

Pre-task: A philosophy in Presence

What is sound? And how does sound bring healing and change; create form and actualise manifestation? What is the power of resonance, entrainment and intent through sound? In this learning module we journey deep within our internal world where we find the origin of music - sound.

Our master on this journey is Steve Tsakiris, a public speaker, teacher, writer and workshop facilitator. He has researched from traditions in the east and the west, psychology, spirituality, Eastern traditions, Western traditions, Aboriginal traditions, African traditions, Greek traditions, and has synthesised many different tools for self-exploration and transformation.

Steve's goal is to use sound for personal development since sound is a tool to bring the listener into the present moment.

The Mystery of Sound

There are some things – only philosophers will be able to answer. The purpose and mystery of sound can be traced back to the beginning of time and creation. In biblical texts they talk about “in the beginning was the word.” And, what is the word? It is sound. The Eastern traditions talk about Nada Brama, everything is a sound. Aum is one of the sounds that they believe to be sacred at the creation of the universe. Even scientists call the beginning of the universe the big bang. What is a big bang, but a sound? So sound interlinks everywhere. Plato talked about it; Pythagoras talked about it as the music of the spheres. Everything has a vibration and everything therefore has a sound.

There are three primary principles we work with to use sound in our lives. They are resonance, entrainment and intent.

1. Resonance

Quantum physics tells us that everything is in a state of vibration, our physical body, our bones, our liver, our kidneys, our heart, our brain. All of these are vibrations of energy. Our thoughts, emotions, spirit and soul are all vibrations of energy. We are in effect resonating beings made of sound. Our environment is also made of vibrations of energy. Sound has an affect on all these different aspects of who we are and our relationship to the environment.

Using the electroencephalograph or EEG, scientists have measured the four different frequencies of our brainwave activity. Beta activity is very fast, 12 – 40 hertz, and is used when we are alert. Alpha brainwaves are slower 8 -12 hertz when we are more relaxed, but responsive and receptive. Alpha is the best state to learn and recall. Theta is even slower, 4 - 8 hertz, the state we slip into when we are deeply relaxed like in deep meditation. Delta 0.5 - 4 hertz we find in the human brain during sleep, and is best for rest and re-charge.

Sound resonates. And each resonance has a frequency. Frequency + intention = energy

2. Intention

Through intention, our consciousness can effect the outcome. Sound is like a carrier wave of consciousness pretty much like a radio station uses a carrier wave signal to transmit its programming. What we intend to do with the sound is important and we can use our sound, through our music, instruments or voice, to transmit our intention.

Take the work of Dr Emoto, the Japanese scientist. He designed a series of experiments where he exposed frozen water to different types of music. He used a dark field electron microscope to photograph the frozen

water at a molecular level.

Certain types of music caused the water to form crystals. Angry music caused the water formation to distort like mutated cancer cells, whilst beautiful music, chanting and prayer produced beautifully formed crystals, like sacred geometric figures.

With over 75% of our body made up of water, can you imagine how important are the sounds we expose ourselves to, the words we use, and the thoughts we think?

3. Entrainment

Entrainment is the ability of one vibrating source to lock onto and bring into step a second vibrating source. Through entrainment, one vibrating source such as music, can bring into resonance a second or a third vibrating source such as the various parts of the human being. It is through entrainment that sound heals.

Think how traditional and indigenous cultures use chants, traditional instruments and drumming to create altered states of awareness and consciousness. To these ancient cultures, sound is a spiritual technology. Sound was used to entrain the brain waves; this had an effect of healing body and mind, and enabling communication with the ancestors.

Now answer the following exercise questions

1. What is awareness, but to be truly present? Where are you right now? How are you feeling? What are you thinking? And, how does what you are thinking make you feel?
2. All music comes from a place of silence and stillness. How do we touch the silence within ourselves? How do you touch the silence within yourself? Can you think of practices and disciplines, training and activities that you, your family or people in your community use to touch the silence within?
3. Before we make a sound we must take a breath. Many ancient religions and philosophies speak how creation started with a sound, but what about breath? How do you breathe? Are you aware of your breath? What is the relationship between your breath and your sound?
4. Through Dr Emoto's experiment we see the power of intention in creating beauty. What is your intention and what are the intentions you wish to put into your creative output? What would you most like to manifest? What would you most like to sing into existence? Visualise it, dream it, sing it and actualise it: