

Light & Sound Frequencies Associated with Health & Well-Being

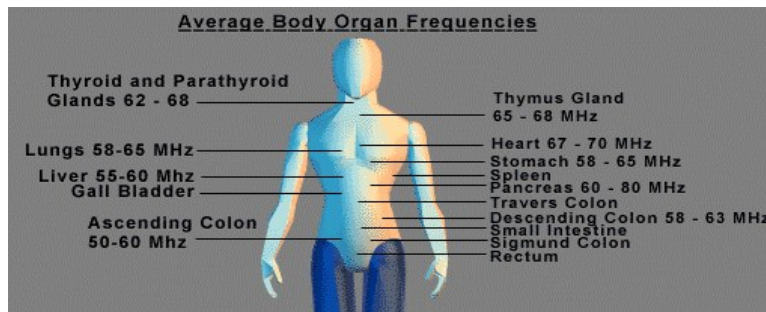
by Edith Hogarth, BSc

Light and sound are two sides of a single coin. Light has the ability to travel faster in particulate and wave formats, relative to sound, which travels in much slower wave patterns only, depending on the temperature and medium through which it travels (ie. solid, liquid, air).

Light and sound waves also have the ability to be reflected, refracted (bent) and absorbed. When waves of different frequencies are combined, vibrations or pulsations result, producing what is referred to as ‘beats.’

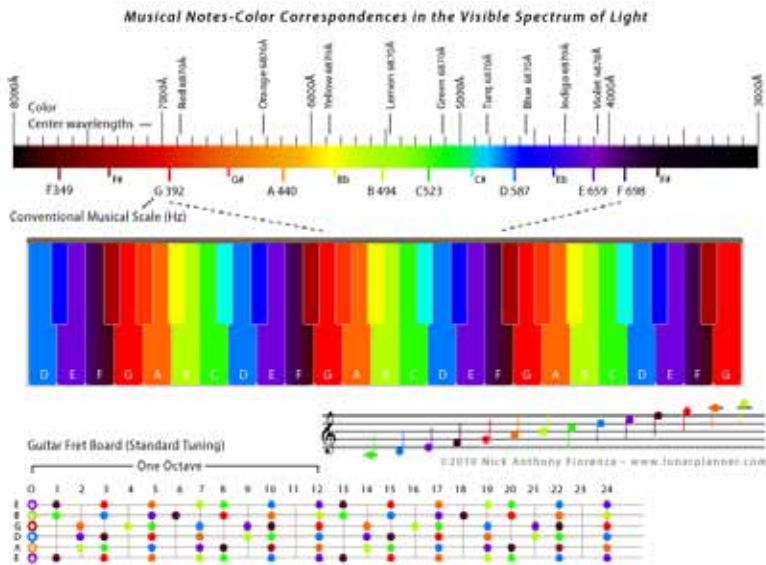
It is these characteristics that permit both light and sound to be used therapeutically, to re-establish the frequencies within the human body that are essential for creating a sense of balance or *harmony*.

Every organ and body system has its own electromagnetic vibration frequency.

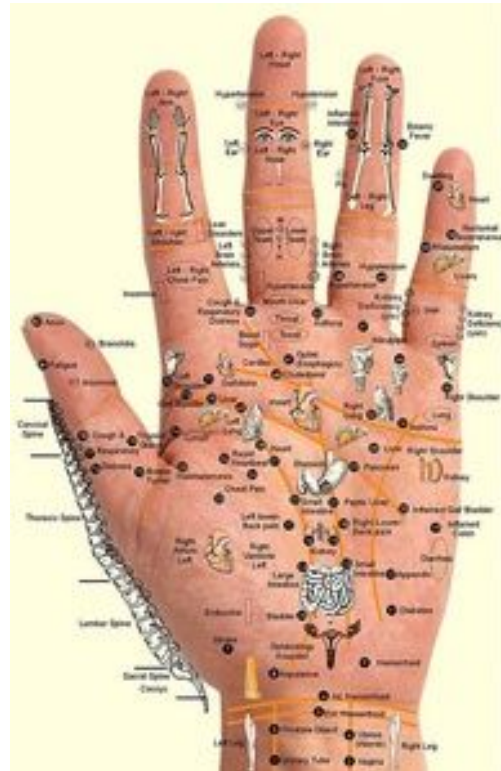
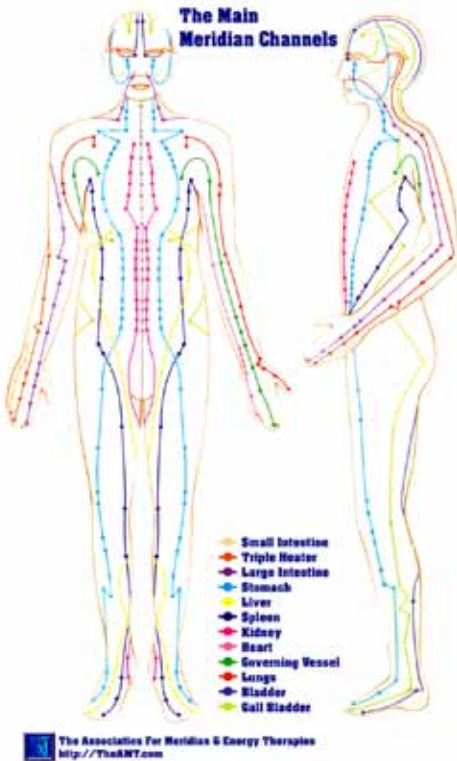


