

My On Ramp To Sound Therapy

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Almost two decades ago, I heard a psychologist talk about using bio-lateral sound via headphones with his teenage clients with great results. He would conduct the session with the volume low and playing in the background. The result was a more relaxed, less resistant and engaged teenager.

This led me on a journey of using bio-lateral and binaural beat (brainwave entrainment) music with my clients. My results were very similar. Couples were less reactive and more open hearted in their communication. Individual clients reported feeling more focused, relaxed and open.

This in turn, led to a more intentional use of brainwave music for my self-care with equally outstanding results (a decade long premature ventricular contraction disappeared). This sound work was also effective for emotional regulation and increased feelings of centeredness. I could see in my clients and myself an expansion in the Window of Tolerance.

This led to taking workshops on sound work with Dr. Mitch Nur of 9-Ways Academy and other resources. I began to explore using Himalayan Singing Bowls and then Gongs with clients with even better results. This led to experimenting other harmonic resonances such as drums, rattles, didgeridoos and Native American flutes.

Over the years I began to develop my own therapy protocols which had evolved from several different energy psychology modalities. Besides adapting from my training in EMDR and EFT, my studies with Steve Wells of Simple Energy Techniques and Intention-based Energy Process has been an integrative experience with tapping and sound modalities. After learning IEP and using it successfully with clients (recently I became one of the first five persons to be certified as a IEP Practitioner and Mentor), I began to experiment replacing tapping with sound therapy (or combining the two). Combining these two methods has been an effective marriage of modalities with significant results.

For more information about Steve Wells Intention Tapping and training, go to <https://intentiontapping.com/>

Educational Resources

Facebook: The Art & Science of Sound Healing Public Group – Description: “*This group offers a forum in which to share and learn legitimate and reliable information about sound and healing, while maintaining the honesty of Science and acknowledging those aspects of Sound Healing that are better construed as Art.*”

9 Ways Academia <https://www.9ways.org/> Description: “*We are a private learning academy offering classes, workshops, and retreats on over 100 indigenous sound instruments, including Master Classes with Himalayan Singing Bowls, Gongs, and the Bonpo Shang. We are the foremost learning facility in North America when it comes to educating and elevating students in the areas of Sound Therapy.* Dr. Mitch Nur has spent nearly 5 decades as a Archaeomusicologist, Sacred Sound Researcher, Practitioner and Teacher. Many refer to him as the “Indiana Jones of Sound Healing.”

Sound Energy Healing Instructor Instructor: Diane Mandle - She has a nice workbook and DVD, “**Ancient Sounds for a New Age**” as an introduction to Singing Bowls. What I found most helpful as a beginner back then was her specific instructions on how to play the bowls and get the best sound. Since then, she has published a book entitled by the same name. Many instructional videos. <https://soundenergyhealing.com>

Intention Tapping developed by Steve Wells - <https://intentiontapping.com> IEP combines tapping with specific definite intentions that act as commands to your subconscious mind to release the emotional attachments behind your problems and restore your body energy back to flow. After using IEP, you usually discover not only that you feel better, but also have greater clarity to make decisions, and can more easily access the personal power to achieve your goals. In this way, IEP can be a powerful tool for peak performance as well as for emotional healing.

Books and Articles

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Goldman, E. L. (2004). Neuroacoustics: The healing power of sound. *Holistic Primary Care Magazine*,5(3).

Goldsby, T. L., Goldsby, M. E., McWalters, M., & Mills, P. J. (2017). Effects of singing bowl sound meditation on mood, tension, and well-being: An observational study. *Journal of Evidence-Based Complementary & Alternative Medicine*, 22(3), 401-406.

Landry, J. M. (2015). *Healing emotional trauma: Practical pathways to decrease anxiety, anger & lower blood pressure*. Balboa Press.

Landry, J. M. (2013). Physiological and psychological effects of a Himalayan singing bowl in medication practice: A quantitative analysis. *American Journal of Health Promotion*, 28(5), 306-309.

Livnay, J. Shaul The Issues Involved in Using a Gong in Psychotherapy and Hypnotherapy
<http://www.livnay.ws/en/Publications>

Nur, Mitch Considerations in Presenting 'Ambient Mode' Sound Therapy, part one.rtf and part wo.rtf www.academia.edu

Perry, F. (2014). *Himalayan Sound Revelation*. London: Polair Publishing.

