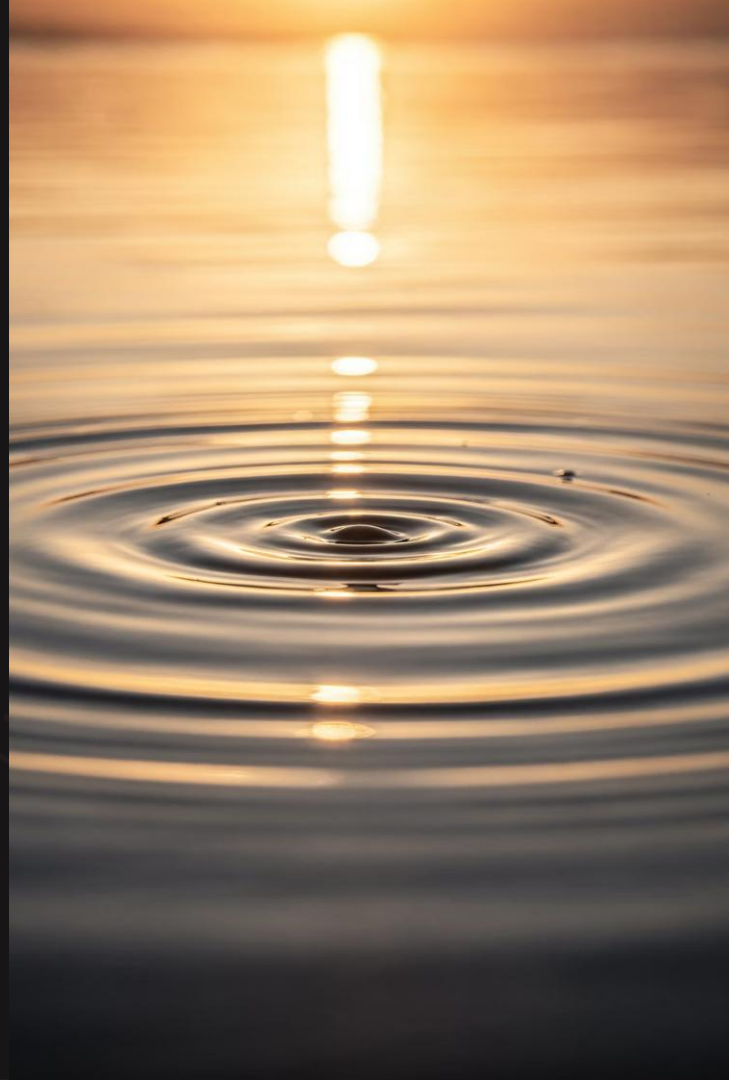


T h e
V i b r a t i o n ,

F r o m
s o u n d
s p i r i t u a l
a n d



Setting

Sound mechanical that
rhythmic
vibrates,
outward

-solid, -by

object
waves

Compression

Regions
of
we

Speed

Sound 3 in °C,
nearly faster -a
testament

The

Every vibration is a forth
every

Amplitude

The loudness
decibels
energy
registers
exceed

Frequency

The pitch
per Hertz
Frequency the
higher
perceived
vibrates

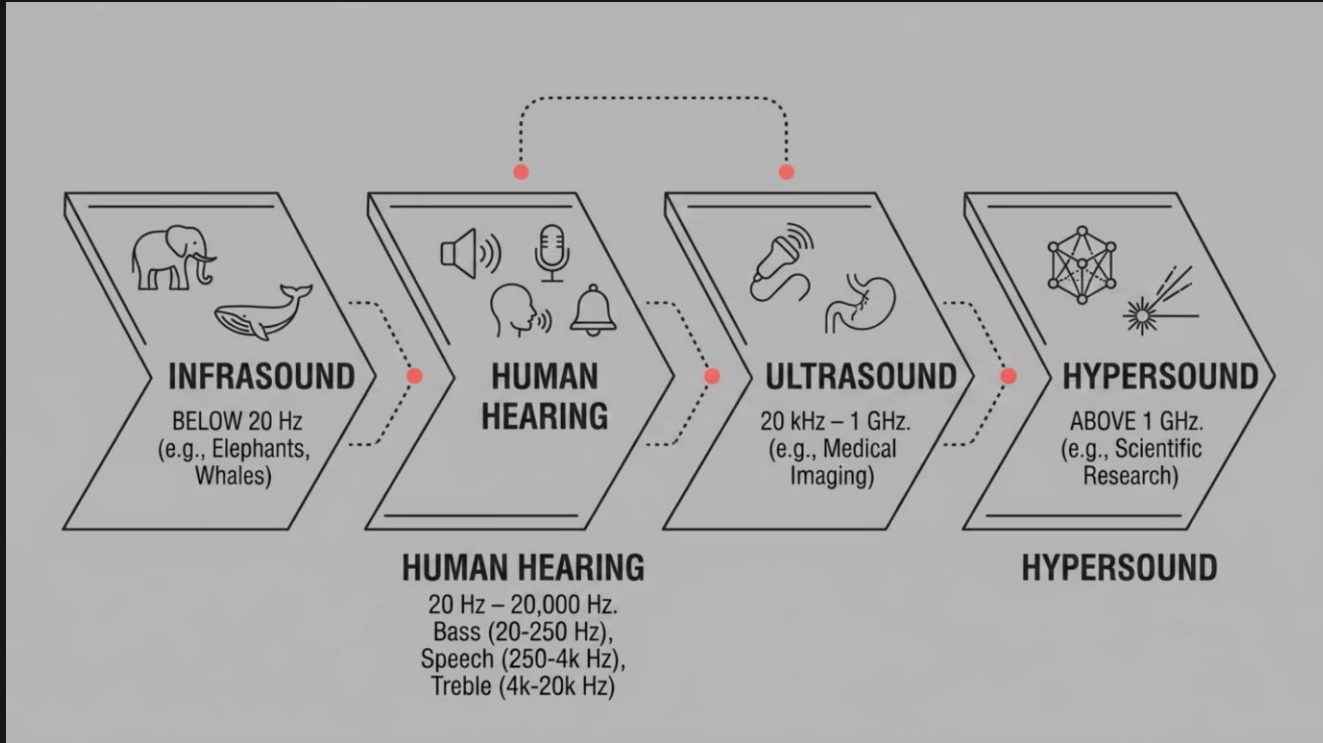
Wavelength

The
successive
and inverse
relationship
produce
why
they

Re-world
staggering

-a

M e a s u r i n g



Infrasound

Inaudible
volcanoes,
distance

Ultrasound

Beyond
echolocation,
detection,

The

Sound

Acoustical

and

—they

has

cell

,

Journal

C e l l u l a r

Every vibrational to frequencies, resonance amplifying oscillation, biochemical promote

N e r v o u s

Sound autonomic nervous. sounds sympathetic (flight) parasympathetic (rest) dominance, and

A c o u s t i c

Cells into process This influences response, differentiation.

Clinical



Diagnostic

Frequency $2-10$ MHz are used to create time-of-flight images of fetuses, and are foundational



Lithotripsy

Extracorporeal shock wave lithotripsy (ESWL) uses acoustic energy to break up kidney stones non-invasively. It is an alternative to open surgery, and is used for passing



Therapeutic

At $0.5-3$ MHz, therapeutic ultrasound promotes tissue healing, reduces inflammation, and is used for musculoskeletal pain and

M u s i c

The American
achieve
conditions.

defines
-reviewed

-based



A n x i e t y

A
therapy
of
comparable
