

# HEALING THROUGH SOUND ENERGY

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World is divided into two realms, the gross & the subtle. We live in the gross world, cognize, enjoy & experience the gross world. Within this pleasure seeking world, we do encounter many ailments, disease & problems. Man is constantly researching, the cause of the problem & its solutions. Man has explored the whole body in the process of searching the solution to the ailments & diseases. When one suffers from fever, one gets a quick relief capsule or a shot. This is instant cure, but with this new problems pops up. The solution in this gross world has always given birth to new problems. The chain goes on. One problem is solved. The solution gives birth to a new problem. This is a spiders web. It is created because of the shallow swim. Shallow swim means, mans exploration is merely in the shallow world. The gross world, the world were senses & the sensual tools takes us is our shallow world. This is a deficiency of the living world. We are well aware of the vitamin or calcium deficiency but the fact that we are ignorant of the subtle world itself remains unknown to us. The subtle world is significant as, this has the cause & its solutions lying hidden within it. Thus healing necessitates diving deep into the ocean of subtle world. There are many practices & path ways to reach the subtle world, one such technique is the sound.

Sound is a waveform that travels through matter. Although it is commonly associated in air, sound will readily travel through many materials such as water and steel. Sound waves can also travel through liquids and solids. The velocity of a sound wave depends on the temperature of the medium and its elasticity (more elasticity means that molecules will move easily). Actually, sound waves move faster through liquids and solids than through gases. The sound reaches to its destination & shares the message it carries. The process of sharing is unique in itself. The sound carries vibration & shares the same. It can vibrate the destination with the same frequency as it carries. For example, The waves are detected by the eardrum when they cause the detector to vibrate. Your eardrum vibrates from sound waves to allow you to sense them. Sound has the standard characteristics of any waveform.

Sound is of two kinds the physical & the psychical. The physical sound is the sound created by the material particles. The psychical sound is the conscious effort used to generate the sound from the material particles. Each one of us possess different conscious power. We can accentuate it by more effort & use or play down our powers by non-use or misuse of the potentials. Thus we see the difference of the power of speech varies in infinite degree. Sound that which is an end product of the collaborated function of both material & psychical helps man in the process of self transformation, healing.

We have three important aspects of sound-

- ❖ Sound particles which are the external material particles. This is the physical particles
- ❖ The soul imbibes these particles from all the six directions of space i.e from the whole cosmos. This is the conscious state, this is the psychical function.
- ❖ In the next step the particles are organized & process through our speech system. This is the joint effort of both the physical & the psychical. Thus sound is expressed.

The sound expressed can be categorized into alphabetical & non-alphabetical. The alphabetical sound used for healing are the mantras usually. There are thousands of mantras used for different purposes. The non-alphabetical is mere sound which do not comprise letters in it. The chirping of the birds soothes us. This is non-alphabetical for us. There are many sounds which man uses to express his opinion without any word. Like saying mmmm., eeeeeeeee to express pain & so on. There is even possibly of a language unknown to one becomes non-alphabetical. If a person is not familiar with the place of pronunciation of a sound or the letters of the language, the sound is mere sound rather than an alphabetical speech. Usually people who use mantras of the unfamiliar language, utters them as sounds rather than any orderly language letters. Yet miraculously the power of sound heals.

### **Levels of healing -**

Healing is an ancient science. We have been facing many new diseases in each era, never to have found prior to that time. Man with his intellect & knowledge has always searched the solution to it. Healing can be categorized into the following four subcategories -

- ❖ Physical
- ❖ Mental
- ❖ Emotional
- ❖ Spiritual

The two significant aspects of healing are prevention & cure. The technical terms used in the Jain Philosophy is samvar & nirajara. Samvar which means stop. It is the mode of immunity of the soul, preventing the new coming entities from entering our

