



WELCOME TO THE SACRED SCIENCE OF SOUND™  
**4-HOUR INTRODUCTORY COURSE**



SACRED SCIENCE OF SOUND

# INTRODUCTORY COURSE

*"We are made of Sound Vibration and Light.  
It is from whence we come and whereto we shall return."*

- JERALYN GLASS WITH DYLAN SAGE

## **A Heartfelt Welcome!**

As a classical musician, I have always been acutely aware of the healing power of music. Living and working as an opera singer and Professor in Europe and hearing so many different languages, I came to truly experience Music as one of the most powerful means of expression which knows no boundaries, no hatred, no differences. It is the language which unites human beings. Music embraces the Soul, moving us into the invisible realm, even beyond where words, touch and medicines can go, bringing transformation and healing.

The idea of an educational and experiential platform connecting Science, Energy Medicine, Spirituality and the Healing Power of Music was born in 2017, two years after the passing of my beloved son. Submerged in my grief, using crystal alchemy singing bowls as my balsam, sharing healing music meditations for cancer patients and studying Bioenergetics with pioneer Dr. Sue Morter, the Sacred Science of Sound was created. I envisioned a community grounded in the vibrations of love, generosity and service and now, to my great joy, it is birthed and thriving, thoroughly anchored in the cutting edge of science, music and healing sound-

And.....it is blessed by the guidance of my big angel Dylan. The Sacred Science of Sound is fully committed to bringing you cutting edge events, deep dive Crystal Alchemy Trainings, Healing Music and more.



The ongoing collaborations with leading experts in the fields of Science and Spirituality such as Marianne Williamson, Dr. Sue Morter, Dr. Bruce Lipton, Dr. Daniel Levitin, Eileen McKusick and Lee Harris, Gregg Braden, Anita Moorjani and more, have brought stability and recognition to Crystal Cadence™ and The Sacred Science of Sound™, which in turn has created a vibrant and growing community, allowed profound healing, and raised money for educational scholarships.

It is an honor and great joy for me to welcome you to The Sacred Science of Sound Crystal Alchemy 4 Hour Introductory Training where we experience Sound Vibration as the energy to transform and transmute us at the very cellular level. I gratefully acknowledge my mentor Dr. Sue Morter for her wisdom, generosity and illuminating love, Jonathan Goldman for his pioneering knowledge and his insight into Crystalline Sound, and Lupito Jones and Paul Utz for creating Crystal Tones and their message of Love and Light through the power of alchemy crystal singing bowls (™).

Edgar Cayce said *“Sound will be the medicine of the future.”*

That future is now. May the ancient wisdom and practice of Science and Healing Sound bring ongoing inspiration as it does to me and the many graduates of The Sacred Science of Sound Crystal Alchemy Trainings. My intention is to help you anchor and sustain wholeness, reveal your authentic expression and embody your life purpose.

With Love and Joy for our journey together,

Professor Jeralyn Glass



# CRYSTAL TONES®

THIS TRAINING IS ENDORSED BY CRYSTAL TONES®  
THE CREATORS OF THE ALCHEMY CRYSTAL SINGING BOWLS

"I cannot recommend more highly the work of Professor Jeralyn Glass at Crystal Cadence. Jeralyn has created a spiritual refuge in Los Angeles where seekers from around the world are drawn to her Crystal Tones Temple. Jeralyn has gone through one of the hardest master teachings of loss and her commitment to healing has made her a masterful teacher. Although she's experienced deep lows, she does not allow the emotions to stop her from rapidly transforming herself and those around her.

**This is one of the meanings of being a Crystal Bowl Master:** to not allow negativity or pain to distract you from your mission of uplifting others. And to understand that everything that is happening is for your highest expression to unfold.

Jeralyn has worked closely with me, learning how to activate the mother's heart. It has been a joy mentoring her because she is able to keep her mind open to what is being channeled for her. She is able to listen to the messages of the Alchemy Crystal Singing Bowls and explain them to others.

As you embark on this training with Jeralyn, you can look forward to a truly enlightening and heart centered experience.

This keeper of the light (Song Mother as we affectionately call her) has been an inspiration and mentor to many other crystal sound artists and offers heart-centered, grounded, and visionary guidance to those looking to see beyond the beyond in order to elevate their own life and the lives of others. We highly recommend this training to all who feel the call, and welcome you to join the Crystal Tones family of sound healers around the world."

