

THE HEALING POWER OF MUSIC

The power of music is in its power to enthrall us. By enthrall, I mean; to captivate, to hypnotize to charm, spellbind or enchant. Music has been used in this way even before man inhabited earth. Land and sea animals and insects use sound to locate (*bats or moles for instance*) amuse, threaten, warn and arouse. Humans in turn use it the same way. The earliest humans used voices and drumming to start and then added other instruments. Indigenous people all over the earth use music and



sound to celebrate, to meditate, preparations for war etc. And many have used music and voice to teach their children histories of their people.

In more modern times music has been used by religions of both eastern and western traditions. Music was used by them to uplift their people, give them a sense of security and also to get people into the seats or pews. In some respects this has not changed. Much of the music written for religion hundreds of years ago is still being used today and continues to delight us. That does not mean that music has stagnated. Places of worship today are filled with singers, dancers and groups of all types and styles. From the gospel choirs to big bands to rock bands and folk singers, religious centers are filled with music and people. It is not unusual for services to be based more around the music and the entertainers as to be about anything else. And the music does not stay just in the services. Thanks to the technology of recording we can listen and even watch and listen to this and all music just about anywhere. Sales of religious music are huge and always consistent.

However, it is not only in religion where music holds its power to enthrall. People absolutely flock to all types of venues to hear their favorite artists. It is not unusual to see audiences of a few to many hundreds of thousands depending on the popularity of the performers, types of music etc. Millions of viewers watch television shows about dance or singers trying to make it, and then purchase these recordings.

There are also other ways music is used. You can also find background music just about anywhere. How often have you heard music on elevators, in stores, restaurants, doctor's offices etc.? Almost all vehicles have radios or some type of player in them. Exercise classes, group meditations, sporting events use music to get people in the right mood for the event.

Finally music also has the power to heal. Most of the aforementioned music can offer relaxation, comfort or strength as needed. Pregnant women have been told to play soothing music to their babies. Modalities of energy healing based solely on music frequencies and vibrations are becoming more popular as well.

HARMONICS:

In music, harmonics are often what make a song or a group work. If the members of *Take 5* or *Crosby, Stills and Nash*, all sang just the same note, it would not be very exciting. Or imagine an orchestra playing a full symphony totally in unison...After a couple of minutes boredom would set in. (*Of course if you don't like classical music, it might not take that long anyway.*) SO how does that relate to healing?

It has been proven that two or more notes of different intervals [] have the ability to create healing and/or a calmness. The Benedictine Monks often sang "Amen" and other choruses in perfect fifths. The effect causes great peace, comfort and healing to an audience as well as the Monks themselves. Pianos, tuning forks, and many other instruments playing that sort of interval will have the same effect. Robert Coxon who often tours with Lee Carroll, who channels Kryon, has a musical CD based solely on this interval.

Uplifting, cleansing, peaceful and meditative can best describe how I feel after hearing this music.

Sound Harmonics can also make you feel the same ... and in most cases much more. Using Tuning Forks to transmit tone and vibration through pulse pathways or meridians can produce a profound healing effect on you.

Raise your frequencies ... get a complete Tune Up on your body with Sound Harmonics!

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