helptostop.co.uk – The Resonance Frequencies of Healthy Organs

There are 12 major colors in the visible light spectrum and 12 notes (semi-tones) or Perfect 1st intervals in the chromatic musical scale. Each of these light wave colors and sound waves correspond to the 12 *major* electrical pathways in the human body known as *meridians*. These pathways deliver the life force energy from our spine through the nervous system to various cells and organs.

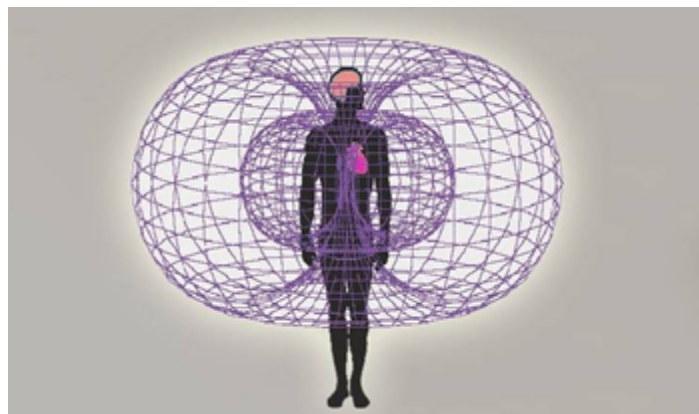


pinterest.com – Color Music Theory
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Health Benefits of Acupressure – pinterest.com

“The bio-magnetic pulsations from the hands are in the same frequency range as brain waves, and according to scientific studies on the frequencies necessary for healing, naturally sweep back and forth through the full range of therapeutic frequencies, thus being able to stimulate healing in any part of the body.” (PEMF Therapy.net)

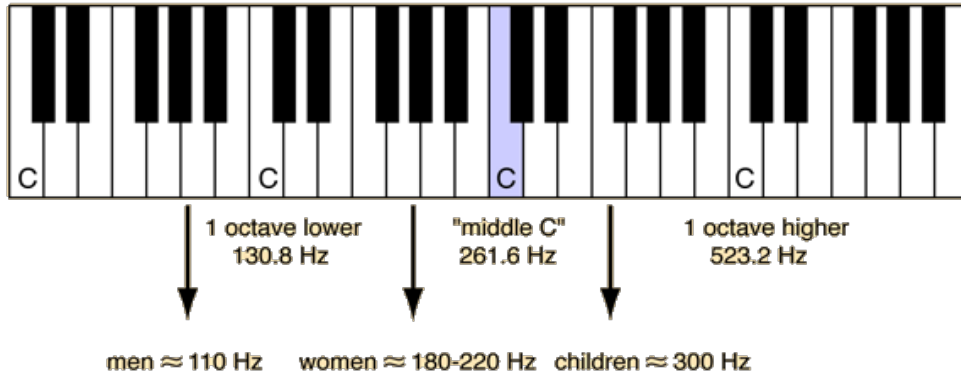


schumasnresonator.com – Optimum Biological Frequency Resonance

The human body’s electromagnetic waves are most notably generated by the heart and brain.