Punkanen, M., & Ala-Ruona, E. (2012). Contemporary vibroacoustic therapy: Perspectives on clinical practice, research, and training. *Music & Medicine* 4(3), 128-35.

Intention-based Energy Process (IEP), aka Intention Tapping

Intention-based Energy Process (IEP), also known as Intention Tapping is an emotional healing approach developed by Australian psychologist Steve Wells.

IEP addresses problems via specific and definite intentions, used with or without tapping, which act as commands to the unconscious mind to release the emotional attachments behind the upset and restore energy flow and balance to the affected body area. The result is typically rapid relief and desensitization of negative emotions, quieting of the mind, and a return to inner resourcefulness.

IEP can be used to help yourself and others to relieve stress, gain freedom from past traumas and hurts, and overcome emotional blocks, and can also be used to manifest new futures, access peak states and achieve peak performance.

A thought is harmless unless we believe it. It is not our thoughts but the attachment to our thoughts, that causes suffering. (Byron Katie)

The discovery of IEP came from the realization that it is the *emotional attachments* to thoughts and the resultant disturbances to body energy flow that cause our suffering, combined with the discovery that certain specific healing intentions can be used effectively to treat this.

In using IEP for Problem Solving you typically work through a 3-stage process to:

- 1. Release** emotional attachments to negative beliefs, past hurts, and unhealthy and destructive behaviour patterns
- 2. Restore** energy balance and flow in disturbed body areas, bringing emotional balance, calm, and clarity. In this stage you also reconnect with inner resources of confidence and personal power.
- 3. Set / Reset** intentions to create new, more positive futures, make new behavioral choices, and take empowered action

This process can be used with or without tapping, however when tapping is used with IEP it tends to facilitate processing and help the feelings in the body to harmonize more effectively.

Intention Tapping is the name for the version of IEP that incorporates tapping, typically Simple Energy Techniques (SET) used with continual tapping.

Core Intentions:

- *I release all my emotional attachments to X (X = problem, image, memory, thought, belief, event, situation...)*
- *I restore the right energy balance / flow to Y (Y = body area)*

Intention Statement for past experiences that are still present:

- *I put this experience back into the past where it actually happened*

Important Note: The intentions used in IEP are not the same as affirmations. In general, affirmations are focused on *creating* attachments, whereas the intentions in IEP are used to *release*

attachments and restore flow. IEP, as with regular tapping, works best when focused on the "negative" triggering and disturbing attached thoughts and upsetting emotions.

Key Targets for IEP

Release emotional attachments and restore energy flow disturbances caused by:

- Past traumas, hurts, failures and upsets
- Beliefs, meanings, decisions related to these
- Future fantasies and projections of failure

Projections:

"Your brain (and your nervous system) can't tell the difference between something you vividly imagine and something you actually experience." - Maxwell Maltz

- *I release all my emotional attachments to the projection that... (this will happen)*
- *I release all my emotional attachments to the fantasy that ... (I will fail)*

IEP can also be used to target attachments to what "should" have happened, or what "should be happening". The result is more energy and availability to be present in your life.

Applying Intention Tapping:

Apply releasing statement to any problem or issue

Apply restoring statement to any bodily disturbance

Apply return statement to any past experiences affecting present state

After making an intention statement:

Pause and allow some time for processing to occur

Notice what happens next

Accept and follow (trust your unconscious)

Apply IEP to subsequent aspect(s) that arise

Note: IEP and SET / tapping are not therapies in themselves and all descriptions of treatment and advice in this report that refer to self help are not meant to imply that everyone will benefit in a particular way. A lack of result or progress may mean you need professional assistance. If you have long-standing or severe problems you should consult a professional regarding your use of these techniques and consider treatment with a qualified therapist.

A Holistic and Scientifically Valid Approach to Sound Healing

Introduction

Throughout the ages and on all continents, sound has traditionally been a fundamental component of healing practices, oftentimes playing a central role. With the rise of modern scientific medicine in the last few hundred years, based primarily upon reductionist approaches, the healing use of sound was largely abandoned, aside superstitions and “primitive” world-views. However, in the last couple of decades, this situation has been rapidly shifting. Sound is re-emerging in health and wellness practices, both in scientific approaches, in such forms as ultra-sound scanning and kidney stone shattering by high frequency resonance, as well as in “alternative” approaches, including tuning-fork therapies, sound-baths and the like.

