

# Sound Healing With Guests

## Jonathan Goldman and Mandara Cromwell

Steven: This is Steven Halpern with Jonathan Goldman and Mandara Cromwell and we are going to take you into some other of the subtle dimensions of sound healing and some of the other issues that you, as the listening public may be interested in. We assume some of you are musicians. Some of you already may be practicing sound healers. Some of you may be interested in becoming a sound healer and some of you may have just heard about the name and maybe want to know what the whole field is. So we propose to cover each of those, somewhat. We'll get your feedback over the next couple of weeks possibly through your own e-mails and responses but why don't we go and just start at the beginning. The concept of sound healing is a very, very ancient one. It traces its lineage back over 25,000 years and according to some ancient wisdom traditions it was used in ancient Atlantis. Since that's a little hard to prove we are going to work with more of the last 5000 years in which there is a tradition that we could definitely trace back through the Indian Vedic tradition and other esoteric spiritually healing traditions, and the Shamanic traditions in many other cultures. So a lot of this relates to the intentional use of sound and music to assist individuals in achieving a higher level of wellness, of healing, of connection to the divine connection to source by whatever names we call that and it's also important in terms of contemporary political climate that we are not talking about, even though we is toward healing, we're not talking about curing a particular disease but rather, certainly many of the people that work in the field understand that we are really assisting the body to heal itself. Since our bodies are self-healing organisms, they have been divinely or evolutionarily, biologically and genetically designed, programmed, developed etcetera to be a self-healing organism. What sound healing offers is a way of assisting the body through the application of direct pure energy, pure frequencies in coming to a higher level of coherence and a higher level of healing as a function of that. Now with that aspect, there are a whole host of factors and the field of sound healing covers and includes a wide range. Possibly a wider range than many people are familiar with, some of the articles that appeared in major mainstream and new age magazines in the last year and a half or so have focused only on some of the ancient instruments such as Tibetan singing bowls and crystal bowls, some have focused only on the use of vocal toning but in point of fact those are only some of many, many sub genres, the two guests that we have today each are prominent in their own specialty, Jonathan working with the voice and vocal harmonics and mantras, Mandara working with a technological development that makes use of pure frequencies and makes the application of specific frequencies available through body in a way that's never really been available before. So why don't I have you Jonathan tell us a little about why you focus on the voice and harmonics as your avenue into sound.

Jonathan: Thank you, Steven. It's a pleasure. My background really is very eclectic and not only have I basically played, studied and been taught by some of the greatest spiritual masters on the planet and working with everything as you said mantras and tones and all that stuff, but also one of the people that we're going to be talking about today was one of my great mentors, and that's Dr. Peter van Matters, who invented what has now become silent therapy. So I'm really versed in all these different fields and I want to really honor them so much and as a quick little break before I go on, at a recent sound conference that I was at I

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created basically 12 different delineations of different places or avenues where sound is focused that are very, very different, for example, mantras being one of them, toning being another because they are kind of different and then vibro-acoustic therapy, etcetera. So it's just a real pleasure to be sharing with you on this level. I'd like to suggest that probably the main reason why I like to focus primarily on the voice, of course I use other things from tuning forks to Tibetan bowls to the crystal bowls to music to indeed the Cyma 1000 that we're going to be talking about. The reason I like to use the voice is simply that a) everybody's got one, b) as you know, the owner's manual is relatively easy to use, c) it doesn't require electricity or batteries and d) we can all basically, even if we can't carry a tune in a bucket we can learn to resonate and vibrate different parts of our physical body, our brain, our etheric fields, etc. with sound putting it back into a place of harmony. I've been doing this for a long time and shared it with a lot, a lot of people worldwide and they've received benefits. So from one perspective, I really believe that the voice may be the most or at least one of the most healing instruments. I have much more to say but let's have Mandara say hi.

Steven: Great. Okay, Mandara, why don't you introduce yourself and tell us a little bit about your work in this field.

Mandara: Oh, thank you Steven. Thanks for having me on the show it's always wonderful to connect with you and with Jonathan. The very first time I ever became aware of sound therapy in my lifetime was really with your music Steven, I went to visit a massage therapist and she had on this very relaxing music and as she was unraveling the knots in my back I realized that I was breathing more deeply and getting to a much more relaxed state than I ever had before and by actually purchasing the music and having it at home through that process of memory, of cell memory, I was driving in my car one day listening to one of your cassettes, back then they were cassette tapes, and I was able to take a deep breath and relate back to that experience with the massage therapist relaxing those muscles. So that was sort of an introduction to the sound therapy world. However, before that, growing up I had been very interested and absolutely loved Gregorian chants and Latin chants and after college moved in to India to study Sanskrit chant and mantras and then catapult forward into the year 2001, I received a very interesting phone call from someone who introduced me to the work of Dr. Hans Jenny. And Dr. Jenny is a Swiss medical doctor, who coined the term cymatics that spelled c-y-m-a-t-i-c-s and it comes from the Greek word cyma which means wave and out of great respect of Dr. Jenny's work, there is a British osteopath Dr. Peter Guy Manners, who Jonathan just mentioned a few minutes ago. Dr. Peter Guy Manners, this British osteopath, studied and researched when a group of scientists and medical doctors in Europe and came up with healing frequency patterns for the human body, and it was my great fortune to meet Dr. Manners in the year 2001 and study with him and at that particular time he was later in his life and ready to pass the baton and fortunately I had a great experience in being able to carry on the work. And so now today I spearhead the organization of sound therapy international and we manufacture of the latest evolution of this sound therapy device, we call it this the Cyma 1000 that contains over 700 programs. Each program consists of five frequencies, so it's kind of like a harmonic, this audible sounds harmonic playing to each part of

