



**SOUND HEALING  
ACADEMY**

**INTEGRAL SOUND HEALING:**

**SCIENCE, ART & ALCHEMY**

**PART 2**

**“The fairest thing we can  
experience is the  
mysterious. It is the  
fundamental emotion which  
stands at the cradle of true  
art and true science.”**

**Albert Einstein, from “What I believe”,  
Forum and Century 84 (1930), p.193-194**



# What we'll cover:

- Bio-energy fields: electromagnetic, scalar & sound
- Mechanical and quantum physics perspectives of sound
- Bio-sound energy healing - cellular / connective tissue / living matrix
- Healing with musical intervals, triads and modes - the art of integral sound healing
- Integral Sound Transformation Crucible - the alchemical process of sound healing





# 3 Forms of Bio-Energy identified by quantum physicists



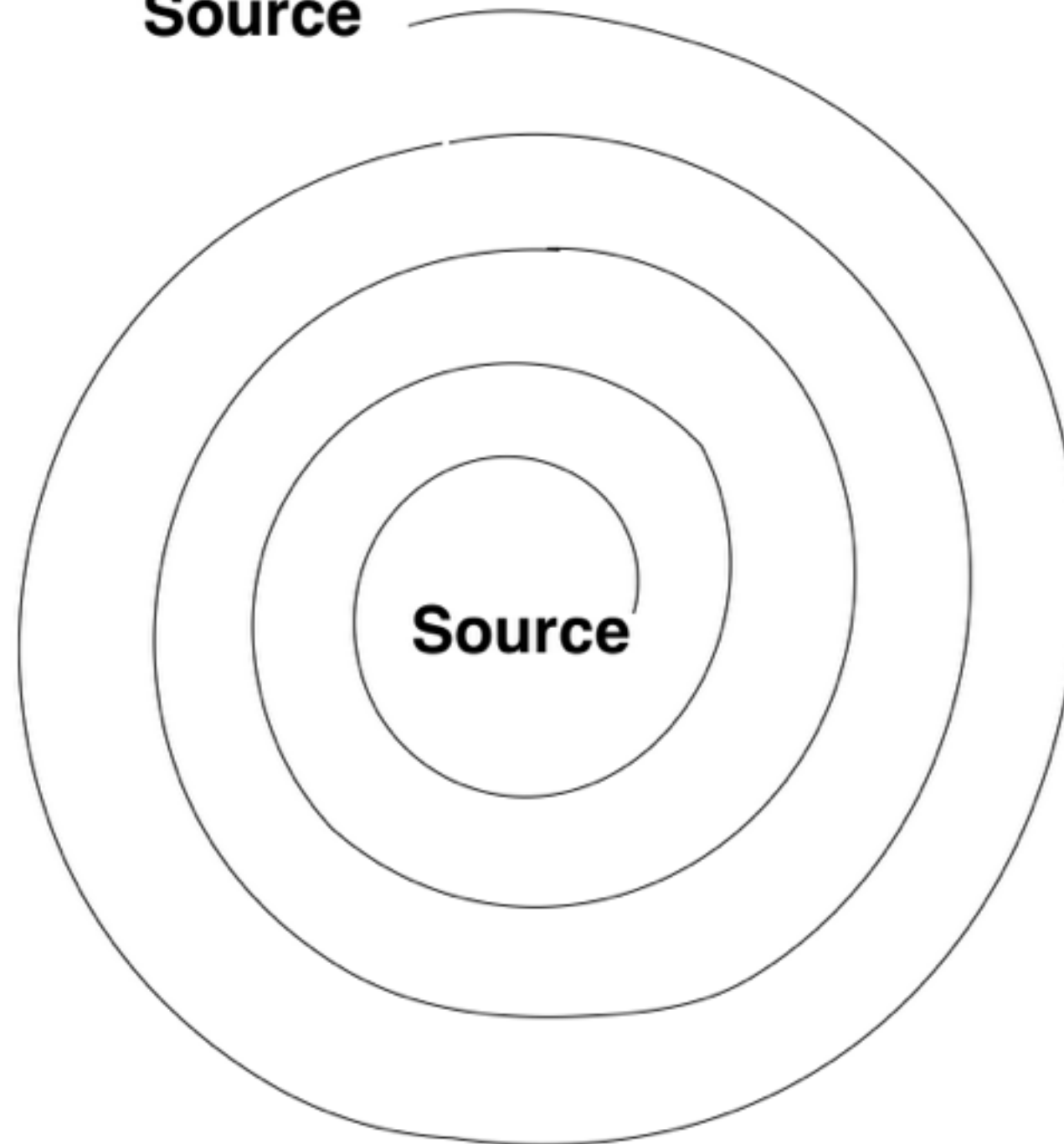
1. Sound (phonons)
2. Light (photons)
3. Scalar energy



# Integral Sound Healing



**Source**





# Dynamic Bio-Energy Field



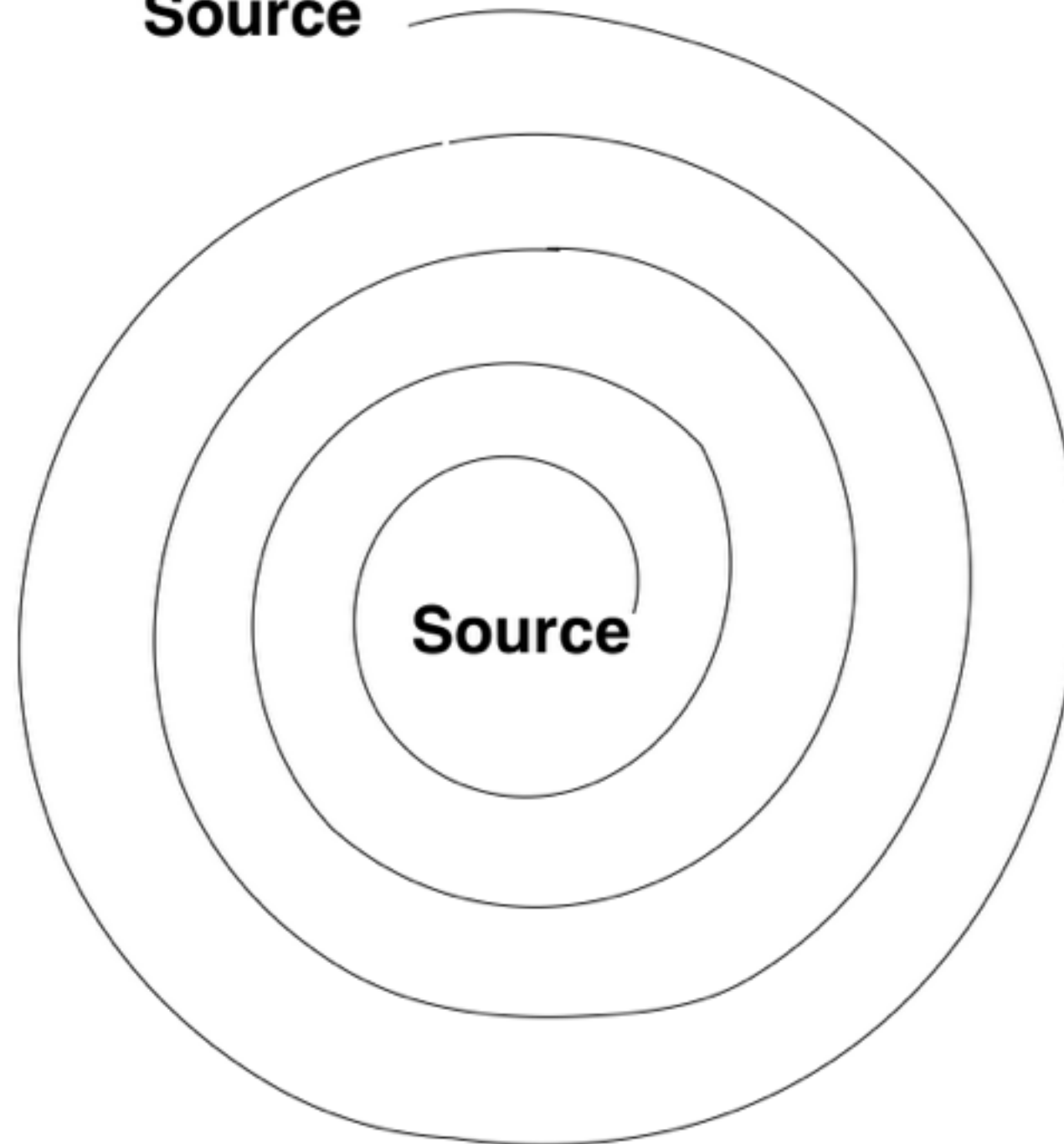
**3 forms of bio-energy exist within each atom, DNA and cell and are emitted by them - they travel outwards from our bodies into the environment - they can be measured and assessed for disturbances**

**3 forms of bio-energy exist in our environment and influence our cells and DNA - they travel inwards from the environment into our bodies and can optimise health and wellness**

# Integral Sound Healing



**Source**







# Dynamic Bio-Energy Field



**3 forms of bio-energy exist within each atom, DNA and cell and are emitted by them - they travel outwards from our bodies into the environment - they can be measured and assessed for disturbances**

**3 forms of bio-energy exist in our environment and influence our cells and DNA - they travel inwards from the environment into our bodies and can optimise health and wellness**



# Electro-Magnetic Energy

**Electromagnetic energy is familiar to most people as light and heat, but it can take many other forms, such as radio waves and X-rays.**

**Electromagnetic radiation is a **transverse wave**, meaning that its oscillations are perpendicular to the direction of energy transfer and travel.**