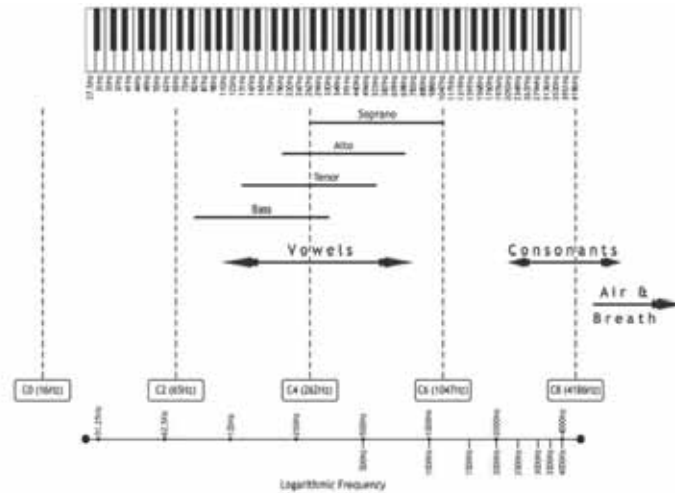
When our body is ill, or we feel stressed, full of anxiety, depressed, or angry, we’re off-centered, and our body’s vibration need to modulate from a lower vibration of heaviness, to a higher vibration of lightness, in order to feel better. For example, ancient Indians discovered that, to facilitate the re-establishment of a

generalized harmonious state, the body would 'search' for the missing frequency between *C*- *C#* (OM) or 136.10 Hz.



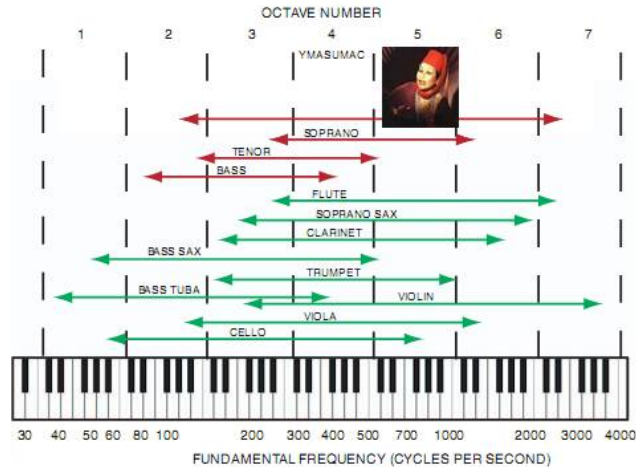
hyperphysics.phy-astr.gsu.edu - Voice Pitch/Sound Production in Hz/
 planetware.de – Frequency of the Earth-year

Mantras, like “*Om mani padme hum,*” rearrange (human vocal) sound frequencies and rhythmic patterns, causing physical vibrations in our body, which in turn, produce energy pattern changes. Ultimately (when they are pronounced correctly, with intent), mantras have the ability to align our individual vibrations with that of the earth, allowing us to address physical and mental problems, including cancers.



recordingology.com - Vocal Ranges

Sound waves with a higher frequency are described as having a high pitch (ie. as those sounds produced by a violin); and sound waves with a lower frequency are described as having a low pitch (ie. as those sounds produced by a bass tuba). The pitch of a sound is determined by the speed at which the waves travel, and by the number of waves that are produced in a given period of time. The human ear is able to detect frequencies ranging from 20 to 20,000 Hz (vibrations per second), and this ability is reduced with age, and severely impeded by illness, disease or trauma.



ampsvideo.com – Sound Sense

Modern music, as we have come to experience it, has vibrational limits in utilizing the 12 tone frequencies. These frequencies can create situations (such as "boxed-in thinking," stuffed and suppressed emotions; and fear-based, "lack" of consciousness) that can then manifest into physical symptoms of "dis-ease." In contrast, music created from the ancient *Solfeggio Scale*, stimulates the ideal vibration for expanded creativity, easier problem solving, and holistic health.

The original Solfeggio scale was developed by the Benedictine monk, Guido d'Arezzo. (c. 991AD – c. 1050 AD). The original scale consisted of *six* ascending notes assigned to the syllables: *Ut-Re-Mi-Fa-Sol-La*. Today, we know the Solfeggio scale as *seven* ascending notes assigned to the syllables: *Do-Re-Mi-Fa-Sol-La-Ti*.

The syllables used for the scale were taken from a hymn to St. John the Baptist, *Ut Queant Laxis*, written by Paulus Diaconus.

Ut Queant Laxis (Hymn to St. John the Baptist)

Guido of Arezzo
(circa 991-1033)

Ut que - ant la - xis, Re - so - na - re fi - bris, Mi - ra
ges - to - rum, Fa - mu - li tu - o - rum, Sol - ve pol -
lu - ti, La - bi - i re - a - tum, Sanc - te Jo - han - nes.

Translation:

So that your servants may, with loosened voices, resound the wonders
of your deeds, clean the guilt from our stained lips, O Saint John.

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version by Matthew D. Tibbault, October 31, 2008

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Although there are contemporary notes that approximate the Solfeggio tones, they are not the same frequencies as the ancient tones.