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your body and to relax it, so it can regain its optimal balance and so I'll pause right here and hand it back over to you Steven.

Steven: All right. Well let's just pick up on that right now, what are the key principles that Dr. Manners wrote about, and when I first met him in 1977, he was probably the first to articulate as specifically, that specificity that every organ group had its own particular, every organ had its particular frequency and that this could be resonated and stimulated in the audible range. This is very important that fact that it's not something that it is unheard of or sub-audible or inaudible or subliminal but the actual cells themselves of the body vibrate at a range that relates to what we can hear what the human ear. One of my earlier mentors was Dr. William Keller, a physicist, Chairman at the Stanford University Department of Materials Sciences, who also tapped into some of the same tradition that Dr. Manners and Dr. Jenny tempted to it in terms of psychotronics and radionics and a higher level quantum physics, in that every atom, molecule, cell and gland and organ group, tissue group in the body has a characteristic frequency. Now on at least one level of reality, these scientists said that and did research that proved that for instance the frequency of the liver would be the same basic frequency whether it was in you Jonathan or you Mandara or me or anyone who's listening out there, that indeed was part of the way that the organs created themselves and grew in the womb, that there was a frequency base accumulation and coming together, not just a chemical. Now obviously people have diseased livers and different other organs and aren't operating at the proper frequency, my understanding is that Dr. Manners took that principle and said therefore if we present the body and present that particular organ with the proper frequency, it would vibrationally assist that organ in regaining its natural frequency. Jonathan I know you talk about helping one of the people in the, it was like having a person in the office who lost their sheet music and you're picking back up in giving them the right sheet music so they can play in tune with the rest of the orchestra. Well this suggests that there is a biological constant for each cell and there's certainly is a database to support that and yet the same time, we see that there are differences in different organs and some people are overweight, would their liver for instance be vibrating at the same frequency as somebody who isn't, let me toss that back first back to Jonathan and then over back to Mandara.

Jonathan: Well that's an extraordinary question and that's one which I think we can probably chew upon for many days. I think that there probably is what I would call a generic frequency for the majority of the people with regard to organs and various conditions and I think is one of the geniuses of Dr. Manners and other people who are working with this. It's so funny I was just speaking with Bill Keller yesterday, a fellow who's working with him so his ears must be burning Steven, but this idea of there being a generic frequency and I think that it's really quite important, because it's my belief that we are all quite unique and varied individuals and yet at the same time, there seems to be some sort of generic frequency and I'm going to now just shift this slightly for a moment. Just as a thought that I think generically we probably would be able to get about 70 to 80% accuracy with most of the people, but when I teach a workshop one of the first questions I just ask is, if anybody hear allergic to penicillin and usually anywhere from 10 to 20% of an audience will raise their hands and if you perceive the

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concept that everything is vibrating including pharmacologicals than the concept that penicillin is a vibrational frequency and it can heal or at least assist 80% of the people and not assist 20% of the people it feels to me as though that is a pretty good average. Now with sound, you're not going to get any of the toxic effects of course, the most part that you would be getting with allergic reactions to penicillin or whatnot, but I think from my perspective, I think that at best we can be able to go for about an 80% efficacy rate or accuracy rate with regard to any one type of sound working with people.

Steven: Okay. Good, I would tend to agree with that, Mandara?

