

Sound Healing Practice

By Simon Heather

About the Author

Simon Heather is a qualified acupuncturist, healer and body worker. He has made an extensive study of sound healing and in 1996 founded the UK Sound Healers Association; a non-profit making organisation dedicated to promoting sound healing in the UK.

In 2004 Simon founded the College of Sound Healing; a non-profit making organisation dedicated to teaching sound healing in the UK.

For the last twenty years Simon has been involved in teaching many different approaches to healing and through his work he has discovered the tremendous power of sound and music for healing.

Simon has taught sound healing workshops in Australia, Canada, Ireland, Russia, South Africa, New Zealand, Zimbabwe, UK, and in the USA. Simon has written seven books: -

The Healing Power of Sound - How to Enrich Your Life With Sound and Music

The Healing Power of Musical Intervals

The Healing Power of Music

Articles on Sound Healing

Reclaiming Your Sacred Spirit - The Essential Guide to Healing the Chakras

The Healing of Emotion - Reconnecting with the Positive

God Am I - The Journey to Self Realisation

At present Simon is teaching workshops for those who wish to reconnect with their true voice, for those who wish to experience the healing power of sound, and training courses for healers and therapists who wish to use sound as part of their healing practice.

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I humbly lay this book at the lotus feet of the Lord.

Om Shri Sai Ram

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Introduction

What is Sound Healing

“The knower of the mystery of sound knows the mystery of the whole universe.”

Hazrat Inayat Khan

Sound healing is the therapeutic application of sound frequencies to the body/mind of a person with the intention of bringing them into a state of harmony and health.

Sound Healing can be transmitted to a person in a number of ways: -

- 1) Through using their own voice
- 2) Through using their voice with other voices
- 3) Through using their own voice while listening to music

- 4) Through listening to another person's voice or a number of voices
- 5) Through listening to an instrument or instruments
- 6) Through listening to music or sound through a loudspeaker or through headphones

How Does Sound Healing Work?

Each organism has its own vibratory rate. Every object in the universe has its own unique resonant frequency. Tap a wineglass and it will emit a ringing sound determined by its size, shape and the thickness.

When an opera singer vibrates a glass with her voice the singer has matched her voice to the resonant frequency of the glass and set it into vibration. As the singer increases the volume of her sound the resonance becomes too great for the forces that hold the glass together and it shatters.

Luckily, our bodies are more flexible than a glass! The cells of our body enjoy the vibration of sound.

If one 'C' tuning fork is struck and placed next to another 'C' tuning fork, the second tuning fork will begin to resonate together with the first tuning fork. The sound wave from the first tuning fork has imparted some of its energy to the second one.

If the stem of the tuning fork is placed on a metal, glass or wooden object, this object will begin to vibrate. A simple experiment can be conducted by placing a tuning fork on the top of one's head. You will find that bone is an excellent conductor of sound.

In air sound travels at - 340 metres per second (760mph)
In water sound travels at 1,500 metres per second (3,350mph)
In glass sound travels at 5,600 metres per second (12,500mph).

The human body is made up of 70% water; this makes it a very good conductor of sound.

Modern medicine now uses sound waves to break up kidney and gallstones in the body. The machine used is called a Lithotripter. This machine bombards the stones with a specific sound frequency for one to two hours. The patient is admitted in the morning and discharged in the evening. Generally no anaesthetic is needed. With most patients only one treatment is necessary to break the stones down. The pulverised stone is passed out of the body through the urine.

Every organ, every bone, every cell in the body has its own resonant frequency. Together they make up a composite frequency like the instruments of an orchestra. When one organ in the body is out of tune it will affect the whole body.

Through the principle of resonance it is possible to use sound to bring the body back into harmony hence avoiding the need for drugs or surgery.

Entrainment

In 1665 a Dutch scientist Christian Huygens, 'discovered' the principle of 'entrainment'. This principle states that whenever two or more oscillators in the same field are pulsing at nearly the same rate, they tend to 'lock in' and begin pulsing at exactly the same rate. The powerful rhythmic vibrations from one source will cause less powerful vibrations of another source to lock into the vibration of the first source.

Systems theory states that; *"the less diversity there is in a system the more energy it will conduct."* It takes less energy to pulse in co-operation than in opposition.

The composer Paul Hindemith said, *"People who make music together cannot be enemies, at least while the music lasts!"*

Nature seeks the most efficient state. We see the law of entrainment in action when birds fly together in migration; they will flap their wings together and glide at the same time to save energy. Women who work or live together will often find that their menstrual cycles will synchronise.