Amidst the re-emergence of sound's use in healing practices, we are collectively facing some tremendous roadblocks. Outstanding among these obstacles are the difficulties faced amidst communications between scientists and sound healers. These communication obstacles are largely centered around technical terminology, the same words being used with drastically different meanings. For example, a scientist uses the word *frequency* to mean something simple and precise: “the number of cycles in a given time span.” Practitioners of “alternative” sound healing modalities use the same word to mean a broad variety of things that are neither simple nor precise. For example, it is common to use the word *frequency* to refer to the demeanor or subjective state of a person; i.e. it is common to say such things as “raise your consciousness to a higher frequency” or “that person has good frequency.”

Such drastically varying uses of the same terminology naturally leads to communication difficulties. When the sound healing practitioner attempts to communicate with the scientist and uses the term *frequency* as described above, the scientist, devoted to precision and clarity, immediately dismisses the statements and knowledge-base of the sound healer and cannot understand what they are actually meaning to communicate. Likewise, when the scientist speaks and uses the term *frequency*, the sound healer entirely misunderstands the scientist and is left with a false belief which they presume to be scientific knowledge.

The web woven by such misunderstandings has begun to solidify into a tremendous network of obstacles to progress in the field of sound healing. This document is intended to help remedy this situation. Particularly, herein we describe an approach to sound healing that is supported by both science and tradition. It will be seen that the approach presented here also clearly applies to the positive results being attained in most modern “alternative” sound healing practices.

The Pharmaceutical Mistake

Most people in the modern world have grown up amidst a “pharmaceutical framework” for health and healing. From a young age, we are taught that if one has a particular problem, then one needs to take a particular medicine. If you have a headache, take aspirin or tylenol. If you have an infection, take this or that antibiotic. If you have a hormone imbalance, ingest that hormone. If you want energy, drink caffeine. If you want to gain muscle mass, take protein supplements and so on. It is not to be underestimated how much this framework affects our approaches to health, even our “alternative approaches.”

As sound healing has grown in recent popularity, the pharmaceutical framework is clearly manifest in the most common approaches. Primary among these is the idea that if you have some particular problem, then you need to be subjected to this or that frequency. Most of these “pharmaceutical frequency approaches” can be traced back to the work of American inventor Royal Rife (1888- 1971). Rife promoted the idea that invasive organisms can be destroyed by the application of their resonance frequencies at amplitudes sufficient to break them apart. Much like a wine glass that can be shattered by an opera singer's voice at its primary resonance frequency, likewise a cell could be potentially destroyed by vibrating it at its own resonant frequency, if indeed it has sufficient resonant properties.

In 1987, Rife's forgotten work returned to the public attention in the book *The Cancer Cure That Worked*. This book claims that Rife was able to destroy cancer cells by the application of the correct resonant frequencies, destroying the cells just as the opera singer shatters a glass. These claims may or may not be true. Perhaps we shall see with future research.

Unfortunately, Rife's claims were digested by the general public in a very mistaken form. Without understanding the nature of his claims, people began to believe that his work suggests that the application of certain frequencies can heal specific health problems: this frequency for this problem and that frequency for that problem. In fact, Rife propose the use of resonance as a means of destroying unwanted cells, not as a means of healing this or that health condition. In some cases, such as in the case of viruses or cancer, the destruction of cells may indeed be a viable approach to healing. But this is not how Rife's theories have filtered into the popular theory of sound healing.

Amidst the pharmaceutical framework, Rife's principles of applying certain frequencies for the destruction of cells has been mistakenly translated into the belief that the application of specific frequencies is fundamental to sound healing approaches. As it turns out, this frequency-based approach does not fit well with either science or tradition.

The “frequency approach” does not fit well into a scientific framework for two primary reasons. Firstly, it would require immense specific knowledge of the effects of certain frequencies upon all systems in the body. We currently do not possess such knowledge. The human body is immensely complex and it will be a long time before we can accurately

predict the effects of specific frequencies upon the body as a whole.

Secondly, each and every person's body is drastically different in both its composition and structure. My cells and organs are quite different than yours. Although there are certainly vast similarities, there are likewise vast differences, depending upon our diet, hereditary make-up, history, age, environmental conditions, and so forth. Variations in geometry and composition tend to drastically alter the vibrational characteristics of structures. Therefore, it would be unlikely that a given frequency would have the same effects upon my body as it does upon yours.