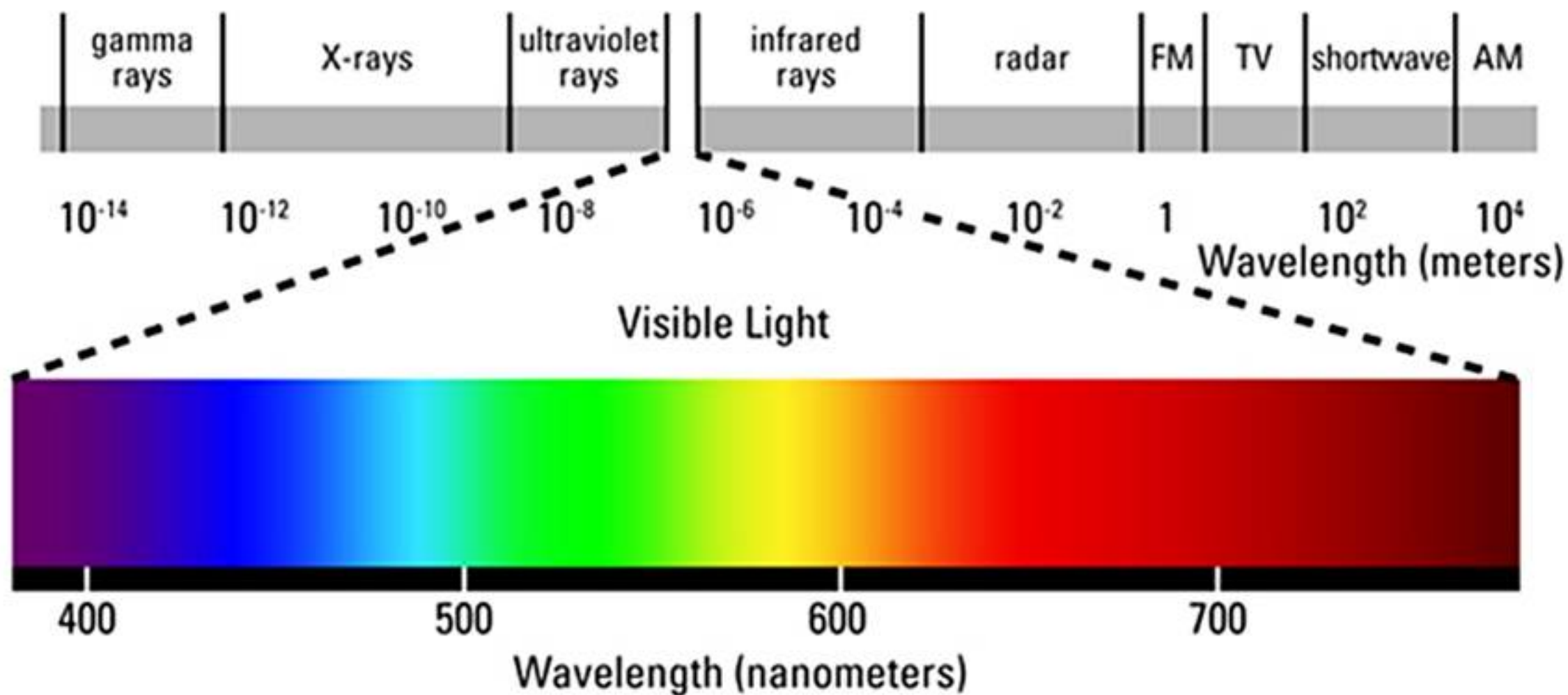
**Unlike sound waves, electromagnetic waves do not require a medium through which to move and can travel across empty space.**

**The full range of wavelengths is known as the electromagnetic spectrum, of which visible light forms only a small part.**

**Despite the observed wave-like character of electromagnetic radiation (EMR), it can also behave as if it's composed of tiny particles, known as **photons**.**



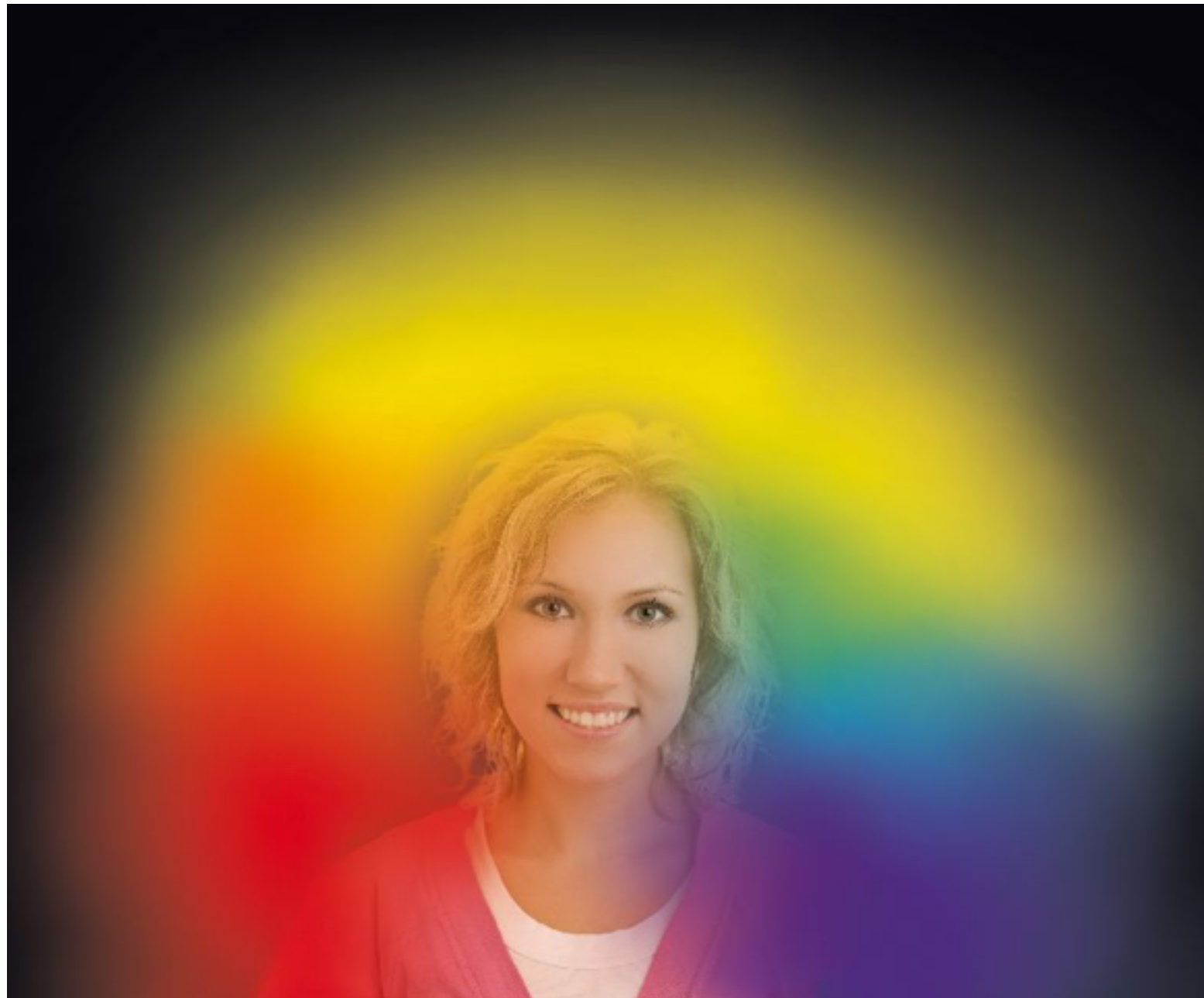
## The Electromagnetic Spectrum







photons:  
light energy - aura





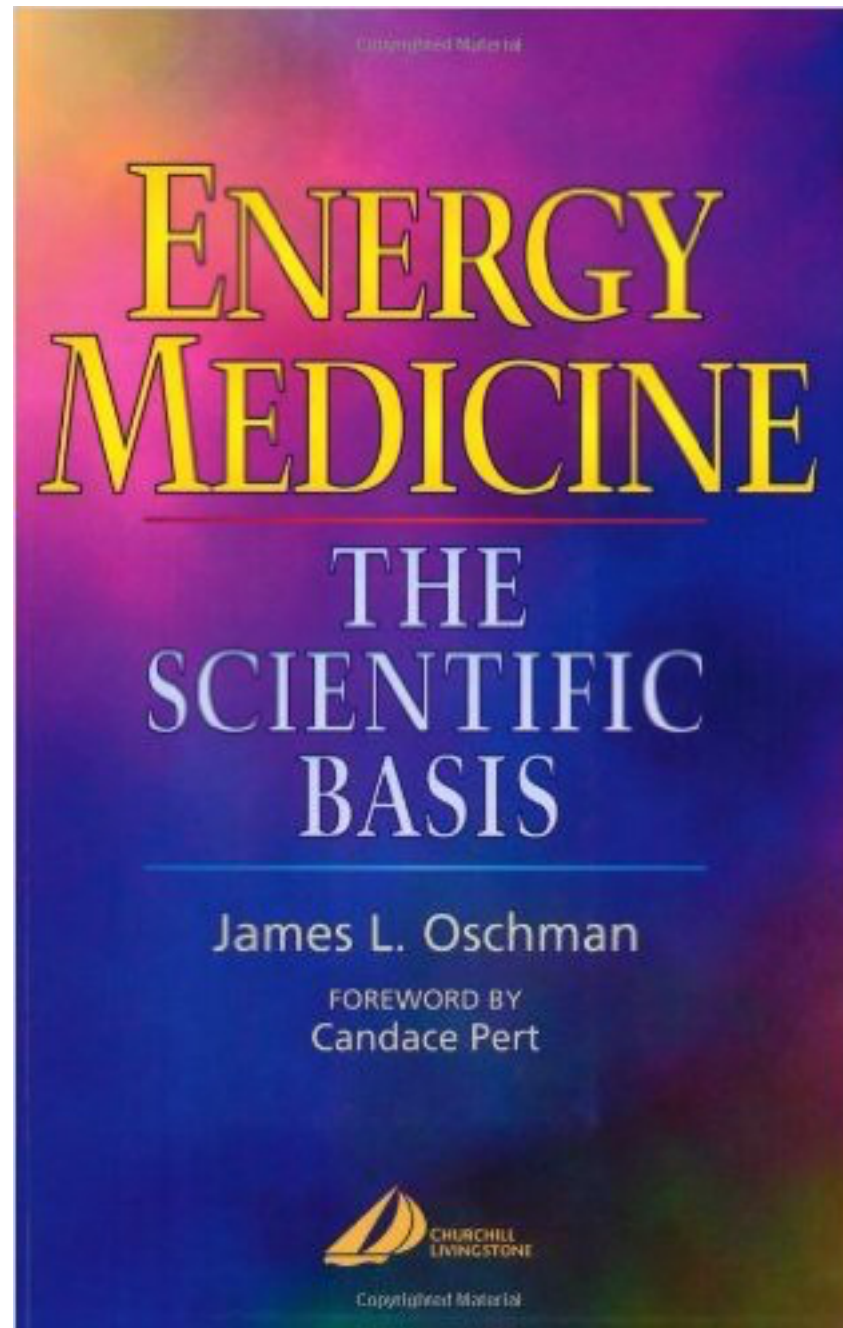
# heart field entrainment....