when



N e u r o l o g i c a l

Neurologic
demonstrated
rehabilitation,
improvement,
Alzheimer's
auditory



P a i n

Research
music
centers,
endorphin measurably
perception
markers

Low Body

-5

The

The known discharges ionosphere. human researchers regulation being. 7 , -generated

Bass

Frequency range through particularly explains heavy frequency

- Reduced studies
- Promotion
- Stimulation activation
- Enhanced musical

M i d

-2

As
stimulation

-from grounding cognitive

5 -2

Speech
vocal
difficulty
and

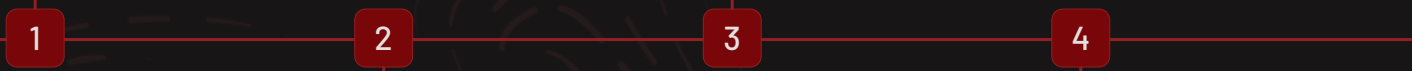
The

6 -1

Air
instruments
links

Associated

awareness.



2 -6

Clarity
sharpness
attention
most

This

1 -2

Upper
contribute
(
activity

Though

-the

Binaural


Discovered by Heinrich Dove, a German physicist, in 1839. He presented a tone to one ear and a slightly higher tone to the other ear, and found that a beat was perceived between the two tones.

How

For binaural beats to be perceived, the two tones must be presented to each ear simultaneously. This is achieved by using a binaural beat generator, which produces two tones that are slightly out of phase with each other. The brain perceives the difference between the two tones as a beat.

What

A study by David R. Addy and colleagues, published in *Psychological Reports* in 1981, found that binaural beats could induce a state of relaxation and reduce anxiety. Another study by Dr. Michael Persinger, published in *Frontiers in Neurosciences* in 1987, found that binaural beats could induce a state of altered consciousness and increase the synchronization of neurological activity.

