

# HARMONICS – HEALING WITH SOUND

**Reena Kumarasingham**

Sound is everywhere – sound surrounds us ... sound is within us. The ancient Sanskrit Upanishad scriptures go even so far as to say, 'Sound is Creation' – that even in the glorious silence of nothingness, one can hear the mystical hum of the 'Om'.

Let's break it down a bit ... Referring to String Theory, developed in the middle of the 20<sup>th</sup> Century, the basic fundamental building block of creation is basically oscillating or vibrating energy that look like string. If the string oscillates in one way, we identify it as an electron. If it oscillates a different way, we will refer to it as a quark or a photon, and so on. Anything that moves and oscillates produces vibration, and where is there vibration, there is inevitably sound.

So, building on this basic block that if everything in existence is comprised of oscillating energy that makes sound, then matter is densely packed energy that vibrate and hum, making up the whole.

Not surprisingly, String Theory was not the first time that a theory about universal sound and harmonics came about. Besides having reference in Upanishads and the Vedas, sound playing an important role was also referenced by ancient Greek philosophers.

In 500 BC, Pythagoras hypothesised that, 'Each celestial body, in fact each and every atom, produces a particular sound on account of its movement, its rhythm or vibration. All these sounds and vibrations form a universal harmony in which each element, while having its own function and character, contributes to the whole.'

So what exactly is sound? Sound is energy generated by a vibrating body. Sound is transported by a sound wave. A sound wave is comprised of these different characteristics:

- a. Frequency – The speed of each sound wave vibrates, which determines pitch.
- b. Amplitude – The size of each sound wave, which determines loudness, measured by decibel.
- c. Timbre – The character that allows us to distinguish the tone of one sound from another – individual to each organism or instrument.
- d. Resonance – The intonation of a note that finds its level in reflection with another note, causing harmony to take place. The notes are balanced, peaceful, full of strength and joy.
- e. Rhythm – a strong repeated pattern of sound.

This can be illustrated by the guitar analogy. A five-string guitar is comprised of five strings, of different widths, stretched over a hollow wooden box. The five different strings vibrate at different frequencies (predominantly based on the length and size of the strings), creating different pitches or notes. When different notes blend harmoniously together, they

create resonance. The more pressure that is placed whilst strumming or picking determines the size of the wave, which determines its decibel level. The material of the hollow box and the strings determines the timbre. When the frequency, resonance and amplitude of the individual strings blend together in rhythmically pleasing manner, music is created.

In the same way, matter is oscillating and vibrating energetic string that creates sounds. When the frequency, resonance and amplitude of each energetic string is harmonious, matter is healthy. When all the matter vibrates and resonates harmoniously, the sum of all the matter is harmonious and is healthy. When all the matter in the Universe resonates harmoniously, the Universe is a healthy organism.

When the vibrations and frequencies of the Universe get higher, as long as all the matter that makes up the Universe is vibrating and resonating at the same level, there will be harmony. However, normally one aspect of the Universe shifts first, causing disharmony and discomfort during the transition period, whilst all the matter try to shift their individual resonance to match that aspect. Given time, all aspects of matter will eventually resonate at the same level, and have enabled a shift in frequency – normally a higher vibration. Everything is in harmony, until another aspect decides to shift. This is the on-going cycle of the ever-evolving Universe that we exist in.

This is all so fascinating, but how does all this relate to us humans, and more relevantly to healing?

Kathryn Player, author of *The Sound of Healing*, writes that, 'Sound affects us in the most powerful ways. It interacts with us to create a harmonious atmosphere. Music or encouraging words can uplift whilst a loud noise or emotion will shock the energy field into sudden evacuation of energy and we are left drained. The use of sound as an established tool to heal, support, center, empower, expand consciousness and to establish a means to communicate in otherwise seemingly impossible circumstances has been practiced for thousands of years.' (*The Healing Tones of Crystal Bowls*)

### **Sound, the Body and the Brain**

The body is a wonderfully complex marriage of minerals and elements, cellular and molecular structures, all made up of energetic string that vibrate and oscillate at different speeds. Based on what was mentioned in the introduction, each 'string' produces different sounds. The human body is therefore a living entity of so many vibrations and wavelengths.

