

Healing Music: Healing Through Music

By Kate and Richard Mucci

Every material thing - every person, animal, rock and tree on the earth, even Mother Earth herself - has its own natural resonating frequency. The Earth's own electromagnetic field, deep space, and people in a meditative state are all resonating at a frequency of approximately 7.8 hertz. This is called the Schumann Resonating Frequency.

Every cell in every person, rock and tree also has its own natural resonating frequency, which is ideally in harmony with the unit as a whole. Every sound, from the delicacy of a pure musical note to the harsh retort of a gun, sends out a wave of energy. This wave is vibrating at its own frequency, which then affects everything in its path.

In human beings, the balanced interaction of all the frequencies resonating in and through our bodies is what makes us work. When our frequencies resonate in sync, we are healthy. We feel good, and we feel connected with our own selves and those around us. We are "in tune."

For creatures such as the whales and dolphins, resonating in perfect harmony is essential. If these creatures are not in tune with each other, they cannot communicate. Reproduction and survival depend completely upon this ability to recognize and reply to each other's "song."

For humans, the issue is not quite so critical, but when we are "out of tune," many problems can develop. Just as all the musicians in a symphony orchestra must be tuned to each other for the music to sound good, so, too, must all of our cells be in tune with each other for us to feel good. And just as any number of things can make a musical instrument go out of tune - like changes in temperature or humidity or a sudden bump - any number of things can jostle the cells in our body out of tune.

A good example of the physical effect of vibrating energy is the scraping of nails against a chalkboard. This grating noise produces physical changes in anyone who hears it. Our teeth tingle and the hair on the back of our necks stands up. The tone itself is creating a frequency that is adversely affecting the rate of vibration in the cells of the body experiencing it.

Have you ever used those ultrasonic machines to repel rodents or insects? You know, the ones that chase away the pests without chemicals? Those devices are working on pure sound. Frequencies in these machines produce sound that only the pests can hear, but it is absolutely repelling to them. It creates a very definite physical

reaction in them - they scurry away!

Isn't that kind of how you feel when you hear unpleasant sounds? You try to get away. If you can't get away, your body reacts negatively to those sounds. We notice the most obvious things at once - we cover our ears, or tense up, or start to get nervous. But the effects go far beyond the obvious.

Scientific tests have shown that bombardment of the body by unpleasant sounds actually increases blood pressure, pulse and respiratory rates. The blood's magnesium level falls, and extra fats are released into the bloodstream. This is definitely not a good thing, especially if you have high cholesterol!

Music is a way to experience vibrations in a pure form. Music is the art of vibrations. Whether music has a positive or negative physical effect depends on how it is arranged and presented. The source of the sound, the volume, even the purity of the tone, has everything to do with the physical effect it has on our human bodies.

The same holds true for other living things.

Everyone has heard the stories of miraculous comebacks for house plants that have had music played near them. You may even have tried playing Mozart for your own philodendron. It makes a lot of sense, if you understand that everything has its own natural resonating frequency, and that different musical frequencies have varying effects on all things. Scientific research has confirmed this fact, especially for plants.

A researcher in Minnesota found that agricultural plants such as corn respond and grow at an amazing rate when they are exposed to the sounds of the sitar (a traditional stringed instrument from India).

Another researcher in Denver, Colorado, compared the effects that different kinds of music had on plants. We found this research very interesting. Plants were placed in five identical greenhouses. Soil, light and water conditions were all identical, and the types of plants were the same in all of the greenhouses. For several months, the researcher pumped different kinds of music into each of the greenhouses. In one, Bach was played, in the second, Indian music, the third, loud rock, and the last, country and Western music was played. In the fifth greenhouse, no music was played at all.

The plants in the greenhouse where only heavy rock music was played did not do well at all. Their growth was stunted, and they would not flower. In the greenhouses with Bach and Indian music, the plants were green and healthy, with many flowers. The plants that heard country and Western music grew the same as those with no music - at a moderate rate, and with a normal amount of flowers.

Now, it doesn't seem likely that the plants had an "emotional" response to the music. So it must have been something in the actual rate of vibration, the frequency of the sound waves that affected

their growth.

If music has such a profound effect on relatively simple organisms, what must it do to more complex systems?

We've all heard of people being able to sing a note for an extended period of time, and being able to break a glass with it. When jets burst through the sound barrier, they cause a sonic boom that breaks windows for miles around. That is what happens when sounds create disorder on a visible scale.

Think about the disorder all those vibrations are creating inside our bodies, where we cannot see their effects. Are organs being scrambled? Are brain cells being jostled?

Consider all of the things that you hear every day. The jangling of an alarm clock, airplanes flying overhead, trucks and buses rumbling by, the low-riders with mega bass speakers waiting beside you at the stoplight. Televisions, telephones, dogs barking, children playing, sirens, machinery at work; just imagine all the different frequencies that those noises are sending out.

Now think of all the frequencies you cannot hear. The human ear has a very limited range of hearing. Sound waves above and below that range are not physically heard, but they STILL affect the rate of resonance in our bodies. One example of inaudible sound is the radio wave. These tones are audible only when you have a receiver with which to pick them up, but they are always there. Hundreds of thousands of them are entering and bombarding our bodies and individual cells every second, every minute, every day for our entire lives. The trouble is, many of these frequencies are damaging to the human body. They are literally altering the natural resonance of our DNA and changing our cellular structures.

