

Sound

medicine of
the future

<http://vocalodyssey.wordpress.com>

Since the dawn of time, human beings have used sound to receive information from their environment, to communicate with each other, and to heal and transform. Almost all ancient cultures and indigenous peoples believed, and still believe, that sound is the creative, generative force which brought the universe into being. Nestor Kornblum reports.

In the New Testament it is written: 'In the Beginning was the Word, and the Word was with God, and the Word was God.' (John 1:1)

'The Word' quite clearly refers to sound, which is the God-force or creative force of the universe. In the Hindu tradition the word Om (pronounced aum) was the sound that initiated the creation.

Our modern-day scientists mostly subscribe to the 'Big Bang' theory of creation, but the 'old' idea of sound initiating the creation process is still valid even with this 'modern' understanding since the 'Big Bang', by its own terminology was no doubt the loudest of all the sounds – ever.

Indeed, it is our modern, Western science that provides the most convincing evidence of the power of sound to shape and transform matter, which is the basis of its healing potential. We now know for certain, as did the ancients, that everything in the universe is made up of atoms. Every atom consists of a nucleus (neutrons and protons) and electrons which spin rapidly around the nucleus. The number of each of these particles differs according to the nature of the matter. The spinning motion of the electrons initiates a pulse, which creates a wave, and this wave we perceive with our human perception, as form or matter. All matter vibrates and all matter, as a collective, can vibrate in unison, which we can call a pulse or wave. Whenever pulse, wave and form are present, there is sound. This is called 'The Law of the Three'. And, as I'm sure you've noticed, this coincides with the 'Holy Trinity', not only as represented in Christianity, but of other cultures and religions, including Hinduism.

If we compare the proportional distance of the electron/s from the nucleus of an atom, we find that it very nearly parallels the distance of the Earth from the sun (approximately 150 million kms). In other words, that which our human senses perceive as matter is no more than resonant electromagnetic (EM) fields which are interrelated, interpenetrating and interacting on one another. And all this is, from a certain perspective, nothing more than a dense manifestation of sound (vibration). So from this perspective, all matter is sound, and emits sound, although these sounds are mostly beyond our limited physical sense of hearing. Our physical bodies are also resonant EM fields, as are our auras (a Sanskrit word for the bio-electrical emissions which surround the body), both generated by the atoms of which we consist.

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Sound Healing Workshops

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The science of cymatics most visually demonstrates the way that sound shapes matter. Cymatics is the study of wave phenomena, and was 'discovered' by German scientist Dr Hans Jenny in the '60s. His experiments showed that fine powders, sand and iron filings, when placed on a flat metal plaque and vibrated with sound waves, arranged themselves into intricate patterns. The various substances concentrated themselves in the troughs of the sound waves, thus highlighting the areas where the sound was most dense. These wonderful patterns, also known as Chladny figures or standing wave forms, are, in the case of harmonious sounds, geometrically symmetrical mandalas. In the case of un-harmonious sounds they are not symmetrical, yet are nevertheless fascinating to behold.

Constant vibration

We are in constant vibration. Every molecule, cell, tissue, organ, gland, bone and liquid in our bodies has its own specific rate of vibration. So too does each chakra and layer of our bio-electromagnetic field or aura. These energy points and fields are of equal importance to the physical body, though less dense. In a sense they reflect the state of the physical body, but more importantly, the physical body reflects the state of the aura.

The science of cymatics proves beyond a shadow of a doubt that sound anywhere near the human organism will create a physical change within the organism and its EM fields. This change may be only temporary, but while

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Tibetan Tantric Overtone Chant

Sound & overtones

Some of the ways that sound and overtones can aid healing include:

- Relief from stress and anxiety
- Improved concentration and enhanced creativity
- A stronger immune system response
- Improved vision (physical, mental and spiritual)
- Brain hemisphere balancing
- Restoration of equilibrium in the endocrine system by vibrating the pituitary and other glands
- Relief of sinus congestion and headaches
- Induction of alpha brainwave activity or deep meditation
- Increased energy through stimulation of the cerebrospinal fluid (considered by some to be the physical form of kundalini energy)
- Chakra and aura balancing and cleaning (and corresponding organs and glands)
- Space clearing
- Easier access to intuition and higher consciousness
- Serious illnesses such as cancers and tumours may also be alleviated with dedication



it lasts, certain very powerful, magical things may also take place. This is the moment of healing.