In a healthy individual, these many sounds, vibrations and wavelengths resonate harmoniously with one another, like the orchestra, creating the most beautiful sound unique to each individual. Each healthy organ is like an individual instrument within the orchestra, well tuned, vibrating at its own frequency, yet harmonizing and synchronizing perfectly within the whole of its environment, the body.

The human body is also a natural resonator and vibrator. The whole body responds to and consumes sound, whether we consciously hear it or not. Also, even though our conscious mind has been trained to, and does, tune out sound, our body does not. Olivia Dewhurst Maddock says, 'As sound waves enter our body, sympathetic vibrations occur in the living cells. The high water content of the body's tissues helps to conduct sound and every atom, molecule, cell, tissue and organ of the body continually broadcasts frequencies of physical, emotional, mental and spiritual life.'

An unhealthy body is the result of disharmony within the vibration of the organism. An organ within the body, for example, becomes unhealthy when its vibration is out of sync with that of the entire body. Circumstances that affect the vibrations and frequencies of the organism (macro and micro) include our emotions, our thoughts, illnesses, soul intent and the energy of universal consciousness.

Experience of different types of vibrational medicine has shown that each type of traumatic event carries a resonant tone. These blockages or dissonance to the vibrations of the entire organism remain as long as the frequencies resonate with the consciousness or the tone of the event. So, it is really important to work through and release the memories and the energies of the trauma in order to release the corresponding resonant tone and to have the frequency of a healthy individual return to the resonance of its unique song.

What is dissonance? Dissonance is the lack of harmony amongst sounds or musical notes. Dissonance is also the lack of agreement between people and things. Breaking it down into micro matter, dissonance is when the vibrational frequency of one part of the matter is in disharmony with another. This could comprise of disharmony between physical cells and organs, and also between thoughts and emotions, emotions and behavior, even between thoughts and physical cells.

Take, for example, the person who despises her work, yet goes in every day to earn some money to pay bills off. Or say that there is a person who is in a loveless, abusive or neglecting relationship for the sake of the wellbeing of the children, though hating every minute of it. These are two examples where the mental, emotional and subtle bodies of persons are in disharmony with their outer circumstances. Disharmony within the persons occurs where there is a lack of truth or authenticity within and between people and their environment. Long-term exposure to this disharmony leads to dissonance within the persons. Left long enough, energy level will be depleted and this will lead to an inevitable shutdown of the suppressed body – physical, emotional, mental, or the subtle bodies.

When dissonance touches our bodies, our buttons are pushed. We feel uncomfortable in all our bodies – physical, emotional, mental and subtle – because there is disharmony within our individual. Dissonance also occurs when there is a vibration or frequency that is lower or different from the sum of complete vibration, affecting our wellbeing. This discomfort leads us to re-act in various ways. This just shows us that the dissonant trigger is not needed anymore, and pushes us to rediscover our resonance and harmony.

Dissonance brings unneeded or unhelpful feelings to the foreground so that we can deal with them, so that they will no longer affect us. Once the unwanted trigger is cleared and our vibrations brought back in harmony, they will no longer affect us. This will enable us to

gain a firmer, clearer understanding of who we are, and also will enable us to vibrate at a much higher frequency.

Sound also plays an important function with neurophysiology of memories. The main aspect of the brain that processes auditory information is the temporal lobe. The superior (upper) and medial (central) aspect of the temporal lobe receives auditory input from the part of the thalamus that relays information from the ears. The temporal lobe is located quite close to the limbic system, where long-term memories and strong emotions and memories are encoded. Sound is processed in parallel by the limbic system, which notes its emotional tone along with the long-term memory store.

In Rita Carter's *Mapping the Mind*, she illustrates how this was proven in the 1950s, when a Canadian neurosurgeon, Wilder Penfield, charted large regions of the cerebral cortex by applying electrodes to different areas in the brains of hundreds of epilepsy patients. He found that stimulating points in the temporal lobes produced what seemed to be vivid childhood memories, or snatches of long-forgotten tunes.

