

Janell Bowen

David Gibson

Sound Healing Overview

20 October 2016

### ELF “Sweet Spot” for General Healing

Over the past few months, I have been asked about sound healing treatments for anxiety. From studying brainwave states, I know that the frequency range of “normal thinking” is in the beta range of 12-17 hertz, while the “fight or flight” response lies in higher beta of 17-30 hertz, a phenomenon called “alpha blocking”. While researching the physiology of anxiety, 8 hertz kept coming to mind as an appropriate remedy. 8 hertz is on the cusp between theta (4-8hz) and alpha (8-12hz). After diving into research on that hunch, I have found that there is a “sweet spot” for general healing capabilities between mid-theta and mid-alpha ranges which healers have been accessing since before the existence of technology to measure such a state.

“Since life began, the Earth has been surrounding and protecting all living things with a natural frequency pulsation of 7.83 hz - the ancient Indian rishis called Om” (cosmicconvergence.org). The rishis were able to intuit sound qualities of nature into 8, 3 hour intervals which make up a day and reproduce them through rhythm and melody to restore balance and harmony in mind, body, behavior, and environment. Over time, some of this knowledge was lost, but has been revived by Maharishi Mahesh Yogi. This music is called Maharishi Gandharva Veda music. A study at the Maharishi University of Management found that volunteers showed an increase of brainwave activity in the range of 4-8 hz while listening to

Maharishi Gandharva Veda music (Schneider 214). Another ancient practice the Maharishi has brought to light is Transcendental Meditation which has been proven to produce brainwave activity of 7-9 Hz which is in the range of the Earth's pulse (portals.mum.edu).

Nikola Tesla was also aware of this pulse and once said, "Alpha waves in the human brain are between 6 and 8 hertz. The wave frequency of the human cavity resonates between 6 and 8 hertz. All biological systems operate in the same frequency range." When we are in the high theta/low alpha brainwave state, our brains are resonating with the pulse of the Earth's biological systems. Neuroscientist Michael Persinger has shown that applying external fields similar to the Earth's resonances can induce altered states of consciousness and suggests that the space occupied by the geomagnetic field can store information related to brain activity and that this information can be accessed by all human brains (heartmath.org). Chicago born, Dr. Andrija Puharich, who held 56 American and foreign patents for his inventions in the fields of medical electronics, neurophysiology and biocybernetics, found that Dutch psychic, Peter Hurkos was most successful in locating missing people when his brain produced an ELF wave of 8 hertz. In the 1960s Puharich met with his friend, Aldous Huxley, in Tecate, Mexico where Huxley's wife, Laura, was doing psychic healing. Her hands produced vibrations of 8 cycles per second in the patient, and Andrija found that Laura's brain rate was also 8 Hertz (oocities.org). In the 1980's, Dr. John Zimmerman discovered a pulsating biomagnetic field emanating from the hands of therapeutic touch practitioners, with most of the activity in the range of 7-8hz. His studies were confirmed in a Japanese study of the "Qi emission" in 1992. Medical researchers developing pulsating magnetic field therapies are finding these frequencies effective for 'jump starting' healing in a variety of tissues including nerves, bones, skin, capillaries, and ligaments (reiki.org).

Now, I know why 8 hertz continued coming to mind as anxiety relief. At 8 hertz, the two hemispheres of our brain are synchronized which maximizes the flow of information within our mind, heightens intuitive capacity and activates latent extrasensory abilities. On a physiological level, the synchronization of the hemispheres increases the natural production of endorphins within the brain, inducing a state of mental euphoria and physical relaxation (wayofthewhale.com). Though 8 hertz is below the range of human hearing, there are various ways of inducing this state for a variety of reasons including anxiety relief and connecting to the biofield with the intention of healing or intuitive capabilities. It is possible to entrain the brain to 8 hertz by listening to binaural beats or by listening to the sounds of dolphins or whales, who both produce waves of 8 hertz. We have learned that listening to Maharishi Gandharva Veda music or practicing Transcendental Meditation will produce an alpha state. Popular frequencies 432 and 528 are both harmonics of 8 hertz. 8 hertz is the note C when octavized to the range of human hearing and a rhythm of 60 beats per minute is in the key of C. A report from the University of Nevada, Reno states, "Current findings indicate that music around 60 beats per minute can cause the brain to synchronize with the beat causing alpha brainwaves (frequencies from 8 - 14 hertz or cycles per second)" (unr.edu). The note C is the color green, so it may be possible to use color therapy as a supplemental means of inducing 8 hertz or alpha brainwaves. There are many ways to get in this high theta/low alpha state which resonates through life's bio systems, so I suggest finding your way there with the intention of healing relaxation and let it be so.

## Works Cited

- Vadakayil, Ajit. "What Is the Spiritual Science behind the Primordial Sound of OM?"  
*Cosmic Convergence 2012 and Beyond*. N.p., 16 Mar. 2016. Web. 12 Oct. 2016.
- Schneider, Robert H., and Jeremy Z. Fields. "Total Heart Health." *Google Books*.  
Basic Health Publications, Inc., n.d. Web. 12 Oct. 2016.
- Mason, Lynne Israelson. "Electrophysiological Correlates of Higher States of Consciousness  
during Sleep." Maharishi University of Management, n.d. Web.
- "Global Coherence - HeartMath Institute." *HeartMath Institute*. N.p., n.d. Web. 18 Oct. 2016.
- Crabb, Riley. "ELF Waves: A Path to War or Peace?" *The Journal of Borderland Research*  
(n.d.): n. pag. *Mind Control*. Web. 15 Oct. 2016.  
<<http://www.oocities.org/marksrealm/project105.html>>.
- Oschman, Jim. "Science Measures the Human Energy Field." *Reiki News Articles*. The  
International Center for Reiki Training, n.d. Web. 15 Oct. 2016.  
<<http://www.reiki.org/reikinews/sciencemeasures.htm>>.
- Bird, Susan. "The Secret Lives of Dolphins."  
<http://www.wayofthewhale.com/services/dolphins>

