

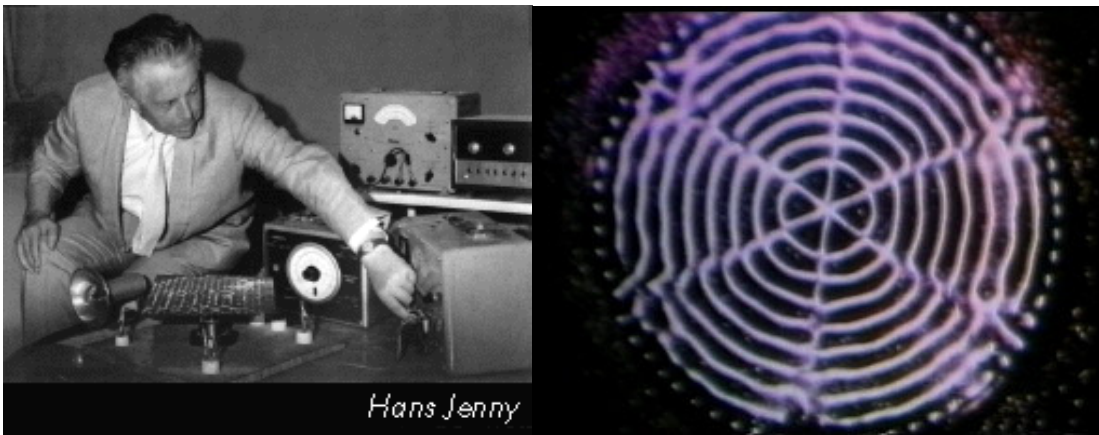
VIBRATIONAL AWAKENING

A Sound Healing Anthology
Written & Compiled By
Gordon Rosenberg

Introduction

Sound may be the vibration which created and is creating the universe. Many of the world's creation myths describe the primordial universe as a liquid state which gradually condensed under the influence of sound ... a world literally sung into being. Much evidence exists for the interconnectedness of all matter, including the relationship between sound and form. Since or before the time of Einstein in our recent world, we've been shown these connections on many levels.

In our contemporary world, greater and greater scientific support is accumulating for the theory that vibration may cause our world's shapes and densities. We're now able to see form as resonance fields, as sound coalescing into matter. I will explore some of those discoveries in this article, tracing a path from the sound practices of ancient cultures, to the [metal plate](#) and sand experiments of [Ernst F.F. Chladni](#) 200 years ago, to the [cymatics figures](#) of Swiss doctor [Hans Jenny](#) in the mid 20th century, to the current water sound images of German photographer-researcher Alexander Lauterwasser, whose name incidentally means "loud water". We'll see how the combined body of sound work reflects patterns found throughout nature, how some of their imagery duplicates the shape of the universe itself.



Hans Jenny & Cymatics

Photo Credit: Jeff Volk

The sum of all this work shows almost beyond doubt in physical form several of the main constructs related to sound healing practices and a whole lot more.

This includes the organizing and patterning effects of "positive" sound and the disorganizing effects of "negative" sound or intent, both also exhibited by the "messages in water" discoveries of Japan's [Masaru Emoto](#) in the past decade. We've been learning for years how sound can create structure, and how sound can destroy structure. On the positive side, discoveries by today's scientists and sound researchers lead to the inevitable conclusion that consciously-applied sound can be a healing and balancing element in our bodies and our lives.

Today's vibrational healers, energy workers, sound therapists, musicians and researchers seem just beginning to explore the powerful effects which healthy energy vibrations and tones can have on the human physical, emotional, mental, and spiritual bodies. Yet, human beings have been using sound to access deeper states of consciousness, expand awareness and heal the body for thousands of years. Chanting, toning, Tibetan singing bowls, Chinese meditation gongs, and mantras are a few examples of the positive use of sound.

The History of Healing Sound

[Jonathan Goldman](#), founder and director of the [Sound Healers Association](#) in Boulder Colorado, and author of the book, **Healing Sounds**, says, "The use of sound and music is the most ancient healing modality. Many cultures recognize the importance of music and sound as a healing power. In the ancient civilizations of India, the Orient, Africa, Europe and among the Aborigines and American Indians, the practice of using sound to heal and achieve balance from within has existed for thousands of years. The Tibetans still use bells, chimes, bowls, and chanting as the foundation of their spiritual practice.

