

# The Science Behind How Sound Affects Us:

## Physically, Mentally, Emotionally and Spiritually

David Gibson

**T**he more that people understand how sound and energy healing work, the sooner we can get into the mainstream (homes and hospitals) so we can take our power back to heal ourselves and others once again.

### Physically



Sound Vibrating a Water Droplet

The science is very specific when it comes to how sound affects us physically. Physics has been studying the effect of sound on matter for many years. There are specific formulas for the resonant frequency of



spaces (rooms, chambers, or spaces in the body), and materials (strings, quartz crystals or metal in bowls, and all the materials of the body). There are even formulas for how to find the resonant frequency of something in the quantum field (such as thought forms and emotions).

Once you know the resonant frequency of something you can play its frequency to it, which then feeds it energy, or entrains it into its own natural vibration of health. In a cell it simply gets the cell to hum at its own frequency, which then triggers its own metabolism. You can also find the frequency of a so-called “bad” cell and then turn the volume up and explode it as is done with ultrasound to treat kidney stones.

The problem is that we do not yet know the frequency of every part of the body. That’s why we have started the “GeneOM” project ([www.GeneOM](http://www.GeneOM)) to map all the frequencies scientifically.

There are many people who have developed an intuitive way to find the frequency of a certain part of the body. You can simply do a frequency sweep up and down (kind of like a siren) and intuitively listen for the frequency. Some people just get a “knowing.” Others get chills or goose bumps when they find the frequency.



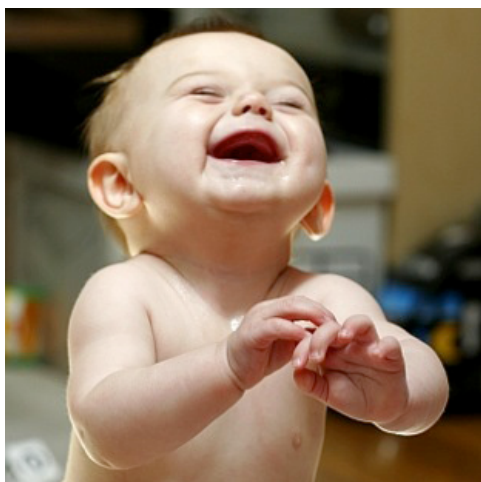
### Mentally

The science is also very specific when it comes to how sound affects us mentally. We can very clearly see how sound and rhythms affect brainwaves with EEG. We can use different rhythms to entrain the brain into delta (for sleep and meditation), theta (meditation and creative downloads), alpha (relaxed presence and creative problem solving), and beta (help with Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD)). Of course, the brain then affects the whole nervous system of the body, pulsing these frequencies throughout.

Researchers have now found a super high brainwave frequency of Gamma in people in deep meditation. However, they also see an extremely low frequency of Epsilon at the same time. Therefore, you can think of higher consciousness as going to both a lower and higher frequency at the same time.

The most interesting horizon is creating brainwave maps with different rhythms spread around the brain to entrain us into specific states of consciousness. Studies on Dalai Lama trained meditators show different brainwave frequencies spread across the brain. Ultimately, we could entrain people into maps of gratitude, compassion, love, joy and the ultimate – that innate connection to Source that all of us have.

### Emotionally



Joy

The science behind how sound affects us emotionally is not so well defined since we cannot measure emotions so definitively. However, we can see a stuck emotion such as PTSD as a theta loop in the brain when looking at an EEG. There are specific sounds that are proven to help break up these looping frequencies. White noise has been shown to break up these frequency loops. White noise also manifests as sounds of the ocean, rivers, streams, waterfalls, wind, shakers, rattles, whispers and the breath.

There is also a huge amount of research on how music affects the brain and body. Regardless, the emotional effect of sound and music is the most obvious and intuitive. We all know how powerful music is to effect and change our emotions. Currently there are many CD's that are designed to entrain people into specific emotions including our own.

One of the most important techniques is to use sound to reverse negative, limiting beliefs. Once you have tracked and identified a negative belief within, think of the opposite of the negative belief – a positive belief. Then, intuitively make the sound of the positive belief to bring that vibration into your body. This is an extremely powerful technique whenever feeling insecure about anything in life.

### Spiritually

There is only the science of quantum mechanics that is just beginning to explain the vibrational nature of thoughts, emotions and spiritual entrainment. However, the science here is quite lacking and will continue to be until we can prove the existence of things like chakras, the Soul, and God. However, the overwhelming number of people who report mystical, life changing experiences while listening to sound and music is undeniable.

There are so many sounds that we can use in sound healing and simply add the intention to resonate higher emotions of gratitude, compassion, love and joy. One of the best antidotes for loss of love or a loved one is to simply send love to your own heart with the soft sound. You can even do it silently.



One of the main keys to resonating Source energy is to tune into multiple frequencies or sounds at once. Most people report that they are “all frequencies in the Universe” when One with God. Therefore, when you tune into more than one thing at a time, you are opening a portal to this right brain state. You can tune into multiple crystal bowls, Tibetan bowls, or even a song with multiple instruments. This is one of the most amazing things when listening to a symphony. The same thing happens when watching sparkles on the ocean, or even a view of a landscape in nature.

When in a state of oneness, the brain is mostly in Theta. So you can also use the rhythms that entrain the brain into Theta as a portal to Oneness. In addition, the coolest thing about being One with the Universe, is that everyone reports there is indescribable love there (particularly all those who have had near death experiences). See you there. €