Itzhak Bentov illustrates this phenomenon in his book 'Stalking the Wild Pendulum'. If you place a number of grandfather clocks on a wall with pendulums all swinging at different rates within a few hours all the pendulums will be swinging at the same speed!

The principle of entrainment can be experienced when one sings in a choir. If you are singing next to someone with a strong voice it is easy to sing your part. If the person with the strong voice is singing a different part to you it becomes much harder to hold your part.

If you sing a strong clear harmonious sound to a person who is sick or out of balance their body will lock into your powerful healing sound. The principles of resonance and entrainment are both at work in a sound healing treatment

Recent scientific research has identified specific sound frequencies, which relate to different parts of the body. Therapeutic application of the appropriate sound frequencies can help disorders in those parts of the body.

If a part of our body is out of balance we can retune it like tuning a piano. If a piano is out of tune, do we drug the offending key or rip out the offending piano wire? This is precisely what we do to the human body.

“There will come a time when a diseased condition will not be described as it is today by physicians and psychologists, but it will be spoken of in musical terms, as one would speak of a piano that was out of tune.” - Rudolph Steiner

Intention

Jonathan Goldman in his book 'Healing Sounds - The Power of Harmonics' says: - *"When we have learned techniques for harmonic toning, the human voice is able to create nearly every frequency, at least within the bandwidth of audible frequency"*.

Jonathan offers the simple formula: - *"Frequency plus Intention equals Healing"*. If we can find the right sound frequency coupled with the right intention then healing will occur.

Intention is another important principle underlying the way sound healing works. If we sing a pure sound to another person with a pure intention then healing will occur.

Every action we perform has a conscious or unconscious intention behind it. We can see the principle of intention at work when a mother sings her baby to sleep. In a Sound Healing treatment, the sound carries our intention to the person receiving treatment.

Voices

Research in the USA has shown that certain sounds are under stress in our voices. These sounds correspond to imbalances in our bodies. Changing our voice pattern changes our brain wave frequencies and reduces illness.

Removing the stress frequencies in the voice has helped to reduce high blood pressure; it has helped diabetes, emphysema, and eye problems, reduced pain and speeded up the body's healing.

Our voice is the ultimate healing instrument. All of us have the ability to create pure tone and vocal harmonics. There is a Sufi saying "The voice is the only instrument made by God. All other instruments were made by man."

Toning is an easily learnt skill that begins to free the voice again. Regular toning helps to re-energise the body and restore health to the mind, body and spirit. There is a saying in Germany that 'bad men don't sing'!

When groups of people tone together, it produces a tremendous feeling of connectedness.

Laurel Elizabeth Keys in her book 'Toning the Creative Power of the Voice' says: -

"A whiny weak voice will suck in negativity, attracting lingering illness like cancer, asthma, allergies, tumours, rheumatism and arthritis. No healing will be possible until the person reverses their tonal pattern".

Laurel discovered toning by accident. One day her body became filled with a sound so great that she had to express it: -

"Each time I toned, my body felt exhilarated, alive as it had never felt before, a feeling of wholeness and extreme well-being".

Harmonics

Pythagoras lived on the Greek island of Samos from 560-480 BC. He is credited with the invention of the monochord and the discovery of the harmonic ratios in sound. Pythagoras said "study the monochord and you will know the secrets of the universe".

The monochord is a long wooden box with one long string attached to two raised pieces of wood to permit it to vibrate. When the string is plucked it produces a sound that is called the fundamental tone of the string. Using a wooden bridge we can divide the string in two. When either half of the now divided string is plucked it will produce the same note as the fundamental except it will be an octave (eight notes) higher, since it is vibrating twice as fast as the vibration of the fundamental.

If the string were divided equally into three, the note produced would be different from the fundamental note. If the fundamental note was 'C' the note produced would be 'G', an octave above the fundamental note. If the string were divided equally into four the note produced would be a 'C', the same note as the fundamental note but two octaves higher.

Pythagoras found that whenever the whole string was plucked, higher sounds would be created at the same time as the fundamental note. These higher sounds or 'harmonics' were mathematically related in frequency to the fundamental note through whole number ratios of 2:1, 3:1, 4:1. These harmonics were related to each other in ratios of 2:3, 4:3, 5:8. Pythagoras discovered that these ratios were found in the proportions used in art and architecture.

Pythagoras saw the universe as a giant monochord, an instrument that stretched between heaven and earth. The higher sounds were those of pure spirit and the lower ones were those of the earth. Pythagoras found the harmonic intervals in all phenomena in nature, the elements, the planets and constellations.

