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SOUND AS LIGHT WAVES

By Iasos

For any healing modality, healing is not creating something new, but merely realigning the body to its own already-existing Divine blue-print. There are innumerable ways to do this, and using sound is one potent way.

How is it that Sound can Heal?

Primarily thorough Physical Resonance and Emotional Resonance.

Physical Resonance - results from the vibrating air "shaking up" the molecules and causing the energy systems to synchronize with itself into "standing waves" which, out of random chaos produce order, symmetry, coherency, and stability. Hans Jenny with his study of *Cymatics* shows innumerable photographs of beautifully symmetric shapes, formed by random powders vibrating on a surface that is vibrating with sound.

Sound can produce order out of randomness, by causing an energy system to synchronize with itself, producing standing waves. Standing waves are a characteristic of any self-organizing system, such as your body. And increased coherency is the direction of increased health and greater life force. This means that sound can cause the various "parts" of your body to synchronize with each other, such as your heart beat synchronizing with your breathing and with your brain waves.

Any system that self-synchronizes into standing waves causes these waves to reinforce each other, (sustained good health,) whereas a vibrating system without standing waves causes the waves to randomly cancel each other out, (disease & death.)

"Shaking up the molecules" for sound-healing through physical resonance can occur, for example, by toning with your voice or using gongs or Tibetan bowls that are rubbed in a circular fashion. A more esoteric example is dolphins that have been known to use their sonar to "tune up" humans swimming with them. This type of sound healing usually does not involve a complex blend of many instruments, such as an orchestra, but usually only one potent sound by itself.

Emotional Resonance - means that music influences your feelings, and your feelings directly affect your health. Then we can apply this understanding to your physical body, your emotional body, and your mental body, each of which is vibrating in a different dimension, or different "range of frequencies."

If two strings on a guitar are tuned to the same note (same frequency,) plucking one of these strings will also cause the other string to vibrate. This is a simple example of resonance, wherein two neighboring systems tuned to the same frequency allow for the possibility of energy transferring from one to the other. Another simple example of resonance is radio. When your radio dial is tuned to the same carrier frequency that a particular radio station is transmitting on, this resonance allows your radio to pick up and decode that signal.

Now resonance also applies with the *Law of Octaves*. An octave higher means precisely twice the frequency and an octave lower means precisely half that frequency: If "A" on a piano is 440 cycles per second, the 880 cycles per second is the "A" that is one octave higher and 220 cycles per second is the "A" that is one octave lower.

Resonance can and does occur between octaves, simply because their frequencies are precise whole-numbering multiples off each other: If 2 strings on a guitar are tuned to 440 and 880 cycles per second, plucking either string will cause the other string to also vibrate, thanks to Resonance with the Law of Octaves. Keeping this in mind, we can see how each of your bodies (physical, emotional, mental) can influence each other. Now to state the obvious:

1. **Sound & music influence your emotions.** This is an energy transfer from the physical plane to the emotional plane
Furthermore:

2. **Your emotions influence your physical body.** This is an energy transfer from the emotional plane back to the physical plane. Therefore:
3. **Harmonious music/ sound - harmonious feelings - good health.** Furthermore:
4. **Your emotional influence your thinking.** This is an energy transfer from the emotional plane to the mental plane. And...
5. **Your thinking influences your physical body.** This is an energy transfer from the mental plane to the physical plane. Therefore:
6. **Harmonious music/ sound - harmonious feeling - optimistic thoughts - good health.** So to summarize, sound healing through emotional resonance triggers a chain reaction between dimensions that begins as physical dimension sound and, through the Law of Octaves, passes through your emotional body and mental body, and then both your emotional and mental bodies influence the state of health of your physical body:
7. **Harmonious music/ sound - harmonious feelings - good health + Harmonious feelings - optimistic thoughts - good health.** And the effects of music can be very "sneaky" because, whereas incoming thoughts have to pass through your intellectual censor before you decide to accept or reject those ideas. Sound and music by-pass any censor and totally saturate their influence on your emotions and feelings. All diseases are really psychosomatic (caused by the mind and feelings.) you can temporarily remove the symptom, but for a permanent cure, you must remove the cause, and the cause is always in the feelings and thinking.

And for those of you that actively create and use sound in your work, remember that- **INTENT can modulate (ride on) a sound wave**, just as one water wave can ride on top of another larger wave. The same vowel sound of "ah" can make a plant shrivel up or thrive, depending on the intent of the singer in that moment. Maximize your intention when using sound. Clearly, consciously intend the effects of the sounds you are creating or using, and watch its impact blossom right before your eyes!

One area of sound healing that is seldom regarded as such is rhythmic dance music! How so? Rhythmic dance music can perform three powerful healing functions:

1. It can charge the bottom 3 chakras or energy systems in the body.
2. It can help ground the physical body.
3. It can actually vitalize the physical body by pumping energy into it.