Institute of HeartMath



activating low frequency,  
low intensity EMFs...







activating low frequency,  
low intensity EMFs...







# what is scalar energy?

## SCALAR ENERGY



The **CONVERGENCE** of two identical electromagnetic frequencies (EMF) from two opposite direction produce Scalar Energy. The **CANCELLATION** of the free movements of these EMF keeps them in one place; Scalar Energy is stationary energy. The **CONCENTRATION** of SE provides the **health benefits** when one comes close to it.



100 years ago, Nicola Tesla was able to demonstrate the existence of Scalar Energy

In the last decade, exploration of Scalar Energy's potential has made it easily usable for health benefits.



# Non-Hertzian Quantum Fields

**1980 & 1990s Glen Rein conducted a series of in vitro cellular experiments, with control groups, designed to reduce the influence of a possible placebo effect.**

**Used devices with self-cancelling EM coils with unique winding geometry (caduceus) to generate quantum fields**

**Demonstrate that quantum fields:**

- **inhibit neurotransmitter uptake into nerve cells**
- **stimulate the growth of human lymphocytes (white blood cells)**
- **alter the absorption of UV light of water treated with quantum fields.**

**In all cases quantum fields produce larger biological responses than classical EM force fields**





# Properties of bio-scalar energy



No measurable frequency  
Expansive  
Healing

***Valerie Hunt, Professor Emeritus of  
Physiological Science at UCLA  
'Bioscalar - The Primary Healing Energy'***



# Bio-scalar energy

**Bio-scalar energy exists in the environment and in all living things.**

**It is "a source of energy that directly influences all body tissue,"**

**Through meditative techniques, it can be tapped into by bio-energy healers and focused upon a client for specific healing purpose.**

**It also can be tapped into by the individual 'healee' and focused on particular areas of his or her own body for healing and energy balancing.**

**Bio-scalar energy can "eliminate pain, heal traumatized tissue, destroy disease, and eliminate tumour growths."**



# activating bio-scalar energy







# activating bio-scalar energy





# what is sound?

## 'mechanical' physics

**Sound is the energy things produce when they vibrate (move back and forth quickly).**

**If you bang a drum, you make the tight skin vibrate at very high speed (it's so fast that you can't usually see it), forcing the air all around it to vibrate as well.**

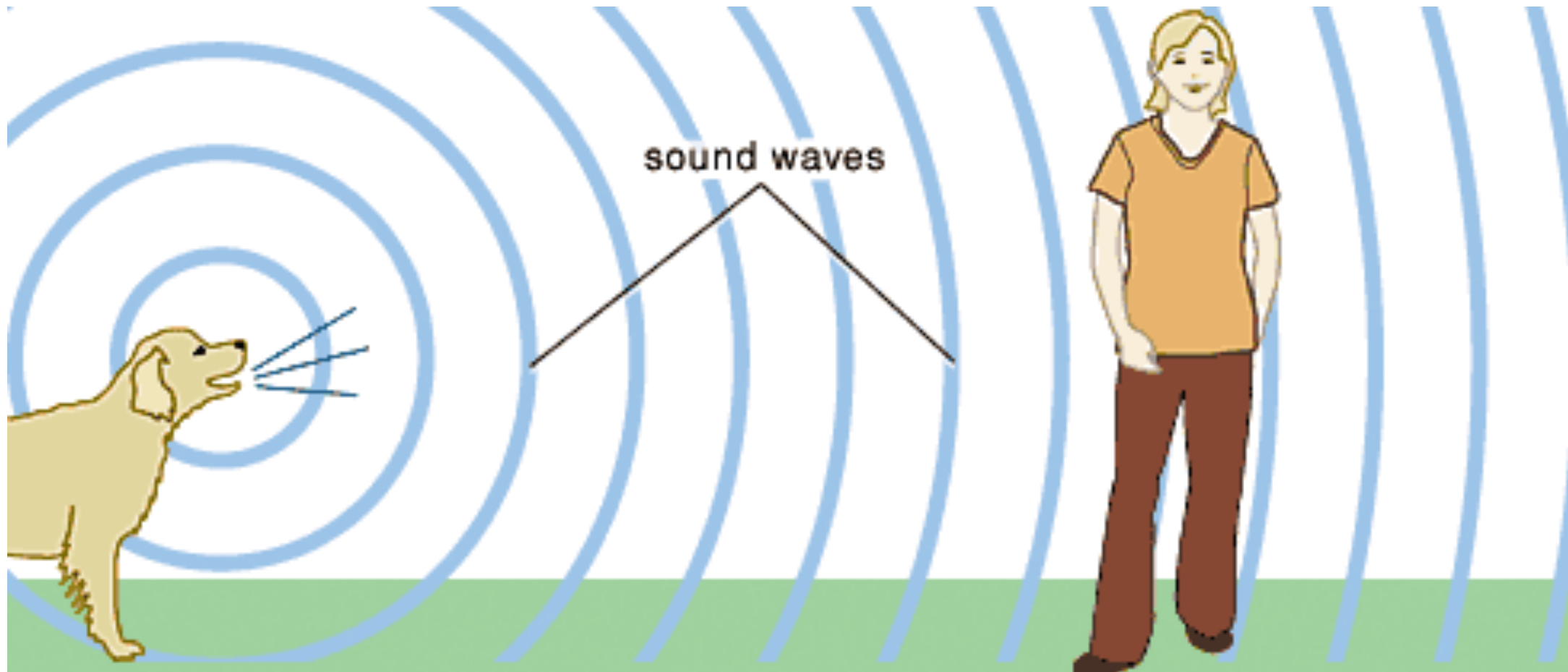
**As the air moves, it carries energy out from the drum in all directions.**

**Eventually, even the air inside your ears starts vibrating—and that's when you begin to perceive the vibrating drum as a sound.**

**We can also experience the sound vibrations directly through our skin and tissues in our body.**



***As the air moves, it carries energy out from the source of the sound in all directions***







# what is sound?

**Sound always has to have something to travel through (known as a medium), such as air, water, glass or metal.**

**As a sound wave moves forward, it makes the air bunch together in some places and spread out in others.**

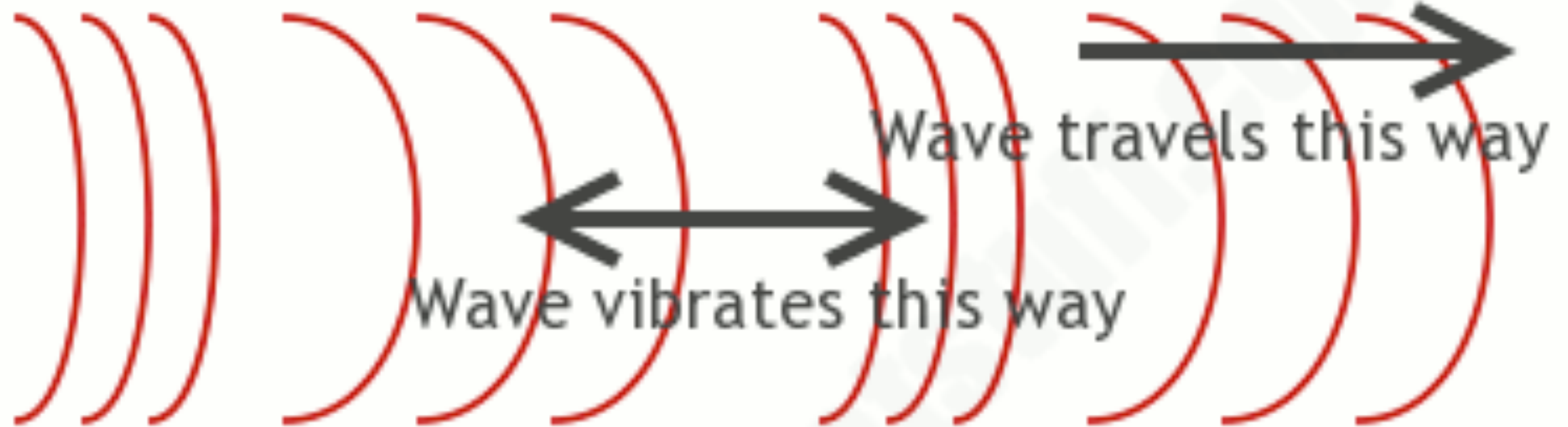
**This creates an alternating pattern of squashed-together areas (known as compressions) and stretched-out areas (known as rarefactions). In other words, sound pushes and pulls the air back and forth.**

**Sound waves thump energy through the body of the air. Sound waves are compression waves. They're also called longitudinal waves because the air vibrates *along* the same direction as the wave travels.**



***Sound waves are longitudinal waves: the air moves back and forth along the same line as the wave travels, making alternate patterns of compressions and rarefactions***

Sound wave = longitudinal wave



Compression - Rarefaction - Compression - Rarefaction



# measuring sound

## **Amplitude**

As waves travel, they set up patterns of disturbance. The amplitude of a wave is its maximum disturbance from its undisturbed position. Big sounds waves have high amplitude and we hear them as loud sounds.

## **Wavelength**

The wavelength of a wave is the distance between a point on one wave and the same point on the next wave. It is often easiest to measure this from the crest of one wave to the crest of the next wave, but it doesn't matter where as long as it is the same point in each wave.

