“Sound frequency pulse waves played directly into the body has a profound effect on the nervous system. The entire posterior 1/3 of the spinal cord consists of nerve tract bundles whose sole purpose is the transmission of vibration sense data to the Brain Stem, Cerebellum, Pons, Medulla, Hippocampus/Limbic System (emotional processing areas) and various areas of the Cerebral Cortex”.

This quote was taken from Jeffery Thompson, D.C., B.F.A. website at jeffthompson.com
Table of Contents for Harmonic Massage

Contraindications of any Therapeutic Tuning Fork Treatment.........................................................4

Historical Value of a Massage Treatment..................5

Acupuncture Combined with Sound............................7

The Symbol of OM.......................................................... 9
  Range of Frequencies.................................................. 10
  Activating the Tuning Fork........................................ 11

Abbreviated Outline of Harmonic Massage.............12

Tuning Fork as a Diagnostic Tool..........................13

Tuning Fork Sessions....................................................14

Point Selection............................................................16

Harmonic Massage Sequence......................................19

Time Table of the Massage Sequence......................28

Meridian Maps of the Body.........................................29
  Twelve Basic Meridians................................................31
  Two Midline Meridians..............................................42

Articles and Books referred to in the Workbook......45

Pictures of Points on the Harmonic Massage..............46
Resource Books and Websites

Articles Written by Regina Murphy

Don’t Just Get a Check-up – Get a Tune-up

Sounds from Space

An Extraordinary Dimension

Sound Therapy Application for Everyone
Harmonic Massage with Tuning Forks

Contraindications of Any Therapeutic Tuning Fork Treatment

I would like to point out that the therapeutic value of tuning fork treatment cannot replace medical treatment. All serious illness should be treated by a doctor. Caution should be used and treatment avoided when:

1. Noticing an undiagnosed mass.
2. Concluding that the client is mentally ill.
3. After the client has had a recent surgery.
4. After the client has had a recent stroke or heart attack.
5. After the client has been diagnosed with any cancer.
6. If the client expresses any discomfort when using the tuning fork.
7. If the client thinks they might be pregnant.

If you experience any unpleasant sensations when using a tuning fork on yourself or on a client; it is a sign...
that something could be wrong. Stop the massage and refer them to a medical doctor. I personally would seek advice from both a medical doctor and an Acupuncturist if this happened to me.

**Historical Value of a Massage Treatment**

An individual only has to receive their first massage and experience the relaxing feeling that it has on the muscles of the body to appreciate the value of a massage. Massage in its most basic form has been around as long as man, however today there are many highly specialized forms of massage all derived from the basic techniques. The history of massage and the role it played in prior cultures only reaffirms the value of massage.

The first documented descriptions of massage dating back to 3,000 BC were discovered in China. Chinese Taoist priests practiced “Qi Gong” – meditative movement revealing and cultivating the vital life force. Traditional Chinese Medicine is based on the principle that every illness, aliment or discomfort is due to an imbalance of “Qi”. Meridian points are the foundation for Chinese medicine. Their meridian points and techniques have passed down to other cultures that used them as the basis for their medical treatments.

In about 1,000 BC Japanese monks began to study Buddhism in China. They witnessed the healing methods of traditional Chinese medicine and took them back to Japan. Shiatsu is a Japanese word derived from “shi” meaning finger and “atsu” meaning pressure. In Japan, the practice of medicine mostly consists of diagnosis and treatment with massage-type methods. Shiatsu is “world recognized” as beneficial and effective.
The ancient Greeks valued the benefits of massage very highly using it in most avenues of daily life ranging from body conditioning to medical healing. Techniques were developed to help athletes to keep their bodies in the best condition for competition. They also used massage for relaxation. Hippocrates, “The Father of Medicine”, used herbs with oils and massage techniques to treat many medical conditions. Hippocrates stated that “anyone wishing to study medicine must master the art of massage”.

Julius Caesar, who suffered from neuralgia, had his body “pinched” every day to help greater blood flow and reduce fatty tissue below the skin. The wealthy would be massaged in their homes each day by their personal physician. Rome became known for the large elegant bath houses that featured long massages. These bath houses were open to the public for a nominal entrance fee.

Today there is still some skepticism in the medical profession as to the scientific reasons behind the use of massage as a healing technique. Therefore, in 1992, the “Touch Research Institute” was established at the University of Miami; School of Medicine entirely devoted to the study of touch and its application in science and medicine. They have shown that massage can induce weight gain in premature infants, alleviate depression and positively alter the immune system in children and adults with various medical conditions. Hence massage is becoming recognized as a viable and useful alternative or aid to modern medicine. According to the American Massage Therapy Association, 54% of primary care and family practitioners say they would encourage their patients to pursue massage therapy as a complement to medical treatment.

In our modern society, where stress-related psychosocial disorders are becoming the number one health problem, massage is likely to gain popularity to improve every body’s
health system. Many companies like G.E., Goldman Sachs, Young & Rubicam, Motorola, and American Airlines are inviting massage therapists on-site as an employment perk and as a means to reduce stress and absenteeism. An investment firm in Maryland provides 15 minute weekly massages and has reduced turnover to five percent (5%) in an industry that experiences a twenty percent (20%) employee turnover rate. A growing number of business and organizations offer massage in the workplace, including the U.S. Department of Justice according to the Life Magazine. (August 1997).

In conclusion, throughout the ages of ancient civilization all the way up to today, massage has been intertwined with healing modalities and relaxation; but primarily in healing modalities. Today businesses, governmental organizations and Western medicine acknowledge the value and benefits of massage.

**Acupuncture Combined with Sound**

**How Acupuncture Works**

Acupuncture is the basis of Traditional Chinese medicine that stimulates acupoints (also called meridian points) along the meridian system using needles. Each of these meridians is connected to one of the body’s major organs. The points are stimulated for specific energetic interventions. It has been traced back to early man and is used as a foundation in many healing techniques of historical cultures. The field of Energy Psychology uses these same points for stimulation in their modalities.

According to J. V. Cerney, author of Acupressure without Needles:
“Acupressure by any method or in any form:

1. Breaks the reflex arc between the pressure point just under the skin and the organs with which it communicates. It re-arranges those forces which the Orientals called Yin and Yang; forces that jam channels of ching-lo and contributes to the illness of an organ or part. Through acupressure stimulation or sedation of the autonomic nervous system, normalcy in achieved.
2. Acupressure steps up the arterial supply.
3. It stimulates endocrine gland function.
4. It stimulates lymph and venous drainage.
5. It releases waste products from the musculature and other organs.
6. It helps achieve mental relaxation as well as physiological peace.
7. It reduces pain.”

Acutonics’ Contribution to the Procedure

Acutonics, which uses acupuncture as its basis, is a system of healing using tuning forks on various acupressure points. It was developed at the Kairos Institute of Sound Healing by Donna Carey and Marjorie de Muynck. The system is based on the “Sounds of the Spheres” which the sounds are made by planets as they orbit through the universe. I received my initial training in the use of tuning forks in Acutonics. I became certified in Acutonics Level I in February of 2005. I was already working with Sound and Energy Psychology so it was a natural progression to pursue other methods of using sound on the Acupoints. A description of the planetary tones and all of the courses that Acutonics are teaching are on their website at www.acutonics.com. The book “There’s No Place Like OM” is the most beautiful introduction to the gift of the planetary vibrations, how they affect our life and the added benefits of using tuning forks.
There are extensive courses on the use of tuning forks to assist the body to heal itself at www.somaenergetics.com. There is so much to learn and so much more will be available as we remember and return to the basics of healing. Ancient man knew about the value of sound and meridian therapy. Most of this knowledge was forgotten as we entered the chemical age.

The Tuning Fork Used in this Massage

In this class we will be using two OM tuning forks; 136.10 Hz. Hz is the abbreviation for Hertz which is the calculated vibration of an object per second. The number before the Hz is called the frequency of the tuning fork. Frequency is the number of occurrences of a repeating event per unit of time. For example, 1 Hz means that an event happens once per second and 2 Hz means it happens twice per second.

