

Research report

As I was contemplating of my research topic, I had a dream of salamander and its relationship with body cell. I heard a voice saying "big body cells do not get cancer". This dream acted like a life force which directed me onto a path of living my higher purpose and exploring rainbow medicine to combine physics, psychology and medicine together as the future medicine.

Current medicine focus either on physical illness or psychological issues, but tends to ignore the relationship of higher and lower energy field some of which are measurable and some are not, at least by conventional means. "One colour" medicine mainly focuses on either the tangible consensus reality of physical body or our conscious and sub-conscious mind. While rainbow medicine like the name itself, has multiple colours that includes all level of awareness: consensus reality (time, space, and weight), dreamland (non-consensus reality) and Essence (non-consensus reality: tendencies, intentional fields and force of silence") (Mindell, 2004 Kindle 30%).

Rainbow medicine realizes the connection in everything. Rainbow medicine views disease, health and life as a network phenomenon. We need to understand the invisible dreamland reality such as chi or life force as well as consensus reality in the physical world.

Our thoughts and emotion are energy. Our wishes and desires are energy. Depression, anxiety are energy. The very nature of energy is the movement. If we control and suppress our emotion, energy cannot flow naturally. This means if emotion is not expressed (outward movement); it is suppressed (inward movement). The result of controlling our emotional energy is depression, physical pain, frustration, self-judgement, and low self-esteem. It blocks our ability to create and receive joy and fulfilment in life. Emotions such as guilt, shame, frustration, anger shock our body like electronic current. It leaves scars in our neural pathways which disrupt our body's natural energy flow.

These interrelating systems of subtle forces recharge or rechannel the energy into diseased areas where it is blocked or deficient. Disease is nothing more than a restriction of energy flow. The meridian system in Traditional Chinese Medicine running in the human body is like the Dao. When it is stagnant, there will be illness or pain in the body. As we know, energy or vibration flows along the path of least resistance. Through the vibration and resonance, it frees up the blocked energy and creates space for the energy to flow. The interaction between dense physical energy of the body and subtle energy which controls the body function is the key to understand the relationship between energy and matter.

New Findings:

My mother Ruixiang Jiao is a traditional Chinese medical doctor, from the book she published "Basics of Traditional Chinese Medicine", 1987 and face to face instruction, I have learned what rainbow medicine really means and how this finding corresponds to my research literature. Unlike the Western medicine where diagnosis and treatment are only based on the physical level, Chinese medicine treats not only the physical level or Jing, but also the energetic level or chi and spiritual level or Shen. Illness and pathology occur on all three levels: Jing (physical), Chi (emotional) and Shen

Synthesizing Sound Healing with Traditional Chinese Medicine

The findings of my research to date have explored various ways in which sound healing can release stuck emotions using the human voice, intention and vibration. My new studies in Chinese medicine complement and extend these to include the use of breath and use of tuning fork on acupuncture points to restore yin/yang balance and harmony.

Intention:

Intention means energy travelling in the direction of thought. Using sound, positive thought and intention can transform suppressed emotions, trauma and fear that stored in the body cell, organs and tissues. When the sound goes into the different part of the body, vibration with positive intention can break up stuck energy trapped in the cellular structure.

Frequency + Intention = Healing (Goldman, 2008)

Human Voice:

Our own voice can talk to our body to a deeper level. Harmonic toning and human voice is able to create nearly every frequency and can be the most potent creator of sound frequencies. Together with intention, it creates manifestation:

VISUALIZATION+VOCALIZATION= MANIFESTATION (Goldman, 2008 p31)

The following exercise combines breathing techniques with physical movement, and creative visualization to improve the health. These specific energetic techniques use the knowledge of the body's internal organ systems as well as internal and external energy fields to:

- 1.Purge (remove excess conditions break up stagnations and remove toxins),
- 2.Tonify (strengthen deficient conditions and weak organs),
- 3.Regulate (balance and harmonize) the body's Jing, Qi, Blood, Body Fluids, and Shen.