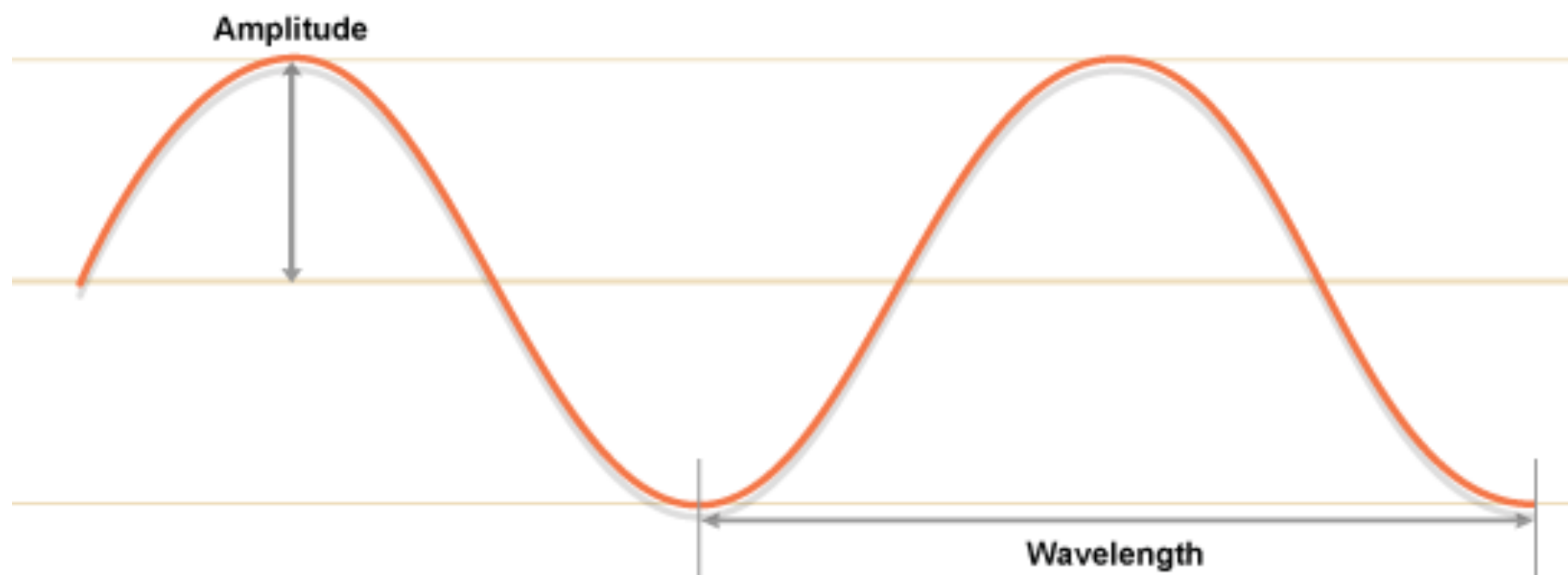
## **Frequency**

The frequency of a wave is the number of waves produced by a source each second. It is also the number of waves that pass a certain point each second. The unit of frequency is the hertz (Hz).