The Symbol of OM

The tone used is the OM frequency or the 136.10 Hz. This calculation and frequency is the vibration the earth makes as it travels around the sun annually. The sound is so low that the human hear can’t hear it so it has to be raised a number of octaves so that we can. It was discovered and mathematically proven by Johannes Keppler in the early 1600’s. What I find amazing is that, in India, the 136.10 Hz was the primary tuning sound for their musical instruments from the time of recorded history and is still true today. This cannot be an accident. Tuning our bodies, using a tuning fork of that frequency, will bring us closer to the cosmic vibrations helping us to remember who we truly are. Our daily lives are filled with frequencies; frequencies of light, sound and electromagnetic waves.

The OM is the fundamental tone that has been chanted for centuries by previous cultures. It is referred to in Sanskrit,
the ancient sacred language of India. It was not until the late sixteen hundreds that, as a culture, we understood the importance and scientific relevance of this healing sound. I find it uncanny that of all the audible frequencies the ancient cultures knew the value of this frequency.

I believe it is the *Divine Nature* of humanity that understands the value of sound long before science can prove it. Many studies of those cultures that chanted the OM frequency have proven, over time, the effects on the body, mind and spirit are significant. One effect is in the balancing of blood pressure and improvement in circulation. If the blood pressure is too low or too high, it is brought into balance by chanting OM. This sound does not regulate the body but allows the innate wisdom of the body to activate its own healing and balancing.

**Range of Frequencies**

There are approximately 20,000 audible frequencies that the human ear can hear. The range varies for each individual depending on their health and age. Frequencies make hearing possible for both humans and animals. For example, dolphins can hear frequencies a high as 180,000 Hz in their communication system and dogs can hear frequencies above human hearing. The piano has its lowest note as 24 Hz and its highest note as 4,186 Hz. The sound frequencies of the spheres (the earth, sun and other planets in our solar system) as they rotate in our planetary system are so low that they have to be raised 20 to 30 octaves to be heard by the human ear.

The frequency that is used in the Harmonic Massage has been carefully selected because sound (depending on the frequencies) can be a powerful healing tool but also can do damage. Soothing music has been used in healing and has
been proven to relax us. It lifts depression, effects blood pressure, heart rate and circulation.

Scientists at NASA have installed magnetic-field generators into the space shuttles. These devices generate a pulsing 7.8 Hz background signal to maintain optimum health for the shuttle’s astronauts during space maneuvers. “Ultra Sound Therapy” is used and is generally accepted in hospitals, by doctors and physical therapists for pain management on various muscles and aching backs.

Conversely, extreme vibrations caused by the wind were responsible for the collapse of the Tacoma Narrows Bridge in 1940. High frequencies can be used to destroy things as witnessed in the Memorex television commercial in which Ella Fitzgerald shatters a glass with her voice by singing a high note.

**Activating the Tuning Fork**

Notice the parts of the tuning fork. The stem is the part we hold. If our fingers touch the neck that is not a problem but if they touch the tines, the frequency will be interrupted and cut the vibration short. To activate a weighted fork, the weight must be struck on a rubberlike object. Special activators can be placed around the room or we can use one that can be strapped onto the leg. A simple wrist action is all that it takes. Try a few practice strikes and listen for a
clear vibration. The vibration should continue for about 20 to 30 seconds. Practice how hard you need to strike the activator to cause the vibration to last 20 to 30 seconds.

After the tuning fork is placed on the body, this strong vibration will continue. It is the weights which are attached to the end on the tines that allows this strong vibration to occur. Place the fork on yourself so you will feel the vibration the client will feel during a session. It is always good to listen to the sound of the fork that you will be working with. When you listen to it, you actually put the sound through your body, aligning yourself with the frequency. The ear is so sensitive and carries the waves to where your body is in most need of balancing or sedation.

The use of sound in healing has become a proven tool because of its unique properties. Sound travels four times faster through water than it travels through air. The body is 80% water and is a perfect receptor for sound. So when you apply the activated weighted OM tuning fork directly on the body, you introduce a sound wave that travels through the meridians system, the superhighway of your body’s energy system, to exactly where it is needed most.

Take two of the 136.10 OM forks and activate them placing one near each ear. Allow the beautiful sound of the forks to vibrate at both ears. Notice your breathing and heartbeat while the sound resonates in both ears. This is very grounding and balancing. It quickly balances the therapist preparing them to start a session.

**Abbreviated Outline of Harmonic Massage**

Start with normal introduction and greeting. There are pictures in the book showing the various acupressure points on the body where you will place the forks. You will be using two OM tuning forks.
Time Schedule:

The tuning fork steps are grouped into three groups and take approximately 7 minutes each: total of 20 minutes. The sound portion should not exceed 20 minutes. The schedule reflecting times and groups is reflected in the chapter entitled “Time Table of the Massage Sequence”.

1. Introduction.
2. Start this treatment in the supine position on the table.
3. Use the two OM tuning forks on points on the face and head.
4. Cosmic Octave if time allows.
5. Client to turn into the face down position.
6. Use the tuning forks on the points on the back.
7. Perform the traditional massage.
8. Wash hands thoroughly.
9. Place the tuning forks on the points on the leg if time allows.
10. Place the tuning forks on the points on the feet.
11. Closing.

Exit the session by placing the activated OM tuning forks near both each ear for about 10 seconds. Now give them a “Thank You”.

Tuning Forks as a Diagnostic Tool

Only medical doctors can diagnose illness. As professionals in the healing arts, we are trained to notice and refer a client to a doctor when an unusual or suspicious condition is detected during a session. Many massage therapists detect an “unusual condition” even before the client might notice a
problem. If a client should experience a sharp pain in any organ when the fork is placed on the body, the session should be stopped and the client should be referred to a medical doctor for further diagnoses. This is not common to have to stop a session, however, it is a built in safeguard and added benefit to using tuning forks. Sound has long been used as a diagnostic tool in almost every healing philosophy. As an example, one can usually hear in the sound of a loved one’s voice that they are not well. It is just another benefit to using tuning forks. Johnathan Goldman, the most respected sound healer, teaches how to detect disturbances in the body using the voice.

**Tuning Fork Sessions**

Before we describe the method of integrating tuning forks into basic massage, we will introduction you to additional ways to use tuning forks in a healing environment. Because the vibrations from tuning forks easily penetrate clothing, the uses of tuning forks are numerous. More and more people are beginning to treat themselves and their families with tuning forks. There is no doubt numerous additional applications and uses of tuning forks will be developed.

My students have been my greatest teachers. They call me about new and various ways they are using forks in protocols in their classes. We are in the earliest phases of many therapeutic modalities and bringing the intuitive abilities of massage therapists into these fields, I feel, will expand the use of tuning forks. A natural byproduct of working in the field of touch is “enhanced intuition”. The sense of touch transcends the logical mind and goes directly to the emotional and spiritual body. Many massage therapists’ intuition becomes enhanced with the years as they worked with touch.

**Medication Alternatives**
There was a time when we viewed chemicals as dangerous and a “Skull and Bones” ⚅ were placed as warnings on products containing harmful chemicals. As we became addicted to pills and quick fixes, the warnings were removed from plain sight and hidden in the very fine print. Even toothpaste has a fine printed notice to “Call poison control if a child ingests too much”. Poison should not be used to brush our teeth. The list of potential hazards would take as long to list on the commercials as the benefits of the most advertised drugs on the market. Many of these side effects actually include death as a risk when the drug is only treating something simple with many natural alternatives in the marketplace. Acupuncture has healing recipes for every ailment in books and on websites. Using the OM fork in these recipes makes it easy enough for children to treat themselves. I drive my grandsons to school each Wednesday morning so I keep my Acupuncture books and tuning forks in the car. I hand them to my grandsons in the back seat whenever they complain that they are too sick to go to school. They treat themselves using the forks and a map of the points for that particular ailment (usually stuffy nose, sore throat or tummy ache) and begrudgingly admit they feel better before we reach school.