Fork	Color	EnergyTuner Frequency	BodyTuner Frequency	Intent	Chakra	Anterior	Posterior	Element
<i>Parts of the body governed by the corresponding chakra and possible malfunctions within the region:</i>								
LA	Purple	852 Hz	213 Hz	Intuition	6 th	Brow	Cranial	Light
<i>Brain, Pituitary & Pineal Glands, Hypothalamus, Nose, Eyes, and Nervous System Malfunctions: Blindness, Headaches, Eye Strain, Blurred Vision, Nightmares, Sinus Problems</i>								
SOL	Blue	741 Hz	185.25 Hz	Expression	5 th	Throat	Cervical	Ether
<i>Throat, Thyroid, Para-Thyroid, Esophagus, Larynx, Neck and Shoulders, and Auditory System Malfunctions: Thyroid Problems, Hearing Problems, Sore Throat, Stiff Neck, Colds</i>								
FA	Green	639 Hz	159.75 Hz	Connecting	4 th	Heart	Thoracic	Air
<i>Heart, Lungs, Breasts, Thymus Gland, Circulatory System and Respiratory System Malfunctions: Asthma, High Blood Pressure, Heart Disease, Lung Disease</i>								
MI	Gold	528 Hz	132 Hz	Transformation	3 rd	Solar Plexus	Lumbar	Fire
<i>Stomach, Pancreas, Spleen, Liver, Gallbladder, and Digestive System Malfunctions: Ulcers, Diabetes, Hypoglycemia, Digestive Disorders, Gallstones</i>								
RE	Orange	417 Hz	104.25 Hz	Change	2 nd	Sacral	Sacrum	Water
<i>Kidneys, Bladder, Pelvic Area, Sex Glands, and Reproductive System Malfunctions: Impotence, Frigidity, Uterine, Bladder or Kidney Difficulties, Stiff Lower Back</i>								
UT	Red	396 Hz	99 Hz	Liberate	1 st	Root	Coccyx	Earth
<i>Coccyx/Pelvic, Rectum, Hips, Legs, Feet, Base of Spine, Anus and Elimination System Malfunctions: Weight Problems, Hemorrhoids, Constipation, Scurvy, Degenerative Arthritis, Knee Problems</i>								

The six Ancient “Solfeggio” Frequencies include:

UT – 396 Hz – Liberating Guilt and Fear/Turning Grief Into Joy

RE – 417 Hz – Undoing Situations/Facilitating Change

MI – 528 Hz – Transformation/Miracles (DNA Repair)

FA – 639 Hz – Re-Connecting & Balancing/Relationships

SOL – 741 Hz – Expression/Solutions/Solving Problems

LA – 852 Hz – Awakening Intuition; honoring body as energy vibrating at a very dense frequency.

For example: The Solfeggio tone, **Mi** vibrates to 528 Hz. The closest, comparable, contemporary tone is C above Middle C, which vibrates at 512 Hz.

It is the vibrational frequencies contained in the Solfeggio tones that hold these original healing potentials.

(NASA has recorded a sound that is produced in the center of our Milky Way Galaxy (Music of the Spheres). They determined that the vibrating sound was also in the **key of C** (around 64 octaves below C):

(http://www.spacedaily.com/reports/Milky_Way_Is_Warped_Vibrates_Like_A_Drum_Scientists_Say.html).



Human Brain Project.com – Brain Mapping
(EEG Biofeedback)

There are 7 frequencies experienced by the human brain: (Delta waves 0.1 - 3 Hz; Theta waves 4 – 7 Hz; Alpha waves 8– 15 Hz; Mu waves 7.5 – 12.5 Hz; SMR (Sensory Motor Rhythm) waves 12.5 – 15.5 Hz; Beta waves 16 – 31 Hz; and Gamma waves 32 – 100 Hz).

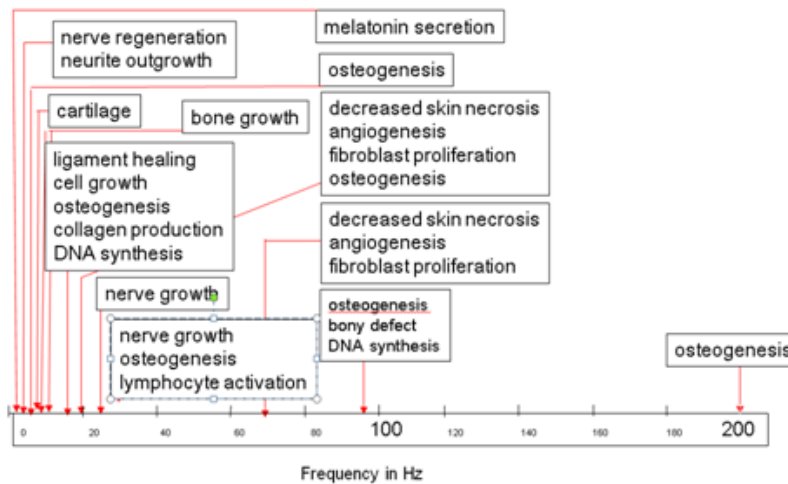
With balanced brain (wave) function, one’s health and individual fullest potential can be realized.