"In Bali, the echoing gamelan, gong, and drum are used in ceremonies to uplift and send messages. The Australian Aborigines and Native American shamanists use vocal toning and repetitive sound vibration with instruments created from nature in sacred ceremony to adjust any imbalance of the spirit, emotions or physical being.

"The Priests of ancient Egypt knew how to use vowel sounds to resonate their energy centers or chakras. There is a direct link between different parts of the body and specific sounds. Such a technique appears extremely old, yet healing through sound goes back even further—at least as far back as Atlantis where the power of sound was combined with the power of crystal. It was practiced in the ancient mystery schools of Egypt, Tibet, India, Athens and Rome for tens of thousands of years. Much of this information disappeared in the West, but it's been re-emerging in the last two decades.

"Collectively, our planetary ancestors have left many clues as to how the nature of sound and vibration is the fundamental force that creates, sustains,

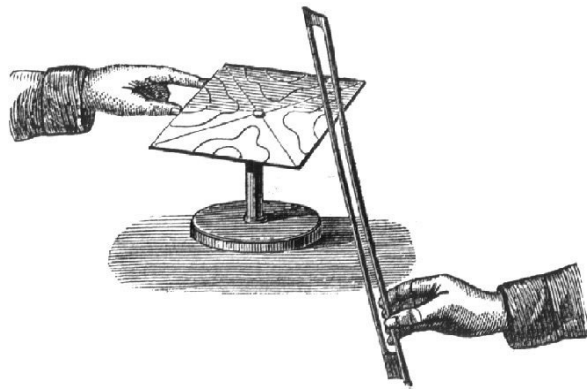
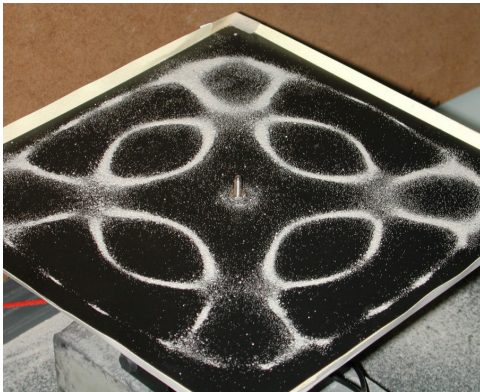
and destroys everything in the universe. The overwhelming conclusions of these ancient seekers of wisdom led to the proliferation of prayers, incantations, mantras, drumming, and singing and music found throughout humanity. Many specific sounds were found to accelerate healing and propel consciousness, while others fostered trance, relaxation, and tranquility.”



“Kundalini Serpents”

Some sound resonances were found to stimulate the "*Kundalini*", the Yogic term for "*fiery serpent*". The stimulation and migration of this force through the body, from the spinal base to the crown of the head, was the spiritual aspirants main objective. This energy, when directed wisely, purified the physical body, mind, and spirit. Some of the more immediate results were feelings of clarity, renewed vigor, and harmony, whereas the eventual accumulation of this force through the body led to spiritual enlightenment.

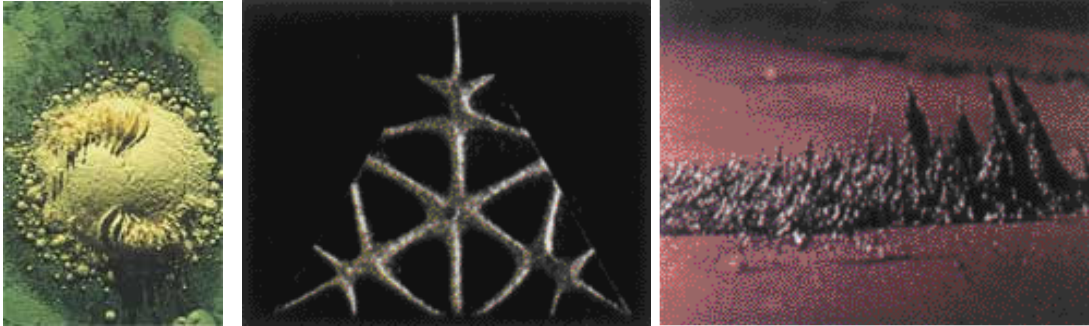
Chladni Plates, Cymatics & Water Sound Images



Chladni Sound Figures Created on Plates Resonated with Violin Bow

About 200 years ago, German physicist [Ernst F.F. Chladni](#) used a violin bow to vibrate glass plates covered with fine sand, and discovered what became known as "Chladni sound figures", or "sound hieroglyphics" .. an interaction between individual tones and vibrating metal plates appearing as sand line

images. This may have been the first time the formative force of vibration and sound was made directly accessible to our senses. The eyes could clearly see the many sound-related creation myths which had for so long been spoken about by mystics and philosophers.



