

The Sound of a Miracle

“Am I in any danger?” I fearfully asked physician Nancy Powell. My heart raced.

Dramatic pause. Then the reply: “No, Elizabeth, you are not in any danger. You, my dear, have experienced ... a miracle!”

A miracle? I was completely dumb-founded and sat with my mouth wide-open in disbelief. Then the truth overcame me: I could do this ... I was doing this ... and I would indeed continue. The date was January 18, 2012.

Why did I feel I was in danger?

I had been alcohol-free for only three days when I visited Dr. Powell. I was deeply concerned about possible negative effects from going “cold turkey”. You see, I had been excessively drinking (on and off) for twenty five years – and my problem was becoming progressively worse. Despite years of intense psychotherapy, including traditional drug prescriptions, it was very simply the wine and the vodka that I depended on to alleviate panic attacks, anxiety, phobias, and stress. I survived as a “functioning” alcoholic, and my drinking was “the dark secret” I kept from physicians, therapists, friends, and co-workers.

Last year, my intake of alcohol was steadily increasing, and it was time for radical action: I either needed to check in to a rehabilitation center, or go “cold turkey”. After two consultations in the summer of 2011 with substance abuse experts, I decided that an “in-patient” experience was not for me. I would chart my own course.

What was the “miracle”?

I was alcohol-free! After a six month spiral journey filled with deep “intention and attention”, I had successfully charted my pathway to health and wholeness. I felt absolutely wonderful ... actually, better than I had in years - no withdrawal symptoms, no problems. Only calm. A miracle indeed.

The Pathway

In August of 2011, I began to chart my daily intake of alcohol along with my reasons for imbibing. This first month was strictly for “data collecting” – I did not pressure myself to reduce consumption. By September the results were crystal clear: my current alcohol intake was extremely dangerous. Thus, I began a daily regimen to dilute the alcohol with water, gradually decreasing the amount and frequency of use, all the while keeping a record of this new way of functioning in the world.

Simultaneous with starting this “alcohol reduction plan”, I began studies in Sound Healing at the Globe Institute. My first online class was September 11, 2011.

As I write this final paper, little did I know that Sound would become my faithful co-journeyer ... to Source.

As I look back on the vast array of classes that were offered to me at Globe, I see an abundance of inspiring information taught by passionate and professional instructors. With gratitude now, I will pinpoint twenty-five “aha” moments in those classes that led me to sobriety ... moments that have changed me forever. (The idea of “changing forever” reminds me of the repetitive loop that turned spoken words to an unforgettable melody - “sometimes it seems so crazy”. Sam Rogers pointed out that “once perception has changed, there’s no going back!”) No going back for me.

Forever Changed

Here are my “aha” moments:

1. There is no such thing as the “mind-body connection” because there is no separation between the mind and body. Our culture has a tendency to view the body as a machine and the mind as a computer. However, the body and mind have no parts. We are seamless unity; a dance of matter and energy. I believe I have the power to direct the expression of energy into form, thus providing myself with the choice to reorganize that energy into an unblocked field. Knowing I am “energy with consciousness” assures me that I have the capacity for change.
2. Everything has a frequency. Everything is sound. Therefore, I am part of a universal vibrational lattice. I am connected to Love, I am Love. I am connected to Source, I am Source. The connection to Source enables limitless possibilities. Knowing I am part of Source allows me to release that which is unhealthy and tap into what is life-giving. Connection to Source has been the most powerful reason for releasing my alcohol dependence and maintaining sobriety.
3. Sound releases stuck emotions. Learning to release and process emotions through sound has been an invaluable skill for me to put into practice. Since stuck emotions are 50% of the cause of dis-ease and a primary reason for my frequent alcohol consumption, I now take every opportunity to allow emotions to move through me without resistance. The realization that emotions are frequencies enables me to transform their distortion and scatteredness into consistency. Consistency is the essence of peace.
4. Love is the highest and most powerful frequency. I am now comfortable with saying “I love you” to myself. When encountering “old tapes” of why I am “not good enough”, I release the toxic thoughts with sound. My cleansing is complete by replacing the old thought with a beautiful sound of love. Loving myself also opens me to transmit love to others and to the planet. I choose love ... so there is no reason to hide behind alcohol.
5. My Root Soul Frequency is G. It is “home” for me. This Root Soul Frequency is the unchanging vibration within me that provides both comfort and strength. It does not come from a bottle like the vodka, nor does it need to be diluted like wine: it is omnipresent and freely accessible. In times of anxiety and fear, I readily seek its power. Power-from-within.

