

### 3-What is Vibration, Sound and Music

#### **Vibration**

##### **Vibration Discover Language of the Universe... ...and why you should constantly try to raise your vibration.**

Everything is some type of energy and everything vibrates at some frequency. "During the the early part of the twentieth century, Albert Einstein came to the startling conclusion that and energy were actually interconvertible and interchangeable. His famous  $E = mc^2$  mathematically demonstrated how matter and energy were interrelated. At the time Einstein came up with this conclusion, few scientists could entirely understand the magnitude. But it was very realization of matters interconvertability into energy that lead to the development of the first atomic in which a few grams of uranium were converted directly into energy, proving Einstein's theory in a most unforgettable demonstration.

<http://www.quantumhealthandfitness.com/language-of-success.htm>

##### **GURDJIEFF'S LAW OF SEVEN (AND LAW OF THREE)**

Posted By: billym <Send E-Mail> Date: Sunday, 6 August 2006, 10:28 p.m.

Gurdjieff's Law of the Octave (The Law of Seven)

I think G. Gurdjieff's explanation of why the number 7 seems to be a "divine" number is the best explanation I have found. He says vibration, rising from some state to twice its own frequency (moving one octave higher) encounters two points of r sistance. (The two white-key semitones in the key of C, for example). At this point, to maintain an even rise, the octave must be shortened in order to keep going straight. This is the law of seven. And all manifest phenomena are sevenfold. The only law higher, in his system, is The Law of Three, which came about simply from the will of the absolute, states that in all things shall be the mingling of three primary forces, the positive, the negative, and the neutralising. The interaction of the three forces from the will of the absolute give rise to all phenomena in Creation. Gurdjieff implies that the significance of seven is in our actual reality, scientific, and not a whimsical notion...

<http://www.rumormillnews.com/cgi-bin/forum.cgi?read=91583>

#### **Sound**

##### **Frequencies**

By: Athene Raefiel

We are all subject to the frequencies around us daily. Just imagine being an empath or a sensitive and feeling all of the frequencies around you. It is like radio waves coming in from all different directions. Frequencies are how everything around us is communicated. Modern technology has produced quite a wide variety of frequencies since the discovery and invention of the telephone, electricity, radio and television. We now have satellites, microwaves, cell phones, electric appliances, industries, transmitters, and manufacturing plants, just to name a few. Military installations are always working with radar and sonar. As

individuals produce a multitude of frequencies each day, often without realizing it, we also tune in to many other frequencies that surround us. Frequencies are emanated by all different sorts of transmitters including people and nature. We are continually bombarded by inferences and media sublimation just as we are by everyone else ' s feelings that immediately surround us...

<http://www.atheneraefiel.com/frequencies.html>

### **Basic Acoustics for Electronic Musicians**

© 1997 by Peter Hamlin, St. Olaf College

January, 1994 (revised January, 1997 and January, 1999)

Table of Contents 1. Sound 2. Characteristics of Sound 1. Frequency (Pitch) 2. Amplitude (Loudness) 3. Spectrum (Timbre) 3. Characteristics of Acoustic Musical Instruments 1. Pitch 2. Loudness 3. Timbre 4. Types of Synthesis 1. Additive Synthesis 2. Subtractive Synthesis 3. Special Synthesis Algorithms 4. Sampling 5. Resynthesis and Cross-Synthesis 5. Acoustic Principles of the Sound Studio 1. Amplitude 2. Pitch and Timbre 3. Digital Sounds and the Sampling Rate 4. MIDI 6. Topics for Review 7. Selected Bibliography

<http://www.stolaf.edu/depts/music/elmus/acoustics.htm>

### **Frequency**

"To know the mechanics of the wave is to know the entire secret of Nature."

Walter Russell

The psychodynamics of the mind as an electromagnetic structure establishes the nature and reality of consciousness as an interdimensional energy process. It is an electrical process of cause and effect. Consciousness determines our vibration (frequency and amplitude) When we realize that time and space are really ONE I think we then go beyond a simple understanding. This is what Einstein was talking about concerning frequency (time) and amplitude (energy)...