Mandara: Yeah, well, we were talking about some really great people in the sound vibrational world and I know that many books have been written on vibrational medicine and they outline the vibrational bodies. A couple of people that I'd like to mention, one of them is Dr. Richard Gerber, he contributed greatly to this and his compilation of research in his books on vibrational medicine and another person, Dr. Valery Hunt conducted much research on vibrational states. I think it was at UCLA in the 70s, and there have been many more, these are just two more of the authorities who have contributed to this topic in the last 30 years. The findings support that we come to know about the ancient practices of medicine that you mentioned a little earlier, Stephen on Ayurvedic and Chinese medicine, where for over 5000 years these doctors have listened to the pulses of the physical body. Let's look at nature, in nature we see the winds kick up and produce great waves in a sea and a storm comes in, and it's not until the winds calm that eventually the sea will quiet. We can compare this to subtle vibrations of using soft sound and vibrations to calm the human body experiencing stress. It's been reported in many medical articles and journals that stress is the underlying cause of disease and that over 80% of doctor visits are stress-related. We can compare the building of stress to this wind kicking up in nature, and we look at ways to, how can we keep the winds calmer or manage the stress? And so we ask ourselves how can we successfully do this? Most of us have experienced coming home from a stressful day and playing relaxing music or listening to chimes to take the edge off. This is the power of sound, to prevent or manage these turbulent winds of stress by introducing these relaxing vibrations we're helping the body to stay balanced, the physical body and the mind to stay balanced, and thereby preventing the major factor of disease, which is stress. With each person and their environment of stress depending on where their wind is kicking up or the turbulence they're feeling in their life, whether it be in their workplace, or maybe it would be life with an allergy that Jonathan was speaking about, all of the stresses, each person is an individual in their stress and with the Cyma 1000 and Peter's research and all of his collaborative group, what they came up with were these five frequencies, these audible sounds; and I call it a quintet, that happens to know the relaxing music for that particular liver, that liver has been stressed because of something that was ingested or some emotional stress from the day, I think what happens with these five frequencies, this harmonic, that it kind of wraps around all of that and brings it in to that harmonic balance and that's kind of a snapshot of what's going on in my mind of what happens with the different people and different frequencies.

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Steven: Great. Okay. Well, since we have you with us today, this might be a good time to look at again one of, the fact that this field of sound healing is both so ancient and now so contemporary and using technology as well, what's interesting is that as a musician, again, probably working with the Bill Keller in the early 70s, and Marcel Vogel in some of the other folks, I came to understand that music could be, in fact generally is most any music that we hear, a carrier wave of consciousness. So in other words the state of being of the person who was composing or playing the music would be transmitted as a meta-factor of the music, whether it was classical or rock or punk or whatever, and is part of the effect that happened. Now, I know Jonathan you've been using the word intention instead of a carry wave which makes it a little clearer, but what's and that is, I am certainly in agreement that intention is obviously a very, very important part of the healing equation. So my question to you, Mandara, with is with your Cyma 1000 machine, which is basically computerized, what is the role of intention of the practitioner, as it were the sound healer, if everything is already pretty much set in frequency counter of the machine?

Mandara: I have a couple of aspects to that, and first of all, I think that intention is really key to focus the intention of healing, of bringing balance harmony into one's life to go out with focused intension brings about the results in a much faster way. I like to say that I think that there is nothing like live music, like hearing an artist, I'm remembering just recently hear at the Cymatic's conference in Atlanta where Stephen you performed live, that was just, there's nothing like that. I recently attended the international sound conference in Santa Fe, where Jonathan invited me to his workshop and Jonathan there's nothing like hearing your toning. When you hear something live, and also I'll bring in my experience of great being in the temples of India where there were hundreds of vaman priests chanting mantras within that sacred architecture. Wow there is nothing like that experience at a cellular level in the physical body or in the mental, emotional and spiritual body. I think where the Cyma 1000 and the technology can come into play here is 1) we are at a time in our society where people who go to a doctor look at anything that the machine, they can relate to that, and maybe first of all I should back up and say even though we come from and we've just determined that at least for the last 5000 years we know of in writing that we have the Ayurvedic and Chinese medicine traditions. But somehow or another in our all American culture we sort of forgot some of those principles, and so now when we go to see the doctor, when the machine is used on us, some type of instrument is used to help along facilitate the bodies healing process, the population is very comfortable with that, that's what is known today. So I see the Cyma 1000 as a bridge to connecting the masses to the memory of remember when we used music, remember when we used the voice, of course we all hear about the great classics Bach and Beethoven and Mozart and Haydn and Vivaldi, all of those people at those times in history people would gather around on a Sunday afternoon and listen to live music and the same with the ancient times of toning in the temples and people would come and receive their healing, their balance that would carry to the next part of their lives. Now we have this technology that will help people connect once again.

Jonathan: Can I jump in?

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Steven: Yeah. Absolutely.

Jonathan: Thank you. Listen, I want to first really honor you with not only your music, but your statement of sound is a carrier of consciousness is so important, it's so important, and I came up with that formula, which is frequency plus intent equals healing, and I think they basically stand side-by-side with each other as really beacons in terms of guiding people with regard to how and why sound heals.

Steven: Exactly. If I could just interrupt here for a second, I flashed on this one I heard you say and quote me, my actual quote was music was a carrier wave of consciousness.

Jonathan: Oh. Okay.

Steven: And part of where we were going right now is the role of intention in fine-tuning things like tuning forks, computerized frequency counter and the fact that intention can accelerate and enhance, even something that would seemingly be set in stone as it were.

Jonathan: Well that was where I was going next, so music was a carrier wave, okay, I like to say sound.

Steven: Right.

