



Jonathan Goldman's "Healing Sounds"

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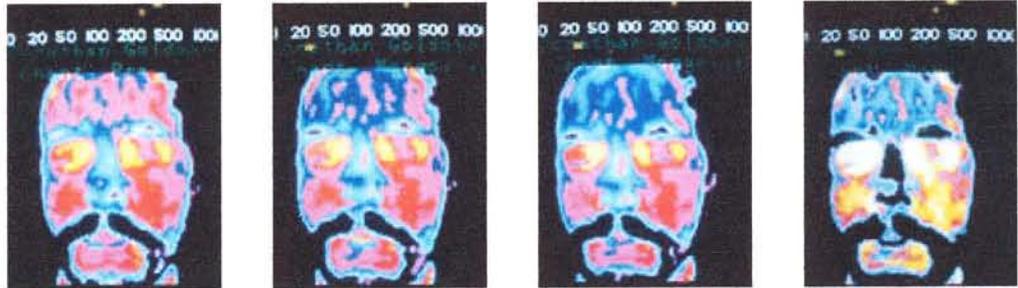
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Webs by
St. Germain Group

Sound & Heat Thermography



Much of my research, work and training involves the use of the human voice for healing and transformation. In particular, I focus upon vowel sounds and the power of their corresponding vocal harmonics to effect these changes. Vocal harmonics have been utilized by many sacred and spiritual practitioners since ancient times, including Tibetan Monks and Mongolian Shaman. I've now introduced a simplified method of making these vocal harmonics for Westerners—easy to create and receive the therapeutic benefits. Information about vocal harmonics is found in my book HEALING SOUNDS. These following photographs are described in the chapter "Harmonics and Healing". This is the first time they have been made available to the public.

These four photographs are heat thermography photographs of me creating vocal harmonics. Dr. Elizabeth Philips who was conducting tests on the effects of music to create relaxation took them. They were taken at the 1st International New Age Music Conference in Los Angeles in February, 1989 where I was a speaker. Heat thermography measures changes in skin temperature—when a subject is relaxed, their skin temperature is raised. There seems to be a major relationship between changes in skin temperature and shifts in the organs behind or below the skin—with regard to these photographs, it would indicate changes in the brain. This change in skin temperature could also indicate changes in the energetics of the chakra associated with an area. These photos may show how self created sound was able to influence the brow or ajna chakra.

Dr. Philips took some photographs of me creating vocal harmonics. She did not develop these photos until months later. Then, she excitedly called me, explaining that she had never seen such rapid changes in skin temperature. Dr. Philips consulted a neurologist with the heat thermography photographs. He was somewhat baffled by the rapid changes in skin temperature and wanted to know if I had been doing any visualizations while making these sounds. I said that no, I hadn't, but I had been consciously projecting the harmonics to specific portions of my brain. Dr. Philips asked if I thought there was a possible for treatment of headaches using this technique. I replied that I thought this would just be the tip of the iceberg.

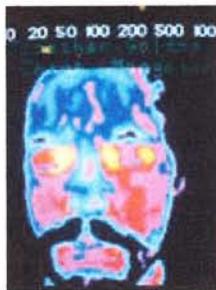
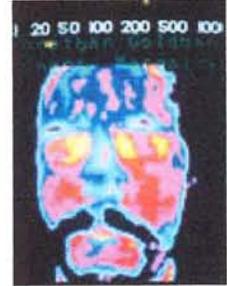
It is my belief that self-created sounds such as vocal harmonics can trigger different chemicals such as melatonin in the brain. Dr. Ranjje Singh of Canada read HEALING SOUNDS and decided to research this. He showed in POWERFUL SELF HEALING TECHNIQUES that the hormone melatonin is produced through self-created harmonics sounds. It is also my belief that it is possible for vocal harmonics to create new neural synaptic connections in the brain. I believe there are extraordinary healing possibilities with the use of vocal harmonics as a means of stimulating different portions of the brain. This may be very important with regard to head injury and stroke patients. These photos may also show how the brow chakra can be activated using sacred sound.

Slide #1: This first heat thermoaraphy photoaraph shows me



before I began to make sounds. Please note the color. There is a predominance of red.

Slide #2: This next photo was taken as I began to create vocal harmonics. Notice the immediate changes in the color—especially around the forehead--you'll see the color blue immediately become visible here.



Slide #3: This next photograph was taken as I continued making vocal harmonics. Notice continued changes in the color of the forehead—there is still more blue color.

Slide #4: This last photograph was taken at the conclusion of my creating vocal harmonics. Here you'll see not only continued changes in the forehead, but also in the sinus cavity and around the cheek area.



Note that the entire process of making sound probably took about one minute. These heat thermography photographs were taken during that time.

If you look at all these photographs together again in succession, watch the progression of colors and you'll notice some powerful changes occurring through self created sounds.

