

Jessica Wojciechowski

Sound Healing Paper

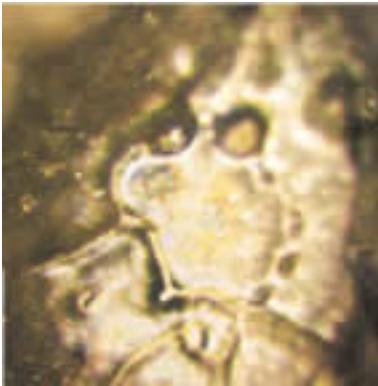
May 7, 2015

Living in Sound

Many times throughout our life we take the earth for granted we are too caught up in our everyday lives to truly realize the beauty and presence of everything in which lies on it. We have to come back to the basics and remember mother earth is our other half, when it breathes out we breathe in. Therefore I've decided to do my final project on maybe one of the most prominent sound healers that surrounds us all, I'm going to try and touch on a few aspects of mother earth that we connect with in our everyday lives, knowing or not. This idea came to me when I was camping one weekend; I woke to hear the sound of birds singing. It was splendid to hear their voices, it seems as thought after having a stressful week its always nice to get away and enjoy some time with nature, the ones we share the planet with. That's when the idea hit me I would gather what I could find about our earth and its sound healing properties in hopes that maybe I would be able to learn more to share with you about the beautiful planet we live on.

Before we start focusing on the different aspects of nature lets first focus on the medium through which sound travels through, what fills our lungs roughly 20,000 times a day and that is air. Sound is a vibration in which allows us to hear all the wonderful tones that exist in this world. Without the air in nature we wouldn't have sound healing, and we might not be here today.

It is found that sound waves pass through water molecules affecting their rate of vibration. Just as sound charges water molecules in a glass, it also charges the H₂O molecules in the human body (nwhealingtree.com).” When glancing out over a body of water we instantly feel a sense of calmness all tension fades away. The sound of waves alter the state of our brain, making us feel refreshed, rejuvenated, relaxed and peaceful, but how do we make water feel? In a study done by Dr. Emoto “proved that difference frequencies/types of music, thoughts and feelings affect the physical make-up of water molecules. He created different focused intentions through written text, spoken words and music, and presented it to the same water samples. As a result, the water appeared to “change its expression” (crystalrockstar.com).” Next time you take a drink check in on your thoughts.

**Slide #7**

This is very polluted and toxic water from the Fujiwara Dam in Japan.

Slide #8

This is the same water from the Fujiwara Dam after Buddhist Monks had offered a prayer over it.

(Pictures provided by healingsounds.com)

“These two pictures indicate that the monks were able to purify the water via their chanting. Prayer, i.e. sound coupled with intention, seems to have the ability of restoring water to its natural harmonious geometric symmetry.

“The fact that the molecular structure of the water can be affected by our consciousness, our intent and our sounds is extremely important and may have great implications for the future of personal and planetary harmony and healing (healingsounds.com).”

I was going to cover some information on animals since they walk this planet with us but I choose not to focus on them because I know we covered a good array of them in the sound of nature class.

Now onto the topic of plants, I know we talked a bit about plants in class but I couldn't possibly leave out the wonderful qualities of the flowers and trees that surround us. According to bellaspark.com “Each flower has a specific pitch which is its vibratory essence; we don't hear the flower sounds because the volume is too soft for our ears to pick up, it is said to be that some of the frequencies that impact us the most are very soft and subtle frequencies, as those below our hearing range. Dr. Robert Becker believes that these subtle frequencies travel on our perineural tissue system and affect our consciousness. Therefore, they are finding that “the frequency need not be loud or isolated. The body is adept at incorporating subtle frequencies. The multidimensional musical composition of a flower symphony begins by first expressing the negative emotion that the flower energy addresses. Listening to the negative aspect offers a sense of catharsis to loosen and clear emotional blockages. People can be so overwhelmed by negative energies that they cannot receive positive energies until the emotional baggage is cleared. (bellaspark.com).”

I thought I would also share with you the frequencies of flowers people have measured through oils. 1 MHz is equal to 1,000,000Hz so once again sadly our ears cannot hear them; these flowers seem to be on a whole new level.

- Rose (Rosa damascene).....320 MHz
- Lavender (Lavendula angustifolia).....118 MHz
- Myrrh (Commiphora myrrha).....105 MHz
- Blue Chamomile (Matricaria recutita).....105 MHz
- Juniper (Juniperus osteosperma).....98 MHz
- Aloes/Sandalwood (Santalum album).....96 MHz
- Angelica (Angelica archangelica).....85 MHz
- Peppermint (Mentha peperita).....78 MHz
- Galbanum (Ferula gummosa).....56 MHz
- Basil (Ocimum basilicum).....52 MHz
(Biospiritual-energy-healing.com)

People are creating and using these oils from flowers in order to restore the natural balance of certain parts of their body. “Essential oils in the higher frequency ranges tend to influence the emotions. EO’s in the lower frequencies have more effect on structural and physical changes, including cells, hormones, and bones, as well as viruses, bacteria, and fungi. The therapeutic properties create special vibrational remedies capable of healing or rebalancing the body/mind/soul/spirit (Biospiritual-energy-healing.com).” Many are gravitating to the use of flowers in order to help their body heal naturally through the aid of their vibrations.

I didn’t find much as to the sound healing aspects of trees “but every tree is a powerful source of spiritual healing that can help your own immune system to fight any illness or sorrow. Because trees are rooted so firmly in the earth, receive water through the roots and from the rain and light from the sun, they are an enduring source of earth healing in the most concrete of squares in a city Centre (cassandreason.com).” Instead I did find what the trees healing properties are used for and thought I’d share some common found trees with you.

Birch- Brings new beginnings; protects mothers and their young; it reduces problems with fluid retention, high cholesterol levels, eczema and skin allergies

Oak- Drives away fear and impotence physical and emotional; eases blood problems, kidney stones, internal and external bleeding, improves circulation and reduces fevers.

Pine- Drives away all harm, both to the home and family and especially to newborn infants; heals chest, throat and lung infections, colds, flu and sore throats. All information regarding trees is brought from (cassandreason.com).”

Air, Water, and Plants are a few topics of discussion I was able to cover in which make up this earth. I hope this unlocks more doors and opens up more ideas. We are connected to everything and everything is connected to us through vibration, let us remember that as we gracefully walk our paths on this earth.

Works Cited

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