Fascinating Photos from Hans Jenny's Cymatics Experiments

Photo Credit: Jeff Volk cymaticsource.com

During the 1960's and 70's, Hans Jenny expanded this body of knowledge considerably through the use of a wider range of materials, in particular, by extending the method to encompass vibrating fluids. He was able to display numerous fascinating images of sound figures which he combined under the name "cymatics", from the Greek word meaning "the wave". His amazing work, now even shown on [YouTube](https://www.youtube.com) videos, is fully documented in Jeff Volk's fascinating book, *Cymatics*, available through the resources listing following this article. Jenny's Cymatics work opened the doors to many who have carried sound research enthusiastically into the 21st century.



Water Sound Imagery from Alexander Lauterwasser

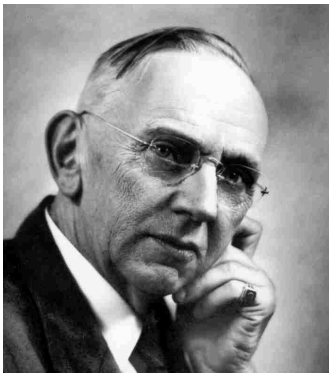
Photo Credit: Alexander Lauterwasser, Water Sound Images

[Alexander Lauterwasser](http://www.alexanderlauterwasser.com), after spending many years studying Chladni's sound figures and Jenny's cymatics, expanded the research to include the effects of more complex sounds and moving music in water, by its nature a very receptive and sensitive medium. Lauterwasser's work generated numerous impressive

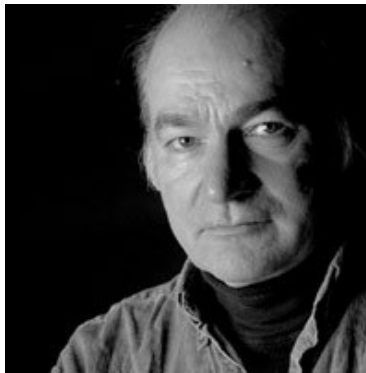
structures and water-sound images throughout the water and on its surface. These structures and images are displayed (as shown above) using special reflections of light which can be photographed or filmed. His amazing book, **Water Sound Images**, is available through Jeff Volk's [cymaticsource site](http://cymaticsource.com).

Vibrational Medicine

[Edgar Cayce](#), known as the sleeping prophet, is quoted with saying in the first half of the 20th century, "Sound will be the Medicine of the Future". That future is now here, as practitioners and researchers are developing new technologies to meet the needs of our modern world. Medical doctor and author, [Richard Gerber](#), gave credibility and a name to at least part of this new field with his 1988 book, **Vibrational Medicine**. He called it a diagnostic and healing approach to illness using energy in various forms and frequencies.



'Prophet' Edgar Cayce



Alexander Lauterwasser



Dr. Richard Gerber

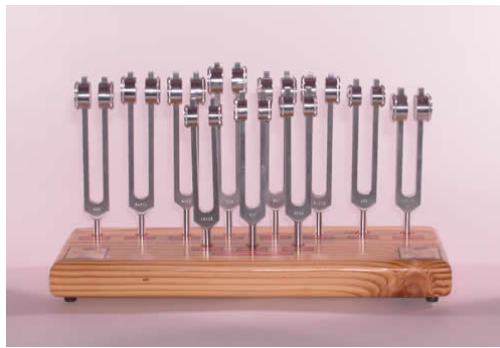
Gerber included the application of different types of energy for healing, including approaches as traditional as X-ray and radiation therapy for cancer, the use of electrical nerve stimulation for treating pain, electromagnetic field stimulators for accelerating the healing of fractured bones, and full spectrum light for treating seasonal affective disorder. However, he said, "vibrational medicine also covers the more subtle forms of treatment such as acupuncture, homeopathy, flower essences, therapeutic touch, and sound frequencies. The latter involve using subtle life-force medicine, but they are energetic therapies nonetheless.