Dr. Jeffrey Thompson, Founder/Director, Center for Neuroacoustic Research (website: neuroacoustic.com) was at this session and recalls his experiences:

I remember the thermography experience well. A friend of mine had a booth at the 1st International New Age Music Conference in which she had a heat thermography unit set up with a color TV monitor to show people their heat reading from their face. She was taking Polaroid's of the before and after readings. You had a booth as well close by and came over to try it yourself. Once you sat down you decided to try a brow chakra toning to open this chakra. This was the first experience I had ever had of a scientific measuring device recording a real-time event of awakening a chakra with sound. This was certainly a defining moment for whatever skeptical parts may have still been in my mind in those days. This is all worthy of further research and documentation.



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Messages from Water

These slides are the work of Japanese researcher Mr. Masaru Emoto, from his book "Messages from Water." Mr. Emoto's work provides factual evidence that human vibrational energy, thoughts, words, ideas and sound affect the molecular structure of water.

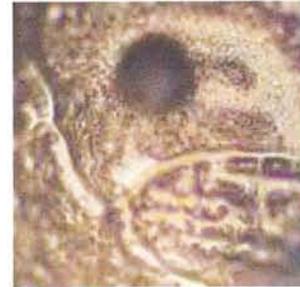
In my book *Healing Sounds*, I first presented the formula "FREQUENCY + INTENT = HEALING". Mr. Emoto's research truly demonstrates the reality of this formula. Remember that water comprises over 70% of a mature human body and covers the same amount of our planet. Water is the very source of all life. The fact that the molecular structure of the water can be affected by our consciousness, our intent and our sounds is extremely important and may have great implications for the future of personal and the planetary harmony and healing.

Mr. Emoto has been visually documenting these molecular changes in water by means of his photographic techniques. He freezes droplets of water and then examines them under a dark field microscope that has photographic capabilities. His work clearly demonstrates the diversity of the molecular structure of water and the effect of the environment upon the structure of the water.

Water Molecule Slides



Slide #1: This slide shows the beautifully formed geometric designs of Sanbu-ichi Yusui Spring water.



Slide #2: This is contaminated water from the Yodo River in Japan.

As you can see, pure water creates lovely, hexagonal geometric forms. Polluted water looks like mud.

Mr. Emoto decided to see what effects music had upon the structure of water. He placed distilled water between two speakers for several hours while playing music and then photographed the crystals that formed after the water was frozen. The results of the effects of these two very different types of music speak for themselves.



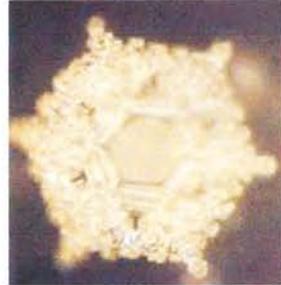


Slide #3: This is the effect of Bach's "Air for the G String"



Slide #4: This is the effects of Heavy Metal Music

Mr. Emoto decided to see how thoughts and words affected the formation of untreated distilled water crystals by typing words onto paper and then taping them on glass bottles overnight.



Slide #5: These are effects of the words "Love and Appreciation"



Slide #6: These are the effects of "You make me sick. I will kill you!"

These last pictures are perhaps most impressive. They indicate the great potential of sound coupled with intention to create great shifts and changes for this planet—particularly with regard to assisting pollution.



Slide #7: This is very polluted and toxic water from the Fujiwara Dam in Japan.



Slide #8: This is the same water from the Fujiwara Dam, after Buddhist monks had offered a prayer over it. Through the monks chanting they were able to purify the water. Prayer—sound coupled with intention seems to have the ability of restoring water to its natural, harmonious geometric symmetry.

These photographs that we have just seen show proof that not only does sound have the ability of effecting and changing physical structure, but that, with regard to the molecular structure of water, that our intent with our sounds is extremely important. This may have great implications for the future of both personal and planetary harmony and healing. To order "Messages from Water" please go to: www.sacredspaces.org



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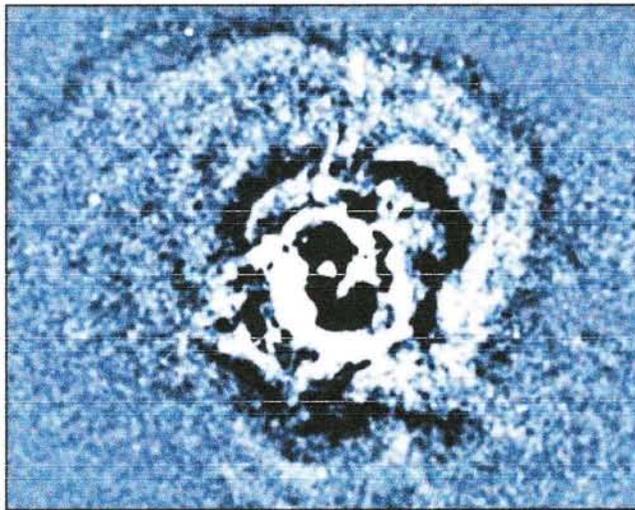
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Black hole sings the deepest B-flat



NASA - CXC - IoA - A. Fabian et al

A chart of data from the Chandra X-Ray Observatory shows subtle ripples in the hot gas surrounding a supermassive black hole. The white spot at the center of the image represents the blaze of matter falling into the unseen black hole.



NASA TV

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Andy Fabian, a professor at the Institute of Astronomy in Cambridge, explains what the X-ray imagery reveals about the black hole and its sound.