In the 1920's a German scientist called Hans Kayser developed a theory of harmonics based on Pythagoras's work. Kayser states that the whole number ratios of musical harmonics are found in the basic laws of chemistry, physics, crystallography, astronomy, architecture, spectroanalysis, botany and other natural sciences.

Singing Harmonics

Singing any note produces harmonics. Within one note are many notes all related to the fundamental note through exact mathematical ratios.

Most of the time we are unaware of the existence of harmonics. When we are in a room with good acoustics like a church or a bathroom, we are suddenly aware of a richer sound. The richer sound is produced by the harmonics that are accentuated by certain acoustic spaces.

The ancient people used this knowledge when they constructed sacred sites like Stonehenge, Newgrange or the King's Chamber in the Great Pyramid. All these buildings were sound chambers where sound healing took place.

When we hear music rich in harmonics, like Gregorian Chant, Indian classical music or "a cappella" singing it induces an altered state of consciousness. It changes our brain patterns so that we feel more relaxed, more connected with the music.

Ancient cultures understood the power of harmonics. Stringed instruments are particularly rich in harmonics. In the bible, David is said to have played the harp to heal King Saul's depression. Orpheus played the lyre, another stringed instrument in Ancient Greek mythology. In India, Saraswati, the Goddess of wisdom and music, is seen playing the Veena, a stringed instrument.

Intervals

Music is filled with musical intervals. If we sing or play two different notes, one after the other or at the same time, we create a musical interval. Each musical interval will have a different effect on our body, our emotions, and our mind. This explains why we choose different types of music at different times.

Generally, simple intervals like the third (e.g. C/E) and the fifth (eg. C/G) are uplifting and sound pleasing to the ear. Minor intervals can induce tension or feelings of sadness. Some intervals are discordant and can help us to get in touch with darker emotions.

In an experiment, two people sang the notes of the octave into an oscilloscope (an instrument which measures sound waves). On the screen of the oscilloscope appeared the symbol of infinity, the figure eight. Is it a coincidence that the Latin word for eight is "octave"?

When we study musical intervals further, we discover that each interval produces a mathematical ratio. For example, the octave produced the 2:1 ratio, the fifth produces the 3:2 ratio.

When we study nature, we find these simple mathematical ratios cropping up everywhere. They are found in the structure of the atom, in crystals, leaves, petals, shells, in the proportions of the human body, and in the orbits of the planets around the sun.

Architects used these ratios when building the great cathedrals and ancient sacred buildings. Goethe described architecture as "frozen music."

Cancer Cells

Fabien Maman's research has shown how sound can destroy cancer cells. Cancer cells were found to become unstable and disintegrate when they were played all the notes of the musical scale. *"In contrast healthy cells absorbed and integrated the sound without resistance."* (Fabien Maman - The Role of Music in the 21st Century - Book 1)

Chant

Singing very simple chants has another effect. After a period of chanting the mind becomes relaxed and clearer. This effect is used in most spiritual traditions. In India this practice is called 'kirtan'.

Over time music became more complex in Western society. The singer and musician have to stay more concentrated in their left brain function. Consequently we have lost much of the healing power of sound in our modern music.

When the mind repeats the same phrase over and over again, we relax and find ecstatic states of joy and inner peace. This is particularly the case when we sing or chant with great devotion.

Rhythm

Listening to Pacabel's Cannon which has a rhythm of 64 beats per minute, (the rate of a resting heart beat), will change our brain wave pattern from Beta to Alpha.

Slower tempo music slows our breathing rate. The human heartbeat will tend to match the rhythm of music. Researchers at Louisiana State University found that listening to hard driving rock music increased the heart rates of young adults working out. Easy listening music allowed them to do longer training sessions and experience lower heart rates.

Music influences the limbic system of the brain through pitch and rhythm affecting our emotions, feelings and sensations. Listening to certain music calms the nervous system and improves metabolism.

Drumming

Repetitive drumming slows down our brain rhythm helping us to experience trance like states. These techniques, prominent in Shamanic practices, allow the healer or client to leave normal conscious awareness in order to journey to other realms of consciousness. Here, healing can take place.

Drumming slows down our brain rhythms because of the action of the reticular activating system located in the brainstem. This structure alerts the brain to incoming sensory stimulation. Loud, repetitive sound such as drumming floods the brain with input and overrides the other sensory channels. Normal brain activity is suppressed, and the consciousness is freed to explore other forms of perception.