Jonathan: I love them both, so I want to tell you a story, in the early to mid 80s when I was seeing a lot of Peter Manners, I would be sponsoring here in the states etcetera and the concept of intentionality, if you like the consciousness of sound came to me and I said Peter, what do you think about this in conjunction with the use of the Cymatic instrument which applies sound and basically he said well, of course, he said, whatever our nurses or practitioners or myself are applying the instruments we're always applying it with the intention of it having a healing effect. So I would simply say, you actually said exactly what I was going to say, that that intention enhances the healing. Particularly with something like, even something that as an instrument with preset frequencies like the Cyma 1000, intention enhances the healing of that and I think the three of us have instruments that we've been playing with or utilize for healing and I can tell you for myself that when I'm working in the intention is being focused, the efficacy, the power, the frequency shifting ability is just greatly amplified. So I think it's very, very important even if we are dealing, whether we are dealing with acoustic instruments, electric instruments or voice or what not, where does sound or if you want to perceive of this music, because many people consider all sound to be music, all music to be sound, it depends on your definition. But where is our consciousness, when this is being applied, whether this is being received, that's such an important aspect and such an important part of the formula. Another quick little thing that I do want to suggest before I turn it back to you is the fact that with for example the Cyma 1000 we're dealing with as Mandara said with the quintet. It's not only a single solo frequency that is being protected for any organ

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or system or what not but it's a composite frequency based upon five different tones and I think that aspect is also very, very important. As you and I know more and more people are looking for what they call, what I call a magic frequency, the solo sound, the single tone that's going to have this amazing effect, and I think the more you work with sound, I think the more you become aware of multiple sounds and now those multiple sounds simply can be the vibrations of one string and its composite harmonics or multiple overtones that are there. Or you can also be dealing with different intervals etcetera, but these are all, we're very much in, I think even though it's 5,000 or 25,000 years old, this whole realm of sound healing is really on a level in its infancy in terms its shall we say focus of attention now being given to shall we say mainstream healing, whether it's allopathic medicine or some sort of complimentary therapy. So really, in a growth of awareness pattern in terms of how and what to use with these different sounds.

Mandara: I'd like to say that in the mass awareness we already have people who are using sound intentionally, every time you go into a fast food restaurant, what kind music are they playing? They're playing music that supports you getting in and getting out fast and fast turnover and they certainly aren't intending the music for your digestive process, because the music is just tat a tat a and of course if you go to more fine dining experience you'll experience more relaxing music, which is more conducive to nice digestion, but we have this awareness and out there already where big corporations are using sound, music with great intention to produce a particular result, and I think where the three of us are coming from, the intention and harmony of relaxing and healing music and sound to support the body, we're now climbing the wave, it is a swell, it is a swelling of the wave that is becoming more and more apparent to the public.

Steven: Part of the reason that restaurant's program fast music is because literally, and one of the other principles of the ways that sound effects us as living organisms is phenomenon called rhythm entrainment. There are other ones like resonance in etcetera but this is an easy one, you can watch people's mouths chewing and moving at the same speed as the background music. So, this is not a scientific theory, this is something anyone can validate any time. There's also of course as the music gets louder, people talk louder, but just the speed is a fantastic, aha moment and the reason for this is basically the fast food places are interested in moving meat, the areas as well as yours in and out of the building. It's about profit, it's about turnover, and they know what they're doing.

Mandara: So there's intention.

Steven: Oh, absolutely but it's not one that's related to healing so different kinds. If you're talking about music and intention a lot of the aggressive feelings and angry feelings that are part of punk rock and heavy metal and Goth metal and some of the other kinds of music are also intention but not necessarily what we're focusing on the healing domain. Nor are we saying that all musical sound should be, but if you're interested in living a better life and enhancing your own well-being, assisting your own spiritual development, it's high time that the use of sound and music being restored to its exalted place or its archival place in the list

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of choices and opportunities and options that we have, that's certainly I think what we're all involved in. Unfortunately, what we've already been seeing in the field is now that the field of sound healing is getting some notoriety and more visibility in the mainstream as well as the alternative holistic and new age communities, there are a number of people who are kind of jumping on the bandwagon and at the very least, we might say not working with the same level of integrity and positive intention, or they're just using the dressing, the outer modalities without the inner modalities. I know that I've seen some machines that claim to be the same as a Cymatics machine, but basically just have one frequency because they don't know that there's a sophisticated five step, five combinations of frequencies encoded within, and it's hard at this point for us to say to anyone who is listening or interested in finding out more about the field, is so how you know. Part of the way though is pay attention to how it feels for yourself, if you're listening to something, whether it's an album of healing music, whether it's somebody using tuning forks or somebody is using a machine, one of the ways and I know we saw this at one of the sounds about 10 years ago, a musician I won't mention his name, said I'm going to play you some healing music right now, and within a few seconds, about 30 to 40% of the audience was grabbing their left side of their rib cage in pain and many of us ran out of the room. And I remember that I asked a number of these people, did you feel the same, you're holding the same part of your body did you feel the same pain that I did and they said yes. As a researcher several things were of fascinating, obviousness, number one, that so many people did not find what Jim was playing was healing and number two that so many people stayed in the room. So we don't know if they did not feel it, whether they felt it was healing or were just too embarrassed to get up and quote "make a scene" by getting up and leaving. They didn't want to offend the musician. My background, even before I met up with John Bradshaw, was to take care of myself. I don't deal with wonder about feelings of codependency. I don't want to offend somebody else, but if they're hurting me, if they're doing something that doesn't feel good to me, I get up and leave, I change the channel, I get that piece of music off. With tuning forks I've had some treatments were immediately, whatever that person was doing was making me nauseous and at first I said oh no you need this, you must need nauseating effect because you must have too many toxins or whatever. Well, I would beg to differ and folks if you're listening, you can just check inside and feel what you're feeling and let your body, mind and spirit be the guide. Jonathan Mandara, anything on one of those?