"When a person has an emotional and mental imbalance, the body shares the symptom energetically and physically, and vice-versa, to many varying degrees. These imbalances or dis-harmonic symptoms are diagnosed as blocks in the flow of life-force energy through the system, and specific combinations of the elements, and certain energetic resonances, are introduced into the mind/body to clear blockages and to lead the entire system into balance and harmony. The efficacy of sound healing based on energy anatomy is inspiring indeed.

“Our understanding of the many properties of sound has truly taken a quantum leap in these modern times of industry and information. We are now bridging the gap between science and metaphysics in increasingly new and powerful ways. The sound resonance tools of today are specifically designed to affect not only your mood and thoughts, but your brain and nervous system as well. Each area of the brain and body respond to specific frequencies of vibration.”

Tuning Folks & Nitric Oxide

Naturopath and sound healer, [John Beaulieu](#), says “our bodies have an inner concert of rhythms—alive with heartbeats, pulses, respiratory rates, cerebrospinal fluid waves, lymphatic fluctuations, and blood flows. The brain pulses in Delta, Theta, Alpha, and Beta rhythms which are associated with different states of consciousness. Upon deep inwardly searching, increasingly complex series and combinations of waves and rhythms are uncovered.”



Dr. John Beaulieu with some of his Tuning Forks

Among other tools, Beaulieu works with tuning forks to balance the body’s energies and bring about healing. He speaks of his landmark co-discovery with Dr. George Stefano that “specific vibrations transferred to cells via tuning forks causes the spiking, or release, of nitric oxide”. Apparently, this release sets off a cascade of physiological events which directly influences our health, well-being, state of mind, and consciousness. Beaulieu refers to a [1998 discovery](#) that our cells produce and release nitric oxide which he says has changed medicine dramatically .. so important that it won the 3 doctors who discovered it the Nobel Prize in Medicine and the U.S. government and pharmaceutical medical complex have spent over two hundred million dollars investigating this gas.

Beaulieu says, “Nitric oxide is a molecule created by a nitrogen atom bound to an oxygen atom. It’s made in our cells and released into the surrounding tissues as a gas. The release of nitric oxide by our cells brings about many benefits including: Enhances cell vitality, vascular flow and heart healing; Destroys

bacteria and virus at a micro level which naturally enhances our immune system and increases our ability to prevent and fight infections; Increases resistance to stress and greater levels of energy and stamina; Sharpens mental clarity and diminishes states of depression due to the balancing of the autonomic nervous system; Improves digestion and natural cleansing.”

If all this is accurate, it seems clear that tuning forks or any other sound tools which bring about this process are of major importance. A medical associate of mine tells of himself using tuning forks to solve some tough "real" medical problems that had not been helped by more standard strategies. He cites a six-week-old case of sinusitis cured in just one session with his tuning forks, after the patient had experienced many different traditional and alternative sessions with other practitioners.



“Tuning Fork” Crystal Bowl From My Collection

I’ve been studying and working with sound healing for nearly two decades, first through vocal toning, then through newer technologies such as my state-of-the-art [sound vibration table and sound chair systems](#), and finally with my set of [crystal singing bowls](#). The sound table and sound chair, designed by California chiropractor, musician and researcher, [Dr. Jeffrey Thompson](#), are each equipped with specially designed low frequency, solid steel speakers, which Dr. Thompson says are comparable to electronic tuning forks, attached to the hardwood underside of the table.

Sound Vibration Table & Chair

When lying on the table or sitting in the zero-gravity reclining chair, the result is that of a padded tuning board: A person feels and becomes part of the sound vibration through direct bone and fluid conduction. When one adds the visual

modulator light glasses, a flashing pattern of lights plays over closed eyes to the rhythm of the music, taking one further into a deeply relaxed state. It's a truly remarkable experience, as if the sound table and sound chair assist the body's cells in rewiring and reinvigorating themselves!



The Sound Chair



On the Sound Table



The Table's Speakers

Dr. Thompson says, “Today, with highly sophisticated technological equipment, we can measure the changes that take place in the mind and body when sound vibrations are applied. He points out that technology now allows us to affect the body/mind in two ways: 1) Healing the body with physical resonance using sound frequency vibrations, and 2) Changing states of consciousness using sound with resonance of brain-wave function. We can resonate with different parts of the body with sound for healing.”

