

Energy Medicine and Sound Healing

By John Beaulieu, ND PhD | www.biosonics.com



Editor's Note: This is a good brief introduction to the concept of energy medicine, how it works through energy fields through vibration and frequency and how fields interact with each other. We will see in future articles how this energy is being directed, through such instrumentalities such as tuning forks, singing bowls, and low frequency bioacoustic frequencies earmarked for each client's particular "bioacoustic" need in order to bring their bodies into harmony and equilibrium with their environment.

The Energy Medicine paradigm is based on understanding the dynamics of life energy in relation to health and well-being. The fundamental principle of Energy Medicine is that an underlying energy field generates physical, emotional, and mental behaviors or symptoms. If we change the energy field, the physical, emotional, and mental behaviors will also change.

To understand what an energy field is we must first clarify the concept of wholes. The branch of modern science dedicated to understanding wholes is called General Systems. Within the general systems paradigm there are wholes and greater wholes that contain those wholes. For example, a school can be a whole school which is contained within the whole of a community which is contained within the whole of a county

which is contained within the whole of a state, and so on.

Cymatics is a general systems study of sound developed by the late Dr. Hans Jenny, M.D. of Basel Switzerland. Dr. Jenny performed his Cymatic experiments by putting substances such as sand, fluid, and powder on a metal plate. The plate was then attached to an oscillator, a device that produces vibrations. (They are also called vibrators. A massage vibrator is a simple oscillator.)

The oscillator is controlled by a frequency generator capable of producing thousands of different vibrations or sounds. By turning a dial on the frequency generator Dr. Jenny could cause the plate to vibrate the sand or fluid on it at different frequencies.

Dr. Jenny found that when he turned the dial of the frequency generator he could instantly change the vibrations moving through the plate. He could then observe the effects of different vibrations on different substances. When Dr. Jenny watched the sand or other substances on the metal plate organize into different patterns he could also hear the sound produced by the oscillator. If he were to lightly touch the plate he could feel the vibration in his fingertips.

Dr. Jenny immediately observed three fundamental principles at work in the vibratory field on the plate. He wrote, "Since the various aspects of these phenomena are due to vibration, we are confronted with a spectrum which reveals a patterned, figurative formation at one pole and kinetic-dynamic processes at the other, the whole being generated and sustained by its essential periodicity."

What Dr. Jenny is saying is that one can hear the sound as a wave; he calls this the pole of kinetic-dynamic process. One can see the geometric pattern the sound creates in the plate; he calls this the pole of "patterned-figurative formation". And if Dr. Jenny were to touch the plate and feel the plate

vibration he would call this the generating pole of “essential periodicity”.

When we view these Cymatic pictures we are “seeing sounds” and their geometry.

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Robert O'Leary, JD BARA, has had an abiding interest in alternative health products and modalities since the early 1970's, and he has seen how they have made people go from lacking health to vibrant health. He became an attorney, singer-songwriter, martial artist and father along the way and brings that experience to his practice as a BioAcoustic Soundhealth Practitioner, under the tutelage of the award-winning founder of BioAcoustic Biology, Sharry Edwards, whose Institute of BioAcoustic Biology has now been serving clients for 30 years with a non-invasive and safe integrative modality that supports the body's ability to self-heal using the power of the human voice. Robert brings this modality to serve clients in Greater Springfield (MA), New England and “virtually” the world, through his new website, www.romayasoundhealthandbeauty.com