Everything in Nature is Vibrating

Our body has a whole number of rhythms: -

Heartbeat - normally between 60 and 75 beats per minute (Resting 60 / Average activity 72)

Breathe - normally 14 to 16 breaths per minute

Cranio-sacral pulse - 8 to 12 times per minute

Gastrointestinal tract - contracts once a minute

Stomach - contracts every three minutes

Brain waves - waking state 18 to 22 cycles per second (see earlier in the book)

Body temperature - changes from day to night

All these rhythms will be affected by the drumbeat.

When we are in a state of stress our heart beat can increase to 87 beats per minute. When we are deeply relaxed this rate will fall to around 57 beats per minute.

The regular rhythm of the drumbeat will entrain our heartbeat to its rhythm. In a healing session we may take a person's pulse to determine their heart rate then begin playing at that rate. Over a period of ten minutes we can gradually reduce the drum beat rate to help the person to relax. We can watch their breathing rhythm to gauge how quickly their heart rate and breathing rate has entrained to our beat.

Sound Healing Applications

Acupressure Point Stimulation
Auditory Biofeedback
Auditory Integration
Biotuning
Birthing Assistance
Brainwave Entrainment
Chakra Balancing
Chanting
Computer Voice Analysis
Consciousness Raising
Crystal Bowls
Cymatics
Death Transition
Drumming
Fun
Hemispheric Synchronisation
Hydroacoustic Therapy
Improved Circulation
Increased Concentration
Learning Acceleration
Medication Reduction
Meditation
Music
Music Therapy
Neuro Development Remediation
Neurophone (Ultrasonic Neural Stimulation)
Overtoneing
Pain Control
Productivity Enhancement
Relaxation
Rhythmic Entrainment
Root Frequency Entrainment
Shamanic Rituals
Singing
Sound Massage
Sound Therapy (Tomatis Method, Berard, etc.)
Sleep Improvement
Stress Reduction
Tibetan Bowls
Toning
Trance States
Treatment Room Ambience
Tuning Forks
Ultrasound (To break up Gallstones, Kidney Stones, and Dental Plaque)

Part One - An Introduction to Sound Healing with the Voice

The Healing Power of the Voice

Grounding

Breathing

Listening

Harmonics

Power vs. Force

Thymus Tap

Some Quotes on Kirtan

Laughing

Singing Affirmations

Chakra Sounds

The Healing Power of the Voice

Sufi Saying - the voice is the only instrument created by God

The voice is often called the 'Muscle of the Soul'. When we connect with our true voice we feel the power of our soul flowing through our body.

I first experienced this at a voice workshop many years ago with a group of over twenty people. Everyone was singing in a circle. One person was encouraged to step forward into the centre of the circle and improvise.

When I stepped forward I felt an enormous power flowing through me which I had never felt before. It was a wonderful feeling. I experienced a heightened state of awareness and felt very joyful as though I had rediscovered a vital part of myself.

When we sing our 'Sprit Song' as Shawna Carol calls it her book 'The Way of the Song' we are changed in a deep way. Most people have never had this experience because: -

1. They have been told they can't sing at school.
2. When people are training to sing they often lose their natural voice and sing in the way teachers want them to sing. You hear this voice when we listen to opera singers.
3. People who sing in choirs are often constrained by the stress of performing a piece of music correctly.

Chris James one of the pioneers of sound healing says that we are all born with a beautiful voice. All we need to do is to uncover it.

As we get older our spirit and voice get covered up by more and more judgements about ourselves based on other people's opinions of us. We lose touch with our joy and spontaneity.

When we reconnect with our true voice we can reconnect with the joy and spontaneity we had when we were a child.

How to Connect with your True Voice

1. Sing a little every day. Sing what feels right to you. Make up your own songs and chants, make sounds, groan, laugh, hoot.
2. Sing with other people in a group where you can freely express yourself.
3. Form a 'Spirit Song' group where each person can express their song while the rest of the group sings.
4. Join a Gospel choir or devotional chanting group where you can forget yourself and sing from the heart.
5. Practice sound healing. During a sound healing session we become a channel for healing sound. This is a good way to connect with your spirit.

Grounding

Grounding is connecting your body's energy to the energy field of the earth. Our body is an electrical circuit. If we are ungrounded, we will think too much, energy will build up around our head.

The feet are the negative pole of the body. When we are grounded, energy flows through our body into the earth and vital earth energy flows up into our body.

When we are relaxed we know what to do in each moment without needing to think about it.