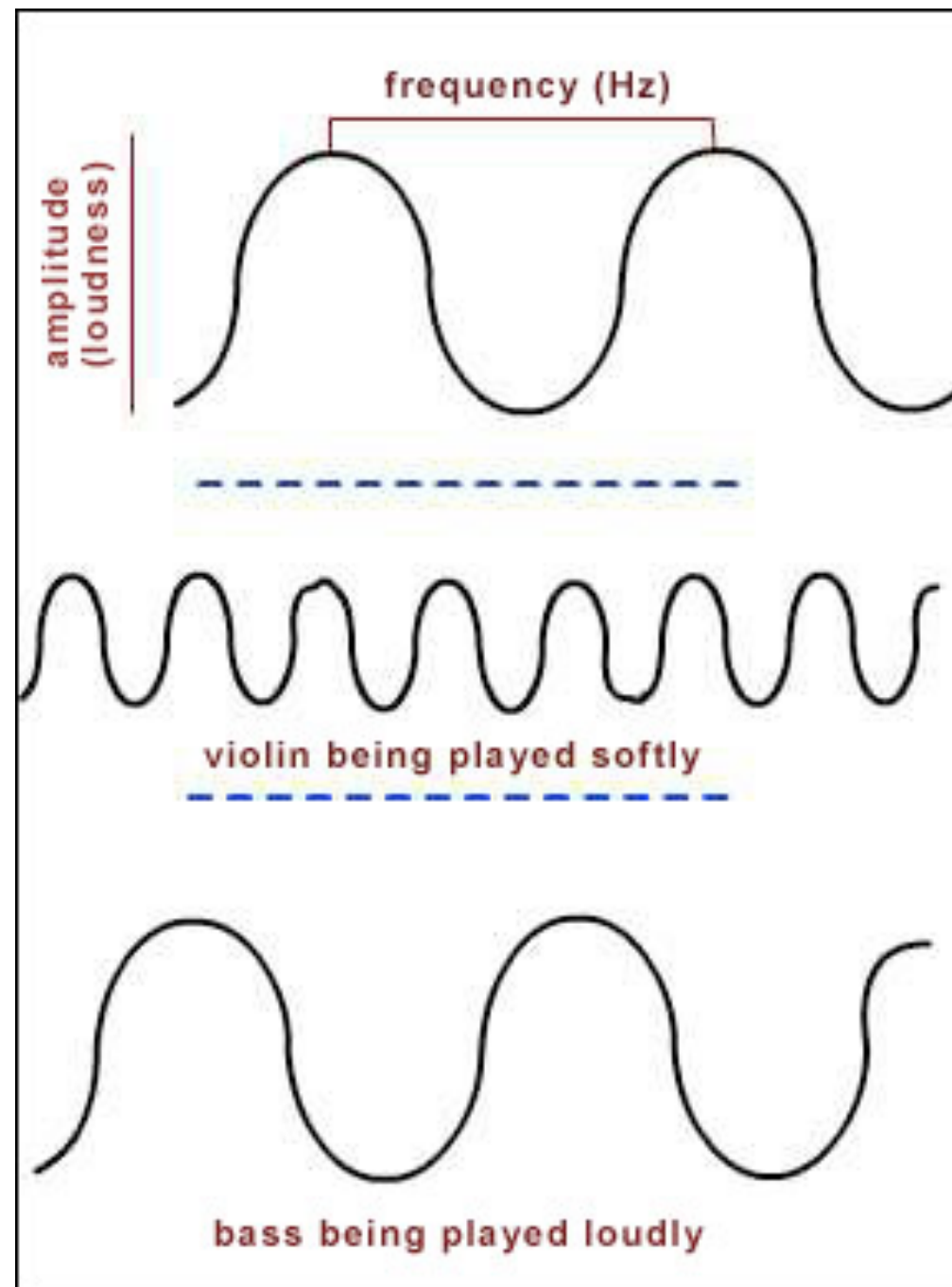


# measuring sound



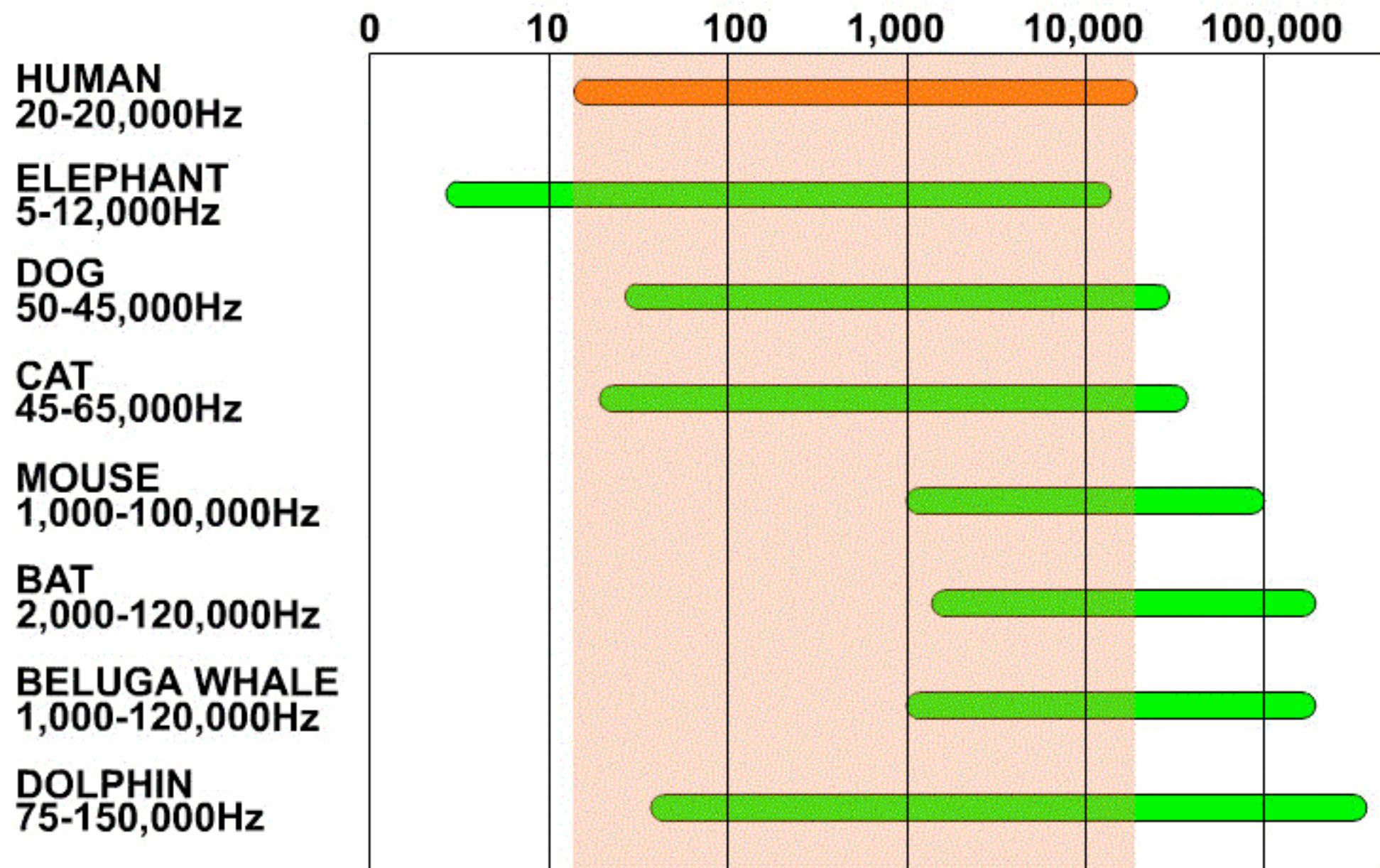


# measuring sound





# frequency ranges....







# infra & ultra sound....

INFRA SOUND

ULTRA SOUND





# ultrasound - baby scans





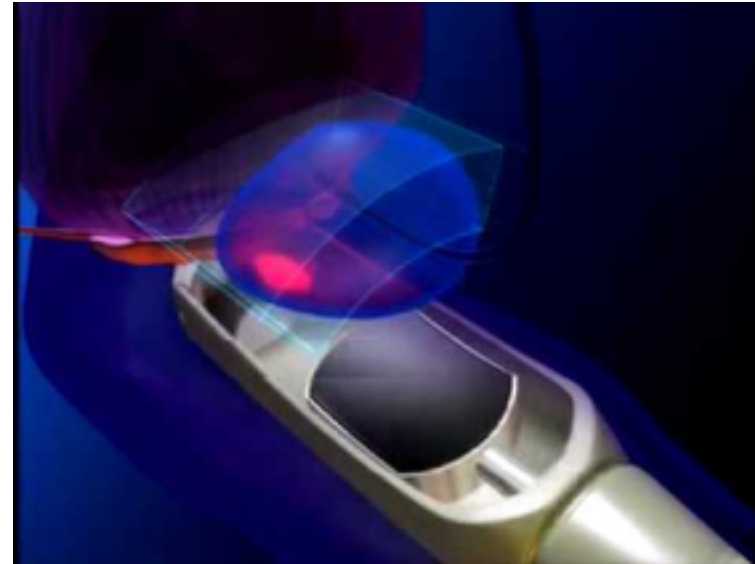
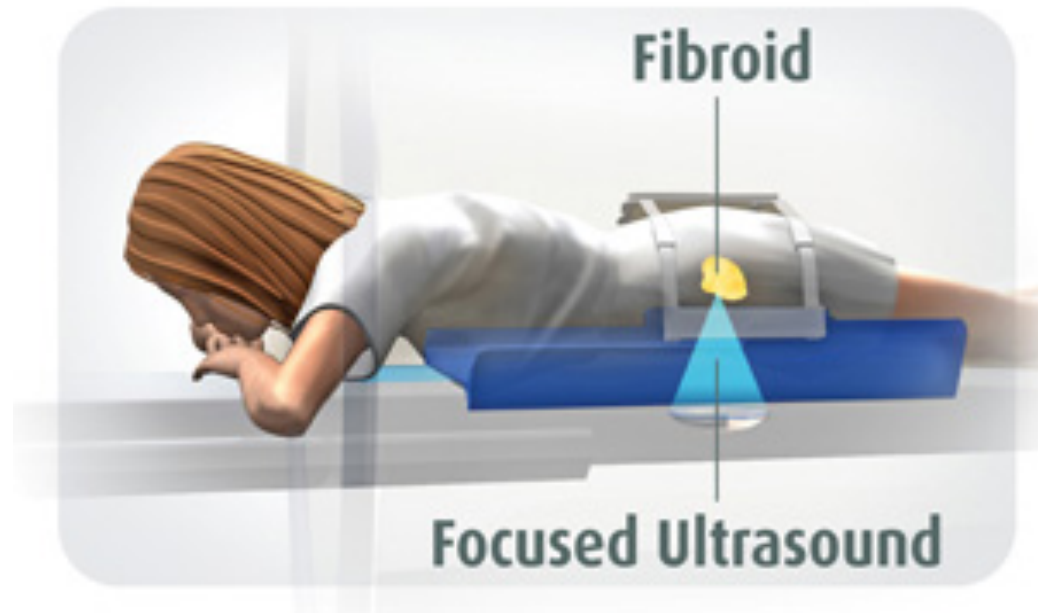
ears: first sense organ to fully develop in foetus - by 20 weeks







# high intensity focused ultrasound: fibroids; prostate cancer





# infrasound lithotripsy: kidney stones 1 - 2 Hz





# sound medicine....

***Sounds are being used for medical diagnosis and treatment***

***April 2015...researchers at MIT report: sound waves to detect rare cancer cells***

***Acoustic device can rapidly isolate circulating tumour cells from patient blood samples***

<http://newsoffice.mit.edu/2015/sound-waves-detect-rare-cancer-cells-0406>





# recording sounds

***There are now devices that can record and interpret:***

- ***the sounds from space (e.g. NASA plasma wave antenna - vibrations caused by interaction between solar 'winds' & planets)***

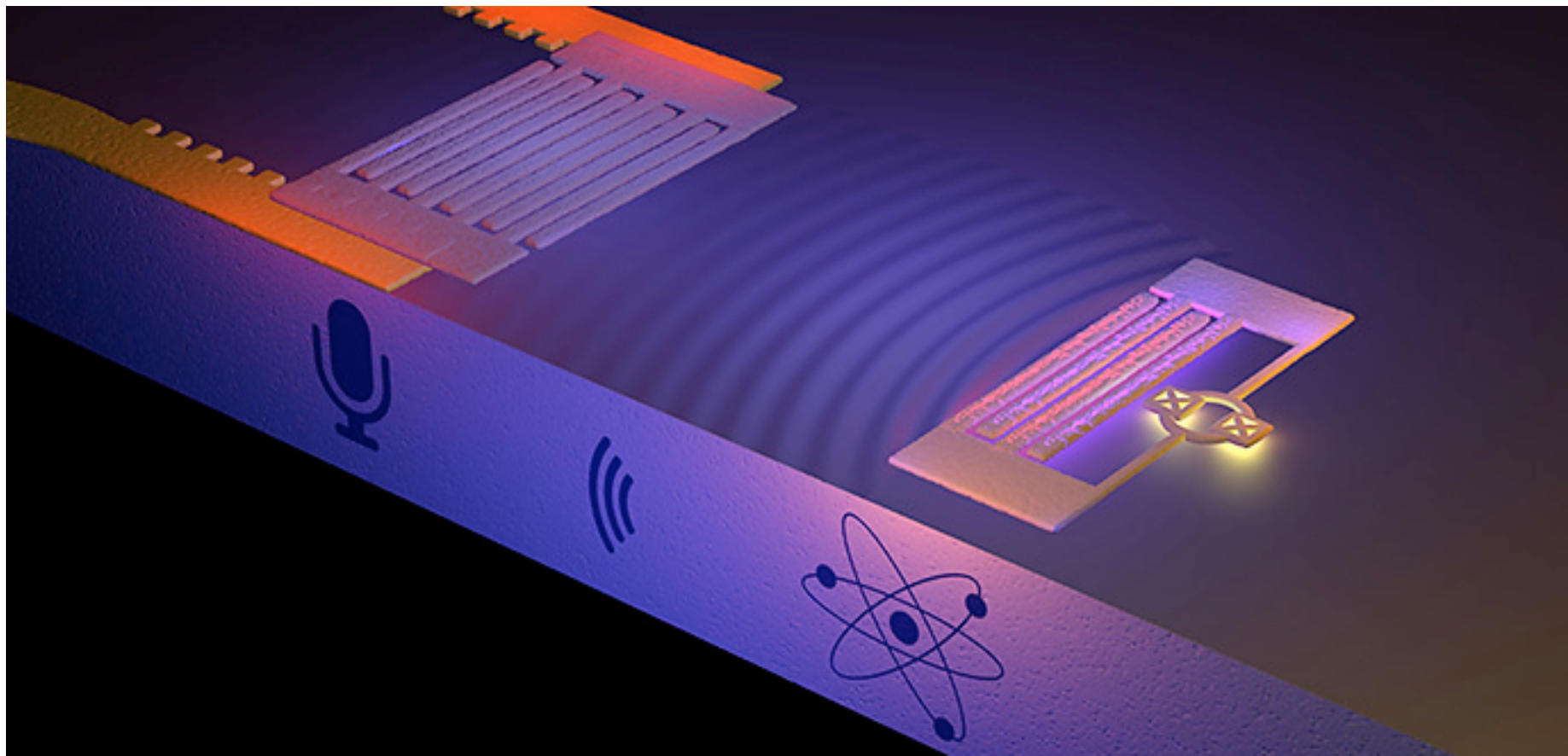
- ***cells in our bodies (Bioscope Atomic Force Microscopy - singing cells)***

<http://www.darksideofcell.info/singingcell.html>

- ***quantum particles (phonons)***



# recording the sound of quantum particles



CHALMERS UNIVERSITY OF TECHNOLOGY.  
GOTHENBURG, SWEDEN

<http://www.chalmers.se/en/news/Pages/The-sound-of-an-atom-has-been-captured.aspx>



# quantum particles: photons and phonons

***A phonon is a definite discrete unit or **quantum** of vibrational mechanical energy, just as a **photon** is a quantum of **electromagnetic** or light energy.***