Sound therapy is based on this principle of 'sympathetic resonance'. Resonance is the vibratory rate of an object, and sympathetic resonance is when one vibrating object causes another to vibrate in harmony with it, or match its rate of vibration. This is how cymatics works, and it is also how opera singers may break glass with their voices, or how passing vehicles may rattle your furniture. We've already established that every part of the body and its fields is vibrating. It is only logical then, that each part of the body, whether organ or chakra, must have its optimum, healthy frequency (rate of vibration). When we are ill, it is because some part of us is not vibrating harmoniously with itself, the other parts, or its surroundings. This dissonance, or illness, may be healed with sound and intention, restoring the afflicted parts to their healthy frequency. By directing the correct sound toward ourselves, or toward a person wishing to be healed, we are able to return to an optimum, healthy vibration.

Sound healing

Most illnesses begin in one of the subtle bodies. Our negative thoughts, emotions and programming take on denser form as crystallised patterns of energy in our etheric (bio-EM) fields. These crystallised patterns gradually work their way inward, eventually and ultimately manifest as physical illness in the body, our densest electromagnetic field. Sound is able to dissolve these crystallisations of potentially harmful energy long before they reach the physical body. This is pure preventative medicine.

Soundhealers, in which category I include shamans, sangomas, certain monks, and everyone who regularly uses sound to feel better, or to help others feel better, have many tools at their disposal. Western sound therapists use a combination of voice, and acoustic and sacred instruments from different cultures. A working knowledge of sound, intention, intuition and energy will effect powerful changes on every level of one's being.

It is an holistic therapy operating on physical, emotional, mental and spiritual levels.

One of the most powerful sound healing tools known to man is the ancient technique of overtone chant. Its origins are in Central Asia where it has been practiced for centuries by shamans of the Turkic races of Mongolia and Tuva; in SA, it is practised by the Xhosa women, and in Tibet, it is used exclusively by the Lamas. It has also

become a beautiful form of musical expression. Known as khöömii or khoomei in Asia, Ngqokolo by the Xhosa or overtone chant/vocal harmonics in the West, it allows a single person to sing two, three, or even four simultaneous sounds.

By means of focused intention, and employing as many resonators as possible within the body and cranium, one is able to amplify the harmonics (the partial tones of which the voice is made) or overtones of the fundamental tone being sung. These overtones are perceived as clear, flute-like or bell-like tones above the lower drone of the voice.

The 'deep voice' chanting of the Tibetan monks and Mongolians, which only a few Westerners* have mastered, creates a second fundamental drone either in the pharynx, where the actual throat lining vibrates, or false vocal chords, which allows a second overtone to be amplified, a total of three or even four simultaneous sounds. This is not simply a form of vocal acrobatics. A very powerful, multidimensional waveform is created which operates on several levels. The fundamental, or base tones, of the voice work mainly on the physical body, while the overtones, which are the pure, 'rainbow colours' of the voice, work mainly on the subtle bodies. Like laser beams, these overtones dissolve and disperse crystallisations of potentially harmful energy in the aura, thus preventing them from reaching the physical body.

Acoustic instruments such as the didgeridoo, Tibetan singing bowls, gongs, monochord and tamera, will work in much the same way as the voice, as they are all rich in audible overtones. The voice, however, is far more powerful as it transmits intention more directly than through an instrument. Electronic instruments and machines do not have the full spectrum of harmonics, and are therefore limited in their therapeutic potential.

Faster vibrations

Through the regular use of sound combined with intention we may begin to vibrate faster at a cellular or molecular level. This is what is meant by 'raise your frequency'. The higher rate of vibration creates larger spaces between the cells and molecules, making us less dense, and preventing negative or intrusive energies



The sound from didgeridoos are rich in audible overtones

from 'sticking' to us easily. In the '30s the medium Edgar Cayce predicted that sound would be the medicine of the future. That future is now. So let's all raise our vibration to harmonise with the energies of this new millennium. □

*The author is one of these Westerners, and is perhaps the only Westerner to have performed overtone chant and deep voice overtone chant with both the Tibetan monks (Gaden-Shartse Monastery – World Tour 2000, 2007, 2011) and also the Xhosa Woman's Ensemble – SA Overtone Singers (Parliament of World's Religions, Cape Town, 1999).



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