Most people have experienced some trauma in their life. This can cause 'soul loss'. Where part of our energy is no longer in our body but stuck in a past event that we haven't come to terms with. This will cause us to be ungrounded and not in present time.

How to Ground

Take off your Shoes and Walk on the Earth

Touch the Earth

Kneel or Lie on the Earth

Tone a Deep Sound

Groan and Bounce up and Down

Stamp Your Feet

Drumming

Relax your knees, keep them soft and slightly bent when standing. If you lock your knees you will lose your connection with the Earth.

Singing

When we are singing and grounded creative energy flows through our body. This is like electricity running through a wire. Ungrounded singers can often feel light-headed, spacey or even 'fry their circuits' if not grounded.

Trembling or shaking while singing can also indicate that we need to ground ourselves. If you feel ungrounded focus on your feet and make a deep resonant sound to connect with the earth.

It is important to remember to ground yourself after giving sound healing or after chanting.

Breathing

Our greatest source of energy is our breath. The amount of energy we have at any time is determined by our breathing pattern.

If we are stressed our breathing becomes shallower and we tighten our abdomen.

Breathing deeply helps us to connect to the present moment.

Thich Nhat Hanh the Vietnamese Buddhist monk says: -

*“Breathing in I Calm my Body,
Breathing out I Smile,
Dwelling in the Present Moment,
I know that this is a Wonderful Moment.”*

As we sing we press the air out of our lungs with our diaphragm. If our breathing is shallow or constricted this will be reflected in our voice. We will run out of air very quickly and our voice will be weaker than others.

Many people have acquired the habit of shallow breathing in order to protect themselves from a hostile environment. Those who have grown up in a violent or unsafe home would try to breathe in as little of it as possible. Others with shallow breathing have experienced a trauma which literally 'took their breath away' and from which they have never recovered.

When people start to tone long vowel sounds this will begin to correct a shallow breathing pattern. As we breathe more deeply we may connect with repressed feelings held inside our body. Singing and toning is deeply healing because it enables us to let go of these feelings in a gentle way.

The more we sing the more deeply we will breath, the more connected we will feel to our body. Regular toning helps to release stress and tension held in the body, relaxing the diaphragm.

As we become more relaxed we experience our true nature which is joy, love and peace.

Water Breath

Breathe in through the nose and out through the mouth.

This breath slows and centres the singer. This breath helps us to connect with our emotions and to experience our deeper self.

Fire Breath

Breathe in through the mouth and out through the mouth

This breath creates energy and heat.

Listening

Listening is receptive while singing is active. We need to find a balance between these two aspects of ourselves, the active and the receptive. Good listening leads to good singing.

We need to: -

Listen to others before we speak
Listen to a new song at least three times before we sing it
Listen to our own heart/inner voice

When we are listening we are placing our full intention on what is happening in the moment.

If we really listen to a person's voice we can tell very quickly if they are relaxed or stressed, healthy or unhealthy.

Listening to Ourselves

We need to give ourselves time each day to listen to ourselves. To find out: -

What are our needs
How are we feeling?
What do we need to express/communicate?

Listen to Music

Every day listen to some music with your whole attention. Listen with your heart and with your body. Listen to the different instruments. Feel how the music affects you.

Tone Deafness

Inability to sing in tune is usually due to poor hearing. Very few people are really tone deaf due to physical damage to their hearing.

Most of us have blocked out different sounds in the past as a result of past trauma. Dr Tomatis found that children who were continually screamed at by their mothers would block out the frequencies of her voice. This trauma to the hearing affects the way they hear all similar sounds.

Restoring Our Hearing

1. Heal our emotional pain
2. Developing the ability to recognise different musical notes is a skill that takes practice and patience for most people.
3. Free singing can be liberating. Sing for fun and don't worry if you are on the right note.
4. The more relaxed we are the better we hear.
5. Sing with another person. Sing the same note together. Ask them to tell you if you are on the same note as them. Ask them to change the note see if you can follow them.

Harmonics

Most of the energy of natural sound is in the harmonics, which carry the information or consciousness.

Harmonics give a musical instrument its voice or tone. In music, harmonics are referred to as partials, and enable us to tell the difference between various instruments. If a violin and a piano, both playing the same note, are electronically processed to filter out the harmonics, they eventually sound the same - a dull sine tone.

Harmonics are created by the multiple ways in which the string or air column in a musical instrument can vibrate when the note is played. The structure and material of an instrument determine which harmonics will be emphasised, giving its tonal colour.

