

Nature's Creative Expression Through Sound

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The creative expression of nature is all around us. Walk outside and listen to the birds, crickets and cicadas, feel the breeze moving the trees in rhythm to the wind, look at the myriad of colors expressed in the flowers, birds, leaves and the patterns created by the stars in the sky. Nature expresses herself with an abundance of helpful information. She tells us when a storm is approaching, when seasons are changing, when to plant and when to set sail. We see nature's sights and we hear nature's sounds. But, did you know that we can also see nature's sounds?

Evidence of sound images date back centuries. The Rosslyn Chapel in Midlothian, Scotland, was discovered by The Knights Templar in 1477. Its distinctive architecture includes 213 cubes engraved with symbols, believed to be ancient musical notations.

Ernst F. Chladni, known as the father of acoustics, was an eighteenth century scientist who demonstrated how to view the effects of sound on matter by using a violin bow to stroke the edge of a plate covered with sand. Patterns created by these sound vibrations were amazingly intricate. Dr. Hans Jenny, a Swiss scientist who coined the word "cymatics" to describe the study of sound waves, expanded on Chladni's work in the 1960's. He produced elaborately detailed patterns by placing sand, fluid and powders on metal plates and vibrating them with a frequency generator attached to a speaker. This clearly showed that different frequencies produce different patterns, each uniquely intricate.

Not only is sound beautiful to see and hear, it is valued by cultures around the globe for its ability to heal. Pythagoras, the Sixth Century B.C. Greek philosopher, is credited with being the first to use music to heal the body and the emotions. Sound has been used to heal throughout time and still today. The Sufis chanted sacred words and the Hindus chanted mantras and used bells and cymbals. Ancient Chinese healers used "singing stones" made of jade. Tibetan monks still use "singing bowls" made of metal alloys and American Indians sing to the rhythm of drums.... the list goes on and on.

Today, many of ancient healing modalities are experiencing a resurgence, not only in their countries of origin, but all over the world. Healing centers across Atlanta offer healing sessions and workshops using tuning forks, quartz crystal bowls, chanting and toning, as well as advanced vibrational instruments and devices.

One of the most prominent pioneers in using sound to heal is Dr. Peter Guy Manners, a British osteopath who was so inspired by Dr. Jenny's cymatic discoveries that he began to conduct research on how sound frequencies effect the cells and systems of the human body. After decades of collaborative research, Dr. Manners created a device that emits combinations of frequency to treat nearly every aspect of the body. Patients flocked to his clinic from around the world until his retirement in 2005 at the age of 95. Today practitioners use his technology in health centers worldwide. It has even been used to treat injured racehorses with great success.

Nearly everyone has experience some form of sound healing, just by listening to music that resonates with them. Science is now able to show that, not only does sound heal on a

psychological level, it literally alters the patterns of cells, allowing the body to return to a state of natural harmony. Picture yourself walking along the beach... there are footprints, seaweed and other disturbances in the sand. As a wave comes ashore and sweeps over the sand, it is swept clean and returns to its naturally smooth state. This is exactly how sound soothes disturbances in the cells of the body.

Sound is the wave and rhythm of the body. Our cells naturally align with the sounds and frequencies surrounding us. Unfortunately, in our modern society we are bombarded by a cacophony of noise pollution and an increasingly dense field of electromagnetic disturbances from wireless technology. If we are to continue living in this world of sensory overload, it is vital that we offset these negative vibrational disturbances by exposing ourselves to healing sounds and vibrations, allowing the body to return to its natural harmonious state. Give it a try and feel your cells express their natural chord!