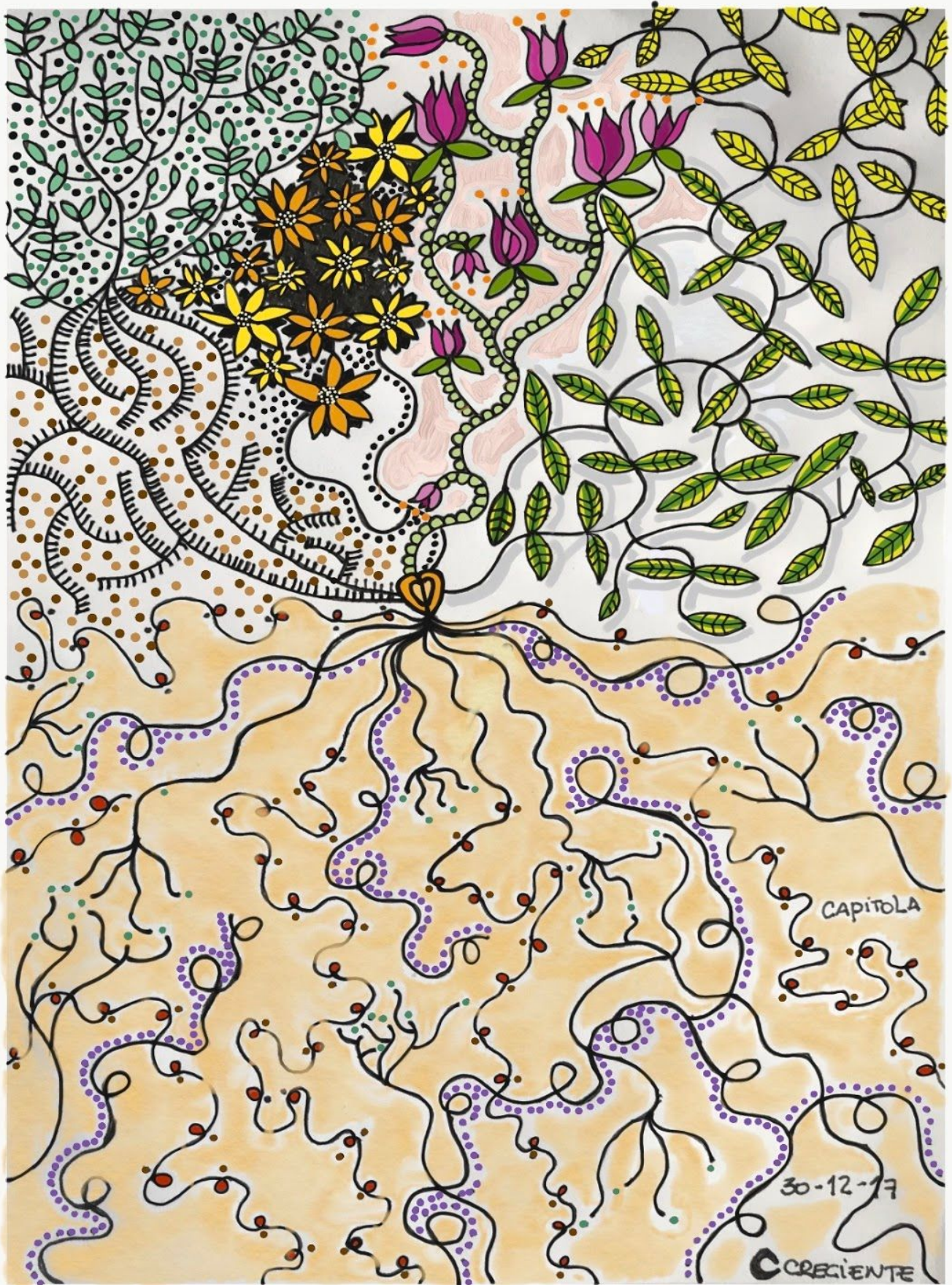


Healing the Seed

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Introduction

During a rainy afternoon of the winter of two years ago, I did the drawing of the previous page. It all started with a small seed in the center of the page, with the shape of a heart. And from there, one by one, the branches, leaves and flowers grew towards the sky. Life flourishing in different forms and colors. On the opposite direction, towards the Earth, healthy and strong roots spread, all of them connected with each other. That was the end of a healing process that I had been through and the beginning of a new cycle. I felt healthy 'from the seed'. I felt so thankful that I wondered if I could help people around me heal, grow and flourish to find the best versions of themselves.