Mathematically, harmonics are multiples of the actual note or frequency that the instrument is playing. If the piano strikes a C (256 Hz), then the partials produced are:

Fundamental tone 256 Hz C
2nd Partial - 512 Hz C Octave above
3rd partial - 768 Hz G - fifth
4th partial - 1024 Hz C - 2nd octave up
5th partial - 1280 Hz E - major 3rd and so on.

Vowels are also produced by emphasising harmonics. The mouth and tongue position creates a sophisticated resonating chamber, changing the raw buzz produced in the back of the throat into intelligent speech. The harmonics carry the energy, which is the information or consciousness.

Exercise

Tone an elongated journey through the vowels, staying on the one note. Change your mouth from one into the next, and try to notice the effect of a gradually rising pitch hidden in the vowels: OOO-AWE-AAA-AYE-EEE (a bit like saying a stretched out "why").

By concentrating on the shape of the mouth and tongue it is possible to emphasise certain harmonics so they sound louder than the fundamental, like a bell or whistle. This skill is highly developed in the Tuvan (Mongolian) and Tibetan cultures.

Harmonics directly resonate areas inside the brain. This produces measurable physiological changes and release endorphins. This can create a natural high without the side effects of drugs. Sounding is a very safe process. Your body knows how far it can go.

Power vs. Force by Dr David Hawkins

Muscle Testing

"In the late 70's, Dr. John Diamond refined kinesiology into a new discipline he called *behavioural kinesiology*. Dr Diamond's startling discovery was that indicator muscles would strengthen or weaken in the presence of positive or negative *emotional and intellectual stimuli*, as well as physical stimuli. A smile will make you test strong, while the statement, "I hate you" will make you test weak." p3

"A striking aspect of diamond's research was the uniformity of response amongst his subjects. Diamond's results were predictable, repeatable, and universal." "Whereas virtually all classical music and most pop music (including "classic" rock and roll) caused a universally strong response, the "hard" or "metal" rock that first gained acceptance in the late 70's produced a universally weak response." p4/5

Thymus Gland

"The thymus gland is located directly behind the top of the breastbone and is the central controller of the body's acupuncture system. When it's energy is low, (Kinesiology) test results are unpredictable. This can be easily remedied in a few seconds by a simple technique discovered by Dr. John Diamond, which he called "thymus thump."

"With a clenched fist, pound over this area rhythmically several times while smiling and thinking of someone you love. At each thump, say, "Ha-ha-ha". Re-testing will now show the resumption of thymus dominance, and test results will return to normal." p64

Effects of Music

"Among our test subjects, punk rock, death rock and gangster rap music made every subject go weak, confirming earlier observations made by Dr. John Diamond. In a more recent study of students (reported in the Arizona Republic, July 4, 1994), Dr. James Johnson of the University of North Carolina found rap music to increase tolerance for and predisposition to violence while promoting materialism and reducing immediate interest in academics and long term success."

"A common experience observed in therapy groups and clinics is that drug users don't recover if they continue to listen to heavy metal rock music. In fact, one-year follow-up of inpatient and outpatient cocaine addicts from Sedona Villa, a branch of Camelback Hospital of Phoenix, Arizona, indicated that not a single cocaine user who continued to listen to this violent and negative music recovered."

Bach

"Test results can be verified to be independent of the test subject's knowledge, opinions, belief systems, or attitudes. For example, an image of Nelson Mandela will make all test subjects (muscles) go strong, even racists who resent him. The music of Bach makes everyone go strong, even if they don't personally like it, just as heavy metal music makes all subjects go weak, even if they personally prefer it." p299

Loving Thoughts

"The difference in power between a loving thought and a fearful thought is so enormous as to be beyond the power of the human imagination to comprehend. We can see from the analysis above, however, that even a few loving thoughts during the course of the day more than counterbalance all our negative thoughts." p283

Thymus Tap

Psychotherapist John Diamond, MD writes extensively about the thymus gland, which he says, "controls the life energy of the body," in his book 'Life Energy'. The thymus gland regulates the energy flow through the body's meridian system and is vital to the body's immune system. Tapping on the thymus is a simple technique you can use any time you want to energise your body.

Thymus Tapping

The thymus is located in the centre of the chest about two inches below the collarbone. The thymus tap will balance the whole body.

The tapping should be heavy enough to make a drumming sound in the chest. It is the vibration caused by tapping which helps improve thymus gland. Breathe naturally as you do the exercise focusing on your breathing the entire time. Tap on the chest in an anti-clockwise direction for about 30 seconds.