6. Overtone singing gives me strength. Projecting syllables like “o-ree-o” or “ohn-ree” allows me to enter a timeless energy field and connect with the quantum level. It frees my voice out of my body and sends it into the cosmos. Overtone singing is a definite statement of intent to the Universe that I am ready to leave behind my unhealth and enter into unlimited possibilities for higher healing.
7. There is power in a vast array of vocal sounds. It is a freeing experience to release a plethora of sounds such as high pitches, low pitches, whistles, animal sounds, intervals, sighing, wailing, humming, baby sounds, and vowel sounds. Also effective are sounds that are breathy, explosive, piercing, oscillating, and gentle. One of my reasons for drinking had been because I ignored both my throat chakra and my solar plexus. I now give confident voice to all emotions.
8. Toning sanskrit syllables balances my chakras and brings relaxation. Often I will chant the syllables “Lahm, Vahm, Rham, Yahm, Hahm, Schram, Ohm” while visualizing the colors and placement of my chakras. This spiritual practice frees me from depending on alcohol for anxiety release.
9. The concept of the torus expands my understanding and experience of Chi. When I perceive energy swirling clockwise **around** each chakra, in addition to flowing **up and down** as well as **out**, I am able to place myself in multi-dimensions. Visualizing this torus during the practice of sound healing feels like an energetic massage!
10. The chant “Beloved” reaches into my very soul. The lyrics, “In the beauty of the Earth and Sky, Beloved. In the beauty of the Fire and Flow, Beloved. I would know you, I would know”, speak to me of the interconnection of all things and the union with Source. Its melody, with optional harmonies and multi-layering canonic possibilities, is stunningly beautiful, yet simple to sing by oneself or with others.
11. Voice Analysis is an accurate tapestry of the human body. Muscles and nerves resonate through the voice. What emerges through a Voice Analysis chart is a portrait of all that is going on in your system. Ideally, each person should have a full balance of all notes, with the frequencies creating a symmetrical “s” curve. In November I received the results of my own Voice Analysis from David at the Globe Institute. My “G” was 100% and my “C” and “D” were 6% and 12% respectively. It was a HUGE wake-up call: my parasympathetic nervous system was in overdrive, and my neurotransmitters were running amok! I immediately began the daily spiritual practice of toning “C’s”, “C#’s” and “D’s”, with the deep intention of balancing all the systems within my body. I also pondered how I might take advantage of the fact that my Root Soul Frequency was the same as my highest frequency on the Voice Analysis chart! After much thought, and with a subtle change in both perception and intention, I realized my Root Soul Frequency was a homeopathic “remedy” that would entrain my “G” frequency to its most natural level. Amazing.
12. Silent frequencies are as effective as audible ones. In certain situations, it is not feasible, practical, nor proper to sound aloud. But knowing that I can project an intention by using my “inner voice”, I can confidently send healing energy across long distances, center myself when in a stressful public situation, or perform a silent frequency sweep of my internal organs.