In Love and Light,

**Lupito Jones and Paul Utz**

Co-Founders of Crystal Tones®



SACRED SCIENCE OF SOUND

# INTRODUCTORY COURSE

1. Intro to Crystal Alchemy Singing Bowls
2. How to play the bowls and different bowl techniques
3. Intro to Bio-energetics with great thanks to Dr. Sue Morter
4. Healing with the Chakra System — including toning
5. Intro to Sound Healing
6. Intro to Basic Music Theory
7. How to use Sound Meditation as a tool for healing yourself and others

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# CRYSTAL TONES ALCHEMY BOWLS

## CARE AND PROPER HANDLING OF CRYSTAL ALCHEMY SINGING BOWLS

### PRECAUTIONS:

NO MEDICAL CLAIMS ARE MADE ABOUT THE USE OF CRYSTAL BOWLS TO REPLACE THE NEED FOR MEDICAL ADVICE.

- *If you experience any health problems you should always consult your regular physician.*
- *Do not place a person's head inside a crystal bowl while playing it!!!*
- *Do not strike or play bowl too loudly, especially near a person's head.*
- *Place bowls at least 6 inches apart, or the vibration may shatter a bowl.*
- *Bowls may also shatter if several are playing in a small room.*
- *Some have noted discomfort or pain if they have hearing aids, metal pins or stainless steel ball joints.*
- *Ask before sounding the bowl. Rubber-ball mallets, silicon wands or suede-covered wands are used to sound the bowls. The effect of each is different, and personal preference will determine the choice.*

## HOW TO PLAY

- *Holding the suede wand like a pencil gives a stability in creating your tones.*
- *One should strike the outside of the bowl, in an upright position, giving about half the length of the wand to the bowl surface near the top rim, then "follow the sound around the bowl," with the wand or mallet, enhancing the duration and loudness of the tone. Do not strike with the rubber end of the wand.*
- *Lightly chime your bowl for aligning and clearing energy.*
- *When playing in your hand, try bringing the bowl to the mallet.*
- *Listen for the sweet spot on your bowl, roughly one fourth of the way down the side of the bowl.*
- *Your intention is amplified through the bowl, so positive thoughts, conscious central channel breathing and toning with your voice will activate your personal crystal frequency. Remember Jonathan Goldman's formula: **Frequency + Intention = Healing***



Each practitioner has a unique style of sounding the bowls.

- *Some will move the wand or mallet clockwise for specific intentions, while others prefer a counter-clockwise motion, or a combination. Some use the wand like a violin bow. Some play only on the edge of the rim.*
- *Clockwise brings energy into the body, while counterclockwise, is releasing in nature.*
- **Experiment... With Joy. This is YOUR gift! There is no one size fits all!  
Find your authentic expression.**

## WAYS TO KNOW YOUR BOWLS

There are a variety of different ways to get to know, understand, and relate with the Crystal Alchemy Bowls. These sacred instruments are dynamic and complex, yet are ultimately supremely intuitive and work with the system as a whole. Please consider the following characteristics as ways to get to know, work with, and converse with the bowls. Not as a means of limiting them.

The below categories are general guidelines, and really more of suggestions as opposed to clearly defined rules. Each bowl is unique and one of a kind and will play accordingly - so use these categories as a launching point to better understand and explore your unique bowl. What you feel and experience is what is True. And although we have found these guidelines to apply for the majority of bowls most of the time, each bowl has its own crystalline consciousness and will play differently and vibrate accordingly in order to create harmony and healing for the whole being and whole group in each and every unique situation.

