

Short Paragraph Description:

Love and Light is the Operating System of the Universe. All sound creates Light. Sound is creative and healing. Science can now prove how sound affects healing. Whether is sound from singing, from music that is loved, or from instruments such as drums or crystal bowls. Sound relieves pain. Sound provides oxygen-driven healing to cells and oxygen is needed for healing. Plus, scientists are discovering sound in spiders' webs, in the music of the calls of birds and animals, and utilizing whale sounds to map beneath the ocean floor.

Vibration - Sound

As a spiritual counselor and teacher – and student, I know that the Universal Operating System looks like Light and feels like Love. This Love Light is all there is.

In the Bible it says, *In the beginning was the Word*. I love when science explains spiritual principles. We now know that “the Word” – Sound – creates light.

I was eager to watch John Stuart Reid's presentation for the recent Sound Healing Conference.

I watched a video months ago of an interview with John Stuart Reid. He had an experience in the King's Chamber 20 years ago that prompted him to continue studying sound and how it affects the body. He arranged to do an experiment in the King's Chamber to study sound, the science of cymatics. He put a sound machine in the sarcophagus and put a screen over the top. In previous experiments with sand on a metal plate, the sounds created beautiful patterns of sand on the metal plate. In the Kings Chamber the patterns on the screen were hieroglyphs. That is mind blowing! In addition, John had hurt his back 3 weeks prior and was in a lot of pain but decided to go ahead with the experiment as it had taken many months to arrange. After twenty minutes of sound in the Kings chamber, his back was no longer in pain and it was healed.

John explains very clearly in his presentation that -
Sound gives birth to light. All sound creates either IR light or visible light (bio photons).

There are bio photons in all our cells. We are beings of light!

... our singing creates IR light that is modulated by our voice frequencies. This IR light zips through the atmosphere into space, where it will travel forever, unless it meets dense matter.

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This is a reminder that we need to pay attention to everything that comes out of our mouths. Our sounds, words, sentences. Do we want those words going out into the universe? May our sounds and words be expressed for healing, for good.

In the Buddhist tradition, they believe that when they strike their giant temple bell, the sound reverberates through the universe. We now know they are correct, the sound of the bell broadcasts into space as amplitude modulations of IR light. All sound creates light. The ancient ones knew what science is rediscovering.

Scientists can listen to the inside of stars from their light. That is so cool! Scientists are also starting to identify the sounds of our cells.

Intercellular communication occurs mainly in the infrared spectrum. The physics of sound-light interactions infers that sonic-modulated light is conveyed to cells in the medium of their own language. Music and other therapeutic sonic frequencies convey harmonic energy-information direct to cells in a language they understand.

When we sing or immerse ourselves in harmonic sounds, we are actually singing a form of genetic music. Music that brings healing to all life. Every cell in our body has a unique sonic signature that literally generates sound. In fact, these sounds are audible – if our ears were sensitive enough to hear these sounds.

It's amazing to know what happens when we use sound healing. We are singing to the cells and to the whole being.

When someone is in pain, we can apply mechanical (physical) pressure or specific sound frequencies locally to the site of pain, and the pain is mediated. Sound is mechanical pressure.

The vagus nerve connects to our ears and to most everything in our body. When we listen to music we love, we will get multiple benefits – and it stimulates the vagus nerve. The key is listening to music we love. Any kind of music we love.

Sound provides oxygen-driven healing. When sound enters into blood, it causes pressure in the blood that then causes the hemoglobin to absorb more oxygen than it would without the sound. We need oxygen to heal. (Low frequency sound adds more oxygen in the blood). Contemporary music has more bass, or there's drumming, or crystal bowls – all help add more oxygen to the blood for healing.

As science discovers more ways that sound heals, all we need to know is that sound heals. With love and intention, we can offer healing for physical or emotional circumstances. I am grateful to add more ways to help others.

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But wait . . . there's more!

In studying sound and sound healing, I am finding more about sound everywhere I look.

The new movie **Thrive II** explains that music is a master key to the universe. Music is a universal language – among humans, animals, whales, insects, and all living things. Planets, too. Every planet has a unique audio signature.

Reported in the December 2021 National Geographic:

Finding Music in Vibrations of Spiderweb Strands

Scientists have discovered that the spiders web is music of vibration. Spiders lack eyesight and use their legs to feel the vibrations in their web. The resident spider is attuned to those frequencies to detect prey, potential mates, or threats. A group of scientists at MIT have map the web of a tropical tent-web spider. To the strands, the scientists assigned musical tones audible to humans. They also built a virtual reality interface that lets users “play” the spiderweb like an eerie-sounding stringed instrument. “We’re trying to give the spider a voice”, said MIT’s Markus Beuhler, and maybe someday communicate with the arachnid via vibrations.

Noting the Calls of the Wild

The whistling of a nightingale. The howl of a gray wolf. The kazoo-like calls of emperor penguins. To keep his ear trained during Covid-19 lockdown, French-German composer Alexander Liebermann began transcribing sounds of the animal kingdom into sheet music that he posts online. What started as a joke has resonated with fans and become something bigger.

Whale Songs Act as an Ultrasound of Seafloor

From locations on the ocean floor, seismographs relay data to scientists on land who monitor earthquakes. Besides picking up the seismic activity, the instruments often capture the songs of nearby whales. Typically, researchers delete the whale sounds. But scientist Vaclav Kuna with Oregon State University, hit upon a new application as he listened to the calls of a fin whale, which can be as loud as a large ship and detected up to 600 miles away. Seismographs record the initial signal from a fin whale and then an echo after the sound has penetrated the seafloor, gone as deep as one and a half miles beneath the floor, and bounced back upward. By studying the echoes’ frequencies, scientists can gain a type of low-resolution ultrasound of the Earth’s crust.