

THE SOUND OF HEALING BY SIMON HEATHER

FOUNDER OF THE COLLEGE OF SOUND HEALING

THE VOICE

Our voices can be used to tune up our body and lift our spirits. Particular sounds have different effects on the body. We all know how much better we feel after a good laugh. Norman Cousins wrote a book about how he cured himself of cancer through laughter. (1.)

Making laughing sounds all relaxes the diaphragm and induces the release of natural painkillers into the blood stream, these sounds also boost the immune system.

Singing, humming and toning vowel sounds will leave us feeling energised when we are tired or when we are depressed. In my workshops I teach simple exercises to help release blockages from the voice so the voice can be used for healing.

TOMATIS

The French ear, nose and throat specialist Dr Alfred Tomatis has devoted the last 50 years to understanding the ear and its function. He believes that ear is the most important of all our sense organs. The ear controls the body's sense of balance, rhythm and movement and is the conductor of the entire nervous system.

Tomatis believes that high frequency sounds (3,000Hz and above) activate the brain and affect cognitive functions such as thinking, spatial perception and memory. Listening to these sounds increases our attentiveness and concentration. (2.)

RESONANCE

Every organ, every bone, every cell in the body has a resonant frequency. Together they make up a composite frequency like the instruments of an orchestra. Through sound healing it is possible to bring the diseased organ into harmony with the rest of the body hence avoiding the need for drugs or surgery. Modern medicine now uses the resonance of sound waves to break up kidney stones and gallstones.

FABIEN MAMAN

When Fabien Maman was working as a professional jazz musician he noticed that certain musical keys had an energising effect on both the musicians and the audience.

Fabien went on to work with the French physicist Joel Sternheimer. Sternheimer had discovered that elementary particles vibrate at frequencies in accordance with musical laws. They found that body tissue, organs and acupuncture meridians each have a musical note.

A few years later, Fabien met H el ene Grimal, a senior researcher at the National Center for Scientific Research in Paris. They devoted a year and a half to study the effects of sound on normal and malignant cells.

Using drums, gongs, flutes, guitar, bass, and a xylophone, they investigated the effects of sound on healthy blood cells, haemoglobin, and the 'Hela' cancer cell from the uterus.

They found that even at 30-40 decibels the sound always produced noticeable changes in the cells. When the notes of the musical scale were played to cancer cells in test tubes the cells would 'explode' at a certain frequency as the sound traveled outward from the center of the cell to its outer membrane. The experiment yielded the most dramatic results when the human voice was used.

Fabien says, "Near the end of the scale, usually around the seventh interval, the cancer cells exploded. It appears that the cancer cells were not able to support a progressive accumulation of frequencies." "The healthy cells appeared supple and able to freely receive, absorb and return the energy. In contrast, the cancer cells appeared inflexible and immutable in their structure." (3.)

MASURA EMOTO

A Japanese scientist, Masaru Emoto wanted to find a way of scientifically evaluating water quality. He decided to freeze samples of water taken from different sources to compare their crystalline structure.

Water was placed in petri dishes in a freezer for two hours then placed under a microscope and photographed at a magnification of 200-500 times. Although the crystals that formed were all unique, the crystals from water of the same source were all similar in shape. Over a four-year period his team took 10,000 photographs.

Tap water from Japanese cities generally would not form complete crystals. Tap water from London formed no crystals at all. Spring water generally produced the most beautiful crystals as did water from holy places such Lourdes.

Masaru Emoto's next experiment was playing music to water. He placed distilled water in between two speakers and played one piece of music fully at normal volume. Then he froze the water.

Classical music produced beautiful crystals of slightly different colours. Healing music, a Tibetan mantra and folk music also produced beautiful crystals. Heavy metal music produced a pattern that looked like the crystal had exploded into a thousand pieces.

Since our body is made up of 70% water, Masaru Emoto's work demonstrates that we are constantly being influenced by the sounds around us. (4.)

THE CATS PURR

Scientists have recently discovered that sound vibrations between 20 and 140 Hz can help to heal fractures, mend torn muscles and ligaments and reduce swelling. They found that the application of frequencies of 20-50 Hz to animals actually increased their bone density. In Russia athletes are using these low frequency sounds to heal strained muscles.

This research may explain why cats purr and why cats are said to have nine lives. In a Veterinary Medical Association study of 132 cats that had fallen from high rise apartments 90% of the cats survived including one cat that had fallen 45 stories. The dominant frequencies in a cat's purr are 20-50 Hz. (5.)

SIMON HEATHER

As well as teaching voice workshops Simon Heather teaches courses for therapists and healers who wish to use sound in their healing practice.

Web site :- www.simonheather.co.uk

Simon is the founder of the College of Sound Healing a non-profitmaking organisation dedicated to promoting sound healing in the UK.

Web Site: - www.collegeofsoundhealing.co.uk

Simon is the author of the book 'The Healing Power of Sound'.

Simon's e-mail address is simonheather@onetel.com

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