<http://www.starstuffs.com/physcon2/freqamp.html>

### **Scientists Levitate Small Animals**

By Charles Q. Choi Special to LiveScience posted: 29 November 2006 10:28 am ET Scientists have now levitated small live animals using sounds that are, well, uplifting. In the past, researchers at Northwestern Polytechnical University in Xi'an, China, used ultrasound fields to successfully levitate globs of the heaviest solid and liquid—iridium and mercury, respectively. The aim of their work is to learn how to manufacture everything from pharmaceuticals to alloys without the aid of containers. At times compounds are too corrosive for containers to hold, or they react with containers in other undesirable ways...

[http://www.livescience.com/technology/061129\\_acoustic\\_levitation.html](http://www.livescience.com/technology/061129_acoustic_levitation.html)

### **UNDERSTANDING DIGITAL BIOLOGY**

Explaining digital biology is impossible without explaining its principle. The purpose of this text is not to report experimental results. Rather, it tries to explain to laymen, in the simplest terms, this radically new approach to biology. We hope it will be useful to all, scientists or not, who find it hard to "make the leap".

Indeed, is it possible to believe that the specific activity of biologically-active molecules (e.g. histamine, caffeine, nicotine, adrenalin), not to mention the immunological signature of a virus or bacterium can be recorded and digitized using a computer sound card, just like an ordinary sound? Imagine the perplexity of Archimedes confronted with a telephone, and being told that by using it he could be heard on the other side of the world, were we not to explain the nature of sound waves or their translation into electromagnetism.

<http://www.digibio.com/cgi-bin/node.pl?nd=n3>

### **Shifting Frequencies: Frequency + Intent**

by Jonathan Goldman From "Sedona Emergence" July 1996

This is Jonathan Goldman and Shamael talking to you about frequency shifting and the power of sound. Jonathan will deal with the psycho-acoustics of sound, as well as his own experiences. Shamael will deal with the inter-dimensional aspects of this work. We will unify as one voice for this experience with you. To start, let us say, that everything is vibration. From the chair that you may be sitting in to the paper of this magazine you are holding, everything is in a state of vibration. This is not a new idea. Your ancient mystics have known this for many a millennium, but now your scientists are beginning to understand this and agree with this. It is a wonderful start. From the electrons spinning around the nucleus of an atom, to the planets spinning around suns in the galaxy, everything is in movement. Everything is in vibration. And if it is in vibration, it is putting out a sound.

<http://www.healingsounds.com/articles/shifting-frequencies-1.asp>

### **Sonic Entrainment**

by Jonathan Goldman

All life consists of rhythmic processes. From the simple pulsations of a single-cell organism to the rising and falling of our breath, life is filled with rhythm. This rhythm is also called "periodicity," meaning that the activity of something falls in cycles. Much of life is directed by the external rhythms of nature. For example, the earth spins on its axis and rotates around the sun, and around our moon orbits the earth. We attune ourselves to the cycles of the sun and the moon, following the different rhythms they create. With day and night, different behavior is created; we usually get up with daylight and go to sleep at night. When our light-dark cycle is disturbed, as when we take a long jet flight, our ability to function in the new environment is affected for a day or two. We call this "jet lag." Different behavior due to rhythm also occurs for the different seasons of the year and the response of nature to this. Not only our sleep patterns, but our eating patterns, digestive patterns, even our harvesting and mating patterns are affected by the rhythms of these cycles.

<http://www.healingsounds.com/articles/sonic-entrainment.asp>

### **CREATIVE HARMONICS**

Sound is the very essence and backdrop of creation. All of creation is energy vibrating at different frequencies and sound is the primordial frequency. Music is

the singing, vibrating pulsation of these frequencies interrelating, colliding and coalescing. Music has powerful effects on the human brain. The brain vibrates at different frequencies, beta, alpha, delta and theta. When the brain receives differing harmonic resonance's, through exposure to music, its resident frequencies are thus enhanced and entrained.