If the actual seed of a person's life is the fertilized egg, where the whole potential of all their possibilities resides, could we go back there and 'plant a healthy seed'? From this question, my curiosity brought me to a lot more questions.

What happens in the womb during the conception and growth of a new life? Do sacred geometry patterns guide the life development process? What vibration takes place? What is the resonance of the womb and the new life in its different stages? Does a specific current of vibration take place during gestation?

An egg and one or more sperm cells connect. What vibrations happen in that connection? Is it a chemical process/reaction. Recent research has revealed that the egg opens up to receive a sperm thanks to chemical reactions between each other.

Then, life starts to thrive. The one-cell organism starts to split and grow in sacred geometry patterns: the Flower of Life. Does this guide the development process throughout the whole gestation? If so, it should also guide our cell reproduction processes throughout our entire life.

These stem cells have all the potential. They can become any organ with any possible function. They are the seed of our life. Here is s the complete health potential.

All these questions are the basis of my research for the Final Paper for the Sound Healing Certificate of Globe Institute. My intention is to create a guided meditation that can help people connect to their seeds and heal it from the very beginning.

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The Flower of Life

One of the definitions of Sacred Geometry is 'What the Creator uses to Create the Creation'. To put it in another way, it can also be considered 'What guides the growth of organisms'. Since we had the class with Richard Feather Anderson, I started wondering how the development of life inside the womb would be guided by Sacred Geometry from the moment of conception until birth.

I found this interesting article, '[Golden ratio discovered in uterus](#)' in The Guardian, that says:

Dr Verguts told me that gynaecologists can instantly tell whether a uterus looks normal or not based on its relative dimensions, and his hunch was that these dimensions approximated the golden ratio.

Over the last few months he has measured the uteruses of 5,000 women using ultrasound and drawn up a table of the average ratio of a uterus's length to its width for different age bands.

The data shows that this ratio is about 2 at birth and then it steadily decreases through a woman's life to 1.46 when she is in old age.

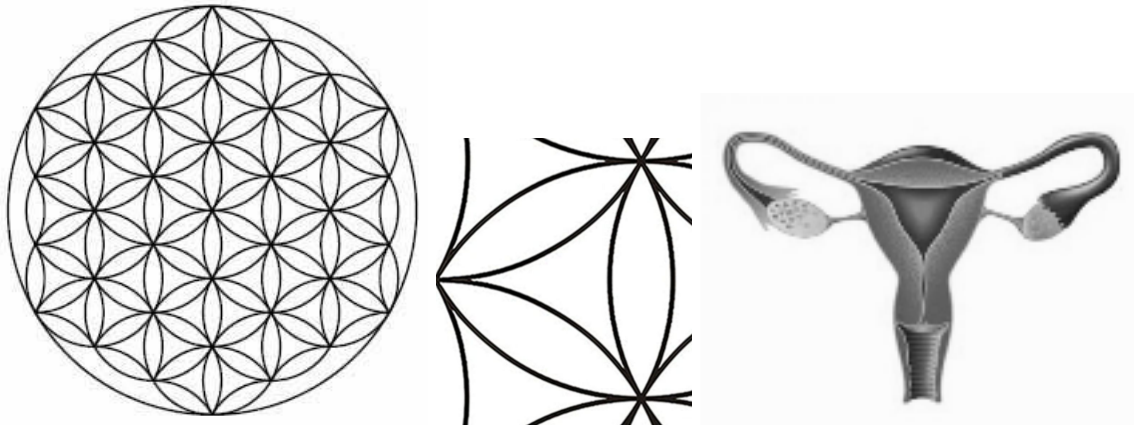
Dr Verguts was thrilled to discover that when women are at their most fertile, between the ages of 16 and 20, the ratio of length to width of a uterus is 1.6 – a very good approximation to the golden ratio.