If you have ten tuning forks all tuned to the same frequency and you strike only one, they will all begin to chime together. However, if you strike a tuning fork tuned differently and place it near the others, they will all stop. Now, if these dissonant frequencies can stop the vibration of a simple tuning fork, what must they do to the delicate balance in our human bodies?

To begin with, they can physically damage our ears. People in modern society have a great degree of hearing loss. Whether frequencies originate from random noise like jet engines or rock music emanating from stacks of amplifiers, the vibrations actually damage the delicate tissues that allow us to hear.

The physical damage, however, is dwarfed by the social consequences of hearing loss. Conversations become difficult, movies are not nearly so enjoyable, even driving takes on an added dimension of danger. Many people who suffer from hearing loss become despondent and withdrawn, just because it's too hard to communicate!

The ears are not the only body parts that suffer from jarring, loud or discordant sounds, including certain kinds of music.

When exposed to a multitude of instruments and voices, an erratic beat and electronic distortion of the notes themselves, the resonating frequency of the human body is thrown into chaos. The organs begin to vibrate out of sync with the nervous system, which can't keep up with the rate of breathing, which... it goes on and on.

Is it any wonder that so many of us feel stressed, tired and irritable? Our cells are vibrating at erratic levels, out of sync with each other. In advanced cases, this bombardment of frequencies can cause many physical changes and lead to disease in the body. How do you counteract this insidious invasion by sound?

You do this by being conscious of frequencies that disrupt your body's own rate of resonance, eliminating them, and ultimately replacing them with frequencies that have a positive impact on the body. You need to "tune up!"

There are many therapists who actually use tone generators and sound wave machines to help people get their bodies vibrating back at their optimum rates. You could try that approach, but it may be very expensive and not readily available where you live. What next?

The easiest, best, most enjoyable solution is... MUSIC. Technically, music is no more than a series of notes or tones arranged in a mathematically precise and aesthetically pleasing pattern. Tones are just some of the dozens of sounds traveling through the air, water, or even solid objects at any one time. Whether we hear them or not, these tones resonate through us constantly.

If you want to change the resonating frequency of your body, listening to or making music is very powerful. Listening to the soothing tones of chant, Native American flute, harp or even synthesized strings is a great way to get the body resonating back to its proper, natural state.

Sit quietly in a comfortable chair and really listen to some calming music. Try melodies that are simple, arrangements that are uncomplicated. Listen to each instrument and FEEL its impact on your physical body. This experience is enhanced if you wear padded headphones that actually cover the whole ear, because then you get the full effect of all of the frequencies in the music. Also, it blocks out other audible sounds that could be creating discordance. Close your eyes. Keep out all sensory input except for this music.

Each tune has a different range of frequencies, different melodies, and they will give you different physical responses. Allow your body to respond to the frequencies. Close your eyes and breathe deeply. Pay attention to how your physical body changes. Immediately it will be more relaxed. There will be a difference in your blood pressure, your heart rate, your breathing.

Once your body is calm and resonating at a more balanced frequency, you will be amazed at how different things look. Things that might have been bothering you, people that might have annoyed you - they just won't matter as much. You have so much more freedom to think your own thoughts, unencumbered by extra input. You will be able to feel your true feelings. They won't be governed by energy over which you have no control.

Another excellent way to actually calm down the physical body is to listen to a pure beat. Any repetitive sound such as a metronome, a heartbeat or constant, even drumming, has a regulating effect on the biological functioning of the human body. Go to a music store and get an old fashioned wooden metronome. Set it on "largo," about 40 beats per minute. This slow, soothing rhythm has a hypnotic effect. After ten minutes or so, you will find yourself in a very relaxed state. Even the ticking of an old-fashioned grandfather type clock can have the effect of regulating your body.

Whenever you're feeling over-stimulated or irritated, stop. Analyze what's bothering you. You'll be amazed at how often it is a sound - music, machinery, perhaps voices. If you can't eliminate the noise or get away from it, at least you will recognize that it is noise that's making you feel stressed or upset, and not some unknown element.

You can also counteract noise overload by humming. If you have to travel on a subway or bus, or even in your car, or if you work in a factory with loud machinery, you can help your body resonate at its optimum rate by humming. You don't have to hum loud enough for anyone else to hear, just loud enough to feel it in your own body. As you hum, you will find yourself making tones that make your body feel more comfortable, and the noise from which you cannot escape will not bother you as much. Try it. You'll like it!

We know now that every individual body and every thing is being bombarded by sound and noise. Consider the dissonance created by the overwhelming number of frequencies penetrating everyone on Earth. Nothing is in tune with anything else!

Is it any wonder that there is so much anger, mistrust and fear? How are you supposed to relate to and communicate with each other under these sound stresses? What if we could somehow balance and synchronize ourselves with each other and the planet? It makes perfect sense that communication would be much easier, and we would all feel much healthier and more peaceful.

Barbara Marx Hubbard is a futurist who believes that we could all benefit by humming a certain note. She believes that D flat is the note that most closely matches the resonating frequency of the earth. She feels if enough people were to hum or otherwise create this tone together, it would counteract the discordant frequencies racing around the planet, and raise the consciousness of Mother Earth and the people inhabiting her.

*The article is an excerpt from *The Healing Sound of Music* by Kate Mucci and Richard Mucci. Please visit their website at <http://www.crosswynd.com/>.*

