Globe Institute
Sound Healing Certificate
Paper on Frequency
By Jessica Sharp
May 2019

Harmonic Steam and Sing

Overview

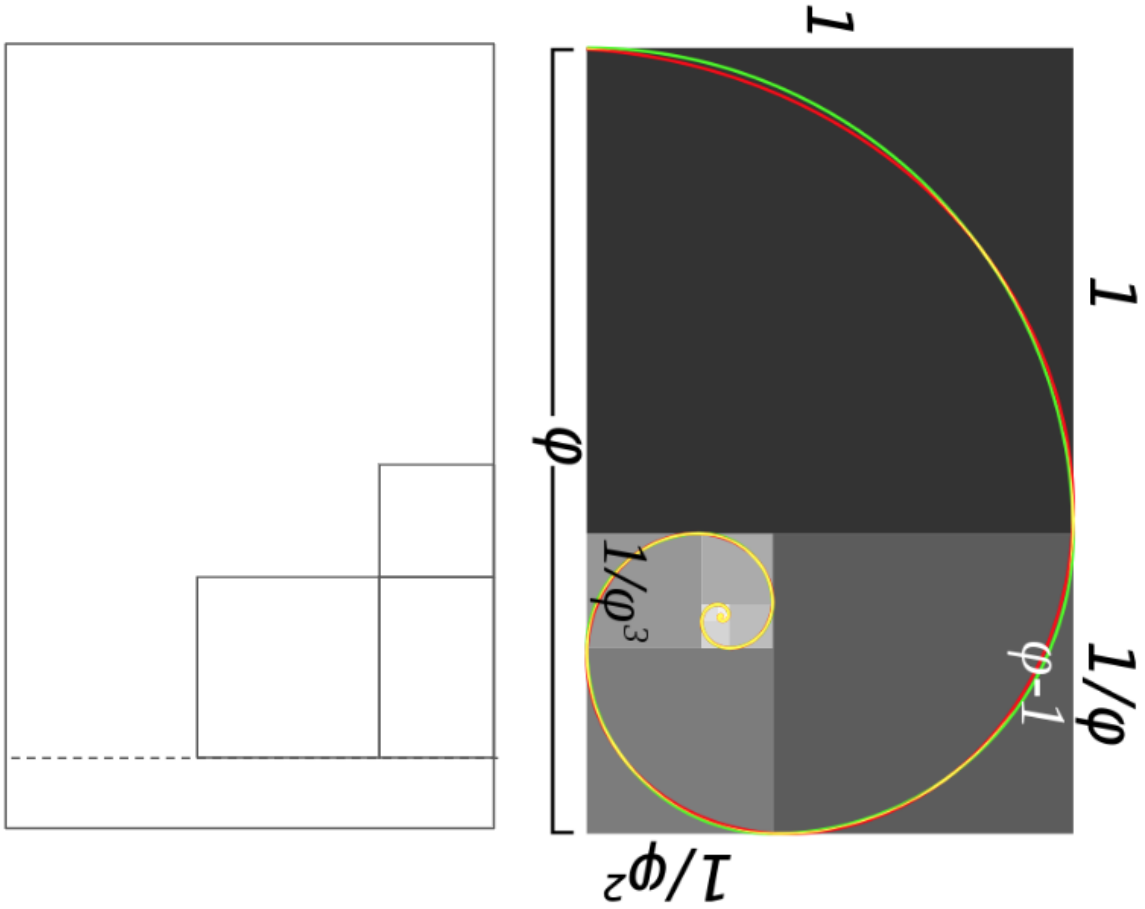
The project I am creating, as a healing modality to be shared with the world, which integrates the lessons and teachings from the Globe Institute, is called *Harmonic Steam and Sing*. It is a steam sauna built with dimensions relating to each other in the ratio of Phi, or the Golden Ratio, for resonant frequency healing while in a sauna environment.

This modality will be used for releasing tension, stress, and blockages, leveraging frequency 'baths', in the form of sound, and active participation in one's own healing process through breathing and singing exercises.

Harmonic Container

The following is a graphical representation of Phi and an example shape of the sauna that embodies Phi. I will be working with sauna & steam engineering experts to build a dry+wet sauna. The key to the harmonics of the space is the outer container dimensions relate to each other in the Golden Ratio, and as best as possible the seating and spaces inside also support

the resonance of Phi.