Jonathan: Yes. Can I just affirm what you said, because I actually have a section in my book just on that, just a couple of pages, but basically because this as you say there's so many people now coming out and making outrageous claims, but also making the supposition that they have the right frequency for you and I tell a story of a friend of mine over in England who was a musician and went through one of these frequency-based therapies and they literally, they got sick and they were literally sick for a week, they were able to restore themselves using sound and some modalities and they called me up and said, what should I do and I said well, I just don't think that that was right for you, and she said well, I call this person is that I was just adjusting to the frequency and I have another appointment tomorrow, I said that personally I wouldn't go back if I were you and

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then they called me a few days later and they got sick again and it took them twice as long and the bottom line for me is just that I'm really in agreement with you. For me, with regard to sound, it is not no pain no gain, if you are experiencing discomfort with a sound exercise your doing yourself, if you are experiencing discomfort listening to a sound that somebody is delivering, if you are experiencing discomfort when you are listening to a CD or music, by gosh and by golly get yourself away from there because it's not resonating correctly with your field, its that simple so I'm really glad to hear you say that because I am a real firm believer and I really take a lot of issue with, look as we all know there is something called a healing crisis, sometimes people to detox etcetera, ok and if you're having a chiropractic adjustment just as an example, and a bone is out of place, sometimes you a momentary pain as it shifted back in place, but if your carry around this pain with you for a long time after the adjustment, something is wrong. If you go to a doctor and you take a pill that makes you sick, in fact medical doctor with any amount of healing ability they will either take you off that or do something else they're not going to continue on, that is not the purpose, what is one of the Hippocratic oaths, "not cause discomfort and more pain."

Steven: Right. Well, part of what we're seeing then is as people are awoken to the fact that sound is possible, they will be aware that these things can happen and that they need to be present to evaluate what's going on.

Jonathan: They need to trust themselves.

Steven: That's exactly it. They need to take as we say responsibility for their own response-ability

Mandara: Well, I think that's the position that we're all in, we're in a position to help educate the people and bring to their attention that hey the environment that you were sitting in, standing in, walking in, the sounds are impacting you at some level. I just flew back from the West Coast and on the plane I happen to be sitting over one of the engines, and I was like oh, my gosh. I can't believe this. I always requested to be sitting in the front of the plane, but this time I just didn't think about it, I said I'll just sit back here and I was like oh my gosh for five hours sitting around that vibration was just really intense. So I think those of us are in the field we recognize that we become very sensitive to sound, also a couple of years ago investigating all forms of sound had someone comes to me and say that they were feeling dealing with non-audible sound, EM frequencies that were not audible sort of similar to those of the rife machine and wanted to give me a session to see how I would like it and at the time, I felt just very subtly like this doesn't feel too good, but I thought no, no this person really wants to show me what they're doing and I want to be a participant. Well, a day later I had to leave on a lecture tour, I was so sick, talk about the healing crisis, oh my gosh, so sound vibrations at that very inaudible low, low level does have an impact on the physical body. One thing that I would like to say, we live in a really exciting time where we have devices that actually give us feedback, like the EEG machine and thermography, we have of course x-ray and MRI and it's just really wonderful and I know that Steven I think you've done some work with your music and the EEG machine, and I know that Robert Monroe, we have a lot of his studies using

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feedback instrumentation, with the Cyma 1000, we've done a lot of feedback with the EAZ machine and the thermography and x-ray and MRI and it's really, I think, those types of feedback devices that will help us go to the public now and say this is some of the research that we've done with things that have succeeded. And so I think with that help along with exactly what the both of you were just saying if it doesn't feel good, you should probably use your higher wisdom and stop whatever you're subjecting your body to.

Jonathan: Can I just jump in with a really fast story?

Steven: Sure.

Jonathan: Okay, because we were about sitting over jet engines and this is just a great story with regard to how we are all unique vibratory beings. There was a German composer Steven and I know of called Stockhausen, who was shall we say it experimental composer in the 50s and 60s at a little later, who was actually responsible for a lot of very innovative, actually he did the first musical composition that was based on the creation of vowel sounds and vocal harmonics. But anyway in his biography Stockhausen talked about the fact that he used to love to sit next to the engines, as close as he could to the engines, so he could tune into the harmonics and tone along with it.

Mandara: Oh, my gosh I'll save him my seat after this.