### B O W L S

- **Small** (5" - 7") - Accelerating
- **Medium** (7" - 10") - Centering
- **Large** (10" - 14") - Grounding



## NOTE / PITCH

- **Chakra system** (C, D, E, F, G, A, B)

## TUNING

- 432Hz, 440Hz, 528Hz

## ALCHEMY

- *Each Alchemy bowl is made of clear quartz crystal and infused with (at least one) gemstones, minerals, precious metals, crystals, and earth elements that bring different energetic properties into the experience.*

## BOWL VARIATIONS

- *Single Alchemy Bowls*
- *Mixed alchemy Bowls*
- *Divine Series Bowls*
- *Super Grade Bowls*
- *Engraved Bowls*
- *Morphs*
- *Tall vs. Short Bowls*
- *Tulip Shaped Bowls*
- *Practitioner Bowls*
- *Crystal Pyramids*





# INTRO TO CRYSTAL SINGING BOWLS

PROVIDED BY CRYSTAL TONES™

Hearing the haunting sound of the crystal bowls seems to awaken an ancient remembering, touching the essence of the soul. *How can we explain what it is? Is it the crystal from which the bowls are made? Is it a refrain from the ethers? Is it our connection with the source of our creation?*

## WHAT IS SOUND

**Everything that moves vibrates, from the smallest molecule to the universe itself. As long as it is vibrating, it is making some kind of sound.** We may not perceive the sound, as it may be below or above the threshold of our hearing. The human ear can hear sound vibrations between 20 and 20,000 cycles per second, although we also perceive sound by skin and bone conduction, ingesting and consuming it with the whole body.

Many cultures and religions revere sound so deeply as to believe it called the universe into being. For the Hindus, all was dark and quiet in the universe, until the first movement in the universe created the sound **"AUM"**. It is the mother tone, containing the frequencies of all other sounds.

Scientific studies show that sound can produce changes in the autonomic, immune, endocrine and neuropeptide systems. Every atom, molecule, cell, gland, and organ of the human body absorbs and emits sound. The entire body, as well as our brain waves in a relaxed state, vibrates at a fundamental frequency of about 8 cycles per second, literally entraining and attuning us to the basic electromagnetic field of the earth itself!

The late Dr. Hans Jenny, a Swiss scientist, rendered vibrations into physical forms, using sand, iron filings, and other materials, creating a multitude of kaleidoscopic images. This study of patterns and shapes is called cymatics. Many modern scientists and doctors are translating this work into medical practice. The late Mitchell Gaynor, M.D., director of Medical Oncology and Integrative Medicine at the Strang-Cornell Cancer Prevention Center, and author of *Sounds of Healing*, used crystal bowls and Tibetan bowls in his practice with cancer patients. He chronicles a thorough study of sound healing and a holistic approach to mind-body healing.

Dr. Gaynor refers to others who are using sound to complement their medical practice. Among them are Sir Peter Guy Manners, M.D., an English osteopath, who uses cymatic therapy to achieve a near-ideal metabolic state in a cell or organ and Jeffrey Thompson, D.C., who practices a technique called "Sonic Induction Therapy", using primordial sounds and sounds of nature to promote healing at the cellular level.



## WHAT IS MUSIC?

Music is organized sound. Virtually all cultures have used the powers of music therapeutically. For several hundred years, the role of music became one of entertainment. Only recently has the use of sound and music reappeared as a valuable healing mode in our western culture. Some of the most powerful music does not have a particularly pleasing melody. The goal of music therapy is to reduce stress and pain, promote deep relaxation, develop self-awareness and creativity, improve learning, and clarify personal values.

## WHAT IS COLOR?

*"There is more energy released in Sunrise and Sunset and times of rainbows than perhaps in any other way."*

- RONALD P. BEESLEY, CREATIVE ETHERS

Sound and color are both forms of energy, which vibrate.

As the vibration of sound becomes higher and lighter, the sound is transmuted into color. Steven Halpern gave a graphic example of the sound/color relationship:

*"...Vibrations at 1000 cycles per second are easily audible. If you double the vibrations to 2000 cycles per second, that is one octave higher. If you double it again to 4000 cycles per second, that is another octave. A normal piano spans a bit more than seven octaves. If, hypothetically, we could extend the piano keyboard another 35 to 50 octaves higher, the keys at the higher end would produce colors, rather than audible sounds, when played."*

(SOUND HEALTH-THE MUSIC AND SOUND THAT MAKES US WHOLE,  
P. 182-183)

An interesting side note is that if we were playing this keyboard 35 or so octaves below audible sound, we would be playing Chi, life force energy!