REUTERS

WASHINGTON, Sept. 9 — Big black holes sing bass. One particularly monstrous black hole has probably been humming B-flat for billions of years, but at a pitch no human could hear, let alone sing, astronomers said Tuesday.

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“THE INTENSITY of the sound is comparable to human speech,” said Andrew Fabian of the Institute of Astronomy at Cambridge, England. But the pitch of the sound is about 57 octaves below the middle C at the middle of a standard piano keyboard.

This is far, far deeper than humans can hear, the researchers said, and they believe it is the deepest note ever detected in the universe.

The sound is emanating from the Perseus Cluster, a giant clump of galaxies 250 million light-years from Earth. A light-year is about 6 trillion miles (10 trillion kilometers), the distance light travels in a year.

Fabian and his colleagues used NASA’s orbiting Chandra X-Ray Observatory to investigate X-rays coming from the cluster’s heart. Researchers presumed that a supermassive black hole, with perhaps 2.5 billion times the mass of our sun, lay there, and the activity around the center bolstered this assumption.

The invisible universe



MSNBC Interactive

- Learn about X-ray astronomy and the Chandra telescope

Black holes are powerful matter-sucking drains in space, and astronomers believe most galaxies, including our own Milky Way, may contain black holes at

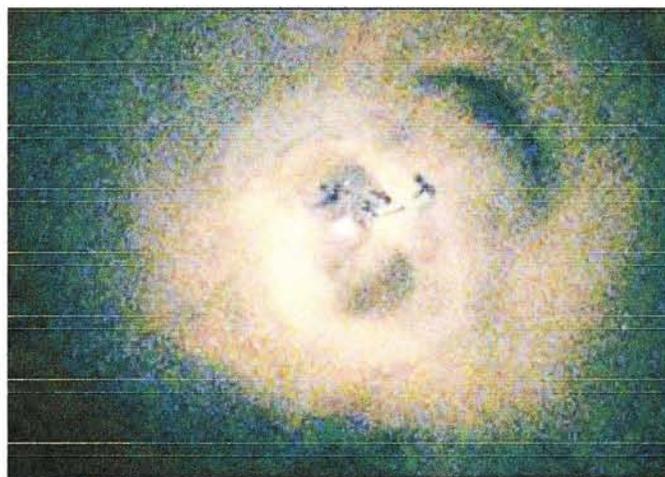
their centers. Black holes have not been directly observed, because their gravitational pull is so strong that nothing, not even light, can escape it.

So researchers have concentrated on what happens around the edges of black holes, just before the matter is pulled in. When scientists trained the Chandra observatory on the center of Perseus last year, they saw

concentric ripples in the cosmic gas that fills the space between the galaxies in the cluster.

“We’re dealing with enormous scales here,” Fabian said in a telephone interview. “The size of these ripples is 30,000 light-years.”

A color-coded X-ray image shows roughly the same area covered in the image above, with the bright surroundings of a black hole at the center of a figure-8-shaped pair of dark cavities.



Fabian said the ripples were caused by the rhythmic squeezing and heating of the cosmic gas by the intense gravitational pressure of the jumble of galaxies packed together in the cluster. As the black hole pulls material in, he said, it also creates jets of material shooting out above and below it, and it is these powerful jets that create the pressure that creates the sound waves.

To scientists, he said, pressure ripples equate to sound waves. By calculating how far apart the ripples were, and how fast sound might travel there, the team of researchers determined the musical note of the sound.

Fabian said the notion of singing black holes might well be extrapolated to other galaxies, but not necessarily to the Milky Way.

Chandra has looked at X-ray emissions from the Milky Way’s center, and astronomers believe there is a black hole there, but because it is a young, rambunctious galaxy with lots of activity at its heart, this may interfere with any note our black hole might sing, Fabian said.

Black hole bonanza

Check out more of MSNBC's coverage on black holes:

- [Look down its throat](#)
- ["Seeing" the unseen](#)
- [Chandra's X-files](#)
- [They're packed with power](#)
- [Our galaxy's black hole](#)
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Some quotes on music

"Cerebrospinal fluid
moves regulated by the
human voice."

from the Upanishads (India)

nada Brahma - "the essence of reality is sound"

... the essence of all beings is earth....

the essence of humanity is speech

the essence of speech is sacred poetry

the essence of sacred poetry is music

the essence of music is OHM,

the highest of all essence.

"Every sickness is a musical problem.
The healing, therefore, is a musical resolution.
The shorter the resolution, the greater the
musical talent of the doctor." NOVALIS

"A tone is a living cell... it has the power of
assimilation, of reproduction, of making exchanges,
of growing. It is a microcosm reflecting faithfully
the macrocosmos"
Dand Rudhyar

"Study the monochord and you will know the
secrets of the universe" Pythagoras

"All music is the adornment of God"

"Sound is our true abode... all things are formed
in sound" Hildegard of Bingen

"There is no greater and more living resonator
of sound than the human body. Sound has
an effect on each atom of the body, for
each atom resounds." Itazrat Inayat Khan

Suggestion of presenting an univ. tutorial on harp at hospitals.