The image on the right showcases the mathematical relationship of Golden Mean. The image on the left represents a proposed sauna shape with seating. The bottom dotted line represents floorboards to create a drainage system, which is needed to allow for prolonged use with many people over a prolonged period of time.

A goal of this steam is to build it such that it can easily be taken to transformation festivals, such as Burning Man, to help cleanse many participants, mind+body+soul, while they are in a receptive and transformational mindset.

Because this healing does not require the ingestion of substances, in fact helps with detoxing in the most natural sense (sweating), this is a powerful modality for anyone (who it is medically sound to participate) who wants to experience a powerful transformation while remaining sober.

Example of inside of sauna in rectangular shape.

Steam and Sauna have been used by humans for thousands of years for hygiene and healing. The most notably consistent lineage in duration comes from Finland, where they maintained this practice even when it fell out of fashion in Europe and the US in the early industrial era (1900s) due to fear of the spread of diseases, such as syphilis. With the understanding of germ theory, proper cleaning and maintenance practices, saunas have come back into heavy favor, especially communal spas in the Russian and Korean communities in major metropolitan cities such as San Francisco, LA, and NYC.

Steam and sauna are powerful ways of leveraging simple elements - heat and water - to cleanse and release. It is also environmentally friendly as it utilizes much less water for the same impact of cleaning, and helps folks clean and detox from the inside out.

In order to keep the sauna clean, we will use a system of water mixed with small increments of bleach (to be used between groups during heavy use) and an ozone cleaning machine, which envelopes surfaces in O3 oxygen, which kills bacteria, mold, and other harmful substances.

Sauna as Healing

Participation in this practice is also a healthy way for normalizing the naked human body without the sexualization of nudity, which is much needed in our current time when pornography and a

pervasive conservative Christian culture have skewed, shamed, and repressed our relationship with the naked human body. Body acceptance and unconditional love for our physical form, allowing the human body to be beautiful without the sexualization of it, is a process that is healing in itself, and is a goal of this modality to promote.

Because the sauna is a decentralized form of ancient human healing and cannot be monopolized by a pharmaceutical company, there are few scientific studies as to the efficacy of this modality for healing. Luckily a group of scientists from the University of Eastern Finland have published studies, both correlative as well as causative using a control group, to understand the benefits of sauna. They found it lowers rates of hypertension, improves cardiovascular health, and was a potential source for preventing dementia.

The following is a summary and overview of the health benefits of Sauna:

- Increased body temperature
    - Which opens the veins, causing increased blood flow and drainage of lymph systems throughout the body, alleviating sore and tired muscles
- Promoting healthy blood pressure through increased blood flow
    - This impact has been measured after the steam session - upon cooling the blood pressure becomes more normalized - scientists found it returns to a slower, more steady rate
- The hot steam clears nasal and sinus passages
    - Promoting a healthier respiratory system, an important system to clean for folks who spend a lot of time in cities (there are many pollutants in the air that get swept up and stored in our sinus and nasal passages)
- Mindful deep breathing in the hot steam clears the trachea, bronchial tube, and lungs
    - Clearing toxins, increasing lung capacity, and catalyzing healing in the overall respiratory system
- Controlled sweating is a healthy way for the body to detox toxins stuck in the skin, organs, and circulatory system, especially heavy metals
    - These toxins would otherwise be processed through the digestive system, which is often busy digesting food or fighting off viruses and unhealthy bacteria.
    - Detoxing through the skin is a shortcut to offload many toxins we are exposed to in our day to day environment in cities.
- Stress release
    - With no electronics and minimal sounds from the outside, mixed with mindful breathing, saunas encourage presence and the release of stress

Proper procedures will be developed to ensure people with serious medical issues, which could be life threatening when exposed to heat and steam, are not admitted into the space or are carefully monitored if approved by a doctor.

