

Healing Vibrations

From what I see and read, energy healing appears to be getting better known and it is, hopefully, the path health will take in the future. So let's take a look at what it is.

It really starts with sound. Sound creates patterns. Everything in the universe is created by sound and it is sound which turns matter and energy into form. Pythagoras, the Greek philosopher and mathematician, understood this, which shows that it is by no means a modern concept.

If everything in the universe is sound and vibration, then the cells in our bodies must come under this heading, too. Every cell resonates to a certain frequency. Sound healing involves re-tuning the organs, which become sick if they fall out of tune. Think of a musical instrument. It's sound is sublime when in tune with the rest of the orchestra, but its noise is horrible if it goes flat. It is discordant, i.e. not in accord with the rest of the group.

Why the Music Goes Flat

So what causes this discordance in the song of our cells? Every thought we have, whether positive or negative, is creating a vibration and if we focus on what is peaceful, positive, and happy, our cells are vibrating on a high note, too. When stress, fear, anxiety, or loss come into our lives, the vibrations change and that has a direct effect on one or all of our organs. We say someone died of a broken heart. As a child I thought this was literally the case and wondered how a heart could be smashed like a dinner plate. Later I realized that losing love or a loved one had caused the harmony of the heart cells to get out of sync with the rest of the body, to falter and stop working altogether.

Water can very quickly be affected by negative or positive

sounds. The late Dr. Masaru Emoto published a vast body of research on the messages from water when exposed to sound. He froze double-distilled water droplets and experimented by playing music, praying, speaking to them, thereby changing their vibrations. The crystal formations demonstrated clearly the difference between something uplifting such as John Lennon's *Imagine* and a piece of heavy metal music. They made beautiful patterns when exposed to the former and disintegrated into chaos when heavy metal was played. Words of hate spoken to them also caused disintegration whereas words of love and appreciation resulted in magical forms.

How Vibration Heals

The good news is that positive sounds coupled with intention can even restore polluted water. In 1997 the Fujiwara Dam in Japan was heavily polluted and the water was analyzed by Dr. Emoto, using his technique of freezing droplets and looking at them under a microscope. They looked like some kind of primeval soup with no discernible pattern until the Reverend Kato Hoki, chief priest of Jyuhouin Temple, recited a one-hour prayer beside the dam. When the droplets were crystallized and re-examined, the most amazing transformation had taken place. A simply exquisite pattern had formed.

Now if that can apply to water droplets—and our bodies are over 70 per cent water—we can see just how it can apply to our cells. Even if we have damaged our bodies through any number of factors, we can certainly redress the balance by changing the vibrations of our organs. We often hear expressions such as, “When you change your thoughts you change your life.” We probably considered them to be stupid platitudes. Well it looks as if we were wrong. What could be more encouraging than that? So if we start today by being mindful, living in the present, and tuning our feelings to be as loving, hopeful, and positive as we can, we will reap all sorts of benefits, the most important of which is perfect health.

Further Reading:

- *Psychosomatic Illness – Is It All In The Mind?*
- *Praying For Health*