You can practice first thing in the morning or at night just before bed, as your thymus is most active 90 minutes after you fall asleep.

You can do this tapping for a maximum of 5 minutes. This should be done everyday.

Thymus Thump

You can also use your fist to do this thymus thump, Tarzan style. It is also effective to accompany the thumping with focusing on something positive, such as someone you love, a beautiful scene in nature, or a work of art.

Benefits

This exercise stimulates the thymus to produce T-cells that are the primary immune fighting factors. The vibrating draws blood and energy into the thymus to help nourish it. In addition, the vibrations will also massage the lungs, heart, bronchial tubes, and throat. The thymus tap is also good for jet lag. Tap every hour while travelling to reset your body clock!

Other Exercises

Kidney 27

Rub or tap your Kidney 27 collarbone acupressure points. Cross your hands over to facilitate right-left brain hemisphere balancing. As you rub or tap continuously on these points, breathe deeply through your nose and out through your mouth for twenty seconds.

Cross Crawling

A right-left brain balancing technique developed by Educational Kinesiologists Paul and Gail Dennison. Lift the opposite arm and leg at the same time as though marching. An alternative to this is to touch your right hand to your left knee, and then your left hand to your right knee as you step. Repeat either technique for at least a minute while breathing in deeply through the nose and exhaling through the mouth.

Some Quotes on Kirtan

Beautiful Painted Arrow (Shaman) - "Chanting is the same as prayers for good health. As the chanter comes into alignment, the earth (as metaphor for self) is brought into alignment as well." "The vibratory essence of sound affects the inner walls of the nerves and the blood vessels. Chanting implants in the psyche the basis for the new and fine-tunes the physical body for both spiritual and mental growth."

Mata Amritanandamayi (Ammachi) - "Darling Children, to gain concentration in this spiritually dark age, kirtan is better than meditation. By loud singing, other distracting sounds will be overcome and concentration will be achieved. If kirtan is sung with one pointedness, such songs will benefit the singer, the listener, and also Mother Nature. Such songs will awaken the listener's minds in due course."

"Kirtan is a spiritual discipline aimed at concentrating the mind on one's Beloved Deity. Through that one pointedness, one can merge in the Divine Being and experience the Bliss of One's True Self. By letting the mind expand in the sound of divine chanting, each one can enjoy the peace born of one's inherent divinity."

Tagore - "God respects me when I work, but He loves me when I sing."

Tulsi Das - "Place the name of Rama as a jewelled lamp at the door of your lips and there will be light, as you will, both inside and out."

Shree Maa - "Singing is the highest sadhana...it can take you deep inside."

Ram Dass - "A night of heartfelt music can save the world...Sing on!"

Sathya Sai Baba - "What, then, is the essence of Kirtan? Its essential purpose is to earn the love of God. Combining one's voice, tune, feeling and rhythm, immersing oneself in the singing, harmonising the feeling with devotion and love, the sacred words of the song should be an outpouring of love towards God. That alone is devotional singing."

Rig Veda - "Sing the songs of celestial love, O Singer! May the divine fountain of eternal grace and joy enter your soul. May the Lord stay there forever! May you always feel the presence of the Lord within as He plucks the strings of your soul with the celestial touch. Bless us with a divine voice-And may we tune the harp strings of our lives to sing songs of love to You."

Ramakrishna - "God is directly and expressively present through the heart of an awakened lover who sings with Divine ecstasy. Sing the beautiful names of God. Love God and live in the sweet companionship of the lovers of God. What else is there? The whole universe is simply hide-and-seek of lover and Beloved, who are already one. What else can you want or need? Why attempt to improve upon perfection? One does not whitewash a wall that is already inlaid with mother-of-pearl."

Laughing Your Way up the Body - Exercise

HUH

Stand with your feet apart and shoulders relaxed

Place your hands on or near your hips

Bounce your body by lifting your heels

On the out breath utter a series of rapid HUH, HUH sounds (as in the word hug)

Feel your abdominal muscles tightening as you make the sound

Focus the sound in your hip/pelvic area

Rest

HO

Place your hands on or near your belly

Bounce your body by lifting your heels

On the out breath utter a series of rapid HO, HO sounds (as in the word holy)

Feel your abdominal muscles tightening as you make the sound

Focus the sound in your belly area

Rest

HA

Place your hands on or near your chest

Bounce your body by lifting your heels

On the out breath utter a series of rapid HA, HA sounds (as in the word happy)

