

Humans (all living organisms) and Earth are made up of around 70% water. It is essential to our existence. Sound and light also play a major role, without it...nothing would exist. Everything that is alive is vibrating. Einstein even said "everything is energy". Evolution suggests we emerged from water, and even WE were created in the salty fluid of our mothers womb. Our lungs happen to still be nearly 90% water.

Doctor Masaru Emoto proved to us that thought and intention bears a significant influence on water. We could use this to our advantage in healing waters that our bodies bath in, and drink.

<http://www.youtube.com/watch?v=ujQAk9EM3xg>

Why not put water and sound together for therapy? Fluid is especially responsive to sound. Sound travels 4 times faster in water (speeds vary due to the density of water) and penetrates the body in ways human hands and machines can not. Once sound is set in motion, cymatic patterns appear and are able to resonate within the body. There has been much study in cymatics thanks to Ernst Chladni, a musician-physicist in the 18th Century known as "the father of acoustics", Doctor Hans Jenny, known as "the father of cymatics" and Doctor Peter Guy Manners, who discovered that vowels of Hebrew and Sanskrit formed actual patterns of the letters when toned to his media, the "tonoscope". Modern language did not have this effect. This guides the notion of a "sacred language", an actual physical logic why the recitation of sacred

mantras and texts have real healing properties. The field of cymatics proves sound does have form and cymatics not only affects matter but causes form in matter. Imagine being in a pool with Solfeggio frequencies and Fibonacci numbers traveling through your body impacting your health in miraculous ways. Visualize and realize the results of liberating fear and guilt, facilitating change, DNA repair; allowing transformation and miracles, enabling connections and relationships, awakening intuition, returning to spiritual order and being filled with love and light, while being in a womb like environment. It makes me take a deep breath inhaling the sound of life itself in the air and all the possibilities. I found an incredible video on these numbers here <http://www.youtube.com/watch?v=9oSePXRbW9o>

There should also be light therapy, visible sound patterns projected under water and out of water for body, mind and spirit stimulation. There is so much potentiality, it makes my head spin and heart pump faster. I can only imagine what cymatic crystals my own body fluids are making while dreaming about this treatment.

Sonic Water, a laboratory for water sound images shows us the cymatic patterns made in water with voice, sound, music and instruments. They have a fun DIY installation in Berlin at the Photography Playground. Now imagine this happening in the waters you bath in, using your own healing frequencies, voice, tones and music.

<http://vimeo.com/65428138>

We could not only use prerecorded sounds that we know are healing frequencies, but let people talk into the mic attached to the water, saying loving words and singing songs from the heart or playing instruments. When water is exposed to music it creates beautiful crystals. When we expose our bodies to this, our own fluids will become beautiful crystals full of love. Water has memory, lets remind ourselves how beautiful and wonderful we are! Therapies utilizing water have been in existence for 1000's of years. Changing the temperature of the water heals in different ways. Alternating hot and cold water temperatures, adding minerals, oils and herbs, cures and treats the body in many therapeutic ways. The practice of using heat to release toxins dates back to the Neolithic Age when nomad tribes would wander looking for hot springs to ease the bitter cold. One of the worlds earliest known public baths was built in the Indus Valley around 2500 BC in the lost city of Mohenjo-daro, called the "Great Bath". The Romans later adopted this practice closer to 300BC and the bath became a vital part of society. Ancient Jerusalem and the Ophel (dating around 10th Century BCE) near Temple Mount, found a "Mikveh", a water immersion facility that Jewish pilgrims used to cleanse themselves before participating in Temple activities. One bath was built such that pilgrims would have to ascend above ground level before entering the bath. It is the only ritual bath of its kind ever found. The Roman, Greek and Egyptian baths were developed to heal or beautify. The Romans were believed to be the first who used different

colored plasters for specific ailments. As many as seven healers would work on a person in a bath, with each working on specific areas of their body using expert knowledge of herbs, oils, gems and colors. They were more sought after than local physicians.

This tradition has spread to other evolving cultures and social norms with different customs and etiquette for each destination. Some examples: the Japanese Onsen or Sento, Korean Jjimjilbang, Turkish Hammam, Russian Banya, European Thermal Baths, Native American Sweat Lodge and the Finnish Sauna. America seems the last to catch onto the therapeutic powers of bathing water and sound. Germany has been in the forefront of aqua therapy with sound and light. There is a company called Liquid Sound (<http://liquidsound.com/24/>) that has been using sound in water for over 20 years. They began their studies with ocean sounds, whales and dolphins. A cool video of the dome can be found here, http://www.salve-tv.net/videos/de/2013/IPAD/131106_LSC_TRAILER_IPAD.mp4 They have gone beyond the spa world of therapy and surpassed the dreaming mind with festivals of light, sound, water, images and performance...while swimming in their pool dome.

Sound has been present since before man. The Big Bang was one big sound that may have created existence. The Hindu believe its the drumming and dancing of Shiva Nataraja, or The Word of God. Whatever the religion, sound seems to be the creator. We have all had life

changing experiences with sound and music, how it affects us emotionally, physically, mentally and spiritually. When sound is in fluid, it bypasses our emotional, physical and mental body. Sound has profound effects on our bodies, we could use these frequencies in water to travel faster and in different patterns to perform magical results. This therapy is especially useful for individuals, or animals, that have injuries or trauma restricting them from exercise. Water gives you the buoyancy to avoid gravity. Depending of the intensity, frequency and orientation of sound waves, different parts of the body are stimulated. Including: circulation, detoxification, calming, deep relaxation, simulating the womb, revive, refresh and promote improved vitality. As you submerge yourself in warm water, you tend to make your own sound of Aaahhhhhh. Having sound in the water immediately reduces your adrenaline response and encourages the release of endorphins. Nature sounds outside the bath help clear the mind as well. Natural sounds in general are extremely healing.

Music engages both hemispheres of the brain. When used properly, there is a deep physical cellular stimulation to skin, muscles, and joints, decreasing pain and increasing mobility. Music/Sound helps cure Parkinsons, increase spacial reasoning, return lost memories, prevent and treat seizures, boost immune systems, kick an addiction, repair brain damage, etc. Mozart's piano music is exceptionally healing. It has been used for over 200 years and theorized "the super organization of the cerebral cortex may resonate with the superior architecture of Mozart's music".

We have a variety of research available for sound and music therapy, including The Tomatis Method that uses the low frequencies "inside the womb" to heal, among other methods, and The Mozart Effect that seems to trigger people in unknown phenomenal ways.

I know this is an ear full, but hear the possibilities of sound and water. See the light from within and from the outermost galaxies. Feel the vibrations healing you.