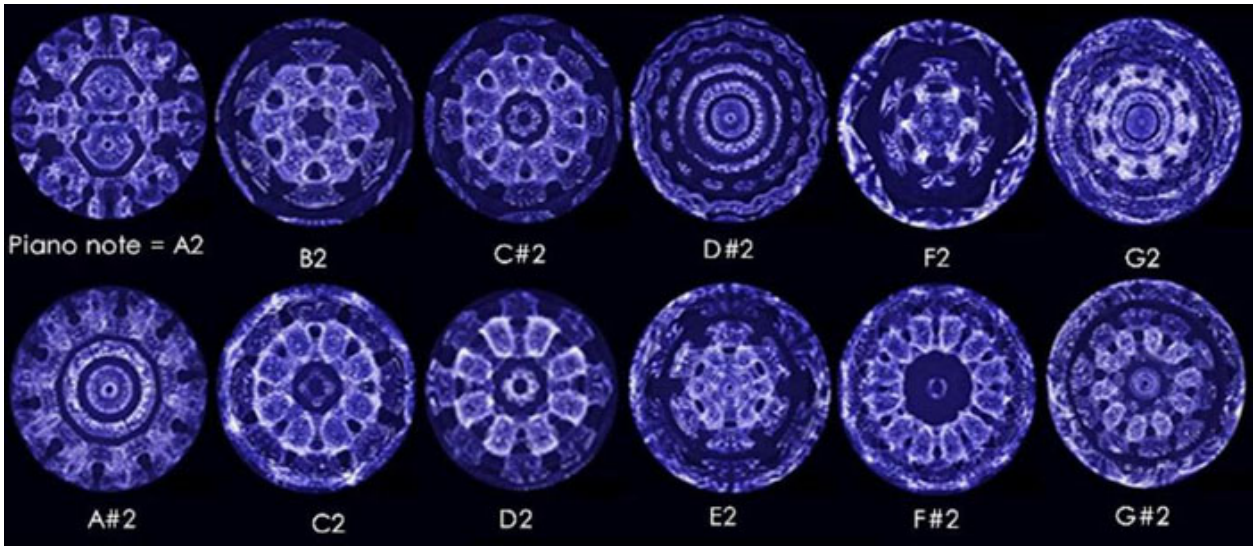
Because there are potential physiological (overheating) and emotional risks (inappropriate behavior) there will be clear communication of the processes and procedures in alignment with the latest Harm Reduction Best Practices. This includes the clear, documented communication of agreements and expectations, as well as an escalation process if an issue arises, and repercussions for breaches of agreements and expectations.

Singing as Healing

While in the sauna, I will be having people participate in breathing and singing exercises to promote cleansing, release, and the removing of blockages stored in their body and psyche, with an emphasis on unblocking the throat chakra.

Types of work we will be doing in the Harmonic Steam include:

- **Breathwork** - by focusing on deep breathing, we can tap into presence and release ourselves from our monkey brain per Buddhist mindfulness practices
- **Loosening of vocal cords** - with the catalyzation of the heat, participants will find it easier to activate their vocal cords, which may be ‘stuck’ or ‘frozen’ due to fear, emotional blockages, and beliefs of one’s inadequacy in speaking and/or singing
- **Feedback of resonance** - because the space is an ‘echo chamber’ with water molecules enveloping the space, participants experience a visceral, more immediate experience of the resonance of the sound in the space from sound emitted from themselves and those around them - creating immediate and pleasant feedback loops
- **Cymatics** - the frequencies will be impacting the water molecules spread out inside the container, which shapes and forms the water into different cymatic shapes, increasing the impact of the frequency and water in the sauna, and increasing the experience of the frequency
- **Womb remembering** - because the space simulates a warm, wet, and comforting environment, which happens to be around body temperature, many participants will experience the re-remembered sensation of love and security they experienced while in the womb. I believe this is the best way to experience the nourishment of physical touch without actually receiving physical touch from another human.



This is an image of the cymatics captured while playing different notes in the 440 tempered tuning system.

Singing Exercises

The singing exercises we will do in the sauna include:

Frequency sweeps

- Teaching people to do frequency sweeps to find tones and listening for resonance

Toning

- Creating long sustained notes for a pleasing ‘frequency bath’ experience
- This also creates controlled inward and outward breath, which is the key to breathwork

Mantras

- Using mala beads to honor correct methodology and numerology, we repeat powerful mantras used for hundreds of years to clear, cleanse, and promote healthy lives
- We create new communal mantras to work through our blockages while we foster inner peace and self-love

Harmonic (Circle) Singing

- Creating harmonic singing and resonance in layered formats to mimic the way humans have created music together for thousands of years

Sing-alongs

- By singing songs most people know from childhood or adolescence, we are able to activate memories and create positive new ones

Conclusion

I hope to have the first Harmonic steam built before Burning Man 2019 in order to take the steam to share this healing experience with many more people this upcoming festival season.

For more questions, please reach out to Jessica Sharp: jessleesharp@gmail.com.