Focus the sound in your chest/heart area

Feel your heart muscles vibrating with the sound

Rest

HEH

Place your hands on or near your throat

Bounce your body by lifting your heels

On the out breath utter a series of rapid HEH, HEH sounds (as in the word heaven)

Focus the sound in your throat

Rest

HEE

Bounce your body by lifting your heels

On the out breath utter a series of rapid HEE, HEE sounds (as in the word heal)

Raise your arms above your head as you make the sound

Focus the sound at the top of your head

Rest

FINALE

Using all five sounds move from one sound to another at random, keep the body moving

When you have finished lie down and rest

While doing this exercise it helps to keep the body moving. Once you really start laughing it is good to stamp your feet. This action will help to keep you from getting too light headed. For men the HEE sound can be done in a falsetto voice.

IT IS IMPORTANT THAT THE VOICE IS NOT STRAINED IN THIS EXERCISE.

Tower of Strength

I am a Tower of Strength Within and Without, I am a Tower of Strength Within,
Repeat,

I Let All Burdens Fall from My Shoulders, All Anxieties Slip from my Mind,
Repeat,

I Let Every Shackle be Loosened, I Let Every Shackle be Loose,
Repeat.

Singing Affirmations

Every Cell in My Body is Radiant Health

Every Cell In My Body Is Radiant Health,
Every Cell In My Body Is Radiant Health,
Every Cell In My Body Is Radiant Health,
And My Body Is Radiant Health.

Every Cell In My Body Is: - Radiant Light,
Strong And Alive,
Joyous And Bright,
Vibrant With Life,
Loving And Whole,
Glowing With Health.

I Believe in Miracles

I Believe In Miracles, I Believe In Miracles,
I Believe In Miracles, In My Life Today,

I Believe In: - Perfect Health,
Happiness,
Harmony,
Perfect Love,
Joy and Peace,
Perfect Wealth.

I am Receiving

I Am Receiving, I Am Receiving Now,
I Am Receiving All The Good The Universe Has For Me Now,

I Am Receiving All The: - Peace The Universe Has For Me Now,
Love The Universe Has For Me Now,
Wealth The Universe Has For Me Now,
Joy The Universe Has For Me Now,
Health The Universe Has For Me Now,
Strength The Universe Has For Me Now,
Gifts The Universe Has For Me Now.

Chakra Sounds

Chakras are energy centres in our body. There are seven main chakras. The crown chakra contains our most subtle energy, the base chakra our most dense energy. Unresolved emotions or negative thoughts will cause an imbalance in the chakras. This imbalance can lead to illness and prevent us from realising our dreams.

Each chakra is linked with a different gland and different organs in the body. Each chakra is associated with different issues we face on our journey through life. To give an example: -

Solar Plexus Chakra

The Solar Plexus chakra regulates the pancreas. It maintains the function of the stomach, gall bladder, liver, diaphragm, spleen and nervous system. This chakra holds all information about our sense of self worth.

The Solar Plexus chakra is the chakra associated with our sense of identity. All experiences where we feel rejected, or lacking in self-worth, are held in this chakra.

CROWN	- Pineal	- The top of the head
THIRD EYE	- Pituitary	- The centre of the forehead between the eyebrows
THROAT	- Thyroid	- The throat
HEART	- Thymus	- The heart, chest and between the shoulder blades
SOLAR PLEXUS	- Pancreas	- In the navel area
SACRAL	- Gonads/Ovaries	- The sacral, hips and pelvic area
BASE	- Adrenals	- The coccyx/base of spine area

Vowels

As you tone each vowel sound you may wish to visualise the relevant colour flooding each chakra. Alternately you may wish to listen to the sounds while breathing in the colour. Each vowel is sounded eight times as we go up the chakras and three times as we go down. Listen to the first sound, and then join in.

Chakra	Vowel	(as in)	Musical Note	Frequency	Colour
Crown	Ee	(wheel)	B	480 Hz	violet
Third Eye	Ih	(interest)	A	426.7Hz	indigo
Throat	Eh	(whether)	G	384.7Hz	blue
Heart	Ah	(father)	F	341.3Hz	green
Solar Plexus	Aw	(awful)	E	320 Hz	yellow
Sacral	Oh	(smoke)	D	288 Hz	orange
Base	Oo	(smooth)	C	256 Hz	red

(From 'Sounding the Inner Landscape - Kay Gardner' p40/41)

For more information on the chakras read my book, 'Reclaiming Your Sacred Spirit - The Essential Guide to Healing the Chakras'.