Accumulation of Knowledge Opens Options

The references contain a list of books and websites to make it easy to begin to use tuning forks as a means of prevention and treating just about everything physical and emotional as well as hunger and natural face lifts. My husband who suffers from stuffy nose related allergies has me treat him every few days and his sinuses stay open. I include these points in the first part of the massage just in case someone is having trouble with their sinuses. This way when they turn over to the prone position we know they will be able to breathe. I also include a few points to help relieve any
stress or mental agitation in the beginning so the client is completely relaxed before we even treat the spine with the OM forks.

Overview of a Sequence

Harmonic massage was designed to further relax the body by placing activated tuning forks on acupressure points on the body’s meridian system in addition to the traditional massage. The meridian system is intertwined with muscles and is also attached to the major organs. Harmonic Massage is just a portal into a world of limitless possibilities that each therapist will create with their own gifts and talents. It is my belief that massage therapists have within them the wisdom to expand on any modality they learn. This sequence is just a starting point.

Point Selection

There are several locations on which the OM tuning forks will be placed; three on the head, several on the face, several on the shoulders, many on the back and feet. Except for “The Cosmic Octave” sequence explained in detail, the points used in this massage are for overall physical and emotional health. The three points on the top of the head lift depression. The points on the face are for anxiety and sinus relief. The points on the shoulders are for tension in the shoulders and the points on the back and feet are for relaxation and balance; “A General Tune-up”

The points on the feet and back involve every major meridian and awaken the body perfectly with the balancing sound of OM. The meridians all begin or end in the face, hands or feet. When a therapist uses needles, electric
stimulation, heat, cold, laser and finger pressure, they need to be on the precise point and use the proper stimulation on the point whether it be tonifying or sedating. When you use the OM tuning fork, you only need to be in the “BALLPARK”, so to speak, because the OM sound travels through the meridian system. The vibration can often be felt running from the bottom of the foot all the way up the leg, or from the top of the head down to the ears and throat. Listening to the OM sound of the tuning fork as you open and close the massage, helps the body resonate to the sound of OM and it opens up communication channels that may have begun to shut down.

The bottom of the foot contains acupressure and reflexology points connected to all of the body’s major organs. Daily treatment on the feet and treatment on the back every nine days could very possibly keep you balance. I believe that this procedure, if done regularly, is the greatest gift you can give someone. The touch from the therapist or a love one releases endorphins, as does the vibration of the tuning forks. The endorphin release helps with addiction, anxiety and pain and dramatically increases blood and oxygen flow to every muscle, organ, endocrine, nerve fiber and cell in the body. Dr. Candice Pert Ph.D., a well known researcher who discovered the endorphin molecule, stated in her book “Sound is the fastest way to open the receptors on the cells”.

The back contains the nerve pathways that run vertically along the spine and two rows of the urinary bladder meridians that are about one and two inches from the middle of the spine. They affect every major system, of the body. Because we place the tuning forks on the backs of various “sized” individuals, (depending on age, weight, height and body mass) it is easier to treat some individuals on the nerve pathways very close to the spine and others on the bladder meridians an inch or two from the spine. The
beauty of this option is that we can treat the back using which ever vertical points feel relaxing to the client. Sound waves travel along the meridians to wherever the vibrations are needed the most. The innate wisdom of the person's own body dictates where. We travel down the spine and then back up again after treating the feet in the harmonic system but the beauty of this system is that you can basically follow your own guidance and the guidance of your client. Know that you are not going to cause harm unless you expand the time past the allocated time suggested for this massage.

The list of questions, contraindications and precautions about noticing pain can help you feel confident that you are not causing any harm to the client. Although we are suggesting to you a few points to use for the optimum session, we highly recommend that you become familiar with a self treatment acupressure book.

Once you understand the simplicity and usefulness of the body’s map, you will become enthralled with it and use it daily to balance and treat yourself. As an example, if you come home from a restaurant and feel queasy, look up a treatment for nausea and using your tuning fork; you can feel better in minutes. Treating a headache, fatigue or a sore throat when you feel it coming on can save you much discomfort. Don’t be concerned about the precise spot for the placement of the forks; relax and enjoy the process. Each time you treat someone, you are giving yourself a gift because the sound and love travels also through your body.

The slow gently rhythm you use is likened to a song you create each time you use the OM tuning forks. Like my American Express card, I never leave home without my forks. They are right up there with my driver’s license, credit cards and cell phone. You never know when you might need to fork yourself or someone you love.
In the back of this book I have listed resource books and websites that contain the precise treatment points that can be used for every ailment that you or your family develops. Some of the most common treatment recipes for family ailments are listed there.

HARMONIC MASSAGE SEQUENCE

The Introduction

Ask the client “Is this your first harmonic massage?” If no, just ask the pertinent health questions about cancer, heart conditions, pregnancy and recent surgeries. If it is their first time start with “Well you are in for a Real Treat.” I will be using the OM tuning fork. The sound of the OM vibration is one of the quickest and most effective ways to communicate with our bodies own healing system. Sound is a universal language that the body understands!!

Explain that the massage starts briefly “Face Up” so that we can send sound into the face points for the sinuses and some relaxation points to add to the total relaxation experience. After approximately 10 minutes I will assist you in turning over. The tuning forks will be placed from the top of the head to the base of the spine for a basic overall body tune up followed by a back massage (or selected treatment). After the back massage, applying the forks to the legs and feet starts. The feet are the beginning points of so many meridians and access the entire body through reflex points and are the foundation of our health. Our entire body is represented by various points on the feet.

The Harmonic Massage Begins
Once you are sure they are ready and comfortable with pillows, temperature of the room and sound, activate the OM forks and allow them to hear the beautiful sound. Activate them a second time and explain that the OM sound has been used in India to tune all their instrument to from the beginning of time and that it is the exact sound the Earth makes in it’s annual trip around the sun. This sound will bring the body back into balance and is very safe.

It is also used as a diagnostic tool. If you should experience a sharp pain from the sound being applied to your body in any organ, like the kidney, you should tell me and we will stop the sound application. Although that is extremely rare, I would advise further medical investigation. It could be a simple case of the body needing rest to the body needing less protein, but we always err on the side of caution.

Explain you will be leaving the forks on each point for about nine seconds and if that feels to long or short or the pressure seems too light or deep please let me know. We want this experience to be tailored to your taste. Everyone is different. Now we will begin the actual treatment.

HEAD TREATMENT

Points on the Head:

**All of the Points assist in Lifting Depression**

- **Gv 21**, Point on the top and center of the head.
- **Gv 20**, Point on the center of head about one inch down towards the back of the neck.
Gv 19, Point on the center of head about one inch down from the Gv 20 towards the neck.

Attributes of the Points:

1. Gv 21 (governing vessel 21) assists with treating dizziness, facial redness, facial swelling, nasal congestion lifts depression and headaches.
2. Gv 20 (governing vessel 20) assists with treating agitation, dizziness, headaches, hypertension, nasal congestion, nosebleeds and lifts depression.
3. Gv 19 (governing vessel 19) calms the spirit and assists with treating headaches, insomnia, and visual dizziness, reduces pain and lifts depression.

Governing vessel Gv 19, GV 20 and Gv 21 are the first three points that will be stimulated. When these three points are stimulated sequentially, they not only lift depression but relieve or reduce anxiety, insomnia and headaches.

Procedures on the Head:

Activate the two OM tuning forks and place one or both of the tuning forks on the points indicated.

FACE TREATMENT

Points on the Face:

GB 14, Points on the middle of the forehead.
B 2, Points at the beginning of the eye brows...
St 1, Points under the eyes.
Li 20, Sinus points next to the nostrils.
Gv 26, Point under the nose.
Cv 24, Point under the lip.