Dr. Thompson continues, “The obvious stress reduction benefits of listening to relaxing music have been proven through numerous research projects in hospitals, universities, and private clinical practices over the course of many years. Normally, hearing involves sound waves pushing air pulses against the ear drum, moving the mechanical joints of the middle ear bones which amplify these vibrations to the inner ear, which pushes fluid into wave pulses, which move tiny nerve endings, which fire signals through the 8th cranial nerve directly into the Temporal lobe of the brain, which interprets these impulses as sound.”

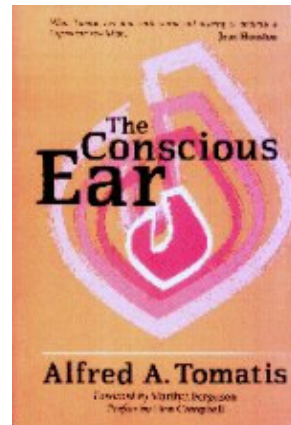
The Body is a Resonant Sounding Board

Furthermore, Dr. Thompson says, “Direct stimulation of living cellular tissue using sound frequency vibration has shown marked cellular metabolism and therefore a possible mobilization of a cellular healing response. Since the human body is over 70% water and since sound travels 5 times more efficiently through water than through air, sound frequency stimulation directly into the body is a highly efficient means for the total body stimulation, especially at the cellular level. By delivering these sound frequencies through the body directly, an entirely different system of the body, spinal cord and areas of the brainstem and brain are brought into play, with the possibility of a much deeper whole-

body response. With this delivery system we have the possibility of direct cellular stimulation.

“Sound frequency pulse waves played directly into the body also has a profound effect on the nervous system. The entire posterior one-third of the spinal cord consists of nerve tract bundles whose sole purpose is the transmission of vibration sense data to parts of the brain which process emotions and to other areas of the Cerebral Cortex. He concludes that there “Far reaching possibilities are inherent in using this type of vibrational technology in the areas of healing, emotional release work, hypnosis, meditation, relaxation and stress reduction.”

Advancing the Knowledge of the Ear



Dr. Alfred Tomatis, Discovering the Conscious Ear

[Don Campbell](#), sound practitioner and originator of [The Mozart Effect](#) products, may be one of the leading American pioneers in his field. But the man he calls the Einstein of sound is [Dr. Alfred Tomatis](#), a Frenchman who devoted his life to the study of the human ear and the effects of musical sound on the brain. The work of Tomatis revolutionized our understanding of the role our ears (and therefore sound) play in our day-to-day lives.

In his early 40's, Campbell learned that he had a potentially fatal blood clot in an artery just below his brain. He was given three options: undergo immediate surgery with no guarantee of a positive outcome; be admitted to the hospital for six weeks for hourly monitoring; or simply wait a few days and see what happened. He decided to pass on the surgery and hospitalization and simply hum.

Fearful that a more powerful sound might bring on a stroke, he hummed quietly for three to four minutes at a time, up to seven times a day. He did this for three weeks, at the same time meditating on healing images. He went back

for a second brain scan, and when his doctor saw the results, he was speechless: The blood clot had shrunk from more than an inch and a half in length to an eighth of an inch, and Campbell was proclaimed out of danger.

Vocal Toning is a Powerful Healing Path

Toning is a powerful approach to healing ourselves through the use of the voice. Let's look at the healing power of the human voice, how to use it to enhance our health. The human voice itself is considered by many practitioners to be one of the most powerful healing forces in our world. Through toning, we can vibrate and stimulate our entire physical system. The sustained vocalization of individual pitches resonates deep into specific body areas. Studies show that sound enters our physical body directly before being processed by the brain, unlike vision, which must be filtered through the centers of the brain first, before we react to it physically. This is why toning can be such a powerful therapeutic tool. Sound can give us immediate access to our emotions and a deep body knowing, bypassing the mind.

Remember, we said earlier that our bodies are made up mostly of water and bone. When we begin to tone, the water within us picks up resonance and vibrates our bones. We already practice toning in an unconscious way. The body often tones itself through natural body sounds. When it's tired, it yawns; when it's in pain, it moans; and when it's joyful, it laughs. It's normal and relatively easy then to learn to use our own voices naturally - in ways we've likely never known - for healing and expressing our true self. The voice is said to be our truest reflection of our inner health and well-being. It expresses the very essence of our nature. It is our life force, our breath with sound added to it. Our voices effect the cells and molecules of our body and can restore our innate harmony and perfection.



