerable, countless ways that sound can be used for healing, and no one knows them all! Know that your mind is an automatic magnet for ideas in any field of reality that your mind specializes in. If your mind specializes in sound-healing, know that your mind is that mental magnet for picking up ideas for unique new ways sound can be used for healing. So follow your hunches! Manifest those ideas - however "far out" they may seem! Dare to implement those flashes! Enrich this planet with the sound-healing techniques and ideas that you are receiving.

Having discussed sound as a healing modality, let me discuss some other uses of sound and music that are dear to my heart. (I apologize in advance if this seems a bit too metaphysical for some of our readers.)

Sound As a Channel for Your Consciousness

By “tuning” the antenna of your consciousness, you can more readily dial-in and access specifically desired light realms. When sound helps you do this, the sound is functioning as a vibrational gateway to higher planes. Rather than the "radio" dial of your consciousness being stuck most of the time on only one station (this physical dimension), you can exercise your ability to access different realms (practice moving that dial). The music then functions as training wheels, helping you dial in different light realms. Once you familiarize yourself with these realms, you can then readily access them without the music. Furthermore, you can even use sound as a "wave guide" to harmonically align with the higher octaves of your own being - your Higher Self. Through attention, you can dial in and travel through the various higher octaves or "floors" of your own God/Goddess Self.

There are vast legions of beings, both in the angelic kingdom and in the elemental nature kingdom, whose specialty is The Musical Outpouring of Divinity. In the angelic kingdom there are fleets of music angels - ready and eager to instantly come where they are invoked and invited to grace and join in with any ceremony, adding their uniquely exquisite energies to those of the humans. Very often humans do not hear the angels and do not even sense them, but they are nevertheless emotionally moved by them - to the very core of their souls.

As our planet continues its dimensional upshift, there will be more and more ceremonies that consciously include and combine the angelic kingdom and the elemental nature kingdom with the human kingdom. Music can be the unifying force that resonates these three kingdoms together into a unified whole - for worship, adoration, and alignment with the One Universal Source that makes all of us alive.

In the next few years, there will be appearing many musician-light-workers specifically focusing on creating music for all these purposes. Avail yourself of their sounds. Use sound to accelerate your evolution, rather than passively allowing sound to have a sluggish effect on your growth. Take charge of your Life - what music you hear. Look for music that is coherent,

emotionally uplifting, and centering. Music that feels like it is coming from a loving heart. Ask your own Heart: How is this music affecting me - on all levels? Trust what your Heart tells you, and act on it. Choose and intend to effortlessly ride these sound waves gracefully upward towards your own expansions - on waves of light.