Based on this statement, we could conclude that the perfect conditions for human life to happen are those where the womb is closer to Sacred Geometry proportions.

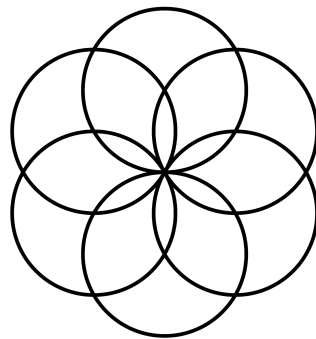
So, what happens inside the womb?

As the uterus is a resonant chamber, I am curious about the frequency it best resonates at, based on its dimensions. Maybe that has something to be with its health and potential to create new life.

What came to my mind was the Flower of Life. To start, the shape of the interior of the womb, resembles one geometric figure easy to see in the Flower of Life.



In the video called [‘Sonic Geometry: The Language of Frequency and Form’](#), they calculate the frequency of Sacred Geometry shapes using the number of degrees within the total angles of a shape. That’s how, for example, a circle has 360 degrees, meaning a frequency of 360 hz. To calculate the frequency of the Seed of Life, from where the Flower of Life continues to grow, they sum up the 360 degrees of each of the circles and they come to 2,160 degrees, meaning 2160 hz.



$$360 \text{ degrees} \times 6 \text{ circles} = 2,160 \text{ degrees} = 2,160 \text{ hz}$$

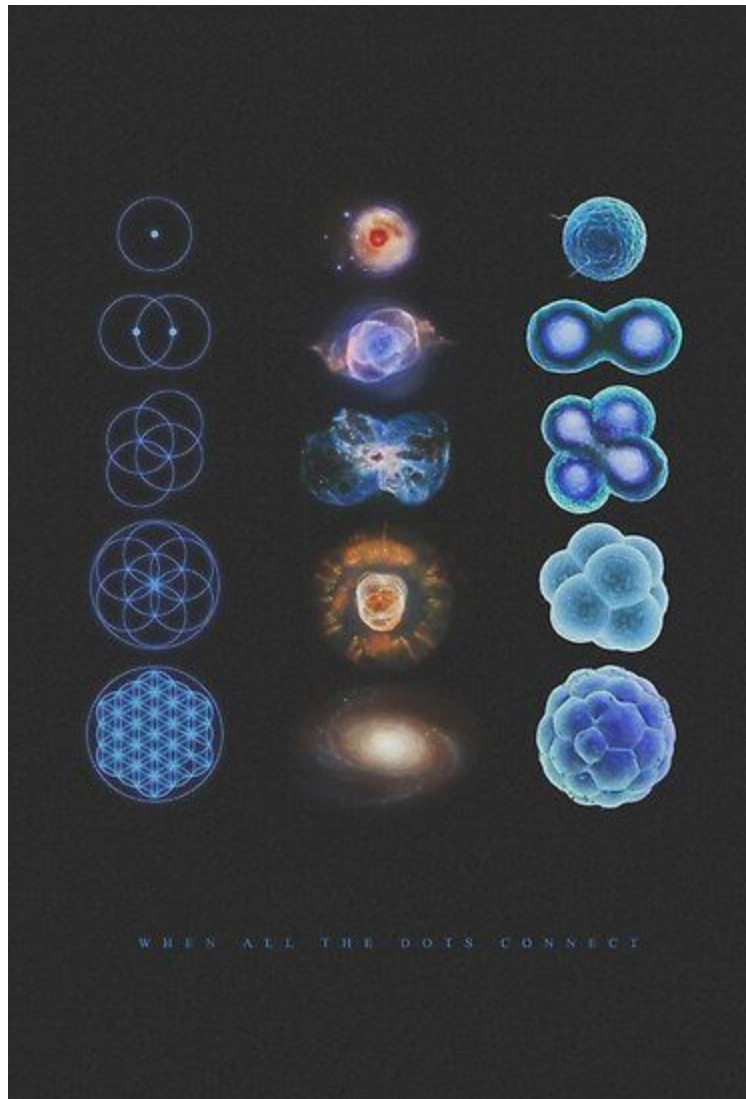
It is very interesting that in the Cymatherapy Frequencies list we studied in the Sound Healing class, the frequency gave to the uterus is pretty close 2,160 octavized down once (1,080 hz).