Hammered Brass Gong - Another Healing Sound

Another sound practitioner, [Zacciah Blackburn](#), says, “Historically, sound has been used as a point of focus and invocation in meditation, prayer, healing, and ritual throughout much of the world. As with so much that is mystical, our culture has lost touch with the nature of sound as a healing vehicle. Yet more and more healers and musicians are focusing on the power sound has on our bodies and on our well-being. Sound becomes a river upon which, through which, an energy may flow. The sound has an intention, a vibration, an essence, or resonance, which can be a healing mechanism.”

Yes, with the research of these doctors and sound practitioners and many more like them, it seems certain that sound, and related vibrational healing, has become the medicine of the NOW. Throughout this series, I’ve presented some of the leaders in the field of sound healing. There’s much more to be explored. I recommend Jeff Volk’s groundbreaking 1992 video, **Of Sound Mind and Body**, for another good overview up to that time.

The Good Vibrations of Crystal Singing Bowls

Next, I want to further discuss my own experience with sound healing, specifically my work with crystal singing bowls. I have 14 crystal bowls covering the range of the musical scale. As with many of the technologies in this article, crystal bowls resonate within the body, bringing about deep relaxation and tension release, and have the power to create a positive shift in one’s consciousness. Like many kinds of sound therapy, the bowls elicit alpha, delta, theta and beta waves, conducive to deep relaxation and healing states. When one listens to the bowls, old stagnant energy may be freed up and released, making room for new chi, or universal energy, to flow into the body and energy field.



The Author Playing His Set of Crystal Singing Bowls

Many modern scientists and doctors are translating vibrational work such as that produced by crystal bowls into medical practice. [Dr. Mitchell Gaynor](#), a director of Medical Oncology and Integrative Medicine and author of the new book, **Sounds of Healing**, uses crystal bowls and Tibetan bowls effectively in his practice with cancer patients, and has become a major proponent of the bowls.

What's the magic of the bowls? Here's the quick story: Silica sand combined with water becomes quartz crystal. Quartz crystals have many physical properties. They amplify, transform, store, focus, and transfer energy. We see the results in microphones, radio and television equipment, timepieces, laser tools, and computers to name a few. Crystal bowls are made from 99.992% pure crushed quartz and heated to about 4000 degrees in a centrifugal mold. They are available in clear, frosted and colored bowls in a variety of sizes, ranging from 6 to 24 inches in diameter. The bowls emit a powerful, pure resonance. The larger bowls are much more reverberant, with the tone lingering longer, simply because of the size and amount of crystal.



Crystal Bowl Vibrations Resonate Through Body & Energy Field

The size of the bowl does not necessarily determine its note, although the larger bowls sound lower octaves and notes. Each bowl is tested with digital technology to identify its sound. The notes, C, D, E, F, G, A, B correspond with one's energy centers or chakras, from the root to the crown chakra. Some bowls harmonize with other bowls, and when played simultaneously, the effect is exquisite and synergistic. Whatever the size or pitch of the bowl, each one seems to open, balance, and tone all the energy centers of the body. One bowl by itself can be very powerful. When played together, the effect is magnified exponentially, the combination of tones providing a full range of sound which transports people on a "crystal sound journey".

How the Bowls Work With the Body

The human body is a great resonator. Our bodies, too, are crystalline in structure - composed of many crystallite substances - bones, blood and DNA are crystalline as well as the liquid crystal-colloidal structure of the brain. Even on a molecular level, our cells contain silica, which balances our electromagnetic energies, and this is the same formula as natural quartz crystal. The body's natural affinity to quartz facilitates the pure tones to vibrate through us. Crystal vibrations may have profound effects on the organs, tissues, and cells, as well as the circulatory, endocrine, and metabolic systems.

It's said that quartz crystal music holds the vibration of white light which ultimately refracts into the rainbow palette and acts directly on our chakras when the bowls are played. The properties of the bowls possess the same electromagnetic fields as exists within all life forms. Clear quartz integrates the balance of our own electromagnetic energies. Through the pure tone of the quartz crystal bowls one can repattern the energy field organization and influence cellular expression of wellness.



Crystal Practitioner Bowl for 'Portable' Sessions

Our chakras, bones, and organs in the body all possess a different resonant frequency. When an organ or part of the body is vibrating out of tune or non-harmoniously, it's said to be in a state of dis-ease. A body is in a healthy state of being when each cell, each organ creates a resonance that is in harmony with the whole being. It may be said that perfect health would be a free flow of universal energy throughout the body.