Attributes of the Points:

1. GB 14 (gall bladder 14) on the middle of the forehead assists with treating frontal headaches, sinuses and nausea.
2. The B 2 (bladder 2) at the beginning spots of the eye brows assists with treating headache, allergies and acute lower back pain.
3. The St 1 (stomach 1) directly under the eye assists with treating anxiety, and nasal passages.
4. The Li 20 (the large intestine 20) assists with treating all afflictions of the nose including the flu and a cold.
5. The Gv 26 (governing vessel 26) under the nose assists with treating sinuses, depression, and anxiety. It also prepares the back for the treatment that follows by assisting them with the lower back tension, spasms and pain.
6. The Cv 24 (conception vessel 24) under the lip assists with treating lock jaw tooth ache and neck strengthening. It is a major relaxing point, further preparing the client for a beneficial experience.

Stimulation of these points prepares a client physically and emotionally for a totally enjoyable experience. It will help them breathe freely and relax during the session.

Procedure on the Face:

Activate the two OM tuning forks and place the tuning forks on the points indicated; one on the left side of the face and the other on the right side simultaneously.

THE COSMIC OCTAVE PROCEDURE
Within Chinese Medicine, in addition to the internal meridians most Acupuncture therapists are familiar with, there are the lesser known meridians known as the “Eight Extraordinary Vessels”. They represent the body’s deepest level of energetic structuring. These are the first to form in uterus and are carriers of the Yaun Qi; the ancestral energy which corresponds to our genetic inheritance according to Elizabeth Reninger.

In the book “The Extraordinary Vessels” by Kiiko Matsumoto and Stephen Birch on page 7, they refer to an earlier text written circa 1295 A.D. called “Zhen Jing Zhi Nan”. In that text when it refers to paired sets of Extraordinary Vessels, they are described as “special points, that when treated singularly or together, that would control or cure many disorders.” French Acupuncturists call them the “Miraculous Meridians”.

I use these points in a very specific order that is recommended in an article in Massage Journal by Barbara Esher, AOBTA CI. Dipl., ABT & Ac. Lac. “Using this pattern of an infinity sign has a profound balancing effect on the meridian without depleting it”.

Steps in the Cosmic Octave Procedure - Envision the infinity sign as you do this procedure.

1) Place the tuning fork for 20-30 seconds on the Si 3 point on the right hand for a woman (start on left hand for a man).
2) Move the tuning fork to the left foot to the spot just below the ankle for 20-30 seconds B 62.
3) Move the tuning fork to the left hand Si 3 20-30 seconds.
4) Move the tuning fork to the right foot 20-30 seconds.
5) Close the figure 8 by returning to the starting point.

I do not always use this procedure. If time and intuition allows, I use this somewhere in the harmonic massage sequence. I also use this on myself if my energy is low because of the balancing benefits.

BACK TREATMENT

Points on the Neck:

GB 20, Points on the neck just below the hair line.
B 10, Points on the neck about one inch below the GB 20.
B 15, Points on the upper back in the middle of the shoulder blades.

Attributes of the Points:

1. GB 20 (gall bladder 20) assists with treating the sinuses, high blood pressure, stiff neck, sore shoulder muscles and insomnia.
2. B 10 (bladder 10) assists with treating sore throat and weakness in the limbs, headache, neck pain, and sinuses.
3. B 15 (bladder 15) assists with treating of most heart and blood disorders, anxiety and depression.

Points on Upper and Lower Spine:
This part of the harmonic massage is for relaxation so no specific points have been identified. Begin at the base of the scull and make your way bilaterally down the spine. You can stay close to the spine in the transverse process or further out along the bladder meridian. You can also alternate. Excellent points to also incorporate when you begin the back are Si 11 in the center of the shoulder blades. Continue down the spine as you make your way to the sacrum.

Procedure for the Spine:

Activate the two OM tuning forks and start with the points on the neck in the hair line. As you move the forks down the spine there are two relaxing sequences that we have used:

1. Place the OM tuning forks in a parallel position on each side in approximately the same place but on each side of the spine.
2. Place the OM tuning forks in a staggered position (like lacing a shoe with a shoe lace) so that the sound can resonate between the points selected.

You are encouraged to develop your own positions based on what feels good to the clients. This is only a relaxing placement so be creative.

BACK MASSAGE

The type of back massage is up to you. If you are a therapist you will have already worked this out according to your client’s wishes. If you are not trained in massage, a very simple easy to learn back massage sequence is in the next section and also on the DVD. Watch the DVD first and then try it on someone you love. They will understand as you practice and learn how to massage them.
After you have finished the massage, cover up the back and place your hands on the base of the neck and spine with pressure to center your client, if time allows, rock first for a minute (adding your personal touch). Clean your hands with a cloth or alcohol wipe so ALL traces of oil are gone. This is very important because you do NOT want to get oil on the tuning forks; they will be hard to hold with any oil on them.

LEG TREATMENT (If time allows)

Begin by placing one fork in the center of the hamstrings. Then the journey down the legs begins. You can use both forks on the points or one on each leg as you proceed from hamstring, down the center of the calf to the ankle.

FEET TREATMENT

Points on the Feet:

After the leg is finished, go to the feet and place the tuning forks on the tips of the heels. This is not a meridian point or a reflexology point; it just feels good and sends sound into the bone structure of the foot. I see it as the “Knock on the Door”. Sometime, based on the position of the feet, you can only do one foot at a time because you may need to secure
the foot with the other hand. Sometimes you can do both feet simultaneously. Begin and end with K 1 point. With experience and client comments, you will know which points the clients like stimulated the most or points you are drawn to. This is for relaxation; so use your intuition. These were selected because of their extra therapeutic value. Ending with the K1; stimulate the point three times.

Points on the bottom of the foot as they relate to the Body:

- Pad of the big toe – related to the Pituitary gland and cold treatment.
- Beneath the second toe – related to the Sinus, liver and stomach meridians.
- Beneath the third toe – related to the stomach and gall bladder meridians.
- Side of foot at base of the small toe B 67 point – related to nasal obstruction and the kidney.

K1 point center of pad of the foot; this regulates the kidney.

The meridians in the feet are The Kidney, Liver, Gallbladder, Bladder and Spleen. Reflexology therapists believe that there are zones in the feet that are connected to every system and body part. In Chinese Medicine, the feet are considered the foundation of our health. In several Chinese Medicine books for self care, it recommends putting an ice cube on the pad of the big toe to stop a cold as soon as you feel it coming on. I am allergic to cold medications, so I will definitely try this the next time I am faced with a sniffle. In addition to the benefits Chinese Medicine and Reflexology, the “feel” of the tuning forks on the feet is divine. The most “feel good” spot on the foot is the B 67. It is the point below the little toe on the outside of the foot.
FOOT MASSAGE (If time allows)

Depending on the amount of time remaining “your wiggle room” in the time schedule, massage each foot keeping in mind you have yet to do the close.

The Close

Bring the forks to the ears for a complete 30 seconds and then quietly thanking the client, let them know the massage is over. Do some percussion on the entire body to anchor their awareness into the body and assist them in the grounding process.

**Time Table of the Massage Sequence**

The table below reflects individual steps “grouped” with the total minutes for that group reflected under the Approximate Time. This allows the therapist to not have to pay attention to the time for each step but only the time for a group of steps.

<table>
<thead>
<tr>
<th>Step Number</th>
<th>Approximate Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 The Head</td>
<td></td>
</tr>
<tr>
<td>#2 The Face</td>
<td>6 Minutes</td>
</tr>
<tr>
<td>#3 The Cosmic Octave</td>
<td></td>
</tr>
<tr>
<td>#4 The Neck</td>
<td>8 Minutes</td>
</tr>
<tr>
<td>#5 The Spine</td>
<td></td>
</tr>
<tr>
<td>#6 The Massage</td>
<td>22 Minutes</td>
</tr>
<tr>
<td>#7 The Leg</td>
<td></td>
</tr>
</tbody>
</table>
#8 The Feet  }  14 Minutes
#9 Foot Massage  }  
#10 The Close  }  

Total Time  50 Minutes

**Meridians Maps of the Body**

**What are Meridians?**

The Chinese have been treating themselves with meridian based therapies for as long as history has been recorded. Early identification of the location of meridian points and pathways date back over four thousand years.