The Range of Brainwaves in the Human Brain

INFRA-LOW FREQUENCY .0001 Hz	DELTA Less than 4 Hz	THETA 4-8 Hz	ALPHA 8-12 Hz	SMR 12-15 Hz	BETA 15-20 Hz	HIGH BETA More than 20 Hz
Core Calmness & Stability	Sleep	Creative State Drowsiness	Relaxed Focus Daydreaming	Body Calmness Mental Alertness	Active Thinking Problem Solving	Excited Irritability

Hertz = cycles per second

neuroclinicbarrie.com



biroes- freq-1 (lyranara.com)

EXAMPLES:

2 Hz – nerve regeneration occurs

- < 4 Hz – induces deep, dreamless sleep, loss of body awareness, and unconsciousness
- 4- 7 Hz – produced profound inner peace, emotional healing, deep meditation, near-sleep brainwaves, non-REM sleep, and lowers mental fatigue
- 4.9 Hz – induces relaxation, deeper sleep, introspection, and meditation
- 5.35 Hz – allows for relaxed, free and efficient breathing
- 6.5 Hz – activates the creative frontal lobe
- 7 Hz – bone growth occurs
- 7.5 Hz – activates creative thought for art, invention, music, problem solving; promotes ease of overcoming troublesome issues
- 10 Hz – ligament healing occurs
- 13 – 19 Hz – promotes active concentration or anxious thinking, arousal and paranoia
- 15 and 20 Hz – stimulation of capillary formation occurs
- >40 Hz - promotes high-level mental activity, perception, problem-solving, fear and consciousness
- 42 Hz – cancer can set in
- 50 Hz – thyroid function is depressed
- 57 Hz - flu invades the body
- 58 Hz - cold symptoms develop

Short bouts (20 to 30 minutes) of *Theta* waves from 0.5 to 3 Hz are known to accelerate the body's healing process. As improvement is demonstrated, the times can be progressively lengthened and interspersed with Theta sound waves, up to about 8 Hz.

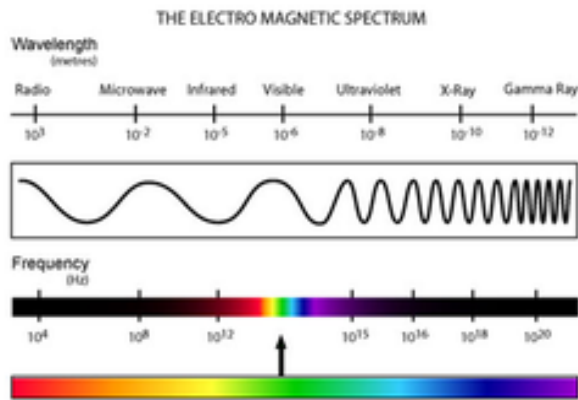
Sleep deprivation has been treated with 30-minute nap listening to 5 – 7 Hz Theta waves.

Using specific frequencies, certain glands can also be stimulated to release hormones. Beta-endorphin has been modulated using alpha-theta brain wave training; dopamine release has been affected by binaural beats; alpha-theta brain wave training has also been used successfully for the treatment of some addictions, and anxiety.

Pemft.net; helptostop.co.uk

In summary, specific light and sound waves can have profound healing effects on our physical, mental, emotional and even spiritual or consciousness levels. They communicate the proper frequencies needed for restoring health to the human body and keeping it free of disease, by releasing blockages, and protecting its electromagnetic field.

For centuries, Chinese, Ayurvedic, Mayan, and other ancient civilizations, realized the benefits of using sound and light to treat illness and disease. Today, with the aid of ongoing scientific research and technology, modern day medicine is slowly accepting the validity of 'alternative' light and sound/music therapies, in providing less intrusive and more holistic approaches to healing and maintaining good health.



Additional References:

1. Fundamentals of Sound Healing – cymascope.com
2. Sound Healing and the Origins of Ohm by Marjorie de Muynck
3. Randall, Matthews, Stiles; Ergonomics, 1997, Sept 40(9): 879-86.
4. Jonathan Goldman – Healing Sounds