13. Cells are strengthened through harmonic sounds. Blood cells (Jacotte Chollet) and water molecules (Masuru Emoto) react to vibrations in the environment. Cymatics (the study of visible sound vibration pioneered by Hans Jenny) and the Cymascope unveil mandalas of striking beauty and sacred geometrical order. I have recently begun visualizing the frequencies, timbres, music, and intention of sound to transform my tired, lethargic, alcohol-laden cells into perfect vessels of vibrant health and wholeness.
14. I can dialogue with my own physical pain. One of my long-standing fears is that my body will “let me down”. In the past, whenever I felt a twinge or a cramp, I would think “the worst”. This frantic desire for control over my body unfortunately catapulted me into drinking vodka. My ultimate hope was to relax my body and finally alleviate the symptoms. Now, with my new-found techniques, I greet the body part. I lovingly ask, “What are you saying?”, “What are you feeling?”, “When was the first time this emotion came up?”, “What shape are you?”, “What color are you?” etc. Then I allow sounds to freely come out of my mouth (accompanied by any movement that springs forth). I give voice to the dark place by “shining the flashlight of sound”. When my pain has exhausted itself and is fully spent, I send it sounds of love and peace.
15. During chaos, we need to hold the stillness. All the techniques I learned for holding your own positive frequency are effective, yet I find one particularly applicable: finding **gratitude** in the challenge. Instead of drinking while obsessing about a threatening snowstorm (resulting from fears of being stuck without access to medical help), I now see stress as an opportunity to practice all my sound healing tools. (The Dalai Lama says you are not going to learn how to deal with challenges by reading a book ... you have to practice!) I am now able to get off the rollercoaster of emotions and settle into the frequency of my own body.
16. Every frequency in nature is a nutrient. Nature is the best sound healer there is! From the low frequency put out by elephants (3-4 Hz) to the highest realm of the dolphins (200,000-500,000 Hz), nature is loving us unconditionally. The oceans, the sun, the moon, the grass, the trees ... all resonate for the wellbeing of the planet. The Schumann Resonance of 7.83 Hz, the frequency between the earth and the ionosphere, is even crucial to our very survival. Knowing this, I yearn for the warmth of the sun, the song of birds, the grass beneath my feet, the embrace of creation. I bathe myself in nature, instead of drowning myself in alcohol.
17. The sound healing CDs by David Gibson are **extremely** effective. “**Nutri-Energetics Systems**”, “**Journey Through the Matrix**” and “**Awakening**” have become my constant companions on the journey to sobriety. They are truly “based on Science and inspired by Spirit”. Selections effective for reducing alcohol consumption were: “Overcoming Fear” and “Emotional Stress Relief”. Particularly effective for maintaining my alcohol-free state are: “Reconnection”, “Chakra Star”, “Calm Mind”, “Harmonize Emotions”, “Confidence Heart”, “Source, Polarity, Big Field Aligner” and “Energetic Detox”. Complete with headphones to capture the binaural beats, I daily nourish myself with these recorded “sound-nutrients”. Food for the journey.
18. Binaural beats “light up” the brain. Oscillations, resulting from the difference between two frequencies, synchronize the left and right hemispheres of the brain through the arched bridge of nervous tissue called the Corpus Callosum. The result is entrainment to the varying states of Delta, Theta, Alpha, Beta, and Gamma. The CDs by David Gibson, which I listen to multiple times each day, immediately and profoundly reduce my level of anxiety, stress, and fear. Now I

achieve deep meditation and profound relaxation in Theta and the connection to Source in Delta.

19. The visionary art of Alex Grey couples well with sound healing. Particularly effective for me are “Psychic Energy System”, “Spiritual Energy System”, and “Universal Mind Lattice” from SACRED MIRRORS. While using sound, I visualize melding with the vast energetic field (so masterfully depicted by the artist).
20. Re-Genesis is a remarkable tool. The very moment Randy Masters explained this technique, I was hooked. At a deep intuitive level I understood that the cobalt blue “pilot light” within the nucleus can often diminish and needs re-igniting. Inhaling through the nose to the count of five, exhaling through pursed lips for thirty counts, holding three fingers together, all the while visualizing electric blue light from your feet up, feels like a jumper cable to me. Quite a natural buzz!
21. Platonic Solids offer protection. Imagining myself in a violet tetrahedron surrounded by a violet octahedron with a gold ring helps me to feel safe in times of stress and fear. No longer do I imbibe alcohol to anesthetize my worries and anxiety. I just jump onboard a Platonic Solid!
22. A human being cannot put a positive or negative sign on **anything**. This philosophical statement which challenges me to let go of control and trust in the Universe brings me great comfort. What seems at first like a tragedy, may well be a blessing; and what appears as good news might turn out to be bad news. With this understanding comes a sigh of relief: all is well ... all is as it should be. No need to drink.
23. Sound healing has revealed the path to transformation. With my **intention** to stop drinking and remain alcohol free, I have been gifted with the **energy** (fuel for the journey), **tools** (map and instructions), and dedicated **support** (sounding boards) to enter the New Healing Paradigm.
24. Compassion heals. It was my “modus operandi” to become internally irate and viscerally angry at people who didn’t like me. These toxic emotions would cause me to drink alcohol. However, I now see that person karmically sacrificing themselves so that I may learn **compassion**. “Thank you”, I whisper.
25. Do everything with intention. Very simply, intention is power. In August of 2011, I took the first steps toward becoming alcohol free. At that point, I did not know the exact route, nor did I have an emotional GPS. In retrospect though, it is crystal clear to me that over these last several months, my steady beacon and my trusty co-pilot was undoubtedly ... “Pure Intention”.

There you have it: twenty-five “aha” moments chosen from a bounty of new consciousness.

I am proud to be a living, breathing testament to the fact that Sound Therapy is indeed effective in alcohol reduction. I am excited and honored to share my story and my skills with others who struggle with similar issues. My fervent hope is that they too, like me, will experience ... the Sound of a Miracle!

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