What this also shows is that long-term memories are distributed through the brain, encoded in the same parts of it that gives rise to the original experience. For example, a pleasant childhood memory of walking down a flower garden, smelling the flowers, hearing the birds singing, enjoying the sights of the warm day, will be stored in several sensory areas: the sound of birds in the auditory cortex, the sights in the visual cortex, the smell of the flowers near the limbic system. Because they were originally experienced all together, when one part of the memory is triggered, the whole memory is reproduced, which also includes the emotional response. However, being the closest to the limbic system, it is the smell, followed by the sound triggers, that have the impact first.

Negative sounds are also processed and stored in the brain as above. Take for example the classic case of Post Traumatic Stress Disorder, where a war veteran ducks down whenever he hears a bang. During the war, his body has been conditioned to bend over every time he hears a bang, due to fear of getting shot. In this case, the bang is stored in the auditory cortex, the body posture reaction is stored in the somatosensory cortex, and the limbic system elicits the emotion, in this case, fear. In the present time, the brain and auditory cortex cannot distinguish between the bang of a gunshot and the bang of some pots falling down; nor can it distinguish between linear time. So, when he hears the pots fall, the auditory cortex is stimulated, along with the limbic system and the somatosensory cortex, and his reaction will be similar to when he was in the war zone.

Healing our veteran soldier will simply involve working on the sound trigger, resolving the memory and reprogramming and eliminating the pre-conditioned behavior towards the sound stimulus. Regression therapy is effective in doing this.

Healing of the persons will involve re-harmonizing all the bodies of the individual with their external circumstance. As psychologist James Hillman said, 'Dissonance can clear the way, so that harmony can enter in and fill our being.'

## **Harmonics and Healing**

Sound stirs up energy. Quantum physics states that sound creates a standing columnar wave, building frequency upon frequency. This energy can be directed towards anything, and can have an impact on it. If matter is at a dissonant to the sound, the sound could break the matter. Examples of this include thin crystal or glass breaking when exposed to a high enough frequency, or ultrasonic noise boring holes through walls. If the matter is in resonance with the sound, harmony is achieved.

Our body, being a natural resonator, reacts splendidly to sound therapy. We mentioned that dis-ease occurs when there is disharmony within the vibrations in the body. When externally created sound is projected into the unhealthy area, a correct harmonic pattern is reintroduced for the body to resonate with, which changes the disharmonious frequencies of the body back to their normal, healthy vibrations. As shown below, sound affects the different bodies in different ways.

### **Sound and the Physical Body**

The human body is a living entity of vibrations and wavelengths. A healthy organ is well tuned, meaning that it vibrates at its own frequency in resonance with the entire body. The frequency of a sick organ is disturbed. When sound healing is conducted, the original harmonic frequency of the organ is created, and the same goes for the air surrounding the organ. These powerful vibrations quickly spread through the body, and stimulate the body to rediscover its own harmonic frequency, whilst vibrating to the frequency of the therapy. This enables the body to tune into its own undisturbed frequency, and bring about harmony and resonance within.

### **Sound and the Mental Body**

Sound can enable the brain waves to vibrate at certain frequencies. The measurement of electro-magnetic brain waves has demonstrated that there are a number of clearly recognizable wavelengths, each connected to different states of consciousness. Alpha waves are present during states of hypnosis, meditation and heightened states of consciousness. When sound healing can transport the brain wave to alpha or theta waves, the mind empties of noise and unwanted thoughts. This can help with a variety of issues and reduce stress in our lives, and thereby lead to better overall health.

### **Sound and the Emotional Body**

Sound is mostly processed at the temporal lobe, which is located very near the limbic system. So sound brings about states of emotional feelings that are not always recognized by the logical mind. When harmonics of sound are created, the body is reminded of deep emotions and connections with Cosmic Love. Sound allows the emotional body to seek and access a frequency that it has been longing for. Dissonant sounds also enable the body to seek and find its unique frequency of self, and in doing so the body is brought back into balance with its true authentic self – thus coming back into resonance with self.

### **Sound and the Subtle Bodies**

Sound and music can also be used as an avenue to connect us to the higher energies. The right sounds and music can enhance the vibration of our subtle bodies, leading to a stronger connection with higher energies. Certain frequencies might do it, but more commonly certain sounds (timbres) or certain passages in a song (musical intervals and rhythms) do it more effectively. You can also do this energetically with intention. In fact, by the law of Creation, we are all already the frequencies of the Universe ... so this is where we are all one. Some call this sound 'The Cosmic OM.'