 Binaural
generate

—each

Brain wave

The
conditions.

biological

Delta-4

Deep,
unconscious
immune
release,
therapeutically
sleep



Theta-8

Deep
the
waking
memory
insight,
subconscious

Alpha-8

Relaxed
Ideal
meditation,
the -calm,
receptive,



Beta-3

Active
-solving,
waking
and
concentration.



Gamma-1a

Peak
states
information
term

Solfeggio

The
in
Codes

9 -century
sonal

Healing

1 3 -Liberation
Claimed

2 4 -Transformation
Linked

3 5 -"
Perhaps exposure iesuggest

4 6 -Connection
Associated pepair.

5 7 -Expression
Linked -solving,

6 8 -Intuition
Associated

Note : -reviewed healing
is

S p i r i t u a l

L o n g
i n t e n t i o n a l



T i b e t a n

U s e d
B u d d h i s t
b o w l s
l a d e n
l i n k e d
i m p r o v e d
h e a r t

*J o u r n a l - B a s e d
C o m p l e m e n t a r y
M e d i c i n e*



M a n t r a s

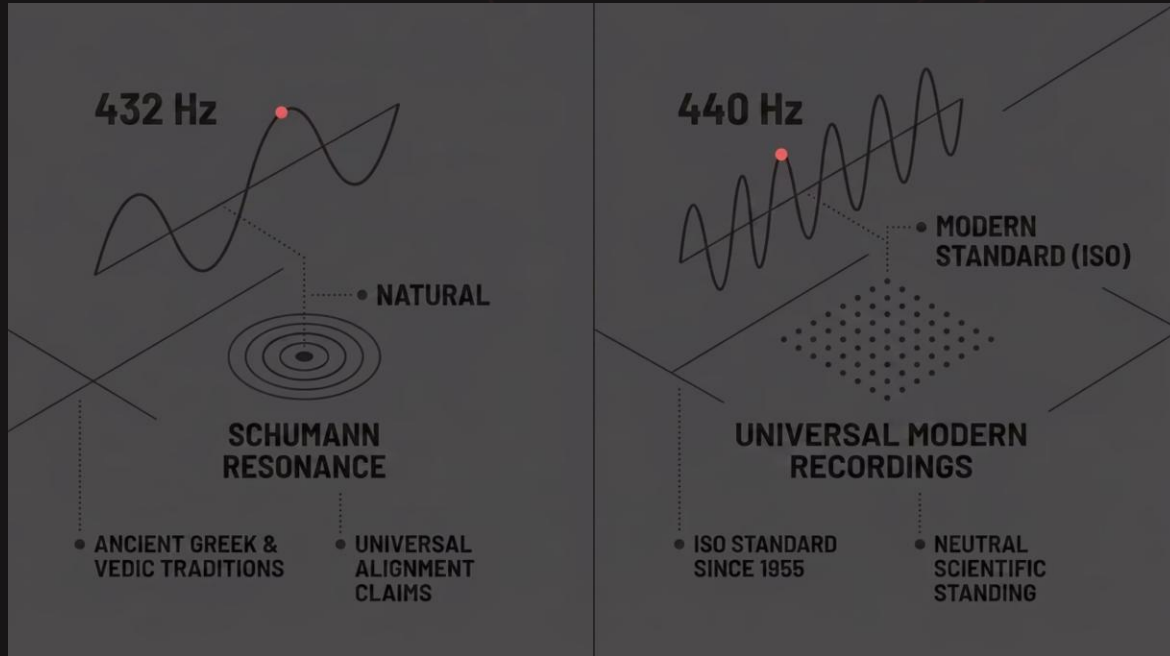
T h e
v i b r a t e s
H z
a c t i v a t e
d e a c t i v a t e
r e d u c i n g
r e a c t i v i t y .
c r e a t e s
t h a t
h e a l i n g

e n c o d e d



S a c r e d C y m a t i c s

C y m a t i c s
m a d e - d e m o n s t r a t e s
t h a t
c r e a t e s
p a t t e r n s
(
p a t t e r n s
s a c r e d
i n
s p i r i t u a l
s u g g e s t i n g
b e t w e e n

**W h a t**

A -blind *Journal* found
 a **physiologicain**
 between
 however,
 aesthetic
 unsubstantiated.

-suggesting

T h e

The
 organic
 behind—and
 powerful
 the

relationship appears

Key

1 Sound

From
clinical
human
just-it

2 Your

Binaural
validated
enhancing
than
-reducing
-with

3 Ancient

Solfeggio
experiential
emerging,
practices
integrative

4 Exploration

Whether
beats
in
-your
Start



Recommended

Healing

Human binaural

The

by

Frontiers