Meridians are energetic pathways that are beneath the surface of the skin that cannot be seen unless you happen to be blessed with the gift of "seeing energy". The meridians have precise beginning and ending points on the body. They have very specific purposes in the balance and health of the physical, mental and emotional body. (I believe there is also a spiritual component as well.) Each meridian has a number of points, called meridian points, along each pathway and each point has a specific function. Some meridians begin or end at the fingers or toes and others may start or end on the face or near the Thoracic Duct or under the arm. They have a direction of flow and can be detected with electrical devices due to a pool of fluid that gathers at the specific points. When stimulated, they release endorphins. This is why one of their greatest functions is relieving pain; at least pain relief is what we notice most.

The points, called acupressure, acupuncture, meridian points or acupoints, when stimulated help to either strengthen or sedate the meridian which will then coax the body to heal itself. This stimulation can be done as the ancient Chinese
did, with needles, or by heat or more modern ways using electrical charges, tapping, magnets, sound or light.

In the modern world we need more sedating of our bodies due to the fact that we live an over stimulated life as opposed to a more simple lifestyle. Even if we are very sedentary our overactive minds tend to put us on “hyper alert”.

We have included in this section a simplified information sheet on each of the twelve meridians and the two mid-line meridians. The sheet lists their associated properties, starting and ending points of each meridian and reflects the pathway of each of the meridians on the body. At the end of this workbook is a recommended reading list for anyone who would like to self treat with their hands, chopsticks, tuning forks, lasers or electrical magnetic devices and where you can order these over the counter devices.

I use tuning forks and I never leave home without them. I have not needed to take prescription medicine since I began using acupressure. I use my tuning forks and electrical magnetic devices on myself, clients, grandchildren and animals. I have taught children as young as three to self treat and have seen immediate effects from this. My grandchildren get two tuning forks and a map of the points so they can self treat while I drive them to school. This self treatment usually relieves the tummy and headaches that children develop so they don’t have to go to school.

My husband asks where my “forks” are whenever he is not feeling well or sprained something that day. My YouTube account has my most commonly used tuning fork treatment sequences on it so that anyone can follow along. With the healthcare system in shambles, self healing is no longer a luxury, it is a necessity.
TWELVE BASIC MERIDIANS

Bladder Meridian (referred to “B” in the text)

Beginning point: Upper inner corner of the eye, B 1

Ending point: Toenail of the little toe, B 67

Direction of energy flow: Upwards
Number of points: 67

Regulates: The water balance and genital functioning

Effects: The head, bladder and kidneys

Body map of meridian: It begins at the inner corner of the eye at the B 1, then upwards over the forehead and down the middle of the back and leg, ends at the toenail of the little toe at the B 67

Emotions of the Bladder meridian:
Positive aspects: patience
Challenge aspects: restlessness, impatience
Gall Bladder Meridian (referred to “Gb” in the text)

Beginning point: The side of the eye, Gb 1
Ending point: The fourth toenail, Gb 44

Direction of energy flow: Downwards

Number of points: 44

Regulates: Mental activity
Effects: The neck, back, hip, gall bladder and liver

Body map of meridian: It begins at the side of the eye at the Gb 1, travels over the ear to the Gb 12, back over the head to the Gb 14, then down the side of the torso and legs, ends at the fourth toenail at the Gb 44

Emotions of the Gall Bladder meridian:
Positive aspects: love and compassion
Challenge aspects: Rage and wrath
Pericardium Meridian (referred to “P” in the text)

Beginning point: The chest, P 1

Ending point: Tip of middle finger, P

Direction of energy flow: Downwards

Number of points: 9

Regulates: Circulation of blood and mental activity

Effects: The arm, stomach, heart and Nausea

Body map of meridian: Start at the chest at the P 1, and runs down along the middle of the arm and ends at the tip of the middle finger at the P 9

Emotions of the Pericardium meridian:
  Positive aspects: Generosity
  Challenge aspects: Jealously
Heart Meridian (referred to “H” in the text)

Beginning point: Center of the arm pit, H 1

Ending point: Corner of the little finger, H 9

Direction of energy flow: Downwards

Number of points: 9

Regulates: Circulation of the blood and mental activity

Effects: The arm and chest

Body map of meridian: It starts at the center of the arm pit at the H 1 and goes down to the corner of the little (pinky) finger at the H 9

Emotions of the Heart meridian:
- Positive aspects: Love and compassion
- Challenge aspects: Hate, anger and blame
Kidney Meridian (referred to “K” in the text)

- **Beginning point:** On the sole of the foot at the K 1
- **Ending point:** Below the inner collar bone at the, K27
- **Direction of energy flow:** Upwards
- **Number of points:** 27
- **Regulates:** Blood pressure and growth of bone and cartilage
- **Effects:** The inner leg, urinary disorders, lower back pain, kidney, bladder, lung, cartilage, hair and nails

**Body map of meridian:** It ascends the inner leg, up the abdomen and chest and ends just below the collarbone at the K 27

**Emotions of the Kidney meridian:**
- **Positive aspects:** Trust in the flow of life, opposite sex and self
Challenge aspects: Fear and anxiety

**Large Intestine Meridian (referred to “Li” in the text)**

- Fingernail, Li 1
- Ending point: The opposite side of the nose, Li 20
- Number of points: 20
- Direction of the energy flow: Upward
- Regulates: Excretion of waste

Effects: The hand, arm, face, abdomen, skin and nose

Body map of meridian: It flows up the index finger, forearm and upper arm to neck. It runs across the top of the mouth and ends up on the opposite of the nose

Emotions of the Large Intestine meridian:
- Positive aspects: I am love incarnate
- Challenge aspects: I do not deserve and I feel guilty
Liver Meridian (referred to “Liv” in the text)

- Beginning point: Big toenail, Liv 1
- Ending point: Below each nipple, Liv 14
- Direction of energy flow: Upwards
- Number of points: 14
- Regulates: The secretion of bile, circulates blood, secretes bile
- Effects: Tendons, legs, muscles, urinary tract

Body map of meridian: Start at the big toenail at the Liv 1, ascends the inside of the leg and torso and ends just below the nipple at the Liv 14

Emotions of the Liver meridian:
- Positive aspects: Naturally happy
- Challenge aspects: Unhappy and feeling like a recluse
Lung Meridian (referred to “Lu” in the text)

Beginning point: The upper part of the chest, L 1

Ending point: Near the thumb nail, L 11

Direction of energy flow: Downwards

Number of points: 11

Regulates: Respiration

Effects: The arms, chest, lungs and skin

Body map of meridian: It begins with the upper part of the chest, descends the arm, ending near the thumb nail at the L 11

Emotions of the Lung meridian:
Positive aspects: Humility and tolerance
Challenge aspects: Disdain and false pride
**Small Intestine Meridian (referred to “Si” in the text)**

- **Beginning point:** It begins at the finger nail of the little finger, Si 1
- **Ending point:** In front of ear, Si 19
- **Direction of energy flow:** Upwards
- **Number of points:** 19
- **Regulates:** Separates energy from food and transportation of waste to the large intestine
- **Effects:** Arms, shoulders, neck and small intestine

Body map of meridian: It begin at the S 1 on the fingernail of the little finger, runs along the outside of the arm up over the neck and zig zags back across the face to end in front of the ear

Disorders addressed: Arms, shoulders, neck and small intestine

Emotions of the Small Intestine meridian:
Positive aspects: Joy
Challenge aspects: Sadness and fed up with life’s circumstances

Spleen - Pancreas Meridian (referred to "Sp" in the text)

Beginning point: It begins near the corner of the big toenail, Sp 1

Ending point: The upper/inner chest, Sp 21

Direction of energy flow: Upwards

Number of points: 21

Regulates: digestion, circulation of the blood and immunity

Effects: The legs, perineum, spleen, immunity and soft tissue

Body map of meridian: It begins near the corner of the big toenail, ascends to the inner aspect of the leg and thigh, follows up the abdomen on and ends on the upper/inner chest

Emotions of the Spleen meridian:
Positive aspects: Feeling safe and secure about the future
Challenge aspects: Anxiety about the future
Stomach Meridian (referred to “St” in the text)

Beginning point: Below the eye, St 1

Ending point: Corner of the second toenail, St 44

Direction of energy flow: Downwards

Number of points: 44

Influences: Ingestion, digestion and transportation of food

Regulates: Legs, abdomen, stomach, intestines, muscles, tendons and mouth

Body map of meridian: It begins below the eye, flows down the cheek to the jaw bone, makes a “U” turn and flows upwards to the forehead. From the lowest point of the “U”, it flows downwards along the chest where it runs sown along the nipple line to the abdomen, then down the outside of the leg to end at the corner of the second toenail on the St 44

Emotions of the Stomach meridian:
  Positive aspects: Satisfied and tranquil
  Challenge aspects: Disappointment in others and bitterness
**Triple Warmer Meridian (referred to “Tw” in the text)**

Beginning point: Near the fourth fingernail, Tw 1

Ending point: Eyebrow on same side, Tw 23

Direction of energy flow: Upwards

Number of points: 23

Regulates: Maintains hemostats of the body

Effects: Specific pain in the upper limbs, in the shoulders, upper chest and eyes

Body map of meridian: It begins near the fourth fingernail, runs up over the hand, outside of the arm and shoulder, up the neck and the eyebrow on the same side.

