

Sound Healing Class Final paper: An exploration of Archeoacoustics and the significance of toning 111Hz.

“Tone This”

I frequently get headaches with pain in the middle of my head and had gone to bed with a headache and a request for beings of higher light and love to help me. I was awakened by a voice stating “Tone This” and I looked at the clock to see 1:11. When I got up the next morning on 2/21/2011, I did not have a headache and decided to explore 111Hz.

The first Google search brought up many references for the use of 111Hz including the Globe Institute Sound Healing Center, indicating 111Hz is a good frequency for cell rejuvenation. Other sources indicated it was good for treatment of headaches due to release of beta endorphins.

This was enough to get my attention and do more research. Triple numbers show up a lot in my life as messengers. I contacted Randy Masters and we talked about both triple numbers and the Triple number tuning fork series. I purchased this and began self experimentation with the 111Hz weighted tuning fork. I also had ordered the book by Marjorie de Muynck ‘Sound Healing’ on vibrational healing using tuning forks. However, I liked my own placement sequence which I used prior to going to sleep, which is to strike the tuning fork and play it into my right ear, then my left ear, then forehead third eye, then external occipital protuberance on the back of my head, then crown chakra. I love to feel and hear the 111Hz in my skull, and headaches have decreased and dreams increased.

Further research lead me to the following sites.

1. Ancient Chanting Influenced Temple Design.

<http://viewzone2.com/archeosoundx.htm> Science officer at Malta’s Hal Saflieni Hypogeum describes the unusual sound effects especially in the Oracle Chamber. Subsequent OTSF (Old Temples Study Foundation) and PEAR (Princeton Engineering Anomalies Research) who researched acoustic behavior at megalithic sites in the UK, found that “stone rooms in ancient temple in Malta were found to match the same patterns of resonance (as those megalithic sites in the UK) registering at the frequency of 110 or 111Hz. This turns out to be a significant level for the human brain.’ The article further reports research by Dr Ian

Cook at UCLA who used EEG and indicated that at 110Hz the brain wave patterns switch abruptly from left to right sided dominance in the areas related to emotional processing. He concludes that “People regularly exposed to resonant sound in the frequency of 110 or 111Hz would have been ‘turning on’ an area of the brain that bio-behavioral scientists believe relates to mood, empathy, and social behavior.”

2. Old Temples Study Foundation: Archaeoacoustics
<http://otsf.org/Archaeoacoustics.html>
3. Princeton Engineering Anomalies research. Research on megalithic sites in UK. <http://www.princeton.edu/~pear/publications.html>
4. Archaeoacoustics- The Sounds of Ancient Places.
<http://www.landscape-perception.com/archeoacoustics/>

All of these sites indicate the importance of the acoustic properties of stone and the design of these ancient structures, and a frequency band of 95 to 120hz with most at 110 to 111Hz. As a child, our family vacations were usually to burial mounds and cairns in Britain due to my Dad’s interest in ley lines and ancient sacred sites. So this interest could be in my genes! I explored other aspects of the 111Hz and was drawn to the Solfeggio frequencies. Taking the 9 expanded frequencies and grouping them into threes eg. 174,285,396Hz then 417,528,639Hz, then 741,852,963Hz, there is a frequency difference of 111Hz in each of these grouping. $285-174=111$, $396-285=111$, and so forth. This is true for the additional 9 frequencies of 147,258,369, then 472,582,693, and 714,825,936Hz. This exploration lead my to another interesting site which explores the importance of the 111Hz.

www.asherahart.net Wonderful website with You Tube links to meditations with 396Hz/528Hz Solfeggio meditation. I have the music download for the 111Hz meditation called The Unity Code.

So in summary, “Tone This” 111Hz and the benefits may be:

1. Cell rejuvenation and cell regeneration.
2. Headache relief.
3. Increased release of beta endorphins
4. Turning on an area of the brain associated with mood, empathy, and social behavior
5. The frequency of the space between certain Solfeggio frequencies of the Zobet or Holy Harmony of frequencies
6. It feels good
7. Personally, increased Trust in the message “Tone This”.