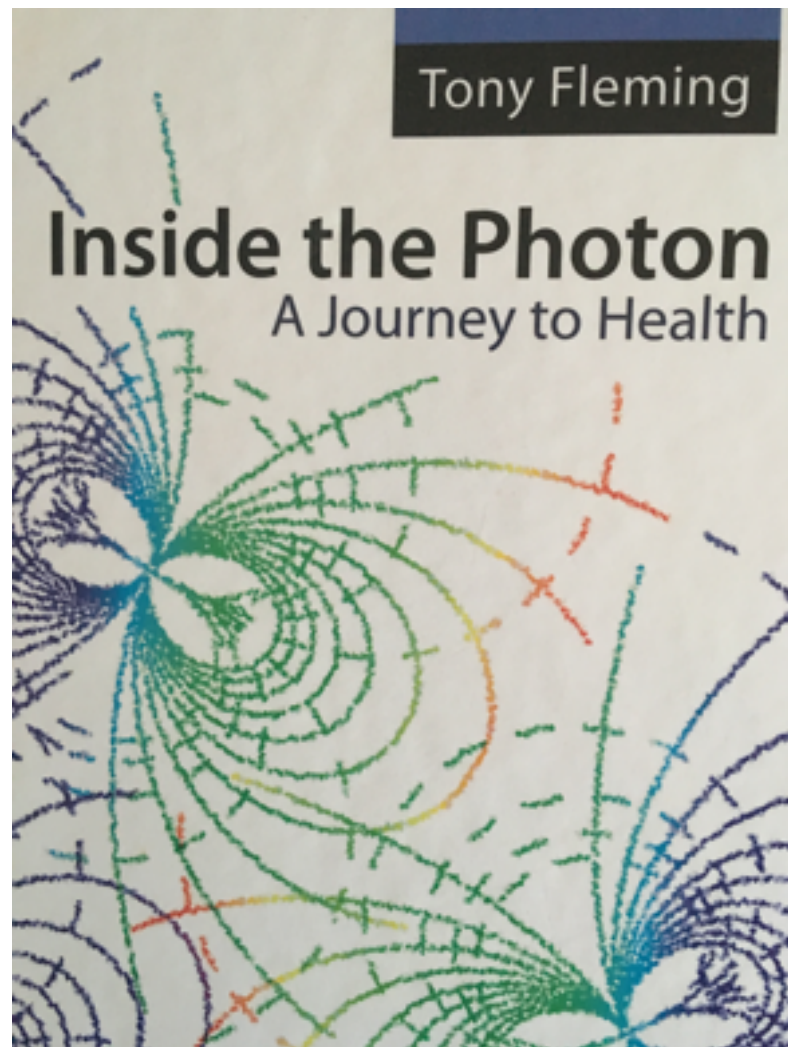
***Encyclopaedia Britannica***





# Self-Field Theory

## Anthony Flemming



DNA can be controlled  
via delivery of energy of appropriate  
discrete frequencies involved in the cell  
cycle.

One way is via externally applied photons  
(EM) of precise frequency. Another  
technique is to use acoustic (phonon)  
energy instead of EM.

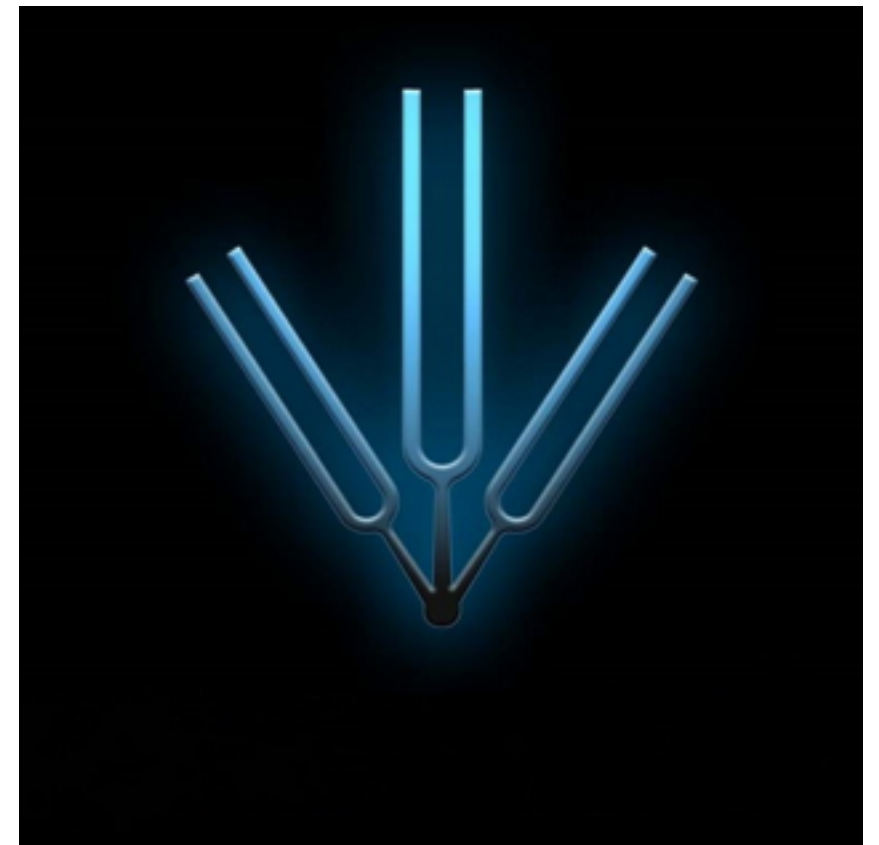
“The phonon has the advantage of being  
able to penetrate far deeper into  
biological tissues than EM radiation”.



# bio-sound energy healing

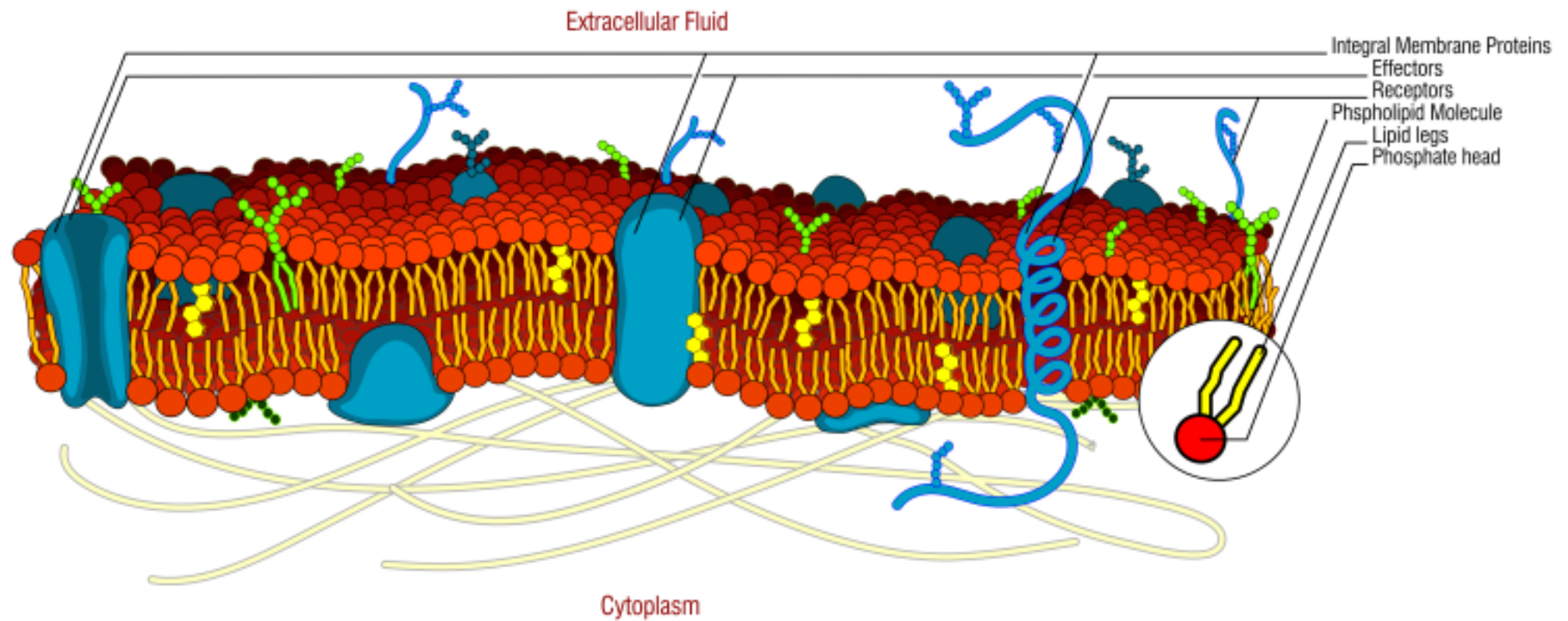
***Our cells emit and absorb sounds***

***We can work with the natural acoustic sounds of some instruments and our voices to assess and harmonise imbalances in our bio-sound field and directly influence cell functioning***





# cell membrane receptors





# how do cells respond to sounds?

***In addition to receiving and responding to physical molecules, receptors on cell membranes have antennas can read vibrational energy fields such as light and sound.***

***The antennas vibrate like tuning forks. If an energy vibration in the environment resonate with a receptor's antenna, it will alter the protein's charge, causing the receptor to change shape.***

