

## SOUND BITES

As soon as I hear a sound, it always suggests a mood to me.

~ Brian Eno, contemporary musician

GENESIS: ...the light of divine creation was initiated by sound; "God said..."

According to most spiritual teachings the primary force is sound; divine speech set things in motion, divine sound being the cause of all manifestation.

Ancient rishi's (sages) conclude that the pronunciation of vowels correspond to the vibration of the 5 inner planets, these are: Venus (O), Jupiter (A), Saturn (E), Mars (I), Mercury (U). These divine sounds reverberate through the universe.

Some sounds are healing. Healing does not mean curing, it refers to improvement of symptoms & conditions. At last the power of sound and sound waves are recognized by scientists around the globe. Organized sound, such as mantra's and music, is currently used in many healing practices.

### MANTRA'S

Mantra: the Sanskrit word for divine speech (among other things). A mantra is a mystical religious poem, an ancient formula of divine sounds, an energy based sound.

In the opinion of the spiritual leader of the Sufi order ~ Vilajat Inayat Khan ~ "The practice of mantra kneads the flesh of the body." With vibration of divine sound, mantras can help us feel more serene, invigorated and emotionally stimulated. According to Vedic belief, speech (sound) is the essence of humanity. Words produce physical vibrations, coupled with mental intention influencing the result. Mantras create thought energy waves, and are a powerful tool used by the mind. A mantra energizes prana (life energy), and quiets the mind.

One of the most primitive sounds is the sound OM. (ohm, aum) The Upanishads teach us that "...the essence of all beings is earth, the essence of earth is water, the essence of water is plant, the essence of

plant is man, the essence of man is sound (reason), the essence of sound is divine wisdom, the essence of divine wisdom is the sound of the word, and the essence of the sound of the word is AUM."

Here we learn that A, which vibrates in the lower part of our body, stands for the waking state (Vaishwanara) ~ U, which vibrates @ heart center, stands for dreaming state (Tajjasa) ~ M, which vibrates in the head, stands for deep sleep (Prajna) ~ These are the three states of consciousness, the fourth state is the "self" ( the essence of consciousness) which is present in all three states and also apart from it. The sound vibration AUM then connects the top part of the body with the bottom part.

The whole world, including our bodies, is made up of vibrational energy. It stands to reason, then, that we are affected by sound. Any sound. Quantum physics attest to the vibrational quality of all existence.

Tones sound, roar and storm about me, until I have set them down in notes.

~Ludwig von Beethoven~

## MUSIC

Organized sound such as music, can raise our inner being to a blissful state, and divine peacefulness.

Clinical studies show the profound effect sound (music) has on our bodies, treating patients affected by Alzheimer, Cancer, and post surgical trauma.

My research and personal experience has shown me that music can stabilize our heart rate, improve our immune system, energize our body, lower & stabilize our blood pressure. Music can also produce endorphins, nourish our DNA, generate important proteins in our body (interleukin 1&2, which stimulates disease fighting cells). Music improves conditions such as stress, insomnia, emotional well being, and a vast array of other conditions and illnesses. Music also improves learning and retention of information.

## CHANTING

Chanting : a repeated rhythmic phrase, typically sung in unison by a crowd. A monotonous repetitive song, incantation, part of a ritual. Chanting stimulates energy in the body. Vocal chanting is particularly affective because the palate and the ear function as blueprints for the body's nervous system. Because of the rich phonetics, Sanskrit chanting is particularly beneficial; the complex tongue placements stimulate a vast span of energy frequencies.

Words mean more than what is set down on paper.

It takes a human voice to infuse them with shades of deeper meaning.

~ Maya Angelou ~

## OUR VOICE

Our voice is our own personal sound. If we carefully listen to the sound and intonation of our voice, we will find our essence; it will resonate in our body.

When we stay connected to the sounds of our voice, the words, content and our bodies will be congruent. Singing is very liberating for our emotions. It liberates our soul. It lifts us up and allows us to let go completely. No matter if we sing properly or just sounding out vowels, whether we sing alone or with others; though when we sing with others the effect is astounding. Singing affects our mood, it affects our blood pressure, pulmonary functions, nervous system...our overall health, physiological and psychological.

## ANIMALS & PLANTS

Animals & plants are also affected by sound. Bio mechanical studies show that the relationship of environmental factors, such as sound, and growth of plants is significant. In exploring sound stimulation it is found that animals and plants are greatly affected, much like human beings. Certain sounds help plants bear more fruit and can control pests as well. Dogs are subdued and chickens lay more eggs while listening to classical music.

Unfortunately, currently marine mammals face threats by natural and anthropogenic sounds. Certain sounds can cause marine animals to alter their natural behavior, preventing them from hearing important sounds. It also causes loss of hearing or tissue damage. This is very sad, especially if we consider that the sound of whales, especially the mating sounds of the humpback, has a therapeutic & healing affect on us humans. This long slow sound, containing a range of pitches and repeated patterns, gives us a sense of stillness and peace. This comforting sound associates us with the tranquility of the ocean.

Luckily the world is filled with activists who are trying very hard to balance out the current lack of harmony between humans and the environment. We must try to think of what *we* can do to contribute to this cause, and above all we must pass the word so that we can create a greater awareness, for awareness is the first step toward healing.

The only work that will ultimately bring any good to any of us, is the work  
of contributing to the healing of the world.

~ Marianne Williamson ~