Ultimately, all these bodies within an individual need to vibrate at their own innate frequencies, and resonate harmonically with one another, emanating and enhancing the individual's unique music.

Next we are going to have a look at sound and the subconscious, with examples to illustrate the amalgamation of the interaction of sound and the physical, mental, emotional and subtle bodies.

### **Sound and the Subconscious**

Our subconscious has a very close relationship with sound, not only because of the energetic qualities, but also because of how the neurophysiology is constructed. The auditory cortex processes sound in the temporal lobe predominantly, which is located near the limbic system, the storage of long-term memories and the emotional memory bank and processor. So, when the auditory cortex is stimulated, memories and emotions associated with that sound are stimulated quickly, giving us fairly easy access to the source memories.

The first time I was personally exposed to the power of sound and the subconscious was in India, where I was giving a talk with Andy Tomlinson at the Association for Regression and Reincarnation Research (ARRR) Conference. Andy needed someone to conduct a demonstration with for Body Therapy, and needed someone with emotions bubbling at the surface for easy bridging and timely demonstration. I had the idea of toning 'OM' intuitively in different pitches to this group of 80 people, to see if something would come up.

My hypothesis was two fold:

- a. That as sound is a vibration, and our emotional blockages / challenges are also a vibration – if the frequencies of both resonate, the sound can penetrate the block and break the emotion and allow it to surface.
- b. As sound is processed near the limbic system, if a resonance is met, the brain will be triggered to produce a memory and a physical reaction that will be suitable.

I was hoping that at least one person would respond to this first-time, very public, trial. What happened, in fact, was that two-thirds of the hall had a very strong reaction to the toning. Some wept, some had strong coughing fits and some even vomited. I had to quickly do some guided visualization to settle the energies of all but the one picked for the demo. The lady we picked for the demonstration was bridged immediately into the desired scene, and Andy was able to demonstrate body therapy to clear the source emotion that she was working on (being strangled to death from a past life).

So was piqued my interest on the effect of sound on enabling repressed and suppressed emotions. Also, it made me realize the importance of sound as a tool to break through tough energetic blockage and emotional shutdowns for effective regression sessions.

A therapist I know in Australia combines intuitive chanting with past life regression. A client she was seeing for powerlessness had trouble accessing a past life. The therapist started to chant intuitively, and her client managed to access a tribal past life. What made it even more spectacular is that this past life was the source of the challenge that he was working on, and the chanting enabled him to access the Entry Point that was the epicenter of powerlessness. This made me realize how powerful sound is with the subconscious in accessing suppressed memories and breaking through shutdowns to affect healing.

Another fascinating area where sound comes into play in regression, especially past life regression, is in the area of xenoglossia. This is the access and expression of speaking an unknown foreign language. This is especially pertinent in past life regression, which adds to the credibility of the regression as an authentic recollection of the memories, as well as therapeutic effectiveness. In past life regression, it is quite feasible to get clients to access the language memory via sound – or more specifically song.

Babies and children are very susceptible to sound, changes in vocal inflection, tone, and music. This is an evolutionary survival mechanism for babies to recognize their primary care giver (mother), to identify warning signals; it's basic communication before the understanding of language occurs. In fact, the understanding of language is basically memory recollection of different sounds of words and the behavioral, emotional or intentional meaning behind the words. The more conditioned and practiced someone is with the words and meaning, the better the recollection, the more adapt they are with the language. Also, these sounds are processed near the limbic system, thus have a closer relationship to long-term memory and emotional triggers.

One of the ways I normally try to induce xenoglossia is by accessing a childhood song via strong emotions. The steps I take involve:

- a. Having the client access an incredibly joyful past life memory.
- b. Coaxing them to grow that feeling of joy within the body.
- c. Using the joy as an emotional bridge to access a childhood memory when they were singing or merry making.
- d. Once they have accessed that memory, and after ensuring that they are in that heightened state of joy, I will ask them to sing. Normally the snippets of song are in the language of the past life character they have accessed.

Of course, one of the caveats of determining xenoglossia is to ensure that the client has never had access to the language – be it via media, books, or even having contact (no matter how brief) with a native speaker of the language.