Thus we see that the frequency approach does not fit well into science, except perhaps as a means for destroying internal structures via application of resonance frequencies at high amplitudes, which is just what Rife proposed. Such destruction-by-resonance techniques are indeed already being used successfully in modern medical practices, including the shattering of kidney stones by high-intensity sonic beams.

Unfortunately, due to the communication barriers between scientists and sound healers, most sound healers do not know the difference and mistakenly believe that the frequency-based approach is supported by both modern science and by the work of Rife. In fact, this is not at all the case.

A Sound Healing Approach that Fits

As discussed above, the frequency-based approach to sound healing does not fit well with science, nor with the work of Rife upon which it is supposed to be largely based. However, even people who practice sound healing based upon this approach are having many positive results. The practice is working although the theory is flawed. Here we shall present a framework for sound healing that is not based upon the pharmaceutical frequency-based approach. This framework is shown to fit well with both science and tradition and also fits well with most modern sound healing practices. We present this framework in terms of three primary effects of sound: unifying, spatial-awareness expanding, and mesmerizing/relaxing.

1. Unifying Property of Sound

Disease as Disconnection

A healthy functioning organism is composed of a network of subsystems, each coordinated in their activities in such a way as to keep the organism alive and adequately functioning. As much as the subsystems are cooperating in the way they are designed to, that much is the organism healthy. When the subsystems cease to cooperate adequately, illness or disease occurs.

This model of health and illness is fundamental to most traditional healing systems as well as a great deal of modern scientific approaches, particularly modern psychotherapy. In psychotherapy, our problems are seen to arise as the result of fragmentation of one's psyche. Mental health is restored by uncovering suppressed and disconnected subsets of one's psyche and thereby re-connecting that subset with the whole.

The notion of illness resulting from fragmentation is also quite clearly evident in traditional far eastern approaches, notably Traditional Chinese Medicine (TCM) and Yogic/Ayurvedic practices. In both of these highly similar approaches, health is viewed as holistic interconnection and cooperation of all parts of body, mind and spirit. Medical treatments aim to identify fragmentation and restore health by means of restoring harmony, interconnection and cooperation among all parts of one's self.

This is most clearly evident in the eastern conceptions of the body's "energy system." The body is conceived to have some fundamental life-force energy (*qi* in TCM and *prana* in Yoga) that flows through the body in primary pathways called *meridians* or *nadis* respectively. The free flow of this "energy" and it's harmonious distribution throughout the body network is associated with health and well-being. Blockages in its flow result in patterns of excess accumulations and deficiencies, which in turn result in all forms of illness. Much of these practices is designed to restore the free-flow of this energy and thereby eliminate the blockage-caused fragmentation.

Sound as a Unifier

The above models of illness-as-fragmentation outline a primary use of sound for healing practices. Sound, by its very nature is unifying. Sound essentially *IS* unification and coordination, particularly the unification and coordination of the motions of particles into distributed wave patterns. Thus, sound offers a particularly useful medium for treating fragmentation in both the body and mind. Here are three very clear unifying actions of sound upon the whole person:

- **Unifying the Body**
 - When a sound wave reaches the human body, it causes distant parts of the body to vibrate in unison.
- **Unifying the Mind**
 - When we hear a sound, particularly if it is a mesmerizing sound, it catches our attention and collects our mind into a unified whole.
- **Unifying Mind and Body**
 - In the special case of sound immersion, where the entire body is subjected to the same sound field, which is simultaneously heard with the ears and felt with the entire body, the body and mind are both unified in the simultaneous coordinated experience of one and the same phenomenon.

These simple and accessible unifying actions of sound can be readily utilized toward a decrease in fragmentation and thereby a decrease in illness. An examination of most sound

healing practices, both modern and traditional, reveals that this unifying property of sound is generally being employed. Comparison with the defragmentation-based healing practices of modern psychotherapy, TCM and Yoga clarifies why this broad unifying effect is likely to yield healing results.