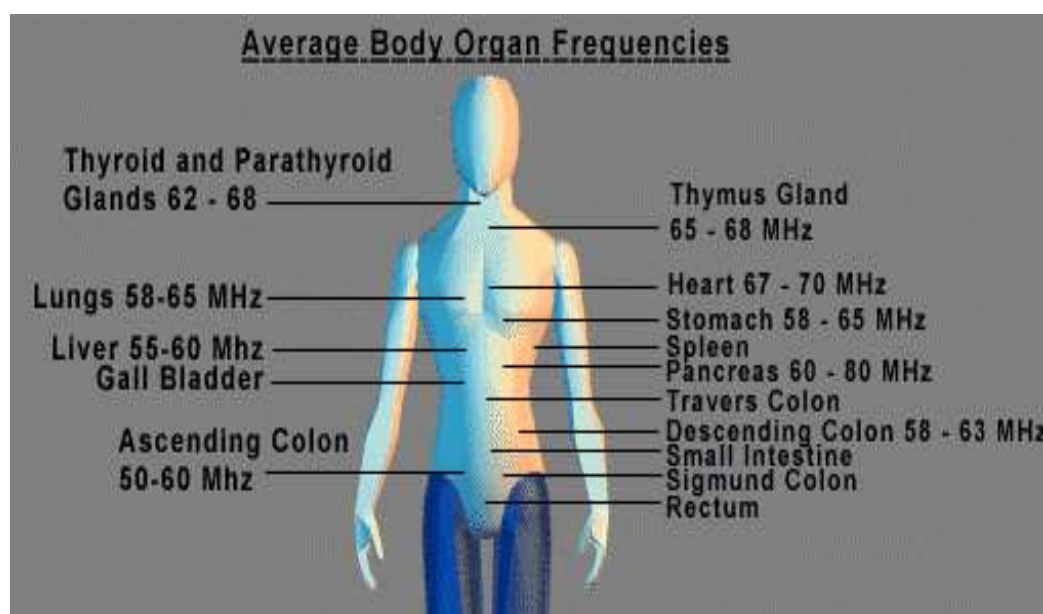
body. The Nirjara is the cure. Nirjara means shedding or discarding the already arrived negative elements or disease causing elements.

**Prevention**- prevention of a disease in our natural health process is by making arrangements to combat the germs or virus or any anti elements. The WBC fights any anti-element in our body. The strength of the WBC is our immunity. In the realm of healing through sound the immunity is not killing the arrived enemies. Rather it is preventing the incoming of negative energy. The sound has a strength to create a wall, around the person. This is the immune wall , which prevents any entrance of negative particles, negative energy. No virus can penetrate through this wall and damage our inner soft ware. The physical body remains immune from the virus & bacteria. The mind is kept away from the negative particles; the emotions are not nurtured by the external influences. This is immunity or prevention of disease.

**Cure**-The second stage of healing is cure. We need to cure the already accumulated anti-particles or anti elements. The different levels of our existence brings about a unique transformation through sound.

Physical healing –

The body has its own frequency.

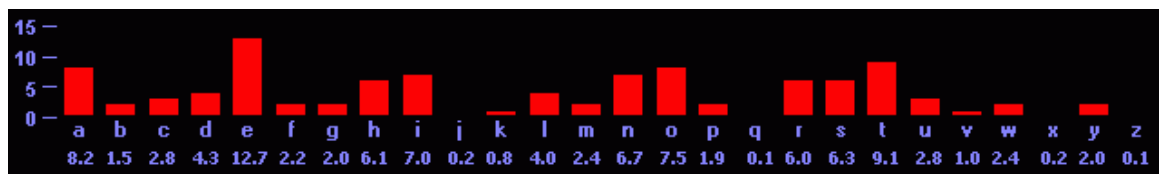


Each organ is vibrating at a different frequency. For any reason it may be, if the frequency of any organ changes the problem is for sure to arise. Any kind of disparity in the frequency creates health issues. Thus the science of frequency talks about bringing back the frequency of the organ to the normal state by another frequency. How do we go about it? The science of vibrations could be helpful here. The vibrations created by the object when reaches any target, the target receives the same mode of vibration. Like when

one hits the ball on the metallic plate, the plate starts vibrating. The mantra or sound when reaches the target area, the organ in the body, vibrates the body. This vibration encounters with the existing vibrations within the body. Thus creating a new state of the vibrations of the body & organ at large.

Which vibratory sound do we need to use for what kind of change is a vast field of knowledge.

Each letter or sound has its own frequency. Here is a chart picturing them-



Each organ possess it own frequency. Thus which sound or letter should we use to modulate frequency of which organ is a special science. The yogis with their special knowledge can apprehend this. They have given different kinds of mantras for different kinds of ailment, & different kinds of organs too. Thus their extra sensory perception can reach beyond eyes & below the skin.

Here are a few healing mantras for different diseases—

Kidney- Hraing

Thyroid – Hraang

Heart - Hring

Digestive system – Hrung

This signifies the relation of the frequency of the letters or sound with that of the body systems.

