



# Modern and Ancient Uses of Sound to Heal the Mind and Body

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For decades, people have relaxed and meditated to soothing sounds, such as recordings of lapping ocean waves, desktop waterfalls, wind chimes, and even the low whistle of the wind. In recent years, there has been greater interest and research conducted on the effects of sound on the body and mind. This area of research is referred to as sound healing or vibrational medicine.

Sound is now being used for treating various conditions such as stress, anxiety, postoperative pain, tendonitis, bursitis, behavioral problems and depression. While many people are only just discovering it, sound healing is actually a return to ancient cultural practices that use chanting and singing bowls to restore health and relieve pain.

The practice of Sound healing and vibrational medicine uses the vibrations of the human voice as well as objects that resonate such as tuning forks, gongs, and Tibetan singing bowls to go beyond relaxation and stimulate healing.

Ancient methods of healing the body with sound used "Sacred Sounds" known as Mantras. Mantras are spiritual sound formulas that are put together in a particular way to produce specific kinds of results. The ultimate purpose of a Sanskrit mantra is spiritual evolution, but Sanskrit formulas can also be used to ease conditions or states and alleviate unpleasant or unhealthy physical conditions.

The original genesis of Sanskrit mantra is unknown, since oral traditions went on for many thousands of years before the advent of writing. Mantras are expressed exclusively in Sanskrit and contain words that have no English translation because the Sanskrit word is about energy and not about meaning. "Manas" is the Sanskrit word for mind, and many scholars believe that "Trai" means "to free from", so at its essence, a mantra is a tool used by the mind to free one from the mind. When a mantra is chanted a vibration that permeates the body and the cells is created. The monkey mind (subconscious chatter) is quieted and the

manta absorbs the chatter and becomes a wave of vibration that helps the mind to arrive at a state of tranquility. Sanskrit mantra are not about religion but more about spiritual energy that transcends religion and is common to the human condition.

The basic building blocks of mantras are seed sounds or Bijas's which contain the seed of a particular kind of power. Just as an entire Oak tree, in principal, is contained within a single acorn, a seed sound contains an entire principal ready to sprout and grow within us. By chanting seed sound mantas we give them the power needed to allow a particular principal to grow within us. Each of the seed sounds is associated with an anthropomorphized principal. The Hindu Gods and Goddesses are used as symbols to represent the various principals of the seed sounds.

The seed sound for abundance is "**Shrim**" (pronounced shreem) which contains the principal for all types of abundance, (prosperity, health, friends, etc.). The beautiful Goddess Lakshmi is the anthropomorphized principal used to represent this.

The seed sound for artistic, scientific, spiritual knowledge, memory, and musical skills, is "**Eim**" (pronounced I'm) and the anthropomorphized principal for this is Sarasawat.

The seed sound for protection from the negative aspects of life is "**Dum**" (pronounced Doom) and the anthropomorphized principal is the female goddess Durga who is pictured riding a tiger or lion with 100 arms holding various tools of destruction.

The seed sound for the destruction of negative ego is "**Krim**" (pronounced kreem) and the anthropomorphized principal is Kali .

The seed sound for the principal of expanded consciousness is "**Haum**" (pronounced How..m) The anthropomorphized principal is Shiva.

There are seven things that should be remembered about Mantras:

1. They are energy based rather than meaning based. Pronouncing a mantra creates a particular vibration in the form of sound. This sound produces an actual effect in the physical body as well as the subtle body. The effects of the energy come to be recognized within the body as the meaning.
2. Mantras only have an approximate language based translation. The only true definition is the experience which a mantra ultimately creates in the individual who chants it.
3. Mantras are chakra based sounds. Chakras are energy centers located along the spine. Each of the chakras is like flower, and each of these flowers has a different number of pedals. If all of the pedals on the chakras 1-6 are added there is a total of 50 petals, which is exactly the number of letters in the Sanskrit alphabet. So as you chant the Sanskrit language you are said to be resonating the petals of those chakras in a systematized way that composes the words of the mantras. In this way, the mantra effects our physical body because of the energy in our subtle body and therefore our spiritual consciousness as the energy continues to grow through the chanting of the mantra.
4. Mantras combined with attention and intention produces a more powerful outcome.
5. Mantra energizes "Prana" which is the life energy of the body. One can increase the life energy within the body by chanting mantras.
6. Mantras are energy that are likened to fire. Mantras evoke powerful tangible energies that should be respected.
7. Mantras can and will eventually quiet the mind. As subconscious waves of thought become quieted by the wave of the mantra, the subconscious mind is cleaned.

In more recent years, Dr. Hans Jenny, a Swiss doctor and researcher, published a book entitled Cymatics – The Structure and Dynamics of Waves and Vibrations. Dr. Jenny believed that evolution was a result of vibrations, with the vibrations of one level of organization, such

as that of cells, each one unique, combining to create glands and organs and so on, and each new level being a harmonic of the previous one. Dr. Jenny saw that we could heal the body with sound by understanding how different frequencies influence the genes, cells, and organs of the body. Out of Jenny's work, and that of other scientists in the late fifties, came the reality of using sound to transmute diseased cells into their healthy counterparts.

Sir Peter Guy Manners, a British medical doctor, collated the work that had been done in Cymatics research and developed from it the therapy of Cymatics. Stated most simply, Cymatics therapy uses a toning device to transmit into diseased areas of the body the signature vibrations of healthy organs and tissues. During his travels, Dr. Manners met up with Hans Jenny, who was interested in making forms and shapes with sound, which coincided with the forms and shapes of anatomy and physiology. Out of these observations came Cymatics, or Bio-resonance, therapy where sound is used to transform diseased tissue into its healthy counterpart.

Cymatic therapy is sometimes used with probes to transmit bio-resonance energy, in the form of electronic pulses, from the Cymatics instrument directly to human tissue. According to Dr. Manners, "all of this works by realizing that there is no difference between the energetic pattern of an object and the object itself. We are all made of energy. If we transmit a healthy frequency into diseased tissue, we cause the diseased tissue to take on the frequency and thus, the actuality of healthy tissue". Another method of application is through fluids. Water or a homeopathic preparation is placed on a Bio resonance Energizer, which imprints the bioenergetic patterns into the solution. There are also units which can transmit bioenergy patterns into a bathtub or hydrotherapy unit. Another and less complicated method of application is created by recording the well research frequencies of healthy tissue onto CD's. The frequencies are then played through headphones which are placed on specific areas of the body to transmit healthy frequencies into the body to promote healing and alleviate pain and or discomfort.

Perhaps the most exciting possible application of Cymatics, is its potential to reverse the aging process. This according to Dr. Manners this will be done by taking a frequency sample of ones DNA at age 18, save it, then later, transmit the frequency of the cells back into the body, which will cause the cells of the body to rejuvenate and slow down the aging process. In conclusion, the use of sound has been used for many thousands of years to help heal and improve the human condition. As more research is done in the area of sound healing and vibrational medicine we can expect to see even greater advances in the area of human health. Sound treatments are non-evasive, cost effective, and offer a more practical method for the treatment and healing of humans, animals, and the planet.

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