

Psychoacoustic Vibrations and expanding our awareness

Psychoacoustics is essentially the study or application of the perception of sound on the nervous system.

Within the Domain of Psychoacoustics, music, sound, Frequency, and vibration, are all essentially interchangeable, because they are different approximations of the same essence.

Now lets consider sound and its effect on the nervous system. Hearing is the first sense we develop in the womb. Sound touches us and influences our emotions like no other source of input or expression. It is a frequency of vibration seeking to express itself through all of us.

We all have a resonant frequency that is its own uniqueness. The easiest way to access this frequency is with the use of another sound. The concept of Sympathetic Vibration, which is the way an outside vibration can sympathetically vibrate another, is either assisting us to be in a more healthy state or doing just the opposite. So when it comes to music and sound, finding sources that resonate positively can be very effective. Because we are constantly bombarded with vibration all day long, it is imperative that we become more conscious of what we are feeding our bodies and discovering sounds to heal and repair the damage that may have already been done.

The field of sound healing or sound therapy is based on the theory of vibration and how frequency resonates and affects our nervous system. The goal of a practitioner is to help enhance the functions through the use of sound and music. This type of therapy is essentially bringing balance back to body and the mind. Music healing with the use of psychoacoustics can bring this balance back to the body with the right arrangement and intention.

As Psychoacoustics begins to be accepted as a genre, more musicians are dedicating their efforts towards this form of expression. The net result is a marriage of science and music embedded within the compositions. With a greater acceptance by the general public and greater availability, this healing modality is at the forefront of a new frontier as a therapeutic modality and life enhancer.

Careful considerations and research needs to be made when producing psychoacoustic music for others along with the right subtleties. The cornerstone of every sound that is put into the body must be carefully placed with the right choice of timbre, rhythm, melody, harmony, and most importantly intention. These sounds can have a very powerful impact on the psyche so one must be careful in determining what the right approach may be for the individual.

Since the human brain is the last frontier and we are discovering new things about it every day, I believe that Psychoacoustics can create giant leaps in the evolutionary process while raising our collective

consciousness. Could we be embarking on a new wave that will allow us to access altered states of consciousness? Could this technology play a role in discovering reality itself and help us tap into the zero point field? With the right vibratory frequency we can move through and access any reality. And sense reality is an ongoing process of change, growth, and expansion; it is always evolving just like we are.

I believe, that with the use of psychoacoustic music as a means of aligning oneself to the right vibration, one will have an easier time accepting the great shift that is upon us and will be able to prosper and thrive during this important transformation.