Emotions of the Triple Warmer meridian:
  Positive aspects: Hopeful and passionate
  Challenge aspects: Loneliness, despair and heavy heart
Two Midline Meridians

**Governing Vessel (referred to “Gv” in the text)**

Beginning point: The perineum

Ending point: The mouth

Direction of energy flow: Upwards

Number of points: 28

Regulates: The large intestine, urinary bladder, triple warmer and gall bladder

Effects: Other organs

Body map of vessel: It starts at the perineum at the Gv 1 and travels upwards along the spine, over the head and to the upper lip at Gv 28
Conception Vessel (referred to “Cv” in the text)

Beginning point: Center of the perineum

Ending point: Just below the mouth

Direction of energy flow: Upwards

Number of points: 24

Regulates: The lung, spleen, heart, kidney, pericardium, and liver

Effects: The sympathetic nervous system and stimulates the parasympathetic point along the vessel

Body map of the vessel: It starts at the center of the perineum at the Cv 1 and ascends upward on the middle of the body to just below the mouth on the bottom of the lip at the Cv 24
Articles and Books Referred to in the Workbook

Articles:

Various Articles from the American Massage Therapy Association:

*The Physician and Unconventional Medicine* taken from “Alternative Therapies in Health: Medicine 1”.

*Pressing the Flesh* taken from the “New York, January 12, 1998 issue”.


*The Healing Power of Touch* taken from Life Magazine, August 1997

*Road Maps of Our Lives: Navigation the Eight Extraordinary Vessels* taken from the Massage Journal

Books:

*Acupressure Without Needles* written by J. V. Cerney

*Everything You Need to Feel Good* written by Dr. Candice Pert Ph. D.
There’s No Place Like OM written by Donna Carey and Marjorie de Muynck

The Extraordinary Vessels written by Kiiko Marsumoto and Steven Birch

Pictures of the Points in the Harmonic Massage

# 1 The Head

# 2 The Face

# 3 Cosmic Octave

# 4 Back of Neck

# 5 The Spine

# 8 The Feet
Resource Books and Websites

(Treatments and treatment points for various ailments)

Books:

*Acupuncture Without Needles* by C. V. Cerney

*There’s No Place Like OM* by Donna Carey, Ph.D. and Marjorie de Muynck, MA, LMT

*The Acupressure Atlas* by Bernard C. Kolster M. D. and Astrid Waskowiak, M. D.

Websites:

www.acutonics.com

www.acumedico.com

www.somaenergetics.com
Articles written by Regina Murphy

Article One

Don’t just get a check-up – Get a tune-up;
Is Sound Therapy Effective?

The answer is “Yes”, but just like everything else, sound can have both positive and negative effects. Unless you are a trained professional or are using a sound therapy that has been perfected and tested, caution needs to be taken. Sound therapy uses the body’s own innate wisdom to bring it back into balance. All things vibrate at their own specific sound frequencies whether they are animal, vegetable or mineral. Each of our bodily organs has their own frequency.

If we know that:
- Susan Boyle affected millions in an instant with the most powerful sound in the world; her voice. See her performance on YouTube.
- Listening to Baroque music while studying increases the learning potential of individuals dramatically.
- Listening to the music of Mozart is relaxing and has proven healing qualities.
Princeton University graduate Joel Sternheiner, discovered the mechanism that calculates how plants respond to the stimulation of sound waves. Sound affects the amino acids and protein molecules in all living things. Produce grows more than twice as fast without any viruses when played a simple sound frequency for less than one minute. The implications of this discovery on the quality of our food supply is hard to imagine; no more chemicals and the elimination of famine?

- Sound travels four times faster in water than in the air; our body is 80% water. These two facts explain the reason for the astonishing success of sound therapy.
- Sound is the first human experience we perceive while in the womb; the first human sense we develop.
- Every sound frequency has an effect on our body; it can be beneficial to us or it can harm us.
- Sound has a direct immediate effect on our moods, attitudes energetic levels and overall well being. When Susan Boyle sang on Britain’s Got Talent, the whole world witnessed and was part of judgmental criticism instantly changing to “AWE”.

Knowing these facts, it is hard to understand why more research on sound effects and sound therapy has not been done. Sound therapies have broad implications of being able to address more than one area. The advances made in the medical field using sound have changed many of the procedures necessary to diagnose and correct medical issues; witness the development of the Ultrasound.

The following statements summarize the optimism for new medical advances using sound:
“There will come a time when a diseased condition will not be described as it is today by physicians and psychologists, but it will be spoken of in terms of a piano that is out of tune” by Rudolph Steiner.

“The body is held together by sound – the presence of disease indicates that some sounds have gone out of tune” by Deepak Chopra.

Sound therapies have been developed using knowledge available to man from the beginning of record history. It uses sound frequencies that have been studied, analyzed and refined using basic vibrations. For instance, the earth has three basic vibrations, sounds or frequencies. The sound as it rotates daily (194.18) is one, as it annually rotates around the sun is another (136.10) and the third (172.06) is as it makes a 26,000 year journey through the cosmos. These are mathematical calculations discovered by the Swiss mathematician Hans Cousto and converted into hertz, raised enough octaves so they could be felt and/or heard by humans.

These frequencies heal the body, the mind and the soul if they are properly used with the basic knowledge of frequency. It even appears that the OM frequency of 136.10 has absolutely no negative side effects. We know only too well all of the negative side effects of using prescription medications. I tried desperately to find one negative side effect of the OM frequency but could not. When we chant that sound over time, the body brings itself into balance. If the blood pressure is too high or too low, chanting the sound frequency and the word “OM” will bring it back to normal. The Om frequency of 136.10 is said to have all sound in this one tone.

If the body has an excess of a particular frequency the exact opposite of that frequency will be produced from the Om
frequency to assist the body back into balance. Starting to use the OM frequency at an early age in life could keep us in good shape and emotional balance. Using an Om tuning fork and placing it on the body or chanting OM sound with your own voice, especially with the intention of healing yourself, can also keep you in very good physical and emotional health.

NASA knows the value of sound vibrations and has frequency generators on the space shuttles that resemble the frequency of the earth to keep the astronauts healthy during their space missions.

Bioacoustics research has proven that our voice is our *vibratory signature*. If we have a disease or imbalance our voice will carry that frequency which can be diagnosed with computer technology and treated with sound. Of course, the computer will only detect an excess or deficiency of a needed frequency. Bioacoustics research is so promising I think in the very near future, instead of testing our blood for how much insulin we need, we will just test our voice in the morning, use a tuning fork on a meridian point and that will keep us healthy until we wake up the next day.

Research in the field of brain mapping has determined that while listening to binaural beats, the brain is stimulated by the sound. This is another fascinating method to improve our sound balance. The synergistic result of using the combination of sound and meridian points has more astounding results than just sound alone.