<u>Reproductive system</u>					
<u>Female Organs</u>					
✓ Breasts	1053	1126	1183	1244	1316
✓ Ovaries	1183	1054	1182	1152	1279
<u>Uterus</u>	867	1108	1090	1001	1085
✓ Vagina	984	834	1031	1042	1103

Cell reproduction sacred pattern

Now we know a little bit more about what happens inside the resonant chamber that holds space for life to flourish. At this point, my question is: Do cells reproduce following any specific pattern?

I found this amazing image picturing the coincidence between the Flower of Life pattern of growth, compared to cell splitting and the bigger scale of the Universe.



Its footnote says 'When all dots connects', and that it exactly what I felt when I saw it.

In the video '[In the Race for Life, Which Human Embryos Make It?](#)', it is explained what embryologists have discovered in recent research at a Fertilization Institute from Menlo Park, California.

Until then, researchers thought that embryos could grow at many different rates and still be healthy. But they discovered that viable embryos actually follow a pattern, a precise embryonic clock.

Is this clock impulsed by a specific frequency in the egg, the frequency of life?

Scientists know that the incipient embryo has to make it to day 5 at a consistent pace of cell reproduction to survive. I believe that this pace must be organized by Sacred Geometry and its specific frequency. Is it 2160 hz (or any octavized down frequency such as 1080 hz)?



8-cell embryo, day 3.

As Dr. Carlo Ventura says in the Webinar [‘DNA and Cell Reprogramming via Epigenetic Information Delivered by Magnetic Fields, Sound Vibrations and Coherent Water’](#) from HeartMath Institute:

(...) another issue that makes the whole of physical energy and the environment even more consistent in terms of the potential of affecting a cell, (...) is the vibration, the acoustic vibration, the sound vibration.

At this stage of development, if the embryo makes it to survive, it is a group of stem cells. Based on this post from Stanford Children’s Health, [‘What are stem cells?’](#):

[They] are special human cells that have the ability to develop into many different cell types, from muscle cells to brain cells. In some cases, they also have the ability to repair damaged tissues. (...) Stem cells are divided into two main forms: embryonic stem cells and adult stem cells. (...) These embryonic stem cells are pluripotent, meaning that they can turn into more than one type of cell.

So, here we find the whole potential of our physical body and our energy throughout life. What if we could reconnect to that potential through the quantum field of our hearts?

The birth of the heart

We have come to the moment when the series of stem cells start the process of differentiation to become the different organs in the body.

The incipient brain and nervous system are the first to appear. The documentary '[Life Before Birth - In the Womb](#)' clearly shows how:

At day 15, cells begin to form in the brain and the espinal column Then, a single cell contracts like hypo and entrains the ones around via resonance. (...) Signals flicker through the neurons and the brain sparks into activity.

One of the first recognizable organs to form is the heart. The same documentary explains:

Until now, the heart has been a dormant clump of muscle cells, but after 22 days it bursts suddenly into life (...) One cell spontaneously contracts, triggering its neighbors and setting of a chain reaction until all heart cells are beating.

Here a question arises: What makes the first cell contract? I wasn't able to find an explanation and it seems like it is a miracle. However, I understand that the cells that follow the first contraction are triggered by the frequency of the miraculous 'hiccup' cell.

With time, the heart and the brain connect through the nervous system and they create a life-long relationship. The heart never stops beating, it creates the rhythm within us.