## WHAT ARE CHAKRAS?

**As the universe is composed of spinning wheels of energy, we too, at the inner core, spin seven wheel-like energy centers called chakras.** They are measurable patterns of electromagnetic activity, centers for the reception, assimilation and transmission of life energies. Each chakra reflects essential aspects of consciousness, forming the master programs that govern our lives, loves, learning and illumination. Anodea Judith, in her book *Wheels of Life*, delivers a comprehensive treatise that is scientific, cultural, psychological, and esoteric. She writes:

*“Chakras can be open, closed or any of the various stages in between. These states may be basic aspects of someone’s personality throughout most of their life, or something that changes from moment to moment, in response to a situation. An ailing chakra may be unable to change its state easily, being “stuck” in either an open or a closed state. Then the chakra needs healing, by uncovering and removing whatever is blocking it.” p. 23*

*“...the seven major chakras are all inseparably interrelated. A block in the functioning of one chakra may affect the activity of the one above or below it. For example, one may have trouble with personal power (third chakra) because of a block in communication (fifth chakra) or vice versa. Or perhaps the real problem may lie in their heart (fourth chakra) and only manifests in these other areas because it is buried so deeply. In examining the theoretical System as a whole...and applying it to your system (lower case) as it uniquely occurs within you, one learns to sort out these subtleties and patterns and make self-improvements according to their goals.” p.25*

There are times when we desire our chakras to be open, when we are receiving information or healing. There are also times, as when we are in traffic, that we want some of them to be closed!

Color is visible sound, and sound is auditory color. Both light and sound affect the chakras, especially when used in conjunction. Each of the energy centers is associated with a specific tone of the musical scale and with a specific color. Red, the color that vibrates the slowest, corresponds to the root chakra. The colors follow a rainbow progression, with violet as the highest vibration, corresponding with the crown chakra.



## WHAT IS HEALING ?

Healing is the state of coming into balance and harmony with our highest purpose.

*“Our bodies are genetically pre-programmed to be self-healing instruments-if we give them a chance...In my opinion, certain music heals by assisting the body to come into its natural state of balance and harmony. At this stage of research and development, it is both politically incorrect and legally irresponsible to state that a specific selection of music will heal a specific physical disease. ...The common denominator in the vast majority of approaches acknowledges that the body heals itself most effectively in a state of deep relaxation. Using music to evoke “the relaxation response” is one of the simplest and most effective ways of all-but you must choose the right music... our responses to music are far more complex, subtle and far-reaching than we imagined.”*

- STEVEN HALPERN, COMPOSER IN NOTES ON SOUND:  
[WWW.INNERPEACEMUSIC.COM](http://WWW.INNERPEACEMUSIC.COM)

Dr. Larry Dossey, well known for his studies on healing with prayer, points out the primary characteristics of “healers” by stating that they make use of a prayerful, meditative state of awareness, adopting a dispassionate, loving, and compassionate attitude toward the person in need. They go beyond the individual self-feeling united with each other and with the All. They have an immense caring and empathy for the person needing healing.

*“During this state the healer most often does not consider himself or herself to be the source of the healing, but only a conduit through which the healing flows from a higher power”.*

(HEALING WORDS, P.198)

## WHAT IS SOUND HEALING ?

When an organ or body part is healthy, it creates a natural resonant frequency in harmony with the rest of the body. When the vibration of a part of the body is out of harmony, we have dis-ease. With dis-ease, a different sound pattern is established in the affected part of the body. When sound is projected into the dis-eased area, correct harmonic patterns are restored.



There are many methods of healing with sound. Mantras and chants have been used for thousands of years. Many acoustic instruments are used in a variety of ways to effect change.

**The human voice is perhaps the most powerful musical instrument.**

Fabien Maman, in his book *The Role of Music in the Twenty-First Century*, gives dramatic accounts of the effects of sound on cancer cells, using various acoustic instruments and notes, as well as the human voice. He has incorporated the use of sound, color and movement in his work, addressing the subtle bodies, where dis-ease is created. As a professional singer my entire adult life, I can only attest to the incredible power and potential inherent in our human instrument.

*“The music made by crystalline sound- Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”*

-PLATO

*“We think that Music stops at the ears. That is a mistake. Vibrations can be felt in all places at all times, even with the eyes.”*

- VICTOR WOOTEN

## WHAT IS CRYSTAL?

**Crystals are fossilized water, formed when water combines with an element under certain conditions of pressure, temperature and energy.** As a crystal, the element is able to express itself as a more unified and ordered being.