Acutonics uses the meridian points and planetary tuning forks; Emotional Sound Techniques uses them in combination with Energy Psychology and crystals. As a sound therapist using Emotional Sound Techniques, I received numerous calls from clients reporting healings just from listening to Susan Boyle on *Britain’s Got Talent*
There is a woman who channels music called *Inward Harmony* who has been causing spontaneous healing worldwide. See the websites referred to at the end of this article. Dr. Sherry Edwards has developed “Voice Profiling” which is the most advanced voice technologies and has practitioners worldwide.

If I am in an accident or have a heart attack, I will probably say “Take me to the hospital”. Short of that, I will be using sound, light and vibrational medicine as much as I can to correct whatever needs to be corrected. Not only because sound works so well, if used properly, but sound has fewer side effects; if any at all when done correctly. We are living in a governmental system that, because of large political contributions, favors the pharmaceuticals. We have ten million of our children on Ritalin and absolutely no research on their long-term effects. They are not even required to disclose negative side effect if they knew of any.

The risk of addiction to amphetamines is well known and the “*Physicians Desk Reference Book*” the entry for Ritalin emphasizes the possibilities for dependency. The National Institute of Mental Health has issued warnings about this danger with no avail. We are a society paying a huge price for cocaine addiction when it is probably a direct result of putting our children on a drug without any studies required.

We have a medical system in which the doctors are so specialized that they only have one area of expertise. The rest of the body is sometimes thrown out of balance from the chemicals prescribed or surgery employed to correct that one symptom. Sound can be a truly beneficial holistic approach that not only brings the body into homeostasis, but advances the soul of the person and ripples out to all they touch. I highly recommend you view the following websites if you would like to begin a journey to enhanced quality of life.
Conclusion

Sound has contributed to our quality of life and is coming to the forefront with the advent of Holistic Medicine. Its value, without any question, is the lack of life threatening side effects so often an integral part of other forms of medical treatment and procedures. Prior research has produced fantastic results in the areas of our basic knowledge, different therapies and equipment. We should question whether more emphasis should be given to something so effective and yet so safe. You be the Judge!

www.thesecretsofsoundtherapy.com
Visit this website to see energy photos of how sound transforms energy

www.the-tree-of-life.com
Visit this website to learn about Acupuncture4themind

www.JBAB.com
Visit this website for medical peer reviewed information on Dr. Sharry Edwards – revolutionary technology of voice profiling

www.musicbymarcy.com
Visit this website to hear the music channeled by the angels and her story

www.acutonics.com
Visit this website to hear planetary frequencies and learn more about their healing properties
Article Two

“Sounds from Space” Improve Your Life

Sound of the Spheres

From Pythagoras to Mozart to NASA, the Sound of the Spheres went from theory to fact.

There are three sound vibrations that the earth makes as it rotates in the galaxy. The daily rotation of the earth on its axis is called “Earth Day” and has a 194.71Hz vibration, the annual cycle around the sun is called “OM” or “OHM” and has a 136.10 Hz vibration and the 26,000 year cycle around the sun is called “The Platonic Year” and has a 172.06 vibration.

These vibrations that the earth makes as it travels through space are the vibrations that can not only be used in prevention of illness but also to heal, relax, and energize us; keeping us balanced and healthy.

Other cultures have known and used these sounds. In India, since the recording of history, the OHM vibration (136.10 Hz) was used to tune all their instruments. In China, the (172.06 Hz) was used to tune their instruments. Although these frequencies of the earth’s rotations were not mathematically calculated until the late 1600’s, these ancient cultures knew of the innate healing properties of these vibrations.
It is a proven fact that our bodies are affected by sound. The perfection of ultrasonic equipment was a monumental medical advance. Socially, music is used daily and it affects our moods, whether uplifting or depressing. When we are worried or “down in the dumps” a cheerful or upbeat song changes our mood immediately. Different notes or combination of them, coupled with the volume and beat, is what the body uses to change its moods and attitudes.

It is known that each organ in the body has its own special frequency. The effect of the sound is amplified by activating tuning forks and stimulating the meridian points with the stem of the fork being place directly on the body. When only the ohm fork is used, its vibration travels through the body signaling the body to go into balance and discard negative feeling and blockages. We do not need to know what the body needs. The body’s innate intelligence takes that sound and uses it where ever it is needed. Just as the body breathes and fights infection without out help, it knows exactly what to do with the “OHM” frequency.

Creating a **Harmonic**

Creating a harmonic can be achieved by combining the Ohm fork with the platonic year or the earth day. Their combined sounds create another dimension to the healing power of sound. The harmonic that is produced by activating an Ohm tuning fork (136.10 Hz used in India) and a Platonic year (172.06 Hz used in China), sedates or relaxes. The combination the Ohm (136.10) and the earth day (194.71) tonifies, strengthens or energizes.

Dr. Jeffrey Thompson ([www.jeffthompson.com](http://www.jeffthompson.com)) is currently performing research in the emerging field of neuroacoustics; the results are astounding. Dr. Kurt Ebert PhD, creator of Acutone Cd’s and Acupuncture for the mind ([www.the-tree-](http://www.the-tree-))
of-life.com) uses sound in the most amazing ways. If you type these numerical frequencies or websites into your “search engine” the information you will find will bring you to a new awareness of the “Power of Sound” and the significance of the “Sound of the Spheres”. To maintain good health and emotional balance, these harmonics can be applied to certain meridian points using tuning forks when physical and emotional challenges arise.

I have been using these harmonics for many ailments of my clients, my family and myself for over five years. As an example, my grandchildren treat themselves with my tuning forks on the way to school in the backseat of my car. If they have a nervous stomach, sore throat or bronchitis, the positive change has been immediate. Another example is when my husband asks me to bring the forks to the living room, I know his allergies are bothering him, he has another infected ingrown toenail or he ate something that didn’t agree with him. I also use the sedating harmonic vibration, in place of tapping, in an Energy Psychology session with severe anger, fear or trauma.

**A harmonic is marked or produced by harmony.**

Each frequency carries its own property, but the combination exceeds its individual power, creating a unique healing wave. This harmonic produced by the 136.10 Hz and the 172.06 Hz can also be used to enhance a meditative state, allow sleep to begin more gently and rapidly and instantly transform your energy and thought process. Simple point stimulation with this harmonic produces great relief for lower back and limb pain, psoas and gluteal muscle release, neck and upper limb pain, as well as parasympathetic points.

In today’s society, inflammation seems to be the cause of many of the most common health problems. This combination reduces inflammation on contact without the
use of harmful chemicals. IF we combine the “OHM” vibration with the Earth Day (194.71 Hz) it can replace your afternoon coffee break or help stimulate your immune system during cold season. Reliable information about meridian points and how to stimulate them is available for free to those interested on many sites, as well as my own.

We are made up of trace minerals. Each trace mineral in the earth has a specific vibration. It makes so much sense that we use these vibrations from the earth, the very substance of “What We Are” to bring us into homeostasis. The combination of sound and Energy Psychology is the quantum leap in self healing.

LET THE HEALING BEGIN!

For more information and to sign up for easy to follow recipes go to www.thesecretsofsoundtherapy.com
Article Three

An “Extraordinary” Dimension

The Karate Chop and the Gamut points have always intrigued me. One interesting fact about the psychological reversal point (Si 3), is that in Traditional Chinese Medicine it is the opening point for the most important of the Eight Extraordinary Vessels; the Du Mai. The Gamut spot (Tw 3) is not far from another point (Tw 5), which is the opening point of the Yang Wei Mai. Extraordinary Vessels run outside the body and assist with all excess and deficiencies which is the goal of Traditional Chinese Medicine. They are believed to be the first thing formed in the uterus by the most respected teachers of Traditional Chinese and Japanese Acupuncture.