I had a client who was born and bred in Malaysia and had lived in the US for a little while. When she came to me for a session, she accessed a past life in Wales. One of the scenes she visited was as a young girl, at a fair, singing and dancing with some other girls. I took this opportunity to grow the feeling of joy within her and asked her to sing out loud for me.

And she started singing in a foreign language. The fact of the matter was that the song came out in snippets, and it was not free flowing, as her mouth had to get used to the verbiage. So, I could write what she said phonetically. She took a copy of my notes, which she researched into and told me later that the language she sang in was old Gaelic Welsh, as it was a traditional Welsh folk song. She had not had prior access to this language.

Again, this proved to me the importance of sound and access to memories.

Sound is not just important to access memories. Sound can be used in various energetic ways as well. It can be used to set the energetic space in which therapy or training is done. High vibration sounds will automatically raise the vibration of the space that the work is done in. This is because the vibrations in the room will work to meet the resonance of the sound. The higher and clearer the vibration of the healing space, the deeper the therapy, the more effective the session for the client.

CDs of pre-recorded chants (Gregorian), mantras, toning, singing bowls and so many others can be used too. However, I prefer using my own singing bowls because I can set the intention specifically for the session that I am working with. Setting the intention and toning in accordance to that intention makes the outcome of the session more effective in meeting the set goal.

Depending on the setting and reasons as well, toning and sound can be used to bring the vibrations of clients that we have worked on back to the vibrations of their normal world. This will reduce (though not completely eliminate) the negative effects of stepping into the sometimes lower vibration of their day-to-day lives post-session. Our ultimate end game as therapists is to help them improve the quality of their living, with minimal difficulty and discomfort for them.

The other thing I do to help keep my clients' vibrations at the level that they had during the sessions is to give them one of my Divine Essence Meditation CDs; whichever is most relevant to their challenge. What the CDs do, besides reinforcing the suggestions of the session, is to continuously enable the clients' vibrations to stay at the level that was achieved during the session, until the client is able to maintain that vibration by themselves. Everything in my Meditation CDs was done with intention of high vibration. The music behind the suggestions was chosen specifically with the intention of matching the vibration of the suggestions. The energy and vibrations brought through via the voice during the recording was also in accordance with the goals achieved for my clients.

A client of mine came to me a few years ago, and had a series of intense sessions for improving her self-worth. The change she experienced after the sessions were tremendous, and she was very happy. A few months ago she experienced a little blip in her life, not as bad as it was before the sessions, but a little dip compared to some years after the session. Due to distance, she could not come for sessions. I recommended she purchase a Meditation CD that was relevant to her challenge, which she did, and within several days of using the CD, she was back to her happy, realized self. The CDs can also be used on people who are unable to come for sessions, for one reason or another. After her experience, my client bought a couple more for friends she knew were struggling with

the same complex. Although the effect was not as quick, her friends did show some improvement after continuous use of the CDs.

So, sound, in conjunction with suggestions, can also be effective in working with the subconscious with the clients.

There are many other techniques that use sound to access and work on the subconscious. One of the methods is called brain entrainment, by using tuning forks tuned to the different brain wave frequencies. There is also music therapy, in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to and/or listening to music.

I am sure that there are many other methods where sound is used for holistic healing of an individual. The main principle behind sound healing is to re-harmonize all the different bodies of the individual to rediscover the beauty and magnificence of their inner song. In doing so, it enables the healing of the whole individual.

### **Conclusion**

The ultimate purpose of sound is to be the vehicle to allow all of creation to develop and create their own unique song. Sound therapy can help us understand and find our notes. Through the understanding of our own notes, we can truly be in harmony with ourselves and, when needed, change the available frequency of our sound in resonance with the elevation and evolution of the Cosmic Vibrations.

A great orchestra playing has many sounds, some high, some low – but overall the sound is very harmonious, beautiful and moving. When we are touched by sound, it is a miracle and yet, we do it daily, within our own vibration and resonance. Even more miraculous, the touching of our songs with others can effect change. When effected positively, we can be the conduit and enabler to a shift towards a higher consciousness, within ourselves, humanity and the cosmos.