As Dr. Carlo Ventura continues explaining in HeatMath's Webinar:

And it's amazing that the heart is first to vibrate, the primordial heart starts to beat, so it must emit somehow the sound. And also, it's intriguing that due to this continuous beating; there must be some radio electric current and magnetic field as well. So, once again, sound and the magnetic field of vibration and the magnetic field or an electric current may work together to establish what we call "information" or a morphogenetic field, which is driving the fate of our organs.

So, is the heart the 'translator' of the DNA? Maybe through the electromagnetic field created by its vibration, it transmits the information contained in the DNA to the rest of our body. This being said, we may be able to go the other way round and 'rewrite' our DNA through the doorway of our heart.

More from HeatMath's Webinar:

And, once again, it's so important the work that you're doing on the coherence state, on the heart rate variability, and the possibility to enhance the consciousness in the coherent state because, once again, this is not simply environment in generic terms, but

it may be the environment that talks to our DNA and it changes the features of DNA and eventually may give us a further chance to use, practice to achieve a coherent state, to also achieve maybe in the future self-healing processes in our body. We will see. This is, I think, very, very important for the future.

The shaping sound

Being in a Sound Healing Certificate, I couldn't help asking the question 'How does actual audible sound interfere in the development of a fetus?'

In the article ['The Healing Power of Sound'](#), there's a hint to my question:

There has been some remarkable work done on the effects of sound – in particular music – on the foetus within the womb. French physician Dr Alfred Tomatis, understood that the ear is the first organ to hook up to the brain's developing neural systems and that the foetus begins to hear by the second trimester in the womb. Tomatis realised that interference with hearing in utero and the first years of life could lead to listening, learning and emotional disabilities later on.

He discovered that the only sounds that penetrated the womb were high frequency sounds. After extensive research he found that the two sound experiences that were far and away the most effective were the mother's voice, filtered through a special device to omit all but the high frequency sounds, and the music of Mozart. Music, rhythm, tone, and the vibration of sound, serves to organise matter – to create structure in space and time. Its effects are clear and measurable. The high frequencies of Mozart in particular, stimulate and charge the creative and motivational regions of the brain.

I found other pieces of research stating almost the contrary. In this article, ['Sounds inside the womb revealed'](#), the author says:

They found that low frequencies reach the womb with ease, whereas higher-pitched sounds are more muffled. This implies that vowel sounds — the 'melody' of speech — reach the fetus's ears, says Ken Gerhardt of the University of Florida, who led the study. But consonants, which are spat out at higher frequencies, are obscured. "A fetus would hear the low notes on a piano but probably not the higher ones," Gerhardt says.

It looks like it has a relationship to the distance between the source of the sound and the maternal abdomen, as [this medical publication](#) explains:

When the electronic artificial larynx was placed at a distance of 1 cm from the maternal abdomen, the intrauterine sound pressure level averaged 75 dB at frequencies between 0-5000 Hz. However, when the electronic artificial larynx was firmly applied on the maternal abdomen, intrauterine sound pressure levels were enhanced by more than 20 dB (P less than .001) and averaged 95 dB at all frequencies between 87-20,000 Hz. Baseline intrauterine sound pressure levels consisted of low-frequency sound with

intensity of 85 dB at 12.5 Hz, decreasing to 60 dB at 100 Hz and less than 40 dB above 200 Hz. There was a significant correlation ($r = 0.78$, P less than .02) between the duration of the first fetal heart rate (FHR) acceleration following stimulus and the overall intrauterine sound pressure level at the time of the stimulus.

What comes to my mind at this stage is that there are also sounds inside the mother's body and that the belly in which the baby is contained is a resonant chamber itself. So, what about the sound inside the world where the fetus lives in?

In the TED Talk '[What we learn before we're born](#)', science writer Annie Murphy Paul says:

First of all, they learn the sound of their mothers' voices. Because sounds from the outside world have to travel through the mother's abdominal tissue and through the amniotic fluid that surrounds the fetus, the voices fetuses hear, starting around the fourth month of gestation, are muted and muffled. (...) And because the fetus is with her all the time, it hears her voice a lot. Once the baby's born, it recognizes her voice and it prefers listening to her voice over anyone else's.