Silica sand, combined with water becomes quartz crystal. Quartz crystals have many physical properties. They amplify, transform, store, focus, and transfer energy. We see the results in microphones, radio and television equipment, timepieces, laser tools, and computers to name a few.

**Our bodies, too, are crystalline in structure.** When working with crystals, there may be profound effects on the organs, tissues, and cells, as well as the circulatory, endocrine, and metabolic systems.



Thoughts are energy forms. When thought energy interacts with a crystal, those thoughts are changed to more harmonic forms, which change brainwave frequencies, showing possible alterations in consciousness. **Thus, the power of positive intention or affirmation combined with the use of crystals provides remarkable healing results.**

*“We have now discovered that there is no such thing as matter; it is all just different rates of vibration designed by an unseen intelligence.”*

- PHYSICIST MAX PLANCK,  
ACCEPTANCE SPEECH NOBEL PRIZE FOR PHYSICS, 1918

## WHAT ARE CRYSTAL BOWLS ?

Crystal bowls are made from 99.992% pure crushed quartz and heated to about 4000 degrees in a centrifugal mold.

They are available in clear or frosted bowls in a variety of sizes, ranging from 6 to 24 inches in diameter. The bowls emit a powerful, pure resonance. The larger bowls are much more reverberant, with the tone lingering longer, simply because of the size and amount of crystal. The clear bowls, somewhat more expensive, are more readily available in smaller sizes. The size of the bowl does not necessarily determine its note, although the larger bowls sound lower octaves and notes. Each bowl is tested with digital technology to identify its sound. One will have a sense of which tone “feels” most congruent with individual needs or desires. The notes, C, D, E, F, G, A, B correspond with one’s energy centers or chakras. Some bowls harmonize with other bowls, and when both are played simultaneously, the effect is exquisite and synergistic.



## INTRO TO BIOENERGETICS

*“When two or more come together with a conscious and informed intention of healing, healing happens. When subconscious interferences to abundance, vitality and natural rejuvenation are removed, healing happens. When we learn to surrender our limiting beliefs about ourselves and others, healing happens. And when we learn a way of being and a way of living that transforms our lives into a proactive path that manifests our authenticity, healing stays.”*

- DR. SUE MORTER, BESTSELLING AUTHOR,  
BRIDGING SCIENCE AND SPIRITUALITY

**BIOENERGETICS IS THE STUDY OF ENERGY TRANSFER  
WITHIN LIVING THINGS.**

THERE ARE TWO LAWS OF BIOENERGETICS:

- *Energy cannot be created or destroyed, but can be changed from one form to another.*
- *Energy transfer will always proceed in the direction of increased entropy, and the release of “free energy.”*

**ENERGY MEDICINE IS MEDICINE THAT ASSISTS THE BODY IN  
FINDING ITS PERFECT BALANCE.**



# ENERGY MEDICINE: MANAGING YOUR ENERGETIC ENVIRONMENT TO MASTER YOUR LIFE

BY DR. SUE MORTER

**Science is showing us that everything is energy - including you!** Everything in the universe is comprised of energy vibrating at different frequencies. This energy manifests from subtle, unseen frequencies, to the realm of dense physical matter depending on the rate of vibration.

Take water for example. It can be observed in three different vibrational phases: steam, water and ice. Each are expressions of water, yet because they vibrate at different energy frequencies, they take on different structures. In fact, all physical matter is merely compressed energy.

In the field of Quantum Science, Energy Medicine and Bio-Energetics, we are learning that mastering the management of energy in the body is one of the most powerful, important and foundational things we can do. The amount at which we can manage our energy directly affects our ability to heal and become an effective participant in the creation of our own reality.

## ENERGY HEALING

Our human system is built of many different energy frequencies, each meant to interrelate with the others to allow for harmony and self-healing. As Quantum Science is showing us, our thoughts create various vibrations within our system that have the power to accentuate our own healing capacity - or destroy it.

