

VIBRATIONS

Patricia A. Norris, Ph.D.

We have not yet assimilated this century's most far-reaching discovery: namely, that energy, or light, is the principle underlying all manifestation. In other words, we have not yet grasped that we, our bodies and minds, are light.

—Georg Feuerstein
from forward of Judith Cornell's book,
Drawing the Light from Within

The quality of the sound's energetic structure, frequency, modulation and so on, is such that the same areas of response are reached via the ear as through color, via the acu-sound therapies, which are extremely well suited to prophylaxis and regular self-treatment.

—Peter Mandel

Music, as the language of the Cosmos, is not our invention, rather our discovery. Harmony pervades all form.

—Harold Moses

Each level of consciousness has its own pattern of vibration, structure and function. The vibrational qualities at higher levels of consciousness expand and reshape the content of (our) awareness. . . . The energetic patterns that produce illness are like anchors that hold one to a given structure or pattern of consciousness. At higher vibrational levels we are able to gain access to consciousness that lies at the source [of illness and healing] and dictates the form taken by an energy pattern.

—Leonard Lasko
Healing with Love

Since 1970, when I first read in one of the Tibetan books that the healing methods of the 21st century would be based on the use of light and sound, I have been excited about this topic. At the first ISSSEEM conference, for

which Steven Fahrion and I were the program chairs, I arranged for Jacob Lieberman to present his work on *Light, the Medicine of the Future*, and Jonathan Goldman to present his work on *Sound, Medicine of the Future*. I have pursued these interests through the years, and am now so pleased to guest-edit this issue and present these wonderful papers and authors.

Each of the articles in this issue is, at root, founded on the physical and healing effects of vibrations. The first two papers in this issue are personal accounts of experiences based on practices using the physical body as an instrument of unique achievements in the domain of self-regulation. Interestingly, both of these experiments also took place in Germany.

Puran Bair in *Visible Light Radiated from the Heart with Heart Rhythm Meditation* details effective procedures for measuring the emission of light from the body. Bair discovered that both meditation and healing intention were essential factors in the emanation of strong measurable light from the body. One could assume that to some extent light is always being emitted from the body, and that to intensify this emission to a measurable quantity, these described conditions need to be met. The experiment to produce light from the heart was conducted twice. The first time, concentrating on the meditation techniques, only sporadic and intermittent results were obtained, a disappointment to Bair who was hoping to use the light transmission as biofeedback, as a guide toward more reliable light output. After a day of trials, an intermission occurred; and during this time, Bair learned that the experimenter's four year old son was in need of healing. The next day the sending of light from the chest, this time to the child, resulted in sustained light two to three times the intensity of the few flashes of light from the previous day, and 5,000 times the intensity of the background emissions.

Douglas Schneider, in *A Personal Experience of Unfolding Self Through Singing*, tells us how he reached a specific state of consciousness which, as he describes it, sounds just like other portrayals of experiences of Cosmic Consciousness. In addition to many years of voice lessons, Schneider accompanies his voice teacher several times to a special school in Germany founded by Gisela Rohmert, a woman who, after studying to become an opera singer, turned her attention to studying how vocal sound is actually made. Her discoveries included how all the resonances from all the vibrating surfaces of the vocal

apparatus interact, and how other anatomic divisions in the body such as the diaphragm, the apposed vocal chords, the soft palate, the ear drums etc. also are brought into play. Exercises are learned, practiced, and eventually, Schneider comes to a state of being sung by the body, a kind of “unsinging,” that leads to a remarkable state of enhanced consciousness, awareness and bliss.

These two personal reports suggest that the techniques employed can be learned and are accessible to everybody. Puran Bair teaches Heart Rhythm meditation, and many students are learning the method. He discovered that healing intention toward a specific recipient in need was highly successful in this experiment, whereas hours of his best efforts with pure meditation techniques that he had mastered achieved only weaker and sporadic light from the heart. For Doug Schneider, learning and practicing consistently the methods taught by Frau Rohmert for years, combined with a fortuitous cessation of striving at the end of his last visit, led to an essential **undoing** allowing his body’s freed voice to emerge. Bair warns us that objective experiments in subtle energy can succeed only when there is a need, where the heart is actually maximally activated. Schneider asks us whether we can begin to talk about a psychophysiology of transcendence. Both emphasize the role of the emotions, and both point toward an answer to when, how, and why breakthroughs occur.

The next two clinical papers discuss the use of light for healing. Both use light as their primary treatment for many physical and emotional conditions. Both papers turn to theoretical rationales to help explain their effectiveness, and both also contain illustrative case material.