How can we know this? Newborn babies can't do much, but one thing they're really good at is sucking. Researchers take advantage of this fact by rigging up two rubber nipples, so that if a baby sucks on one, it hears a recording of its mother's voice on a pair of headphones, and if it sucks on the other nipple, it hears a recording of a female stranger's voice. Babies quickly show their preference by choosing the first one. Scientists also take advantage of the fact that babies will slow down their sucking when something interests them and resume their fast sucking when they get bored. This is how researchers discovered that, after women repeatedly read aloud a section of Dr. Seuss' "The Cat in the Hat" while they were pregnant, their newborn babies recognized that passage when they hear it outside the womb.

She continues stating that 'We are learning about the world even before we enter it'.

When we hold our babies for the first time, we might imagine that they're clean slates, unmarked by life, when in fact, they've already been shaped by us and by the particular world we live in

It seems that fetuses are taking cues from the intrauterine environment and tailoring their physiology accordingly. They're preparing themselves for the kind of world they will encounter on the other side of the womb.

This passage of 'The uterine night' by Dr. Tomatis explains it beautifully:

The mother makes her child, gives it bed in herself, feeds it and prepares it for life through dialogue. Out of all contacts she can weave with the fetus the sound communication is the main one.

The mother reveals herself to the fetus by all the organic, visceral sounds and especially her voice. The child draws all emotional substance of this voice that speaks... it is soaked in the sounds, thus integrating the music of its mother tongue.

All this information leads me to the conclusion that what a baby perceives through the sounds that surrounds it shapes its psyche and body, and that the mother's voice has a crucial role.

Coming back to the heart topic, maybe the inaudible vibration of the mother's heart is also shaping the fetus existence, in the form of signals that travel through the quantum fields of both of them.

Additionally, the fetus takes all the nutrients to live and grow (at enormous high speeds!) from the mother's bloodstream, that is pumped by her heart. So, here is another connection between the mother's heart and the baby.

Don Campbell and Alex Doma claim in their book '[Healing at the speed of sound](#)':

The music of your life began with a heartbeat. From the moment you acquired the ability to process sound in your mother's womb (...) the steady thump of her beating heart permeated your developing body and brain, imprinting its rhythm over and over, millions of times before your birth. Other sounds washed around you too - the loud, constant rush of blood flowing through the placenta, the gurgling sounds of digestion, the comforting vibration of your mother's voice resonating through her body and yours.

To understand the implications of the quality of life and energy inside the uterus, Bruce Lipton comments in his post '[What was your life like in the womb?](#)':

*You were a complex, small creature that had a pre-birth life in the womb that profoundly influenced your long-term health and behavior: "The quality of life in the womb, our temporary home before we were born, programs our susceptibility to coronary artery disease, stroke, diabetes, obesity and a multitude of other conditions in later life," writes Dr. Peter W. Nathanielsz in *Life in the Womb: The Origin of Health and Disease*. [Nathanielsz 1999] Recently, an even wider range of adult-related chronic disorders, including osteoporosis, mood disorders and psychoses, have been intimately linked to pre- and perinatal developmental influences. [Gluckman and Hanson 2004]*

'Healing the Seed' - Guided Meditation

[Link to the recording](#)

Sounds: 528 hz (Heart opening and ADN repair) Solfeggio Frequency track + Buffalo Drum + Tingshas

Guided meditation script:

Make sure you're in a comfortable position, whether sitting or laying down. Close your eyes. Breathe at a natural pace. Connect to your breath. We will begin a journey to the very beginning of your existence.

The space around you is as cozy as it can be, the temperature is perfect and, still with your eyes closed, you can perceive a dark reddish faint light all around you. Here you have everything you need.

You are unity. You are a perfect, bright sphere. Feel your roundness. As you breath, the sphere that you are expands and contracts. In your center you have a nucleus that is pulsing, that it alive.