When you're working with crystals and sound, such as with the bowls, a harmonization or integration process goes on between external and internal

vibration. The physical properties of the crystal bowls create different tones which resonate with our subtle bodies and frequency signatures. These tones awaken cellular memories and heal on all levels.

The Importance of a Healing Intent

Note, too, that thoughts are energy forms. When thought energy interacts with a crystal, those thoughts are changed to more harmonic forms, which change brainwave frequencies, showing possible alterations in consciousness. Thus, the power of positive intention or affirmation combined with the use of crystals may provide remarkable healing results. This has been shown by Masaru Emoto's work with water crystals mentioned at the beginning of this series.

Some people say intent is everything, in healing as well perhaps in all of life. When one sets out to allow the vibrations of crystal bowls to do their healing, it seems very important to relax and form the intent to allow the vibrations to flow through the body. This is what I suggest to people at my crystal concerts - to relax and let go into a healing or transformative state.

Whatever one's choice of vibrational sound and energy therapy, it's clear that sound has indeed become a viable healing agent. It's certain that the future will bring additional enormous discoveries in this field, and that people will learn much more about how to heal the body and balance one's overall energies with the active application of sound and energy. I hope you'll continue to explore this field through the web sites, books, audio and video resources list which follows. I wish you good vibrational healing of body, mind and soul.

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Author Bio: Gordon Rosenberg is a long-time practitioner/teacher of Reiki, relaxation, sound healing and other vibrational practices. He's conducted some 6000 individual energy sessions, researched and worked with sound as a healing medium since 1990, and played crystal bowls for small groups since 1999. He lives with his wife, Debby, in Bend, Oregon.

Article References & Additional Sound Healing Links

The inspiring work of Jeff Volk .. resource for Cymatics & Hans Jenny, Alexander Lauterwasser, Masaru Emoto, Of Sound Mind & Body video, more
<http://www.cymaticsource.com>

Hans Jenny
<http://www.cymaticsource.com/cymaticsbook.html>

Alexander Lauterwasser
<http://www.wasserklangbilder.de/index.html>

Dr. Alfred Tomatis
<http://www.tomatis.com/English/index.htm>

Don Campbell & The Mozart Effect
<http://www.healingmusic.org/DonCampbell/index.asp>
<http://www.mozarteffect.com>

Ernst F.F. Chladni's "metal plate and sand" experiments
<http://www.keelynet.com/keely/jenny.htm>
<http://physics.kenyon.edu/EarlyApparatus/Acoustics/Chladni/Chladni.html>

Dr. Richard Gerber - author of the book, Vibrational Healing
http://www.share-international.org/archives/health-healing/hh_ebnewch.html

Dr. Mitchell Gaynor - oncologist and sound vibration advocate, crystal bowls
<http://www.gaynoroncology.com>

Dr. Jeffrey Thompson's Center for Neuroacoustic Research - sound tables & chairs
<http://www.neuroacoustic.com>

Jonathan Goldman's Healing Sounds
<http://www.healingsounds.com>
<http://www.soundhealersassociation.org>

Dr. John Beaulieu - Biosonics, tuning forks
<http://www.biosonics.com>

Joshua Leeds' Sound Remedies, 2007 Sound Conference
<http://www.sound-remedies.com>

Pat Moffitt Cook's Open Ear Center
<http://www.openearcenter.com/homepage.php>

Tom Kenyon's Sound Healing Foundation
<http://www.tomkenyon.com>

The Healing Music Organization, practitioner listings
<http://www.healingmusic.org>

Jill Purce - The Healing Voice
<http://www.healingvoice.com>

Rupert Shelldrake - morphic fields & morphic resonance
<http://www.shelldrake.org/homepage.html>

Kairos Institute - Acustonics sound healing & therapy, tuning forks
<http://www.acutonics.com>

Zacciah Blackburn's Center of Light, World Sound Healing Association
<http://www.sunreed.com/CenterOfLight.htm>

Masaru Emoto - The Message from Water
<http://www.adhikara.com/water.html>

Fabien Maman's Tama-Do Academy of Sound, Color & Movement
<http://tama-do.com>

Masaru Emoto - The Messages in Water
<http://www.adhikara.com/water.html>

Gordon Rosenberg - The Light Report
<http://www.lightreport.org>
<http://www.youtube.com/artrias>