[http://www.enchantedmind.com/html/science/creative\\_harmonics.html](http://www.enchantedmind.com/html/science/creative_harmonics.html)

### **Health Hint: Breathing Exercises**

#### **Breathing as a bridge**

It is thought by many cultures that the process of breathing is the essence of being. A rhythmic process of expansion and contraction, breathing is one example of the consistent polarity we see in nature such as night and day, wake and sleep, seasonal growth and decay and ultimately life and death. In yoga, the breath is known as prana or a universal energy that can be used to find a balance between the body-mind, the conscious-unconscious, and the sympathetic-parasympathetic nervous system. Unlike other bodily functions, the breath is easily used to communicate between these systems, which gives us an excellent tool to help facilitate positive change. It is the only bodily function that we do both voluntarily and involuntarily. We can consciously use breathing to influence the involuntary (sympathetic nervous system) that regulates blood pressure, heart rate, circulation, digestion and many other bodily functions.

<https://www.amsa.org/healingthehealer/breathing.cfm>

#### **Patterned Breathing during Labor**

Patterned breathing simply means breathing at any number of possible rates and depths. Some women prefer breathing deeply, using their diaphragm to fill their abdomen with air. Others prefer light breathing, inhaling just enough to fill their chest. The goal is for you to find breathing patterns that calm and relax you. Your breathing should be at a comfortable rate and not cause you to feel...

<http://www.americanpregnancy.org/labornbirth/patternedbreathing.htm>

### **Music**

**Towards a definition of ' Music '** Taken from provisional course text  
' A Short Prehistory of Popular Music '

Philip Tagg, Institute of Popular Music, University of Liverpool, February-March 2002  
What is ' music ' ? ' Music ' : a culturally specific concept  
Although no society of which we have any knowledge has ever been without what we call music, the concept of music is by no means universal. Many cultures have no word equivalent to what we seem to mean by it...

### **Music: Cultural Add-On or Biological Imperative ?**

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The following opinions about music are based on the reports of scientific studies. This does not mean that the opinions carry the same importance as the results of such studies, themselves. They are simply opinions, intended to provoke thought and sometimes perhaps even argument, but ultimately to energize and enlarge thought and action on music.

Does music come from culture or from biology? This is part of the enduring "nature vs. nurture" question about human behavior. People seem to have chosen up sides on this issue forever and perhaps they will continue to do so. But phrasing the question this way already presupposes a certain type of answer, specifically that behavior is governed by one or the other, but not both. A better way to address this issue is "To what extent is music behavior influenced by biological vs. environmental processes?". This is better because the amount of influence can vary from none to all, allowing biology and culture to each contribute something.

### **Why Do We Have Music?**

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Music is universal. All cultures have music. Why? The field of Biomusicology suggests that music is an evolutionary spin-off from patterns of sexual selection. In particular, males who "made music" together may have attracted females, who chose music-makers as mates. Thus, we may have music because males that were musical were more likely to reproduce than males that were not. In short, we have music because to be human is to be musical.

<http://www.musica.uci.edu/mrn/V6I1W99.html#womb>

### **A FAILURE to PAY the PIPER?**

The Neanderthal Flute & the Diatonic Scale

By Bob Fink, Written Summer, 2002; Published here March, 2003; Updated Aug. 2003

Is the bone a flute?...Nevertheless, there are a number of things about this bone that make it appear that it was in fact a deliberately manufactured flute. On the other hand, there are also things about it that indicate it is simply the product of natural processes. There is little dispute about the observations that have been made on the specimen itself. There are, however, disagreements about the interpretation of these observations. At this point, it is in fact impossible to disprove either hypothesis. Which hypothesis one accepts, then, depends on one's assessment of their relative probability, as well as one's assessment of the level of confidence necessary if one is to document the origins of music. It should be

clear from the brief discussion above, as well as an earlier more detailed and technical analysis, [Chase/Nowell 1998] that we feel the taphonomic explanation is the more probable one. We also feel that documenting the early date of a major development in human behavior demands of the evidence a rather high degree of certainty...

<http://www.greenwych.ca/paypiper.htm>

### **Music Physics**

Some physics: Since sound is the medium of music, most of the physics of music is the physics of sound. Here's a little bit of music-related physics... (Very brief and good.)

<http://exhibits.pacsci.org/music/MusicPhysics.html>