

A Sound Approach to Healing

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From ancient Greek traditions, to Chinese Medicine and Ayurvedic Medicine, to sound therapy, music therapy and creative arts therapies today, there has always been an abiding belief that sound and music have the power to heal. Simultaneously, there has been a profound feeling that all life is connected and intertwined among seemingly invisible lines of energy that lie, not only within the physical body (meridians), but also within and beyond the earth into the realms of space. One system, called Acutonics, integrates those concepts.

Carey, Franklin, Ponton, Ponton, & Michelangelo, (2010), describe the vast body of knowledge comprised of archetypes, myths, mysticism, and science that informs the cosmology of acutonics. Drawing from Taoism and the acupuncture system, Acutonics recognizes a connection between the microcosm (physical body) and the macrocosm (universe). They are not only connected to each other, but reflect many similarities and parallels between the electro-magnetic fabric of the universe and the invisible lines that conduct energy in the body, known here as the twelve meridians. The meridians act like electrical currents that when activated via the “plug” or acupuncture point, activate the flow of Qi, blood and body fluids. In acupuncture, these currents of energy are stimulated through the process of inserting needles in a particular point or points (Micozzi, 2011), as well as deeper reservoirs of energy known as the Eight Extraordinary

Vessels (EV). As mentioned in Chapter 2 (Micozzi, 2011), observations have been made when merely holding needles *over* the points results in effects.

The eight vessels are considered “extraordinary” because they regulate the flow of Qi among the internal organs and twelve meridians when ordinary methods fail. Whereas the twelve meridians behave like electrical currents, the EV behave more like water, the conductor of electricity, thereby responding to sound much more readily (Carey & de Muynck, 2007).

Depending on overall health, the body itself is 70% water. Therefore it is an excellent resonator for sound. An interpretation of the word “person” goes back to Greek roots *per* meaning “through” and *son* meaning “sound,” implying that to be a person means to have sound passing through us (Shipley, 1945). Many of the ancient systems that now fall under the umbrella of complementary and alternative medicine (CAM), acknowledged the healing power of sound. As early as sixth century BC with Pythagoras who, in the West is known more for his mathematics than for the *music of the spheres*, recognized that vibration is subject to universal laws and mathematical proportions that represent the foundation and fabric of the universe itself (Carey, et al., 2010). [The *Music of the Spheres* later held interest for leading figures, scientists and musicians of the Enlightenment Era who also searched for a “vital energy” (See Chapters 1 and 2) Leading intellects from musician Wolfgang Amadeus Mozart, to scientists Alexander von Humboldt, as well as many of the Founding Fathers of the US in terms of a divine design or plan and natural order for the conduct of human affairs, science, and the universe. These connections are explored, for example, in *The Music of the Spheres: Music*,

Science and the Natural Order of the Universe, by Jamie James (New York, NY: Copernicu/Springer Verlag, 1993)].

The concepts that all life and matter are composed of the same substances, and that energy waves, such as sound, represent a universal and unifying principal of all life, is now gaining recognition in fundamental physics with respect to string theory and the unified field of consciousness. Recent studies that have analyzed material from an interstellar comet compared it to the chemistry DNA are finding some intriguing similarities. (Carey et al., 2010).

Hofman, (2009), discusses the four humors as they relate to the building blocks of the cosmos: fire (fire), solids (earth), gases (air) and liquids (water). Each individual carries a signature of these humors, much like a bottle of wine retains the notes of the grapes within its content.

In Chinese Medicine, each one of the internal organs is seen to fall under the properties of one of these elements, with the fifth element (wood) representing creativity and growth (as in the tree that grows). Fire feeds earth as wood burns to the ground, earth feeds metal by creating minerals, minerals nourish the water, and water nourishes wood. [Can relate this to 5-element or 5-phase system; eg, water nourishes wood; fire burns wood.etc] Notice that this element is not present in the individual's humoral signature, and many speculate it is because the creative principle is what allows the other elements to change from one into the other, and what connects humans to divinity, which is infinitely creating. Whether an entire galaxy, planet, or a microscopic cell, everything in the universe has a vibrational energy (Kairos Institute of Sound Healing, 2011). Carey was able to apply a system of sound healing that uses precision-calibrated tuning forks to

be applied in pairs on the EV points and/or on the meridian points to restore health. She brought together influences from Johannes Kepler's historic work on the laws of planetary motion, and Hans Cousto's work on transposing the *music of the spheres* from frequencies outside the range of human hearing into an octave and range the human ear can discern (Carey et al., 2007). However, it's also important to note that the body perceives and interprets vibration with more than just the ears. It is constantly receiving, interpreting and transmitting vibration at every metabolic level such as cells, organ systems, the five sensory organs and at the level of emotion and spirit (Carey et al., 2010).

Maciocia, (1989) lists the correspondences of elements, organs and planets in Five Element Theory: Mars/Fire (heart and small intestine), Saturn/Earth (stomach and spleen), Venus/Metal or Air (lung and large intestine), Mercury/Water (kidney and urinary bladder) and Jupiter (liver and gallbladder). Fire activates energy as the heart pumps blood through the body and also enables the transformation of energy that nourishes earth. Earth breaks down the food we consume, transforming it into "food qi" for the body and nutrients that create minerals, feeding metal/air. Metal/air helps to carry away toxins in the body, either through the lung's exhalation of Co₂ or through the large intestine's elimination of waste. Metal also represents the minerals that feed and nourish our water system, hence the kidneys and urinary bladder in the body. Water (kidney and bladder) are responsible for pH balance in the body and for carrying waste away through the urinary system. Water is also the element that feeds wood (liver and gallbladder), the trees on earth and our creative natures. Wood, in turn, feeds Fire, thereby starting the cycle all over the again

So how does the planetary system fit into this concept of the flow of energy? Mars activates energy, aiding in the process of fire and transformation of Qi, Saturn's boundaries represent the earthly, material world. Venus represents the magnetic qualities of metal, with an archetypal nature that wants to connect and attract. Mercury is the messenger that behaves much like a chameleon ("mercurial"), taking on the shape of its environment, which is how water and fluid behave (liquid metal). Jupiter is the planet of expansion and abundance, creating more of whatever it touches. Its schematic relationship with Wood and the liver and gallbladder can be related to the liver's role in moving Qi up and out everywhere, ensuring the smooth flow of energy among all the organs (Clogstoun-Willmott, 1985).

Carey and Franklin have taken the Acutonics system beyond the bounds of the ancient Chinese, with the five planetary correspondences of the ancient world, to schematically bring in all the currently known planetary bodies (together with their healing archetypes), namely, Neptune, Uranus, Pluto, Sedna (discovered in 2003), and more (Carey et al., 2010). The Acutonics practitioner aims to combine the frequencies of the precision-calibrated tuning forks (seen to vibrate in harmony with the planetary frequencies) with those of the EV points. In an Acutonics session, there is simultaneously a calming, centering and grounded feeling of being utterly present in the body and the moment (like "mindfulness"), and a feeling of being safe, and aware of the body, as well as realization and expansion into subtle realms of spirit and cosmos. The individual literally becomes an instrument that resonates with his/her environment a little more each time around: body, mind, and spirit; earth and universe. The beauty and

eloquence of this system can be genuinely experienced as a reflection of the elegant order of all life as it should be: in harmony.

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