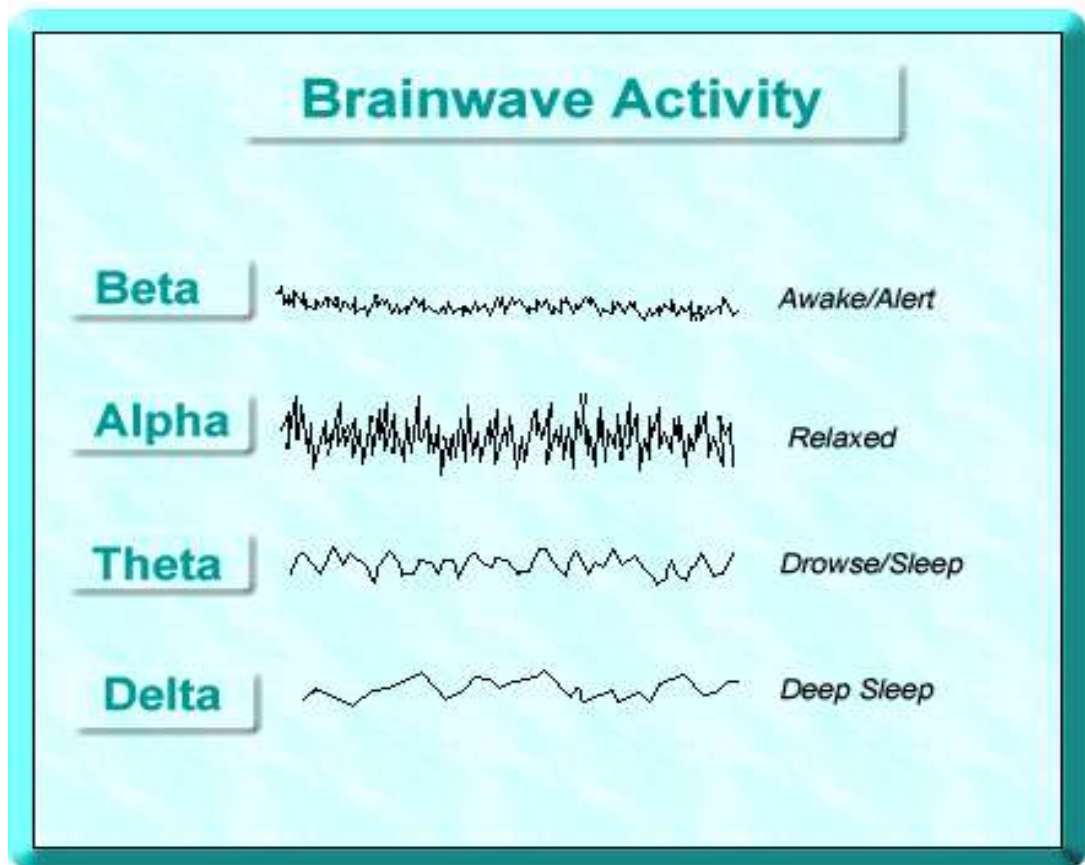
Research undertaken in the field of sound are many. Just to mention few-

- ❖ In 1947, Chicago University medical clinics began to play music during surgery that is piped in from a central room. A Danish hospital has their patients listening to headphones during surgery. Today many dentists have headphones for the patients. It relaxes the patient, and shortens the time in healing.
- ❖ Impact of music is our daily experience. Toning letters of the alphabet can affect different parts of the body. Some sounds can even release endorphins, drugs for the body to relax and reduce pain, but without any side effects and in perfect dosage.

### Mental healing –

The problem of mind has survived since ancient times. The distracted mind & the slow functioning are major issues of mind. Sound is the tool used by mind to help its distraction. Can we ever imagine to “think” with out a word or a sound. We imagine, think, have memory, all take the help of word, this is not uttered externally but do exist internally. The sound distracts mind. The definition of the distracted mind is mind with the word or thought or sentence. A mind without any word is still & stable, it is the thoughtless mind. We can use sound it self to stabilize it too.

This problem of mind has been searched through sound. Transformation of the state of mind could be possible here. There are certain mantras which resonate the brain directly. Most of the Sanskrit mantras have a nasal sound. The brain has a direct impact of the letters pronounced with the nasal sound. The impact of Om mantra on the brain, is significantly proved, not merely by the mechanical tools but by the living experience of the man. This helps to focus & relax the mind. Focus sharpens the mind & relaxation widens the spectrum of mind. The sound changes the wave frequency of the brain. The brain changes to the alpha state of mind. The transition from the beta to alpha wave stage is unique.