2. The Spatial-Awareness Expanding Effect of Sound

Modern Collapse of Spatial Awareness

Humans evolved in complex interconnected environments, full of danger and surprise. Imagine an ancient human walking through the forest. Their safety relied upon a distributed spatial awareness, which awareness was largely maintained by listening, such as listening for predators behind them or in the trees above. In the safety of our modern conveniences, humans primarily function in environments that do not require such expansive spatial awareness. Aside from the special circumstances of sports, martial arts, hunting and the like, most human activities require only awareness of a relatively small rectangular subsection of the surrounding space. For example, as I now write, my spatial awareness is primarily narrowed down to the rectangular computer screen and the rectangular keyboard. I have little need for awareness of the rest of my environment as I am safe in my office with no predators. All day, every day, we look at our cell phones, our computers, our televisions, the windshield of the car... an endless array of rectangles. This boxing in of our attention has a cumulative effect, much of which is as yet poorly understood. However, any massage therapist is quite familiar with many of the distinct negative results of this boxing-in, notably including chronic neck, shoulder and facial tension and a general lack of lower-body awareness.

Expanding Spatial Awareness with Sound

Sound is a particularly useful tool for expanding one's spatial awareness. In fact, an examination of most sound healing practices, both traditional and modern, reveals that spatial-awareness expansion is a key component of such practices. Imagine the archetypal medicine-man, shaking his rattles all around a patient. The patient's attention is easily captured by the sound of the rattles and naturally follows it here, there, and all around, thereby expanding their spatial awareness. Likewise, in modern sound healing practices, notably sound baths with gongs and/or singing bowls, the listener, with closed eyes, is memorized by the ever surprising 3-D motion of sound all around them and their habitual spatial-awareness box is essentially popped open so as to include the whole 3-D environment. This spatial-awareness-expanding effect of sound is a crucial and often overlooked feature of sound healing.

3. The Relaxing and Mesmerizing Effects of Sound

Stress and Illness

One of the most thoroughly agreed upon pieces of modern medical knowledge is the correlation of stress and illness. In fact, stress is the most ubiquitous correlate with cancer. If stress is highly correlated with illness, it is clear that by reducing stress, we are thereby indirectly reducing illness.

Sound Can Relieve Stress

Sound can be used to relieve stress by two primary actions: *mesmerization* and *relaxation*. These two effects are among the primary reasons that humans enjoy music so very much. When we hear certain sounds, we naturally and spontaneously relax. No one is quite sure why or how this happens, but everyone knows that it does; and relaxation is the opposite of stress.

Sound can also be mesmerizing. This is an even more mysterious effect. Sound has the ability to grab our attention and take us on a journey within our own mind, essentially to put us into a meditative state. In a meditative state, we naturally cease our habitual stress-causing thought patterns.

The mesmerizing and relaxing effects of sound, as compared to the unifying and spatial-awareness expanding effects, is truly an art form and generally requires skill, training and practice. Essentially, it is the practice of a musician to learn how to make sounds that have such desirable effects. Thus, in order to properly utilize the mesmerizing and relaxing effects of sound, one must generally gain proficiency with their sonic tools and instruments; essentially one should become a proficient musical player.

If we examine sound healing practices, both modern and traditional, we shall see that the mesmerizing and relaxing effects of sound are ubiquitously employed. And as these effects are naturally counteractive to stress, it is clear that such effects can be readily utilized for healing.

Summary and Conclusion

In this paper, we have seen that there is a tremendous communication gap between scientists and sound healers and that this gap is rooted primarily in very different uses of the same terminology. We also seen that the pharmaceutical-framework has been mistakenly employed by sound healers, largely due to a popular misunderstanding of the work of Royal Rife. These two issues, miscommunication and accidentally employment of the pharmaceutical framework, are hampering the development of the field of sound healing. Then we introduced a sound healing framework that is consistent with both science and tradition as well as with most successful modern sound healing practices. This framework is

based upon three primary effects of sound: 1) unifying, 2) spatial-awareness-expanding and 3) mesmerizing/relaxing. These three effects are all seen to be clearly applicable for a variety of potent health-promoting effects.

From this simple presentation, we can see that sound is clearly a useful tool for health and wellness. We also see that we can frame our sound healing practices in such a way that they correlate with both science and tradition. From this clear and simple starting point, perhaps we can at last abandon our obsolete superstitions and dogmas and move forward from a point of clarity. At last, the scientists and the sound healers may communicate clearly and the important field of sound healing can advance toward the benefit of all.

May Truth ever be our guide.