Nature, the earth, and our bodies overall, operate at a basic frequency of approximately 10 cycles per second (Alpha Frequency). Any thought we think that generates a frequency different than that – such as fear, anger or worry - compromises our natural health and well-being in some way. When prolonged thinking in this fashion occurs, it generates the incapacity for cells to operate as they were designed. This leads to the cells' lack of ability to replenish, rejuvenate and heal, ultimately leading to disease.





Even when we are not actively thinking in upsetting terms, we are influenced by “thoughts” reverberating in the subconscious memory patterns stored in the body and brain. The cerebellum, or the part of the brain at the back of the skull partially responsible for voluntary movements, holds subconscious memory details that run the body on an on-going basis. It is via this subdivision of the nervous system that we are able to walk, or perform any regular activity without having to relearn how to do so every day.

However, when unresolved subconscious emotion exists (information held in the cerebellum) - it has a deleterious effect. It continually impacts the vibrational frequency in the nervous system with the upset that remains unresolved. These messages are sent into the body as though they are happening in the current moment, even though one may not have been actively thinking about the upsetting incident. Although we may not have been thinking of the upset for days, weeks or even years, the event, and the vibrational frequency it carries, can still be affecting us as if we were thinking of it on a daily basis. Over time, this leads to exhaustion and disease, as our minds and central nervous system constantly try to fight or flee from upsetting situations that don’t actually exist currently in our life.

This constant reaction to the subconscious event creates an “environment” within our system that seems to be hostile, even when it is not, and can have a negative effect on our lives.

The new science of Epigenetic (the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself) reveals that the directive communication system and “brains” of the cells of our body are located on the cell wall, rather than the nucleus of the cell (as it was thought for hundreds of years). This shows us that the “environment” is more important than the inherited genetic DNA we possess.

This means the constant state of fight or flight we experience due to unresolved subconscious emotional residue from past events creates an environment within our body that directly affects our health and the overall quality of the lives we long to live.

**To fully heal and begin living the life we’ve only ever dreamed of, we must resolve that which has been left untapped or incomplete.**



## ENERGY MEDICINE – THE NEW FRONTIER

The work of Bio-Energetics and Energy Medicine is the study and application of various modalities to manage the energy within our system for purposes of improving the health of the human system.

**Without the use of drugs, radiation or surgical procedures, it seeks to normalize the body's natural frequencies and communication systems so it can heal as it was innately designed to do.**

There are many Energy Medicine techniques that can be employed to assist the body in returning to its natural frequency and energy flow as well. Vibrational toning through external means such as listening to specific music, as well as intentional toning through voice or the sounding of various frequencies, such as with the use of crystal alchemy singing bowls, can also release contracted patterns of defensive physiology stored in the body.

The release acquired through sound frequency or removing subconscious interference within the body can result in energies rising to consciousness that have been stored as a result of the overwhelming shut-down during the original emotional upset. As they do, an individual with this subconscious override now becomes aware of the energy of emotion and can experience great relief from issues that have been stored in the body and may have been affecting them on every level of their lives for years, decades or even their entire lifetime.

The work of Japanese researcher, Masaru Emoto, has **demonstrated the effects of human vibrational energy, thoughts, intention and sound on physical matter.** By freezing and then photographing droplets of water "infused" with various words, music and intentions, Mr. Emoto has shown the physical effects environment has upon the structure of water.

Water that was surrounded by words such as "love," and "Thank You," or placed in a room with classical music playing, formed beautiful and perfectly symmetrical crystalline structures. Alternatively, when water that was surrounded by words such as "hate" and "kill" or placed in a room with heavy metal music playing, the crystalline structures were misshapen and broken.

Considering the mature human body is comprised of 70% water (as is our planet), the fact that the molecular structure of water can be affected by words, thoughts and sound verifies the powerful relationship that various vibrations have on our physical bodies and the environment around us. When it comes to the health of our physical bodies, our organs and glands such as the brain, lungs, pancreas and more are comprised of fluids and are directly affected by the vibrational frequencies generated by the thoughts we think, intentions we have and the physical environment we experience.



We are learning, and science is proving that everything in life is comprised of energy vibrating at various frequencies. As I stated above, mastering the management of energy is one of the most powerful, important and foundational things we can do. As humans with the conscious ability to control which thoughts we think and what environments we choose to create for ourselves, we have the power to participate in the healing of our own system, as well as the healing of the planet in whole. And, when subconscious patterning exists due to unresolved emotional issues, we have tools like B.E.S.T., sound vibrational healing especially with the use of alchemy quartz crystal singing bowls and other Energy Medicine techniques to help us return to our natural frequency of flow, vitality and joy.