***Biological behaviour can be controlled by sound as well as by physical molecules like penicillin.***

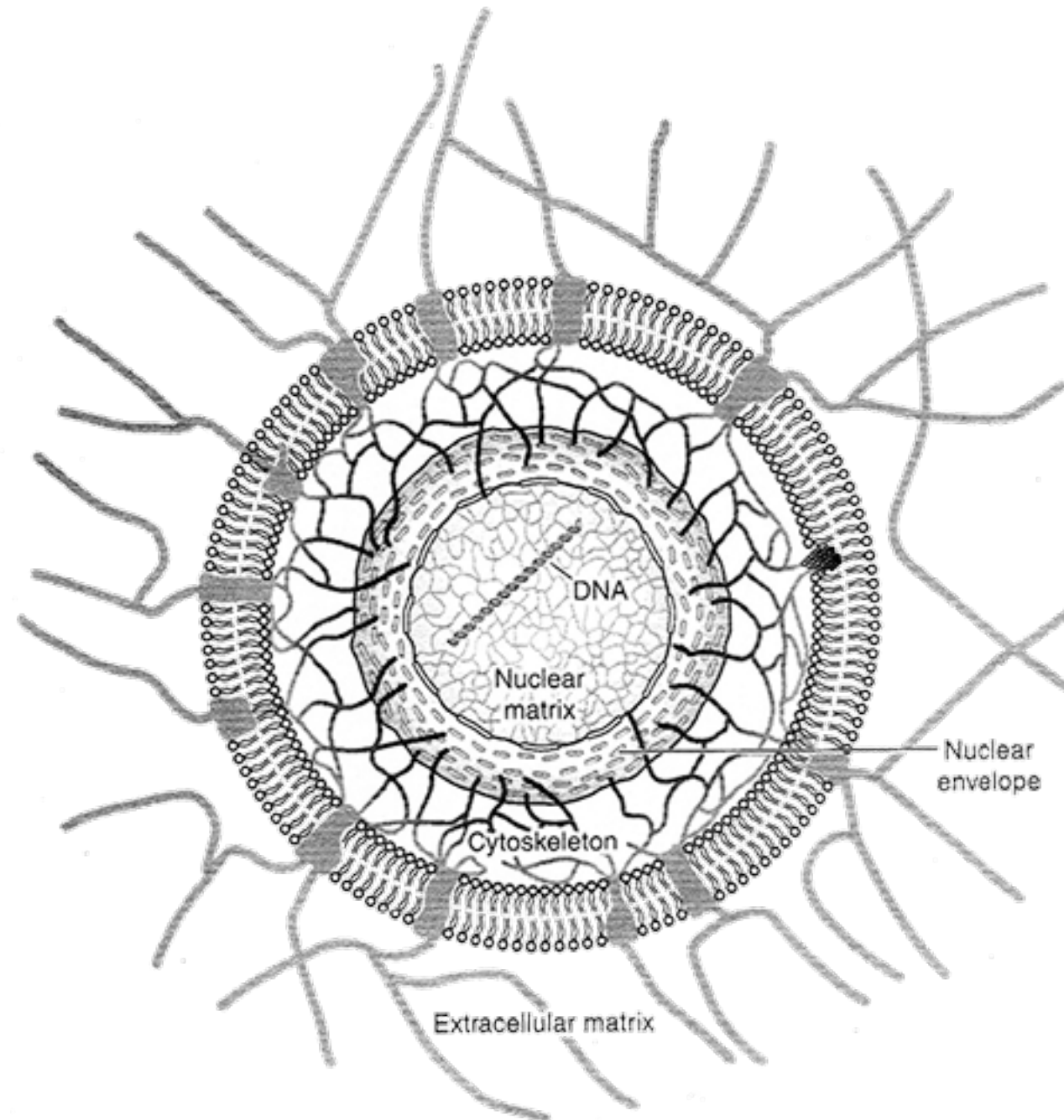


***Bruce Lipton  
'The Biology of Belief'***



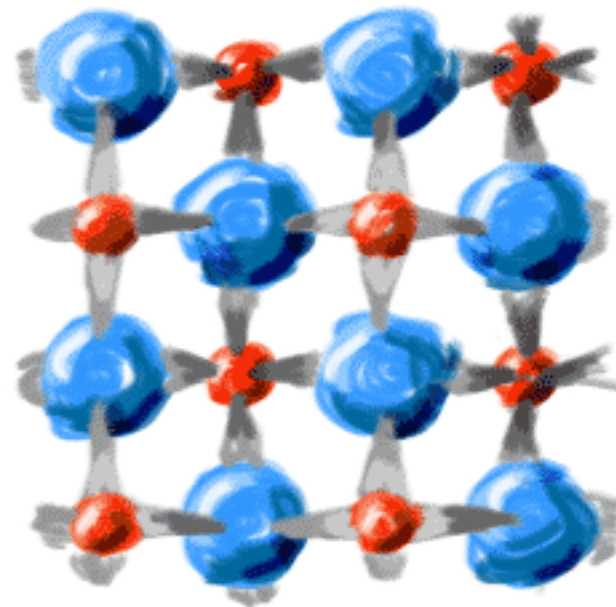


# cellular matrix





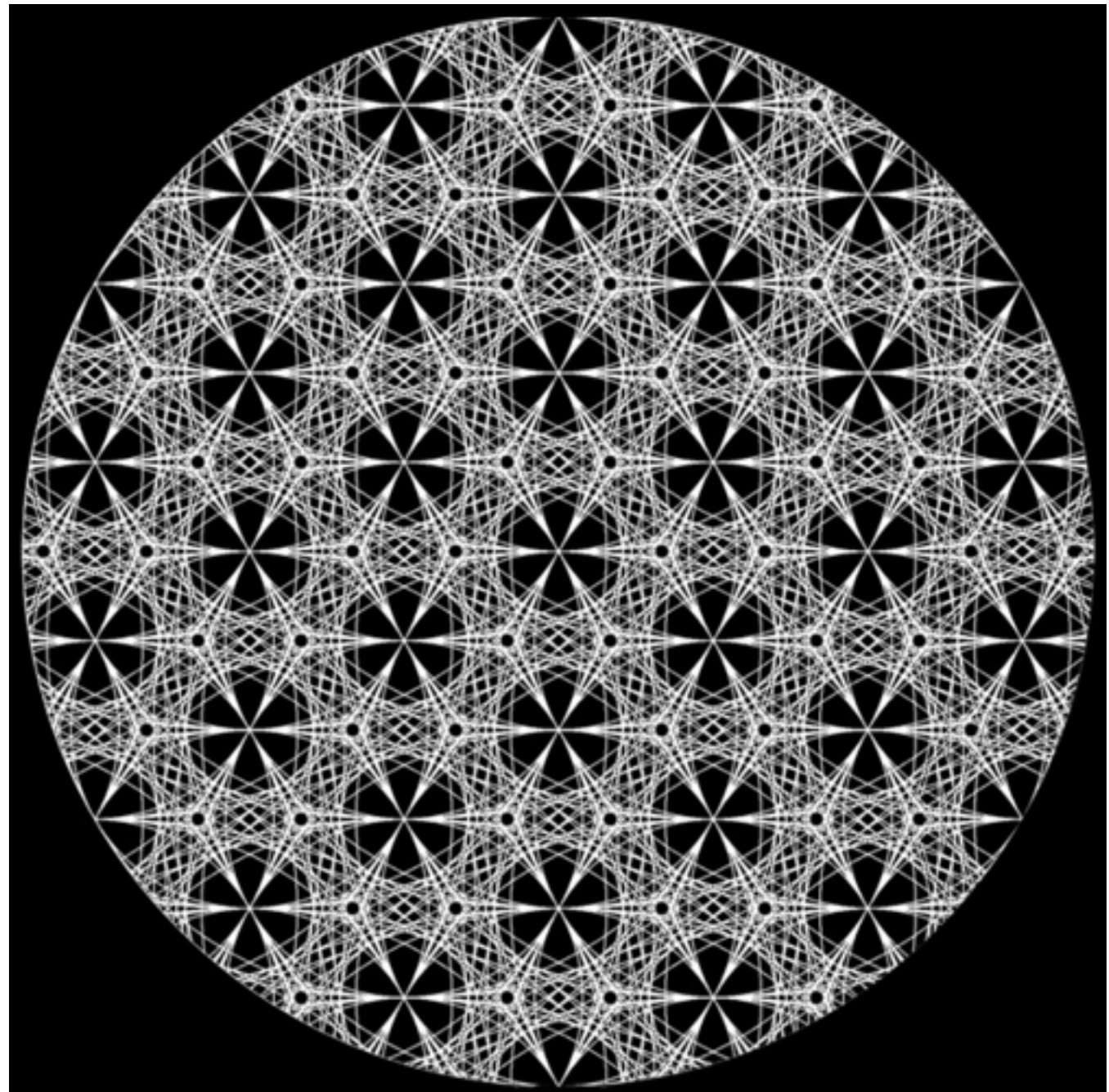
extracellular matrix:  
connective tissue -  
liquid crystal lattice



A CRYSTAL LATTICE IS A  
REPEATING GEOMETRIC  
ARRANGEMENT OF ATOMS



'living matrix'  
bio-energy, including sound,  
flows through it



***James Oschman***  
***'Energy Medicine***  
***The Scientific Basis'***



# music medicine...

Music is an art form whose medium is  
sound and silence

- Rhythm: Medicine for the Body
- Melody: Medicine for the Heart
- Harmony: Medicine for the Soul
- Silence: Medicine for the Mind
- Inner Music: Medicine for the Spirit

Christine Stevens

'Music Medicine: The Science and Spirit of Healing Yourself with Sound'





# musical intervals

- Difference in frequency between 2 notes



- 2 types of intervals



melodic interval      harmonic interval

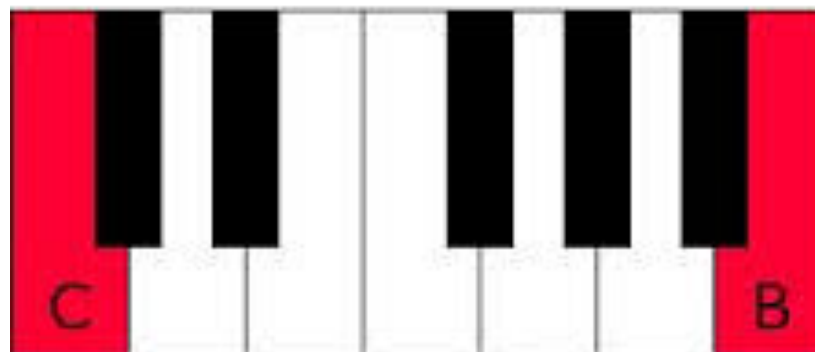


# musical intervals

- Different intervals have different healing effects
- Some create harmony and balance - good for triggering the relaxation effect - e.g. Perfect 5th, notes C & G



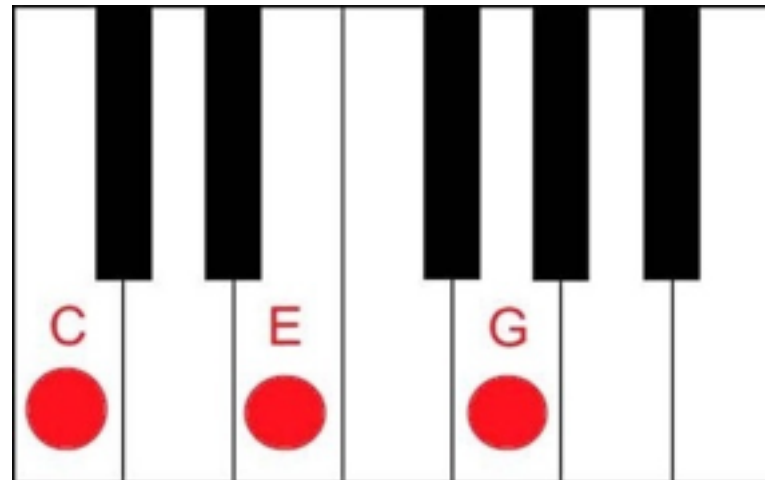
- Some create dissonance - good for triggering the release of suppressed emotions - e.g. Major Seventh, notes C & B