The frequencies are –

Beta – 21-14

Alpha – 14-7

Theta -7-4

Delta –4-0

We can shift our brain frequency to alpha or other wave mode. Research says, during the World War II, the Veteran's Administration hospitals throughout the country began using music therapy in many mental cases with marked success. The patients were divided into two groups: the non-responsive and the hyper-active. Professional musicians were called upon by attending physicians to arrange suitable programs for each group.

### **Emotional healing-**

We are born with the instinct of emotions. A child cries, screams, gets angry, these are not taught in any school yet one knows all this & more. The child knows as to which muscles are to be twisted or regulated in which pattern to express anger. How loud & with which sound should one express once scream. This is basically because of instinct. The problem with our emotions is, if we are born with instinct why should we try to change them or modify them? To have a better understanding of this, we need to apprehend a difference between instinct & Nature. Instinct is not nature or natural. Instinct is a record of our history. It is not our true original form. We thus need to check, if any of our historical record is worth keeping or demands change. As was our past action, so shall be our record or karma. As is our record of karma so shall be our present status of emotions & other life accessories. The consciousness does not have the power to undo what has been done. But the power to transform, rectify the action is always possible. Here by the power of sound we can transform our emotions, change them, calm them or replace them with the other. There are different emotions, each having a seat or a place of manifestation & residence in the body. Sound needs to be sent to that particular site to work out the transformation.

Anger<sup>1</sup> – Namō Arahantanam – Tejas Kendra (Navel)

Ego - Namō Arahantanam – Ananda Kendra (Heart)

Deceit - Namō Arahantanam – Vishuddhi Kendra (Throat)

Greed - Namō Arahantanam – on the palate.

Same sound in different places has a different result. We do experience this when we speak. Our speech is as per our environment. So is the case here. The sound could be a universal healer. It functions in different areas as need be. Sound has the power to play the role of mono-healer. It changes the secretions of thymus when recited at the heart chakra, controls the secretion of adrenaline when sent to the navel chakra. It regulates the thyroid

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<sup>1</sup> Acharya Mahapragya, Eso pancha namokkaro, Adarsha sahitya Sangha, p. 25

secretion in the throat. This single sound can play multi roles. This need not be considered that sound is one or only one sound is effective. There are different sounds healing different emotions too. Like for depression the mantra “om hrim namo siddhanam”<sup>2</sup> is very effective. Thus each sound has many potentials & possibilities hidden within it, further there are many kinds of sound too. Thus sound here is used to free the consciousness from the bondage of instinct & bring it to a stage of nature, its pure form. The pure state is a state of positive emotions. the state of compassion, peace, tranquility.

### **Spiritual healing-**

The worst fate of a being is not being able to explore & experience its unfathomable powers. The consciousness possess the infinite power of cognition, bliss & energy. These potentials remain unknown & dormant. The story of a rich man, walking on the streets with a begging bowl is more tragic than merely being poor. Man with his infinite potentials confines one self with the finite potentials. The body guards our consciousness. The soul is safe, encapsulated within the body. When there is rain or sun, every thing falls on the body. The soul remains protected within. But the same body hides our infinity too. This is slavery. This is ignorance. This is an attempt to keep the consciousness poor. Poor of its own infinite treasure. We have layers of body, mind, emotions, & the unknown karmas too which we don't exceed. The sound can go beyond the skin, penetrate these layers. Science has developed laser therapy. The rays reaches the area & heals the organ. These are electromagnetic rays. Sound is also a different kind of rays. They are waves created by matter. The sound has the power to penetrate within the layers & help reach the pure self. Experience the infinite. It goes beyond the body, penetrates through the layers of mind, emotions & further most the layer of the karma. Having penetrated through this we reach the soul. The mantras like ‘Arham’ is very escalating in the spirituality. This mantra means ‘a state of awakened potentials’. We all possess them lying dormant. We need to awaken & experience them.

Significance of “Arham” mantra is –

#### **Articulation through -**

- **A – throat**
- **R – cerebrum**
- **H – larynx**
- **M – lips**

#### **Impact as follows-**

- **A – thyroid, metabolism, mind**

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<sup>2</sup> Acharya Mahapragya, Mantra eka samadhana, Jain Vishva Bharati, Ladnun, P. 210

- **RH – frontal lobe, hypothalamus,  
transformation of emotions**
- **M – Udan pran, power of accomplishment**

#### **Secret of resonating Arham-**

- **A - Awakens kundalini – tejas shakti**
- **R – Fire – eliminates evil energy**
- **H – Space – expands consciousness**
- **M – Resonance – activates neurons**

This sound is to help us reach the soundless. We start with the sound only to reach the soundless ie the soul. The soul is beyond sound. It is the conscious power. It is beyond material energy. To facilitate this we usually start the sound aloud, gradually make it mild, & ultimately resonate with the sound without even uttering it. Here the sound becomes a part of the system, we need not attempt it. We merely feel it. This leads to a state where in the vibrations cease to be. We reach to zero level frequency, zero vibrations. This is the state of pure soul. This is spiritual healing.

