

ADJUSTING VIBRATION TO AFFECT REAL CHANGE

Sound, and the effects in which it creates.

A basic breakdown on how to create real change in vibration.

In order to create real change, we need to first understand vibration. When we think vibration, we think of a speaker, the vibration of a car, or a roller coaster. However, understand that, "Everything in Life is Vibration" – Albert Einstein.

Let's take a vase and see that it is still but actually not still at all. Just because you don't see or hear it doesn't mean that it is not vibrating. In fact, it radiates a vibration and that vibration changes based on shape, color & size. Introducing that vase into your space has now affected the vibration/energy in your space.

Next, we take a look into how vibration travels. A study by Dr. Daniel Russel of Pennsylvania State University covered the reflection of waves and boundaries.

WHEN AN OBJECT, LIKE A BALL, IS THROWN AGAINST A RIGID WALL IT BOUNCES BACK. THIS "REFLECTION" OF THE OBJECT CAN BE ANALYZED IN TERMS OF MOMENTUM AND ENERGY CONSERVATION. IF THE COLLISION BETWEEN BALL AND WALL IS PERFECTLY ELASTIC, THEN ALL THE INCIDENT ENERGY AND MOMENTUM IS REFLECTED AND THE BALL BOUNCES BACK WITH THE SAME SPEED. IF THE COLLISION IS INELASTIC, THEN THE WALL (OR BALL) ABSORBS SOME OF THE INCIDENT ENERGY AND MOMENTUM AND THE BALL DOES NOT BOUNCE BACK WITH THE SAME SPEED.

WAVES ALSO CARRY ENERGY AND MOMENTUM, AND WHENEVER A WAVE ENCOUNTERS AN OBSTACLE, THEY ARE REFLECTED BY THE OBSTACLE. THIS REFLECTION OF WAVES IS RESPONSIBLE FOR ECHOES, RADAR DETECTORS, AND FOR ALLOWING STANDING WAVES, WHICH ARE IMPORTANT TO SOUND PRODUCTION IN MUSICAL INSTRUMENTS.

— **DR. DANIEL RUSSEL**

After understanding that *“Everything in life is vibration”-Albert Einstein, and “Waves carry energy and momentum”-DR. Russel*, we find ourselves asking the big question again, *“How do I affect Real Change”?*

The last piece of this journey of change is, pressure. One of the biggest focuses in my studies at Full Sail University was understanding signal flow, meaning how sound travels from one point to another, or from one source to another.

Basic signal flow from one person to another:

Person A:

- *Starting with the Self*
- *Electric impulses within the brain triggering action*
- *An inhale*
- *Pressure within the lungs*
- *Shaping of the mouth, throat, and vocal cords*
- *Releasing pressure (using amount of force caused by the reshaping of the body)*
- *Creating more pressure to affect the tone released*

Vibrational Travel:

- *Vibration travels*
 - o *Reflecting particles in the air*
 - o *Reflecting the room/space*
 - o *Reflecting objects within the space*

Person B:

- *Vibration reflects onto nervous system*
- *Sends electric impulses to the brain*
- *Self*

Repeat.

Understanding this basic flow, you notice that several times, pressure plays a big part.

Starting with the “Self”. Have you ever been upset, tired, or happy? These feelings carry a type of energy which can be passed on through pressure. Notice that you can say the same thing, but it comes out a different way depending on how your body, mind, and soul are at that moment in time.

Then, pressure in the lungs and how deep/broad you expand your lung. All of which, is in preparation for the exhale that can come naturally/soft or forced depending on the vibration/energy that you want to release.

Finally, the shaping of the mouth (reshaping the body). This is the last opportunity your body has to affect the vibration. Once that vibration is out of your body it no longer belongs to you but the space around you.

The “Vibrational Travel” has its own affects through pressure. Such as: the room/space, the materials used, the objects in the room/space, inside or in nature. Included in this travel are instruments, electric devices (hearing aids), and PA systems, all of which, can create pressure and affect change.

***With just a basic understanding of this information,
all beings have the ability to create true, world
shaking change.***

***We are creatures of habit, but we also evolve.
Remember all change begins with the “Self”.
Nothing can happen until you make the conscious
decision to change.***

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Daniel, Russel. "Acoustics and Vibration Animations." *The Pennsylvania State University*, The Pennsylvania State University, 21 Mar. 1997, www.acs.psu.edu/drussell/demos.html.