Steven: That's why what we're suggesting is that there will always be the exception to prove the rule and I know John Beaulieu used to enjoy for a while living on top of the 23rd St subway station in New York City, he was younger. Now, he's living out of the country, I don't think his physical body could live over that, I know I certainly couldn't, and what we're dealing with here is something that I believe is way more than even 80 or 90%, there may be 1% of people who, Stockhausen would listen to their harmonics. I have tried that when I've been stuck next to jet engines, I can hear the harmonics, my physical body meanwhile is nauseated, and I had the same experience as Mandara, so there are always very few people, he was very much in his head, maybe he was so out of touch with his physical body he didn't even know if it was feeling bad, there are those kind of musicians and composers, also.

Jonathan: Right.

Steven: And scientists who were just all at their head. So the bottom line is being present, being conscious and taking responsibility for leaving or changing the channel or doing something, if it's not feeling that well, and this indeed relates to one of the other concepts that we're dealing with, is as the field of sound healing is expanding and getting more mainstream coverage and more people are becoming aware of it, what does it mean that people are becoming aware of the field of sound healing? About 10 years ago, a lot of people became aware through the media onslaught of something called the Mozart effect. What they are not aware of now is, as with many front page headlines, that a story will make it on the front page and this one was basically Mozart makes you smarter and

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then the retraction, the correction will appear buried on page 15 several days, months or years later. Well pretty much it's been pretty well established now that there is no such thing as the Mozart effect. It was a mistake from day one, it was more of a marketing bit of hype, and in fact the scientists who did the initial research study never made that claim. That was basically taken by headline writer for magazine and it was like making a mountain out of a molehill. So how do people stay in integrity as they're reading things? Is it basically does to try that for themselves and see what works or is there a place where people can go. Is there a code of ethics that sound healers are subscribing to? Jonathan, Mandara, Jonathan why don't you pick up on this first?

Jonathan: Well, at the last sound conference I was at, there was actually meeting of people, Mandara you were there, and Steven you would have been if you had been able to make it, and it was just basically the idea that yes we need to create a code of ethics and hopefully there'll be something as simple as we shall do no harm, we shall not make any claims that cannot be back up, something as simple as that and basically after we went around for, at the very end of the session I hadn't said much and I just looked around and I said, is anybody here that does not think this code of ethics should be put in place, and there wasn't anybody who disagreed, because on a level I think if you have any integrity, if you've been in the field for a while, if you're basically in this field because you know of the power of sound to heal and transform then by gosh and by golly, we want this field to be legitimized and we don't want people to be making outrageous claims and we don't want people being receiving bad care from people who don't know what they're doing. One of my concerns is that some of these different instruments without naming anything, anybody can pick up and hit it and it seems to have a soothing result and therefore they call themselves sound healers and I'm concerned that we need to be a little more discriminatory in terms of that. Mandara?

Steven: Yeah, in fact, let me just jump in first, I would agree with that of course also, and I've seen some of that with people who buy a crystal bowl and hit it and think that they are sound healer because there's not a big learning curve in a crystal bowl. On the other hand there is a sound healer who works with the voice in New York who knows what she's doing, and yet when she was doing a workshop next door to my workshop at a conference a couple of years ago, just about everyone in my class basically was freaking out from the sounds that we were hearing from next door. It was definitely doing harm to us and I don't know how to unify all that. I don't know that anyone does, it's certainly different with her because she is intuitive and trained as opposed to someone who's just making sounds with no training at all, but it points up the difficulty that we're looking at.

Jonathan: Well, I mean just jumping back, Mandara sorry, with that perhaps, Steven, perhaps for the group of people that she was working with it would have a beneficial tone because she tapped into some sort of frequency for that field and yet it may have been counterproductive and counter-harmonic to that which you were trying to create.

Steven: It's possible and yet she was just right on the other side of the wall.

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- Mandara: And I bet she liked to sit over the jet engines, too.
- Steven: That's very possible; she lives in New York, so that's an ongoing jet engine.
- Mandara: It is.
- Steven: Obviously is someone lives downtown, particularly in New York City, which in my travels is by far the noisiest city in this country that I've been to.
- Jonathan: Vibrationally, the most intense, man.
- Steven: Yeah, and just sonically, actually my ears hurt after the last couple of days I was there even in my hotel room and on the 20th floor, it was still so loud my ears were literally aching, let alone when I had to get out on the street to go to the conference. So I walked around with noise canceling headphones and trying other things.
- Jonathan: I'm just going to jump in for a real quick second thought, I do think there is the way of at least temporarily working with those type of things, which is to try to establish a tone within yourself that is of such a strong focus and center that these counter frequencies that are you being bombarded with will not be affected. Just a thought. Sorry. Okay.
- Steven: And now were coming back to Mandara. We're talking about ethics.
- Mandara: As we were just saying, what works for one person may not work for other people and even though there's a very small percentage of the people that would like to sit over the jet engine on airplane, the majority of the people prefer after five hours to remove themselves from the intensity and I think what we're really talking about here is spearheading the or continuing to spearhead the movement of awareness, of awareness of the impact of sounds vibrationally in our world, whether it be walking in nature or singing in the shower or listening to relaxing music or actually going for very focused healing rebalancing of the human body.
- Jonathan: Just jumping in real quick, talking about the airplane versus being in the quietude of the mountains or forest or whatnot and of course there are many stories, I don't know if you want to say studies or whatnot of people from the city who get out of the quietude of some sort of serene landscape and they can't deal with it because their nervous systems are so attuned to operating at the frequency range of the city.
- Steven: Yeah. That's true, and of course being out in nature, the cicadas and the crickets, they get pretty loud, and there is a whole different kind of sound spectrum, so there are actually very few places in the natural world where you can go and hear silence, between the insects, between the airplanes flying overhead, between the traffic and noise reflecting from roads, it's hard to find real silence, but as we increase awareness that at least gives us the chance to have a choice and that I think is a very important consideration also.