#### **Factors influencing the healing-**

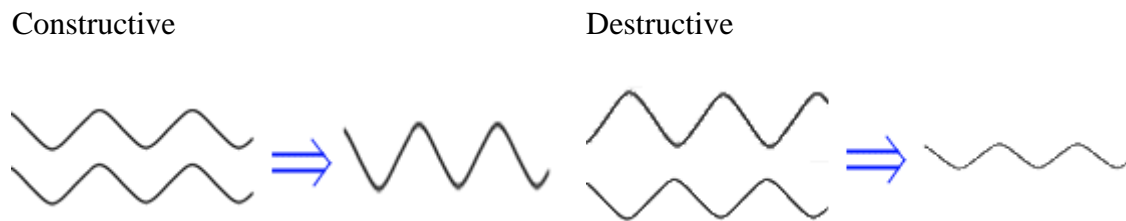
1. The place we choose for our sound therapy also makes a big difference. The pyramids are famous for this. The structures of the temples, church, & other religious places have special upper dome or triangularly pointed figure. The sound resonates in such environment. These multiply our energy. Further the structure of the posture we choose to stay stable in is also significant. The lotus posture forms the shape of a pyramid, triangle. This keeps our spine erect. The erect spine nourishes the brain with the full energy, has the best connections. This best connectivity of the spine & brain, brings in the best result.
2. The way we perceive sound is dependent on both the physical aspects of the surroundings (acoustics) and the functionality of our brain (psychoacoustics). Each letter has its own place in the body. We need to know the perfect place & the perfect way to pronounce the sound. Which organ or organs must be used in which letter is significant. The letters are dental, labials, palatial & others. They must be pronounced accordingly. The Psychoacoustics is significant too. Our brain being focused & concentrated on the whole sound. We must hear the sound through the body rather than mere ears or brain. The complete engrossment of the brain makes the whole body reverberate with the sound. Further the deep concentration brings in a cosmic expansion of the self. Here the boundary of the body is lost. The finite vanishes & the infinite appears.



### 3. Group chanting -

#### Section 3. Interference of waves

When two or more waves with the same frequency reach the ear, the ear interprets these waves as one wave with amplitude as big as the sum or difference of the initial waves.



When chanting we must have same frequencies sent other wise they counter act & minimize the impact. The team power must always be understood in multiplication rather than mere addition. If five individuals are working together, the power is not equivalent to two plus three equals five, but three into two equals six. We always multiply our energy.

#### Getting connected with the cosmos-

Sound of the past- the sound uttered in the past could be apprehended or received too. There are technologies which receive the sound from the far off distance & time. This human machine also possess the same potentials. While reciting a mantra or a sound one can attract the same, which was uttered earlier. Thus when we recite the sound, the moment we get connected with the cosmos, we add up the energies lying in the cosmos. Here again we multiply our powers & results.

### 4. Transcending from sound to silence –

Our sound should gradually proceed step by step from loud (para), to moderate (pasyanti), moderate to mild (madhyama) & mild to silence (vaikhari). “As Kundalini moves up, first it is parâ, then pashyanti, then madhyamâ and lastly vaikhari - in the sound branch. In the light branch, it becomes infra-red, visible light, ultra-violet, and the invisible black, cold light of x-rays, gamma-rays, cosmic rays, and matter waves So, after the sound ceases, comes light. After light ceases, awareness persists<sup>3</sup>. This reveals the sound must gradually decline to silence. This is a state of sound in silence.

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<sup>3</sup> ShriVidya.org

Sound thus is a special power which works as per the quantum physics & beyond. As per quantum physics, every thing is in the mode of wave. Each wave has a power to influence the other. This is all unique. We can change one wave by the other. This is the technique we use to heal. Further sound energy is used to transcend one self. It escalates the consciousness to the level where in we reach beyond sound, to the state of bliss. Thus sound is used to go beyond sound. Here the vibrations are absent. We reach beyond quantum, a state beyond waves & vibrations. Vibration means motion or action or change, we reach to a state of non-change, non-vibrations, only bliss.