Our vibrational environment affects our reality, and we have the power to affect our environment. When we embrace Vibrational Healing and Energy Medicine, we truly become an active participant in our own health and well-being and embrace the true creatorship of our lives.

## CHAKRA NOTE CHART

#	CHAKRA	COLOR	NOTE	VOWEL SOUND	PROPERTIES
1	ROOT	RED	C	UH	PHYSICAL BODY, BELONGING
2	SACRAL	ORANGE	D	OO	EMOTIONAL BODY, TRUST, CREATIVITY
3	SOLAR PLEXUS	YELLOW	E	OH	MENTAL BODY, PERSONAL POWER
4	HEART	GREEN	F	AH	CONNECTION, UNCONDITIONAL LOVE
5	THROAT	BLUE	G	EYE	COMMUNICATION, EASE, INSPIRATION
6	THIRD EYE	INDIGO	A	AYE	HIGH INTUITION, CHARISMA, PERCEIVING
7	CROWN	WHITE	B	EE	COLLABORATION W/ HIGHER PURPOSE







## THE SCIENCE OF SOUND

*"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration"*

- NICHOLAI TESLA

### WHAT IS FREQUENCY?

The number of sound waves that go by us or into us per second.

### WHAT ARE Hz?

A measurement of frequency i.e. how many sound waves per second.

1Hz = 1 cycle per second

- *The lowest sound that we can hear is 20 Hz.*
- *The highest frequency heard by the average woman is 18,500 Hz*
- *The highest frequency heard by the average man is 17,500 Hz*

### NOTABLE FREQUENCIES

- **432Hz** - *The frequency of nature. We are born at this frequency. Earth connection.*
- **440Hz** - *"Concert pitch." Tuning standard for modern day music.*
- **528Hz** - *The frequency of the heart, total healing, transformation & miracles (DNA repair)*



## WHAT IS PITCH ?

A frequency expressed by a letter. A musical note.

*“Each celestial body, in fact each and every atom, produces a particular sound on account of its movement, its rhythm or vibration. All these sounds and vibrations form a universal harmony in which each element, while having it’s own function and character, contributes to the whole.”*

- PYTHAGORAS (569-475 BC)

## WHAT IS RESONANCE ?

The basic principle of sound healing is the concept of resonance (the vibratory frequency of an object.) The entire Universe is in a state of vibration. This includes human beings. Every organ, cell, bone, tissue and liquid of the body, and the electromagnetic fields which surround the body, has a healthy vibratory frequency. If we are not resonating with some part of ourselves or our surroundings, we become dissonant and therefore unhealthy, our naturally healthy frequency becomes a frequency that vibrates without harmony, creating illness.

## WHAT IS ENTRAINMENT ?

When two objects come in contact with each other, the vibrational frequencies will eventually fall into sync. This exists for the purpose of conserving energy. Rather than fighting each others unique resonance, the stronger frequency will become dominant and the two objects will synchronize.

*I.e. When you swing the pendulum of two grandfather clocks, before long the two pendulums will synchronize and swing together in harmony.*

## WHAT IS HARMONY ?

When two or more frequencies of sound (notes) come together with a pleasing, harmonic effect.



## WHAT ARE BINAURAL BEATS?

When you listen to two slightly different frequencies, you will hear the difference in frequency between the left and right ear. For example, if the left ear registers a tone at 220 Hz and the right at 215 Hz, the binaural beat heard is the difference between the two frequencies — 5 Hz, which will entrain the brain into the Theta Brainwave state.

## BRAINWAVE STATES

Our brain vibrates at specific frequencies: **Deep Delta, Delta, Theta, Alpha, Beta, Gamma.** Science has proven that when you encounter a frequency that falls within one of these brainwave states, your brain will entrain to the frequency within one minute.