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- Mandara: And I think if we look at our society, what is everybody walking around with today? Everybody has the iPod where you can select your own music to walk you, or sing you or dance you through the day.
- Jonathan: And become more individuated and separate from a collective consciousness from a unification of each other.
- Steven: Right. It's a two edged sword, absolutely and we're seeing some of that on a sociological level, absolutely.
- Jonathan: It's so interesting because I've got the Sunday paper right in front of me and they've got noise pollution issues happening here in the Boulder area, good old quiet Boulder.
- Steven: Really?
- Jonathan: In Boulder and so I mean by gosh and by golly, Steven as you know, people with their lawnmowers, people with their etcetera, etcetera. It's really outrageous, in fact when I was at
- Steven: Oh, here's one right now.
- Jonathan: Right. In my background here, you know when I was at the sound conference and they were filming me, one of the lights had broken and so they only have one light and it was glaring so badly that I basically in order to film me I said, look I can't see and I've got to have my hand over my eyes and I can't do a presentation like this, shut it off no filming, I said but if that were a sound people would probably not pay much attention but because it's a light, there are frequently times when people are sitting around with very, very loud noise making things that I would like to take some sort of beacon and flash them in the eyes and go this is the equivalent of what you are sonically doing to me, do you have any idea of that?
- Steven: Most of them don't unfortunately, some of them don't care and some of them actually like it and that's another whole discussion or they like hurting you with sound. I've spoken to some of the gardeners and landscapers here and they definitely have a chip on their shoulder and they know what they're doing, they come with their own headphones and they like sonically assaulting the neighborhood.
- Jonathan: Wow.
- Mandara: I never thought of that.
- Steven: Oh, yes, because I have spearheaded some of the anti-leak flowing legislation in the San Francisco Bay area and I've been an expert witness in some of the town council meetings. It turns out that a lot of the landscapers knew who I was and knew where I lived and they now bring the noisiest units out near me.

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- Jonathan: Bringing this back to a scientific level, when we're talking about a man by the name of Armory Shafe for who did the tuning of the world, what that was it was called, the tuning of the world?
- Steven: Yes.
- Jonathan: Or other work, loud sounds trigger our fight or flight response and cause an increase in adrenaline that cause all sorts of hormonal disruptions. So there's actually in Steven, I know you actually wrote about this in one of your first books.
- Steven: And all of my books I write about it, yes indeed.
- Jonathan: Really how noise pollution is probably one of the great stressors on this planet that we are simply not paying attention to
- Mandara: I'll haven't we all been at a traffic light with a car coming up beside is that goes bababoo, babbaboom? I mean, it's like oh, my gosh, somebody's hitting me; oh there's a loud sound next to me. I have to say that couple of years ago, I don't go see too many movies but a friend of mine really wanted to go see a movie of couple of years ago called Dream Girls and I really liked it. I think it won a lot of awards, but I really liked the fact that in the movie everybody's sang, they sang their frustrations, they sang their love, they sang their happiness, everything was a song, so Steven, I was thinking next time you go to one of the town meetings maybe you could sing to them your frustration of the leaf blowers and maybe that would be like, hey they kind of getting a little softer, but yet they get the point.
- Jonathan: And also talking about singing and just getting back to the voice, which we almost started with as a concept, is the fact that the voice is an extraordinary instrument also because look, when these, whether it's a leaf blower a fire engine or whatnot, our bodies absorb the sounds and we can really easily use our voice through a process of toning to then release this stuff so you don't hold on to it, so it doesn't cause disharmony and disease into us. This is also another one of the reasons why I'm really into using the voice. For example, if your walking across the street and somebody hears a car worn and it's going to blare and your going to jump, turn to them and make a sound and release that car horn sound back at them and it's actually a very, very effective method of just restoring balance within yourself.
- Steven: There you go.
- Mandara: Hey Jonathan I think that's a great idea for a new DVD. When did you get that out to the public, I could sell that in the city of Atlanta at different traffic lights.
- Jonathan: We can call it what the beep.
- Mandara: That's great, well I have to say that I do live in the city of Atlanta and I do hear a lot of sirens and things like that and I use my music collection when I come in and actually I've used both of your, the tonal alchemy Steven I've shared with

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you is just really transports me into another world and Jonathon you have a CD that I really love Reiki chants, that's just another, they are two of my favorites and so that's how I help deflect the aggression of the sounds of the city.