Rhythm is actually an energy pump through time. And if it is an effective rhythm, (you know... the kind where you *have* to move,) then it is pumping a lot of energy! Effective rhythms tend to induce a resonance between the pulsing sound waves and the pulsing body waves. When the resonance is great and the sound waves and body waves are synchronized and pulsing in unison, they have a hi-tech name for this- dancing. In such a synchronized state, dancing can actually pump energy and vitality into your body. ("I could have danced all night...")

Hence, rhythm can provide nourishment to your body. The "trick", however is to be careful that you choose dance music that is not emotionally distorted, otherwise you can be polluting your emotional body while vitalizing your physical body. Be discerning: only choose dance music that is emotionally positive and uplifting.

Another area of sound healing is sacred music. Here's how this works: Whatever you place your attention on, your attention is like an electronic beam that instantly connects you to the target of your attention, like dialing a particular phone number. While this electronic beam of you attention is connecting you to this attention- target, three things are occurring:

1. Your energy flows out to the object of your attention.
2. The energy from the object of your attention is flowing back to you.
3. By being electronically linked up, you and this object of you attention begin to synchronize, and entrain, and resonate together as "one system."

So whether your attention is focused on television reporting some horrible disaster or focused on a beautiful flower, you and the object of your attention immediately begin resonating together as one synchronized system.

Now when your attention is on the One Supreme Source of all Life everywhere-that which makes all of us alive-then you begin resonating with this Universal Energy. This means you begin synchronizing with the entire universe! And since BALANCE is one of the prime qualities of the Universal Source of All Life, this means you are getting more in balance with the entire universe! And balance = healing! Attuning to the Universal Source, by any means, is the most healing thing you can do for yourself!

Music can perform the function of assisting you in attuning to the Universal First Cause and in keeping your attention focused on that for an extended period of time. So sacred music can perform this function of facilitating your attunement and focus on the Universal Source, that you may become more healed by getting more in alignment with the Infinite Eternal Balance.

And for those readers that professionally use sound as a healing tool, keep in mind that there are endless, innumerable, countless ways that sound can be used for healing and no one knows them all! Know that your mind is an automatic "magnet" for ideas for any field that your mind specializes in. If your mind specializes in sound healing, know that your mind is a mental "magnet" for picking up new ideas for unique new ways sound can be used for healing. So follow your hunches! Manifest those ideas! Enrich this planet with the sound-healing techniques and ideas you are receiving. Dare to implement those far-out ideas!

Now, having discussed sound as a healing modality, let me discuss some other uses of sound and music that are dear to my heart. (I apologize in advance if this seems a bit too "metaphysical" for some of our readers.)

Sound can be used as a channel tuner for your consciousness: By "tuning" the antenna of your light body, you can more readily dial-in and access specifically- desired light realms. This is using sound as a vibrational gateway. Rather than the dial of your consciousness being "stuck" most of the time on only one station, (this physical dimension,) you can exercise your ability to access different realms. The music then functions as "training wheels," for once you familiarize with particular realms, you can readily access them without the music. Imagine! You can use sound as a "wave guide" to harmonically align with the higher octaves of your own being-your Higher Self. Through attention, you can even dial in and travel through the various octaves or "floors" of your own God/Goddess Self.

There are vast legions of beings, both in the angelic kingdom and in the elemental kingdom, whose specialty is The Musical Outpouring of Divinity. In the angelic kingdom there are fleets of music angels-ready and eager to instantly come where they are invoked and invited, to grace and join in with any ceremony, adding their uniquely exquisite energies to those of the humans. Very often the humans do not hear the angels and do not even sense them, but they are emotionally moved by them-to the very core of their souls.

As our planet continues its dimensional upshift, there will be more and more ceremonies that consciously include and combine the angelic kingdom and the elemental nature kingdom with the human kingdom. Music can be the unifying force that resonates these three kingdoms together into a unified whole- for worship, adorations, and alignment with the One Universal Source.

These next few years, there will be appearing many musician-light-workers specifically focusing on creating music for all these purposes. Avail yourself of their sounds. Use sound to accelerate your evolution, rather than passively allowing sound to have a sluggish effect on your growth.

Take charge of your Life-what music you hear. Look for music that is coherent, emotionally uplifting, and centering. Music that feels like it is coming from a loving heart. Ask your own heart: How is this music affecting me- on all levels? Trust what your heart tells you, and act on it. Choose and intend to effortlessly ride these sound waves gracefully upward towards your own expansion on waves of light.

Iasos (pronounced yah' sos) is one of the original founders of new age music, releasing his first album in 1975. He has won a number of awards, including the Crystal Award for Artist at the International New Age Music Conference.

In a recent major study at Plymouth State College with those that have had a "near-death experience," Iasos' music was selected as being "most similar" to the "heavenly music" they heard while officially on the other side, from a large selection of classical, pop and new age music.

Iasos creates music and does international multi-media concerts, seminars, and tours.