The sound for spleen and stomach is Hoooo. If the organ has excessive energy, we can purge the organ by exhaling the healing sound Hoooo into the organ which cause the vibration and resonance that helps to create space and disperse the energetic stagnation, If the organ has a deficient problem, then we tonify by inhale the sound of Hooooo to break up the stuck energy and flush it out. Finally we regulate the sound to bring back the balance of the yin and yang into the physical, energetic and spiritual body. To make it work, it requires the direction of the attention and also the attention between the practitioner and client to hold and set the intention. Steps are as follows:

- Become aware of Spleen
- Connect Mouth with Spleen
- Natural breathing from abdomen
- Exhale with the sound "**hoooooo**", made sub-vocally and felt in the vocal chords with the intention to expel the excess heat, wetness and dampness, and let go the emotions of worry,
- Breathe into the spleen, pancreas, and stomach, or visualize a bright yellow light flowing like water melting down the torso, with the intention to embrace the qualities of fairness and compassion. This is to bring the energy from heaven into the earth body.

The healing sounds clear heat in the channels and organs, cool the organ and body, release toxic chi or emotions and allow the natural virtues to be expressed. The spleen, stomach and the *yi* correspond to the yellow color, the center position, the planet Saturn, the mouth and the sweet taste. The unfavourable emotions and activities are worry, obsessiveness, repetitive thinking, lamenting and pensiveness. The favourable actions and emotions include openness, receptiveness

and fairness. Openness means being open to the spontaneity of life. It is not how you feel life should be, or how you feel it must be, but living in the natural reality of the present moment. This is living in the Dao.

Tuning Fork on 12 meridians:

French musician/composer, acupuncturist, researcher and "bioenergetician," Fabien Maman is the founding father of vibrational sound therapy.

In 1977, as an acupuncturist, he pioneered the elegant, non-invasive technique of using tuning forks and color lights on acupuncture points instead of needles as tail of the tuning fork transmits the vibration to the meridian, cell and DNA, while the resonance of the fork itself, (the other end) transmits the same message to the counterpart of the meridian - the energy field, in order to erase the source of the negative patterns, which, over time, can duplicate in the physical body.

A chromatic scale guarantees the perfect pitches needed for the twelve notes of the twelve meridians. It also provides the perfect stability of scale to achieve the precise musical intervals used to tonify and sedate each point.

12 Meridians	Triple Burner	Pericardium	Kidney	Urinary Bladder	Small Intestine	Heart	Spleen	Stomach	Large Intestine	Lung	Liver	Gall Bladder
Chromatic Scale	E	D#	D	C#	C	B	A#	A	G#	G	F#	F
Fifth	A	G#	G	F#	F	E	D#	D	C#	C	B	A#
Third	G#	G	F#	F	E	D#	D	C#	C	B	A#	A

According to Dean Lloyd, the 12 meridian scale begins at Gall Bladder with F natural as fundamental.

Principals of supplementation and drainage:

- To supplement, use the primary fork together with the perfect fifth below it
- To drain, use the primary fork together with the major third above it.

Example: treating shoulder pain steps:

- Primary meridian: triple burner. So E is the primary Fork
- Diagnose if it is to supplement or drain.
- To supplement, pick the perfect fifth below it. It is A fork; To drain, the secondary fork is G#
- Pick the points to treat. Hold the primary fork in the right hand and secondary in the left. Strike both forks, then lower the stem of primary fork toward the selected point, then lower the secondary fork until the stem is slightly above prongs of the primary fork. The two tuning forks form a straight line.

- Withdraw methods: to drain, withdraw G# fork while the tone of E fork is still ringing. Slowly withdraw the stem of E fork leaving the hole open. To supplement, quickly withdraw A fork when E fork finishes ringing and close off the point with finger.

Trough research, it has been found that tuning fork on the acupuncture points are more efficient than using the needles especially for people who are scared of needles.

Conclusion:

At the beginning of my research, I realized that I had a problem: I did not have a voice. My research topic therefore focused on whether sound could heal stuck emotion. Through the research, I have found my direction and life force through the insight that I can use Traditional Chinese medicine combined with psychology as my future Counselling approach to guide my clients towards emotional and physical healing and to empower people to live their purpose in life. What is not disclosed in this research is how to use toning fork on the body. This requires not only extensive study of Chinese medicine especially the 12 meridian systems and its correspondent acupuncture points, but also how to diagnose each problem. This is the beginning of my research work.

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