STATE	Hz	STATE TYPE	STATE CHARACTERISTICS
DELTA	.5 - 4 Hz	Deep, dreamless sleep. Deepest meditation "mind awake/body asleep"	<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Meditation</li> <li>• Sleep enhancement</li> <li>• Breaking up unhealthy cells, stuck energy, and blockages</li> </ul>
THETA	4 - 7 Hz	Dream state. Creativity. Healing. Access to the subconscious and the Higher Self. Intuitive downloads. Higher levels of consciousness.	<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Aids in falling asleep</li> <li>• Accessing a creative state and special visuals</li> <li>• Portal to Oneness and a feeling of being connected to the universe</li> <li>• Mental refreshment</li> </ul>
ALPHA	7 - 12 Hz	Relaxed, alert, and aware. Attentive Creative problem solving. Presence.	<ul style="list-style-type: none"> <li>• Stress reduction</li> <li>• Accelerated learning</li> <li>• Creative problem solving</li> <li>• Being present</li> <li>• Mental clarity</li> </ul>
BETA	12 - 30 Hz	Normal thinking and processing	<ul style="list-style-type: none"> <li>• Serious mental processing. This is generally a state that we want to get out of</li> </ul>





## INTRO TO MUSIC THEORY

### WHAT IS AN INTERVAL?

An interval is the distance between two notes.

The number of notes on the scale between two specific notes.

### WHAT IS A HALF STEP?

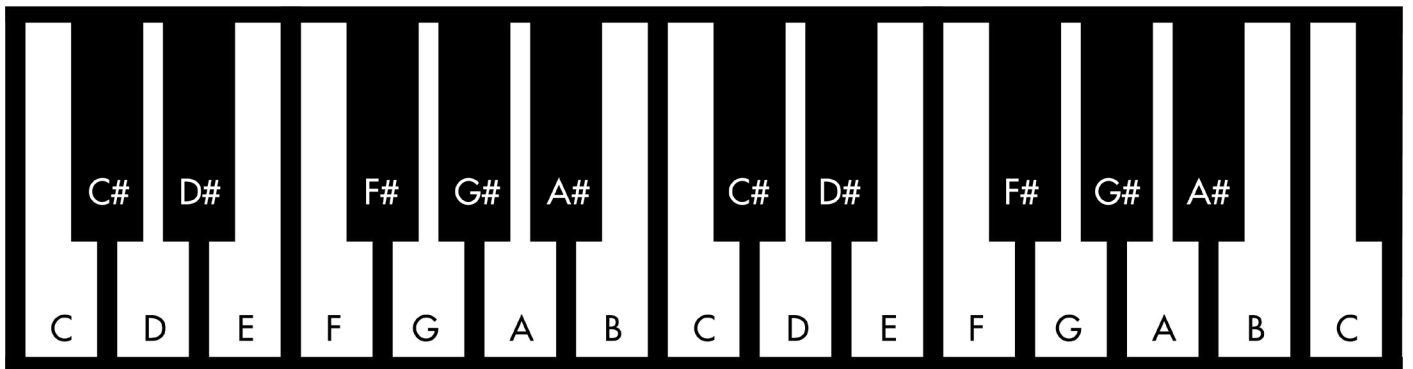
A note to a sharp note or a white note to the next closest note  
i.e. C to C# (white to a black note) or E to F (2 white notes)

### WHAT IS A FOURTH?

A perfect fourth is an interval made up of 5 half steps - (*"Here comes the bride"*)

### WHAT IS A FIFTH?

A perfect fifth is an interval made up of 7 half steps - (*Twinkle, Twinkle little star*)







## RESOURCES AND SUGGESTED READING LIST

***The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life*** by Dr. Sue Morter

[Click Here to order](#)

***The Complete Guide To Sound Healing*** by David Gibson

[Click Here to order](#)

***The Healing Tones of Crystal Bowls: Heal Yourself with Sound and Colour***

by Renee Brodie

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***The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music*** by Mitchell L Gaynor

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***The Cosmic Octave: Origin of Harmony*** by Hans Cousto

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***Toning: The Healing Power of the Voice*** by Laurel E. Keyes

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***Tuning the Human Biofield: Healing with Vibrational Sound Therapy*** by Eileen Day McKusick

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***Electric Body, Electric Health*** by Eileen Day McKusick

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***Purchasing Crystal Alchemy Bowls:***

[www.crystalcadence.com](http://www.crystalcadence.com)