In *Peripheral Light Stimulation for Rapid Emotional, Somatic and Transpersonal Regulation*, Steven Vazquez provides us with significant information exploring the interactive bond between external light and human consciousness. Earlier work had demonstrated that light directed through the eyes specifically to one area, for example the right or left hemisphere of the brain, elicited quite different states of affect and cognition. Eye position is also known to activate various memories, and conversely, individuals access memories by moving their eyes into the appropriate positions. Vazquez has now developed the apparatus and the profound treatment technique described in this issue, appearing for the first time in print. Peripheral Eye Stimulation (PES) is one process in his Emotional Transformation Therapy. Deceptively simple, it has widespread

effects in every major area of human experience, physiological, affective, cognitive and spiritual/transpersonal. The device Vazquez describes in this issue can precisely admit light to the periphery of the eye/s in a 360 degree range around the periphery of the eye, providing avenues of light directly into the brain, and accessing pathways for light to travel through the body. A case report gives detailed descriptions of different positions and their corollary emotions. Painful experiences and positive psychological resources are evoked with PES, giving the therapist a powerful tool for whole person regulation and healing.

David Jernigan and Samantha Joseph present *Illuminated Physiology and Medical Uses of Light*, a treatise that describes light as an essential nutrient in the body, and provides information on how light metabolism in the body is aided by their unique type of color and light therapy. Our eyes, in addition to translating light into electrochemical impulses transmitted to the brain, also provide an entry point for light to access the crystalline matrix of the body. It is this crystalline matrix of which all living tissue is composed, and it is this matrix, a kind of fiber optic network in the body, which connects every aspect of human beings to their internal and external environment. Disruptions in the crystalline pathways provide diagnostic information through the use of BioResonance Scanning™ described in this article, and the integrity of the pathways is restored by Jernigan's newly-developed NeuroPhotonic Therapy™ presented here. Clinical illustrations are given along the way, and a comprehensive case report sheds light on the various aspects of this treatment, including how energy blockages are detected, and the means used to remove them, and to restore optimum functioning through the use of colored light.

In *Our Sonic Pathways*, Arden Wilken and Jack Wilken have given us a means of self regulation through the use of music. Interestingly, their work shows that sound as well as light uses crystalline structures in the body. They describe the method, demonstrate its various uses through a number of case reports, and provide a descriptive exercise that, when practiced as prescribed, can lead us toward remarkable healing. They explain that music which we dislike or which makes us uncomfortable uses the same physiological pathways in the body as music we love. Sound waves are propagated through the connective tissue, and crystalline structures that exist in the body are responsible for specific vibratory patterns. Wilken and Wilken present the thesis that when music

makes us uncomfortable or causes painful memories that we avoid, it is a sign that certain pathways are blocked by unresolved emotional experiences stored in the body. A number of case reports illustrate the variety of releases that can occur through their specific technique, with good guidance for the reader to unblock the body and create change.

The last article in this issue is *From Galaxies to Cells: Bridging Science, Sound Vibration and Consciousness Through the Music of the Spheres* by Ellen Franklin and Donna Carey. The authors take us from the miniscule to the towering, from ancient wisdom to modern research, in a tour-de-force covering many of the essentials of healing. As other articles herein, the authors describe the body as a natural resonator; and they further propose that music is the highest form of human activity. The primary focus of their work is the application of vibration by means of tuning forks, tuning to frequencies of earth, moon, sun, and planets to acupuncture points, trigger points and points of pain. The work is rooted in Oriental Medicine, and also in Perennial Wisdom, as the authors trace the rationale from the great theme “As above, so below” from Pythagoras, through Hermes Trismegistus (all things in the universe are related to each other), Johannes Kepler’s mathematically based Harmony of the Universe in the 16th century, to Hans Cousto who, in the 20th century, converted planetary motion into Hertz, providing the basis of the planetary tuning forks used by the authors. They develop their ideas through topics of Vibration, Archetypes, Correspondences, and ending with LOVE as the law that binds all things together—molecules, cells, galaxies—and as the great healer. The article is richly illustrated by charts and details, and by case studies that show the possibilities.

Finally, on the cover of this issue, in her beautiful painting *KINGDOM*, Gilah Yelin Hirsch gives us a symbolic representation of layers of light and sound resonating through the earth, through the body, through the cosmos. Layers of light move through the painting, and the resonances of sound she relates to the “Music of the Spheres.” She draws the analogy of the resonances of light and sound coming together in the Aurora Borealis, the beautiful Northern Lights.

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