In Chinese Medicine these points are supposed to be paired with the balancing point on the opposite ankle. In my sessions, I began using two of the four pair in conjunction with their opposite vessels which forms a figure eight formation. Upon further investigation, I realized that these were considered sacred, miraculous and powerful points. They have been shrouded in so much mystery that when taught publicly in 1279 by Li-Zhen, he was assassinated the next day. Had I read all the precautions in the Chinese medicine literature before I started using these points, I would have been afraid to try them. However, armed with only ignorance and curiosity, using them has seemed to bring about dramatic changes for the better in the lives of my clients. I also often wondered why it has never seemed
to be a priority to balance the other side by stimulating points on both sides of the body when balance is the main focus of Chinese Medicine.

In a paper published in 1980, *The Extraordinary Acupuncture Meridians: Homeostatic Vessels* in the American Journal of Acupuncture, Leon I. Hammer M. D. lists the Psychological Functions of the Eight Extraordinary Vessels; these are the four Points I work with:

- **Si 3** Mental instability, thoughts entangled
- **Bl 62** Sadness, mental fatigue, antisocial, lazy
- **Tw 5** Violent fear
- **Gb 41** Lack of calm, memory, indecision, sour nature

When muscle testing deems it appropriate, I begin by activating one of the two sets of points in a gender specific order, depending on the body’s highest priority, with the OHM tuning fork while the client thinks about the issue. (Diagrams and detailed procedures are available upon request). I begin a typical EFT comprehensive with the
addition of some of Dr. Larry Nimms phrases and hand placements if severe trauma is observed. Once the emotional intensity is zero or very low, I install the “Be Set Free Fast” program and close with the “Four Minute Reprogramming”. These are similar to “Balanced Breathing” and Psych-K’s “Whole Brain-Posture”.

I also incorporate these points (Si 3 and Bl 62) into my Harmonic Massage protocol with seemingly fabulous results. A short video of the massage procedure is available on YouTube “harmonicsone”. I call the use of these points the “Cosmic Octave” but discovered that I am not the first to name this procedure. There is a wonderful article in Massage Magazine by Barbara Echer called “Road Maps of Our Lives: Navigating the Eight Extraordinary Vessels. This can be viewed at:


Her explanation of Extraordinary Vessels is superb. Because I incorporate various planetary frequencies and pointed Vogel crystals and Herkimer diamonds on the points, I often alternate them as I go through the procedure.

We all strive to improve existing methods as we incorporate new concepts into our practice. I believe we are the hope of preventative care as we watch our current healthcare model falter. This might be a new dimension in Energy Psychology.

Regina Murphy L.M.T. Founder of Emotional Sound Techniques Association, an approved provider by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider; approval currently pending in additional National Boards. www.thesecretsofsoundtherapy.com
Article Four

Sound Therapy Applications for Everyone

Music and sound therapists, although small in number, are amazingly dedicated to their work. Most sound researchers and therapists become the classic “Mad Scientists” of our time. These “Mad Scientists” come from a diverse group made up of musicians, composers, scientists, psychologists and energy therapists. This group also includes those who dabble in the mysterious realms of the “occult or metaphysics”. They have the knowledge that this invisible power called “sound” can alter all molecular structures. One thing they all have in common is the knowledge that they have the “Keys to the Kingdom”.

As far as technology and sound, almost everyone can access their simple components and begin the first step in altering the vibratory signature of our cells which is also known as “The Journey of Self Healing”. Sound researchers and composers, from the beginning of time, have had musical compositions and chants that heal. Becoming aware of the impact we have on the symphony of life is the first step of conscious creation.

Research into binaural beats and brain entrainment has been pursued for over thirty years with amazing success in the areas of stress relief, pain management and peak performance both mentally and physically. In Germany, doctors prescribe CD’s for common ailments and are
promptly reimbursed by their insurance carriers; a fact dreaded by the pharmaceutical companies. Most research funds are allocated directly to pharmaceuticals and bypass the research on the root of core molecular change that occurs with the use of sound.

NASA has long been researching the uses of sound for civilian, military and space applications. Radar became functional in 1934 using the principles of sound reflection off objects. NASA uses sound generators and vibroacoustics delivery systems to keep our astronauts healthy in space. It is one of the few research facilities where funding into sound research is abundant.

Changing the molecular structure of the water we drink and the liquid in our bodies is how sound can have the immediate results on the body’s cells. The effects of sound on water is another field of great potential considering the majority of all living entities, human, plant and animals, are mostly water. Even the beloved planet we live on is largely composed of and operates on water. Many sound programs are available free on the internet as well as the effect of each frequency on water and biology. The list of companies that make healing music and tuning forks are endless and easily accessible to anyone with internet access.

I am aware of several companies that manufacture and sell vibroacoustic delivery systems. These systems allow a person to recline on a sound bed or sit on a sound chair in which special transducers have been placed which convert the music into sound vibrations in the unit. I personally have never experienced anything that feels so good and is actually good for you. Applying healing sound frequencies directly into the body by lying on a sound bed or sitting on a sound chair not only feels good but is medicine at its best.
In 1992, a research program at NIH Clinical Center included vibroacustics. The results were astounding and are available at www.musicandlearning.com. These studies referenced include 15,000 patients with results for autism, pain, anxiety, chemotherapy symptoms, cerebral palsy and invasive medical procedures on infants.

The following is a quote from the website of Dr. Jeffery Thompson, D.C., B.F.A. He is the most respected man in the field of research with vibroacustics.

“The obvious stress reduction benefits of listening to relaxing music have been proven through numerous research projects in hospitals, universities and private clinical practices over the course of many years. Normally, hearing involves sound waves pushing air pulses against the ear drum, moving the mechanical joints of the middle ear bones which amplify these vibrations to the inner ear, which pushes fluids into wave pulses, which move tiny nerve ending, which fire signals through the 8th cranial directly into the Temporal lobe of the brain, which interprets the impulses as “sound”.

By delivering these sound frequencies through the body directly, an entirely different system of the body – spinal cord and areas of the brainstem and brain – are brought into play, with the possibility of direct cellular stimulation. Direct stimulation of living cellular tissue using sound frequency vibration has shown marked cellular organelle response with a corresponding measurable increase of cellular metabolism and therefore a possible mobilization of a cellular healing response. Since the human body is over 70% water and since sound travels 5 times more efficiently through water than through air, sound frequency stimulation directly into the body is a highly efficient means for total body stimulation, especially at the cellular level.
Sound frequency pulse waves played directly into the body has a profound effect on the nervous system. The entire posterior 1/3 of the spinal cord consists of nerve tract bundles whose sole purpose is the transmission of vibration sense data to the Brain Stem, Cerebellum, Pons, Medulla, Hippocampus/Limbic System (emotional processing areas) and various areas of the Cerebral Cortex.

Far-reaching possibilities are inherent in using this type of vibrational technology in the areas of massage, energy work, physical healing, emotional release work, hypnosis, stress reduction, relaxation and meditation.”

The vibroacoustic delivery systems that have now been developed certainly are able to deliver sound frequencies directly into the body. Each company that manufactures the vibroacoustic delivery systems has their own variety of chairs, beds, pads and musical CD programs. Each of the systems can be used with all forms of healing music available; medical music CDs, medication CDs, your favorite CD collection of songs we have on our IPods and Playlists. Prices for the delivery systems range from $500 for portable vibroacoustic pads systems to in excess of $10,000 for vibroacoustic motion bed systems.

Working with tuning forks and the meridian system is one way of targeting specific illnesses but for those without the education, vibroacoustic delivery systems are the most effective way to influence our health with sound. Finally, the one thing we all have available at no cost and is the most healing instrument on the planet is the human voice. Each charka becomes a speaker as we sing, tone or OM sacred sounds. Wayne Perry wrote the masterpiece in this field; Sound Medicine. We all know the power of kind words delivered with love. This is an undeniable force and costs nothing. I doubt we can begin to comprehend the power we all hold in just the words we use to greet one another.
Just as with all variation of healing methods, there must be an intention to receive the healing and a vibrational match of the person receiving the healing for sound therapy to reach its full potential. What makes sound unique in the healing arts is its ability to reach the masses with various delivery systems on every level and within each family’s budget. The most economical delivery system is putting your own speakers up against your own bath tub or foot bath using water as the carrier of the sound waves into the body. Clearly, sound therapy applications are available to everyone.