# musical triads

- Triple sounds for healing



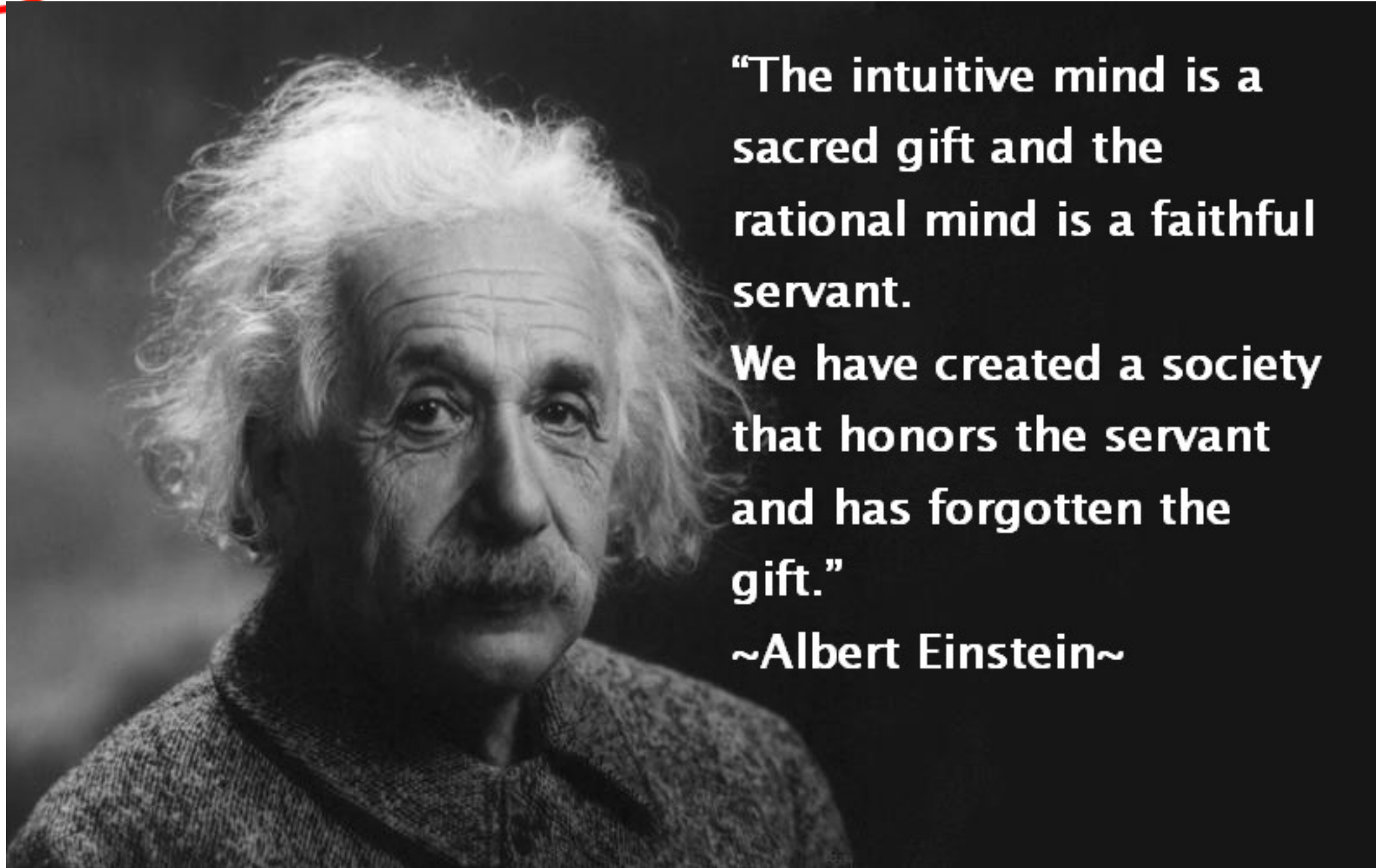
- Major key triads - manifest your own inner strengths and express yourself solidly in the world
- Minor key triads - processing within what you have learned and created in the world around you



# musical modes

- Modes - originate from Greece - Pythagoras
- Modes affect moods & moods affect our entire being - physical, emotional, mental, spiritual
- Modes can help the process of healing (becoming whole)
- 7 Healing Modes - western musical scale - 12 steps in octave
- Indian Ragas - based on modes - 22 microtones in octave





**“The intuitive mind is a sacred gift and the rational mind is a faithful servant.**

**We have created a society that honors the servant and has forgotten the gift.”**

**~Albert Einstein~**



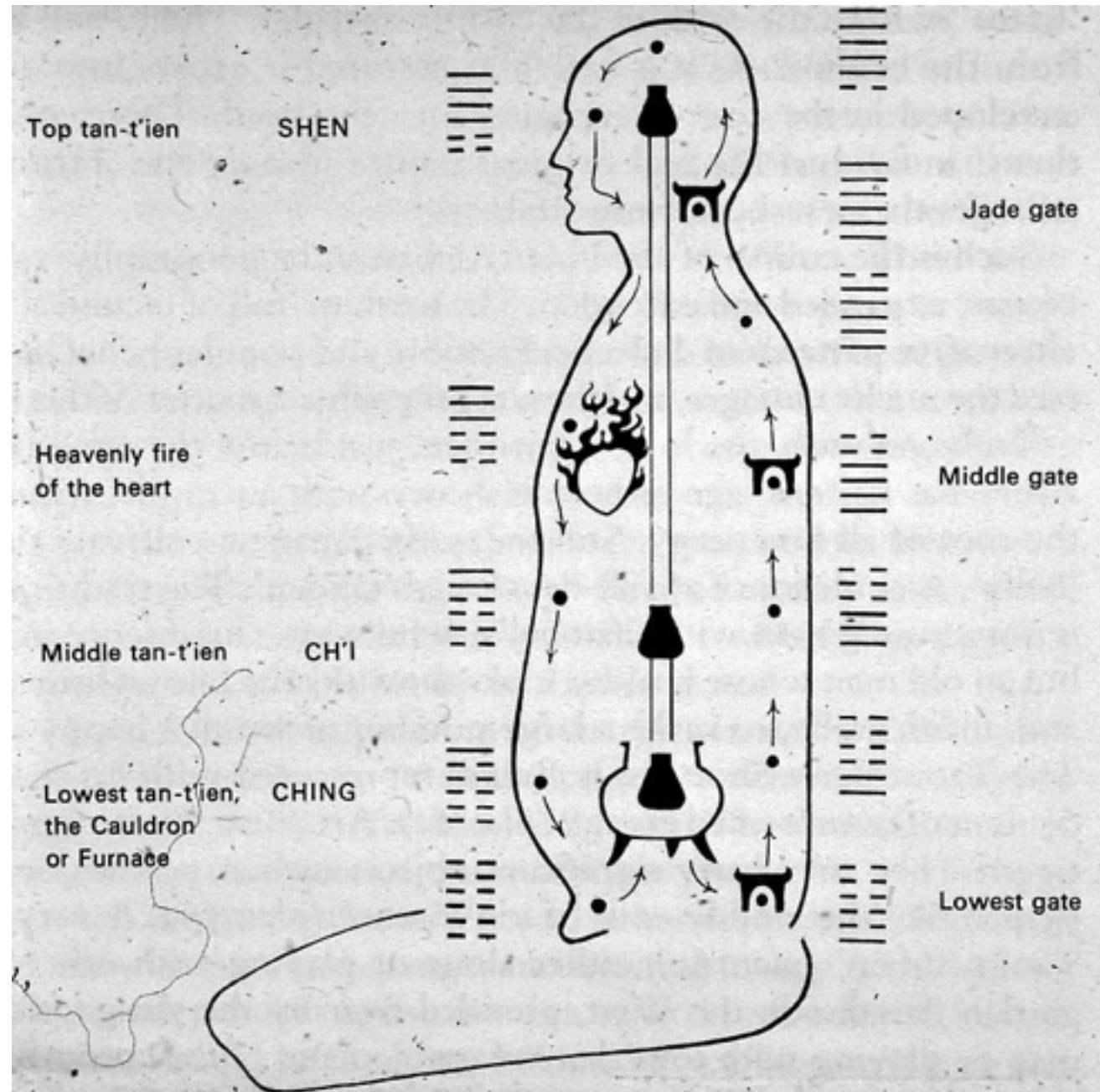
# Integral Sound Transformation Crucible



***Taoist  
External Alchemy***



# Integral Sound Transformation Crucible



***Taoist  
Internal Alchemy***





# Integral Sound Transformation Crucible



***Alchemical Singing Bowls***





# Integral Sound Transformation Crucible

- Mentally rehearse every moment of it with all your senses
- Visualise, in vivid detail, your intention as established fact – as the positive outcome of the healing
- While working with healing sounds, keep firmly in mind the desired outcome and do not allow yourself to think of failure
- Move aside – surrender to the power of the universe and let go of the outcome



# Integral Sound Transformation Crucible

- Cultivate and enter into an intentional healing space
- Power up your intention through deep breathing and meditation, to slow your brain waves to an alpha state (8 – 13 hertz)
- Move into peak focus through mindful awareness of the present, noticing the feelings and sensations in your body
- Trigger unconditional love and compassion in your heart (and if working with a client, make a meaningful empathetic connection, through conversation and touch)
- Clearly state the intention for healing and make it specific



# what is integral sound healing?

"Integral Sound Healing integrates modern science, ancient wisdom, music and the healing arts.

Healing with sound has been widely used throughout the world for thousands of years.

It's a form of vibrational medicine that helps to balance all aspects of your being - physical, emotional, mental and spiritual.

When you're out of balance, that's when aches, pains, illness and disease happens.

So by fine tuning your system with sounds we can restore balance and activate your body's natural healing abilities."



A woman with long brown hair, wearing a pink long-sleeved top and a beaded necklace, has her arms raised high in the air. She is smiling with her eyes closed, suggesting a state of joy or spiritual connection. The background is a clear, bright blue sky.

**Do What You Love!  
Make A Difference!  
Help Others With  
Healing Sounds Today!**

**[colourofsound.org](http://colourofsound.org)**

**[academyofsoundhealing.com](http://academyofsoundhealing.com)**