Feel your light. What color is it? Is it blue? Is it green? Find your light, the light that pulses from your nucleus. Feel your roundness and feel your light.

Now you're gonna start growing. From the perfect and healthy sphere that you are, you split into two and a new sphere is created. It is exactly the same size as the first one. And both are connected. So now, you're 2 spheres, connected to each other. And this process is repeated once and again. 4 spheres, 8 spheres, 16 spheres, 32 spheres... again and again, life is flourishing through you. 512, 1024... You're now a beautiful Flower of Life. Uncountable spheres, connected to each other, creating a sacred geometric pattern.

Feel your beauty, feel your brightness. Feel your color. You're a luminescent Flower of Life, with perfect proportions, in complete health. Pulsing, alive.

All the spheres that form you are beautifully vibrating in perfect health. Connect to that vibration. All the nucleus pulsing at the same rhythm, your unique rhythm and your unique color.

All of a sudden, one of your spheres starts beating and the one next to it resonates with it and starts beating too, and the next one, and so on. You're now a heart, your whole body is a heart. Feel its beating. Feel its music. It is your music. You're a heart beating in complete harmony.

From here, your human body starts having a shape. Your heart gives form to the rest of your body. You have now arms, eyes, legs, a mouth, a nose and all the organs. Everything in your body is brand new. And everything is pulsing in your unique healthy rhythm and color.

Is this space of the heart that is able to connect to your Flower of Life, any time. You're able to communicate to your perfect Flower of Life through the doorway of your heart. You're able to see your light, to feel your rhythm, that are in perfect harmony. You are able to feel your wholeness.

Now, from your heart, your tongue emerges from it. Your tongue, that goes all the way from your heart, through your throat and to your mouth. Your tongue is the one that connects the space of your heart where your Flower of Life inhabits with your speech.

So, this is the moment when we're about to leave the cozy, dark reddish place we're at... to rebirth into a bright new world that it awaiting you.

The way we're going to re-birth is through sound. What is the first sound, that comes from the very center of your heart, that healthy, luminescent, harmonious and perfect Flower of Life that inhabits in it? What is the sound that comes from there through your tongue to your mouth?

It can be a word, it can be a chant, it can be a shout, whatever you feel it's coming from there. Just open your mouth and make that sound.

And now... coming back to your body. Coming back to this present moment, you prepare to open your eyes... open your eyes and observe this bright world that was awaiting you.

Remember: you're a luminescent Flower of Life, in perfect harmony and completely healthy. Remember you're a heart beating at its unique and beautiful rhythm. Remember that the sound you've just made is your doorway to that space in your heart. That sound is available for you anytime and that space is yours forever.



Additional readings/videos

About the Flower of life

<https://www.gaia.com/article/sacred-geometry-flower-of-life>

About cell reproduction patterns

<https://www.youtube.com/watch?v=aOY16GlqPw>

<https://www.youtube.com/watch?v=dAOWQC-OBv0>

<https://www.youtube.com/watch?v=lzjNR47WdM>

https://www.innerbaia.com/Embryo/hum_emb.htm

<https://lahermosavidadetvackralivet.blogg.se/2012/november/befruktning-och-celldelning.html>

<https://www.universallifetools.com/2016/09/conception-birth-sacred-geometry/>

About stem cells

<https://projects.sfchronicle.com/2018/stem-cells/about-stem-cells/>

About sounds inside the womb

<https://www.xn--lakin-des-oreilles-fw.com/en/dr-alfred-ange-tomatis-en>

<http://www.trvernymd.com/publications.html>

https://metapsychology.mentalhelp.net/poc/view_doc.php?type=book&id=1043&cn=399

<https://birthpsychology.com/journal/article/effects-firststart-method-prenatal-stimulation-psycho-motor-development-first-six>

For the Guided Meditation

<https://www.youtube.com/watch?v=uVmCE4xNh0A>

<http://binnieadansby.com/ecstatic-birth/inspiration-interviews/conscious-evolution/>