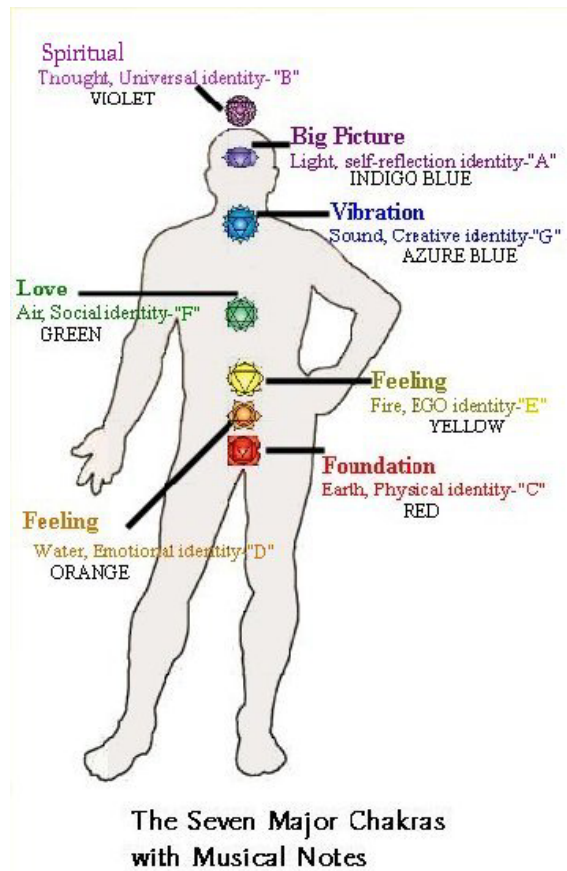




Music as Therapy

Crystal bowls and tuning forks create a very pure wave form: a sine wave. This pure sine wave form carries through physical objects quite well. One reason the pure tones vibrate within the body is that it has a natural affinity to notes. The human body is composed of many substances that react to frequency; the bones, blood and DNA are crystalline in structure, and the brain well has a liquid crystal-colloidal structure. Even on a molecular level, our cells contain silica, which balances our electromagnetic energies, and this is the same formula as natural quartz crystals that are found in crystal bowls.



When working with sound and specific notes, there are resonance, harmonization, and integration processes that occur between the external and internal vibration. The pure tone of tuning forks or crystal bowls produces a vibrational sound field which resonates the light body chakra and corresponding physical area. A series of pure tone therapy facilitates the rebalancing of each receiver back into an elevated level of enteric radiance.

Notes in music act as an oscillator, magnifying and transmitting pure tone. Like a powerful radio transmitter, the notes transmit energy into the atmosphere, filling a person with vibrational radiance which translates into the seven main colors of the rainbow.

The sound of the pure tones affects brain wave activity, to the extent that a person can achieve an altered state of consciousness. In this state, healing of the body can take place.

Music is a form of vibrational medicine which validates the fact that everything in the universe is in a state of vibration, and the frequency at which an object or person most naturally vibrates is called resonance.

The chakras, bones, and organs in the body all possess a different resonant frequency. When an organ in the body is vibrating out of tune or nonharmoniously, it is called "dis-ease" or disease. A body is in a healthy state of being when each cell and each organ creates a resonance that is in harmony with the whole being. Music can heal by creating balance.

Try this exercise. Sit in silence and play the seven musical notes starting with "C", "D", "E", "F", "G", "A", and "B" several times to put yourself back into balance. If you are aware of specific problem areas, play the one note that is associated with that area.