

Meredith Wheeler

The Globe Institute

Sound Healing Certificate Program

December 6<sup>th</sup>, 2017

### The True Sound Bath: Why Water is Made to Carry Sound

Sound has been used for healing and the expansion of consciousness since ancient times and we are beginning to see a strong resurgence of this vibrational medicine today. Sound baths (usually involving a gong and some singing bowls) have grown widely accessible in western culture, akin to the yoga revolution of the last 15 years. As beings made of vibration on a quantum level, it is without question that the use of vibration as a means to heal both our physical and energetic bodies is important, but are we transmitting it in the most effective way? Sound can travel through a solid, liquid, or gas, and as I began to look deeper into these mediums I found that one of the best conductors of sound may actually be water. In fact, as I began to study the nature of sound in water I began to find that water may hold the very key to how sound is carried through are bodies.

Let us begin by looking into the mysteries of arguably the most important element, next to light, in the creation and sustaining of life on this planet. We are a water planet. Every living thing comes from and needs water to grow. We, ourselves, are made of between 70% and 90% water (all life on this planet is) and our cellular structure is 99% water. Yet for something that is so integral to life on this planet, water remains a relative anomaly to us, defying many basic laws of physics.

Water performs miraculous feats in nature, for example, defying gravity as it rises in the trunks of large trees against over 10 atmospheres of pressure and at the point of germination the water in the seed gives it 400 atmospheres of pressure allowing it to break through even asphalt. The very origins of our planet's water remains a mystery, as any water at the time of the formation of this planet would have been long ago evaporated by our sun, yet our planet remains 70% covered by this magical substance. The profundity of what water is capable of and its elusiveness in our scientific understanding can't help but give rise to more existential questions about the true role of water. A few revolutionary scientists have begun to look past the chemical composition of water and into its molecular structure, giving rise to the theory that water is perhaps capable of carrying information, a phenomenon called water memory.

In 1988, Jacques Benveniste began important studies into water's ability to retain structural components of substances dissolved in it after enough dilution that there should be no molecules of the original substance found. After Benveniste's death, Nobel Prize laureate Luc Montagnier, known for his discovery of the HIV virus, took this study even further and received promising results. Montagnier, in the documentary "Water Memory" demonstrated some of these experiments. Montagnier placed a DNA molecule of the HIV Virus into a vile of water, then diluted this vile down 8 times until no DNA molecules would remain in the sample. He then tested the diluted water, finding the same electromagnetic frequencies correlating to the HIV Virus still present in the molecules of the water. The second part of the experiment involved sending these same electromagnetic frequencies to another lab, transmitting them to a vile of completely untouched water, and testing this water for any electromagnetic

frequencies. They found the water did transmit these same electromagnetic frequencies, allowing it to reconstitute a complete sequence of DNA 98% accurate to the original DNA.

These findings and the theories of water memory support alternative medicines such as homeopathy, but it also has even further implications for sound healing. If these water molecules are indeed, as this study supports, able to carry information, the way in which that information would be carried is through frequency. To understand why this is let us look at how the structure of water is formed. Marc Henry, a professor of quantum physics, explains:

“Obviously the starting point, and that’s what chemistry teaches us is a water molecule containing one oxygen, two hydrogen atoms...now water molecules have the capacity to hold hands with each other. If the chain of molecules is long enough it can form a circle creating an enclosed space between the molecules where matter cannot get in. However, anything electromagnetic can get it. All these signals can get trapped in that space and that’s what we call coherent domain.”

Essentially, the structure of water on a quantum level is capable of holding frequencies in its coherent domain, allowing it to then transmit these signals to other water molecules. So frequency, whether in the electromagnetic or audible spectrum, is a key component to the memory capacity of water. And in turn, water appears to play an essential role in how sound is transmitted in our bodies. Water is quite literally made to carry sound.

As 99% of our cellular structure is water, it appears that the effectiveness of sound healing is in the frequencies ability to enter the enclosed water clusters in our cells, thereby creating cellular re-structuring. Currently most sound healings occur by transmitting sound

through air, and this works through the vibrations passing through the body and entering the water cells. However, even in Montagnier's experiments not every vile picked up the necessary frequencies and with air and skin to pass through before reaching the water of the body, it seems that this could result in hit or miss results. Since water is ultimately the carrier for the sound, wouldn't going directly to the source be more effective? This led me to exploring sound healing in the bath.

I began to explore the literal sound bath using Tibetan singing bowls and my voice. I found that beyond the already discussed benefits of water as a carrier for frequency and vibration, many of the properties of the bath itself as a medium created an ideal container for both the sound and it's healing potential. The first thing that caught my attention was that the singing bowls seemed to be ringing more fully and sending stronger vibrations than when I just held them. I theorize that this would be due to the fact that when floated instead of held, the bowls are able to vibrate on their entire surface allowing them to create a fuller sound. Additionally, because the bottom of the bowl would usually be in contact with the surface it is transmitting vibration into, this is actually preventing much of the vibration in that part of the bowl. However, if floating, there is a clear and unobstructed channel the vibration can travel though from the bottom of the bowl through the water and into the receiving surface.

The second ideal component of the bath is the container itself. The sides of the bathtub act as a wonderful reflector for the sound, creating an enclosure that the sound can bounce back and forth in. Due to the closeness of the particles, sound actually travels approximately 4.5 times faster and further in water, so think of how many times that sound is traveling through our body in a bath. In open air we are receiving that vibration only one time per soundwave, in

a bath that same soundwave will pass through our body over a 1000 times per second. Hard for the water clusters in our cells to miss that.

There are many factors pointing to water being the most effective way to transmit sound. I would even say, in the context of sound healing, water and sound are intended to work together, both aiding the other in their purpose. Frequencies are the language by which water can hold and carry information. And water is the vehicle sound requires to communicate to matter and allow for cellular re-structuring. Sound even moves through water faster and further, indicating a superior conductive nature allowing for more efficient and effective results in healing. All in all, I think it's time we took the sound baths into the bath.