Steven: Well great, as we're starting to wind up our time together, what we might say for those of you who are listening to us, there are several ways that you can start benefiting and experiencing the benefits of positive sound frequencies and sound healing for yourself. Number one, you can start, if you don't have many, assembling your own library of healing sounds, CDs, digital downloads, however you imbibe and ingest music that nowadays, it's important to have access. I know for myself, I like to be able to reach for a CD and I don't want to have to be tied to my computer and I don't even want to take the time to download it to an iPod or something. It's still simple enough and there are few enough that I have that are always working for me that I can access. If there's a leaf blower outside I choose something that has a more sustained sounds like a lot of the music on tonal alchemy, I know Jonathan a lot of your recordings have a lot of sustained sounds. Where a drone sound is present, when things are a little quieter, some of my other recordings may be more appropriate, and if we could go around the horn a little bit, my website is either through my name Stevenhalpern.com or innerpeacemusic.com. a couple of the main albums you'll see right up in front are ones that have been working for people for 20 or 30 years. Music like, albums like the Chakra Suite, Music for Sound Healing, Gifts of the Angels and my two latest recordings, In The Ohm Zone and Peace of Mind, which has some of the most extraordinary high def solo piano on the market and really opens up a very, very amazing sound field and experience as you listen. Now Jonathan your website is, why don't I turn it back over to you and recommend a couple of things that people can listen to or tune into to get a dose of what you're offering.

Jonathan: Well, thank you Steven my website is healingsounds, that's sounds with an s at the end, healingsounds.com, one of my most popular recordings is called Chakra Chants, another one that Mandara mentioned was Reiki Chants, the two latest are called De-stress and other one is called Rays of Light. Also for people who are interested in another aspect we've a website called the Soundhealersassociation.org that allows people to go on to that one in find different people doing work throughout the planet and finally, Steven and Mandara, I'll tell you the next month or so we are having the launch of the new website, which is called templeofsacredsounds.com, where people are going to be able to 24 7 go into cyberspace and tone along with these various chants on line with these great sacred geometric visuals to enhance the aspect of what are called global harmonization, or assisting peace and harmony on the planet and I hope that maybe we can do is show on how sound can be used to enhance harmony globally.

Steven: Oh, absolutely, absolutely, that sounds great, templeofsacredsounds.com.

Jonathan: Yeah, it's going to be up at a couple of months yeah.

Steven: Right. Great.

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- Jonathan: In time for global healing sounds day.
- Steven: Yes, and Mandara so how can people find out more about your work and the work of the Cymatics Institute?
- Mandara: Yes. [Findme@cymatherapy.com](mailto:Findme@cymatherapy.com) there you can find out all about the continuing of the work of Peter Guy Manners and see some of the images, they cymatic images that the Cyma 1000 frequency programs produce. Earlier this year I was invited to the laboratory of Alexander Lauterwasser and that was really fascinating, you can see some of the images there. You can always find out where we're doing presentations or invited presenters a different conferences to find out more about cymathrapy and in closing I would like to say that I'm really honored to be here today with Steven and Jonathan, both of you have contributed so much to our world of sound as it pertains to healing and on behalf of the rest of the world, I'd like to say thank you for all that each of you do to help further the message.
- Steven: If you get a chance to bring this up or link it, try to turn your friends on to part of the way that this field is going to grow is going to be literally by word-of-mouth and word of ear and feeling in the body and feeling resonance and spirit. So, I would also say that although there has been much more coverage in the mainstream and alternative press. It's also very limited, if you see something in Time magazine or Newsweek, it will only, in the fact the things that I've seen in the last couple of years, only be there through the organization of music therapy, the National Music Therapy Organization because they pay for that and there is a whole budgetary and economic aspect to the news you read and is contingent upon how much you pay for it. So it's the old pay for play scenario that bands in LA started being confronted with 25 years ago. So we need to spread the word ourselves and I encourage all of us who are listening if you find things that work turn friends onto it. Tell them about our websites, tell them about the concept and then I think that that's the way that we really start getting the message on out there.
- Jonathan: I think that's because the bottom line is Steven that sound/music healing or whatever term you want to use for the therapeutic and transformational aspect of this stuff, it works. That's why we're all here, that's what we're all doing this. We could be doing something else we're doing it because it's real and it works and that's the bottom line.
- Steven: Right and the final other note is that it is true that there is some folks who don't want you to know about this, obviously if you can make a tone with your voice, or listen to a little music or hear some five-part frequencies and get rid of a headache or get rid of some stress, there are people in the pharmaceutical industry that are not thrilled about that and I know, I've certainly been introduced to some of those individuals who view the field of sound healing as a threat, so that's another overview that we need to know about.
- Jonathan: That's another show.

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Steven: Exactly, so to be continued thank you both for being here today and thank you all for listening whenever you do, thank you Romel and Laura for helping vocalize this and we'll see you next time.