

Sound, Oscillation, and Consciousness

by Ulrich Krause

We live in a universe of oscillations, all life is oscillation. Both small and large structures of the universe are built up from various oscillation patterns. With "Nada Brahma – the world is sound" Joachim Ernst Berendt wrote about the world of audible, magnetic, electrostatic and physical oscillations. We are part of the whole – connected through the sound of the world.

Sounds achieve something no other knowledge or experience can evoke to the same extent: harmony with our roots, our fellow human beings, our social environment. The sounds of the singing bowls touch us where no words can reach us. Listening affords us the experience of being whole. The sounds strike us in the center, in the middle of the heart. They then take hold of us in our wholeness and lead us beyond the limits of the individual. Goethe, who also had a special sense for music, wrote:

"If the whole body were not sound, it could not create sound."

Today, we know that music and sound have soothing qualities, help with depression, and are successfully applied in therapeutic processes. Looking at classical literature, we see that people have preoccupied themselves with the phenomenon and effects of music and sound early on; Novalis made the visionary statement:

"Every disease is a musical problem and healing a musical solution."

In sound, human beings find their way back to themselves

It is a letting go of the everyday and a path that leads to the inner self. Sounds achieve what generally only occurs in longtime practice of meditation: time stands still. Meditation as practice of consciousness raising, however, means being completely in the present with body, emotions, and mind, i.e., neither in the past nor the future. And also it means to be free of expectations: experiencing timelessness in the here and now. Listening is experiencing the now.

In European philosophy, consciousness is always consciousness of something. But before consciousness can grasp something, it must existentially be there. Every practice of meditation consists of not lingering on continuous manifestations of the mind and the senses but letting them go. Thoughts come and go, and we do not enter into them; the mind should remain open and free. We can refer to this as wide open space. The more open the space, the wider the perception of the fullness of the present and the relationships active therein.

The power of inner images

Creating these spaces of consciousness in which human beings can find themselves, perhaps through the power of inner images, the opportunities afforded by unfolding and fostering the imagination, is a challenge particularly when human beings wish to recapture their inner center, harmony, and health.

Einstein encapsulated this with his famous statement:

"Imagination is more important than knowledge, since knowledge is limited. However, imagination encompasses the entire world."

Tapping these experience areas of the imagination, elicited or supported by sound, is a successful opportunity to draw on our resources, building on the well-functioning. Sensory impressions are created that reach our consciousness.

Thoughts direct the body

Sheer reflection is enough: there is evidence that meditation quiets metabolism, reduces pain, lowers blood pressure, and slows heart rate. No longer is the focus on what causes disease, but what fosters health. The goal is to awake and activate the positive forces in the interplay of body, mind, and spirit. It is in all of us: the energy that can heal us or keep us healthy without risks or side effects.

To activate these forces so that you feel healthy all around, a relaxation method that awakens these resources and builds on the well-functioning is helpful. Eileen Caddy, spiritual teacher and co-founder of the Findhorn Foundation in Scotland, writes:

"Everything we need is buried deep within us and is waiting to be unfolded and revealed. We do not have to do anything other than to become quiet and take our time to search for what is within us, and then we will find it."

„Sound and transcendence“

Sounds stimulate associations that lead us into sensations and thereby enable access to the emotional layers of experience. Listening, careful listening as described by Peter Hess, provides us with a special opportunity for perception. A perception that can look beyond the superficial and perceive something that surpasses the apparent. That is precisely the definition of transcendence. Experiences of transcendence thus are characterized by expanded perception, a larger connection, recognition of broader relationships and are thereby associated with feelings of freedom,

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(Albert Einstein)



Photo: Andreas Kreutzfeldt



lightness, and touch. The brain has a gigantic neuronal network that can provide countless possibilities of experience and it realizes one of these through its dynamics. This happens when a thought arises from being. Thoughts, as mental structures, are like virtualities that, in a quantum-mechanical sense, are realized from the huge ocean of possibilities.

There is a special force in listening to a sound experience

Singing bowls and gongs, as applied in Peter Hess® Sound Massage and Peter Hess® Sound Therapy, are instruments whose sounds fade out over a long period of time, challenging us to keep listening with ever increasing sensitivity to hear them. But first, the most important aspect is that a sound leads us into this quiet state or at least puts us in a certain open, undefined limbo from which the unexpected can occur. Then, our attentiveness to a sound changes our consciousness, our self-perception, and our mood. The sound can dissolve very stable feelings and states of awareness and bring them together again in a new way. Sound can then transcend us by introducing us into a new experience. On our part, this requires openness, an inner quiet that listens, and readiness and willingness for expanded perception.

Trust your own inner forces

Sound massage and sound therapy give us wonderful opportunities to strengthen our self-effectiveness, self-

awareness, and self-healing powers. In sound therapy, the method itself, the singing bowls used, and the approach by the sound therapist (= principles of Peter Hess Sound Methods) work together – and their sum creates a sphere of resonance in which the described experiences can take place.

What can you do to contribute to your health?

By discovering and mobilizing your own healing powers and shifting them into your consciousness, you can actively strengthen your health. Because in order to fight disease, we have to use our individual sources of health.

Thoughts and feelings play a much larger role in our health than scientists thought possible for a long time. Of course, we now know that too much stress is harmful, and that relaxation strengthens the immune system. What exactly happens when the spirit gives impulses to regenerate the body? When psyche, nervous system, and the body's own defensive mechanisms are connected with one another, communicate with one another via messenger substances such as hormones and so-called transmitters, when thoughts truly have a measurable effect on organs, glands, and cells, then this process can be successful.

Peter Hess® Sound Massage and Peter Hess® Sound Methods

This is precisely where sound massage, which has been proven in practice for over 30 years, comes in. The harmonious sounds rich in overtones of the singing bowls calm



the mind and lead into a soothing state of relaxation. The oscillations of the singing bowls slowly spread across the skin, tissues, fluids, organs, etc. throughout the entire body. This stimulates perfusion and loosens tensions. It activates self-healing powers; physical and mental blockages can be resolved. Regeneration on all levels can occur. If we have lost our capacity for body awareness, we can re-attain it. Here, sound massage, as well as other sound therapies with sound meditation and sound journeys, have shown to be proven holistic relaxation methods with good success.

Source of strength: sound and oscillation

Sound massage is a proven holistic relaxation method that addresses body, mind, and spirit.

It is a therapy of regulation, based on the principles of biophysics which assume that all forms of life are oscillating systems. Every human being has their own individual oscillation pattern. If we get out of balance, we can use the vibrations and soothing sounds of the singing bowls to provide

our body with harmonious therapy to tune the entire organism back to a harmonious, relaxed oscillation frequency, which can be traced from the memory of our bodily cells. Consequently, relaxation is always the focus of our actions. By listening to the sounds elicited by tapping the singing bowl and feeling their soft vibrations, perceptible on the clothed body, our attentiveness shifts from the outside to the inside – we calm down and recharge.

The soothing sounds of the singing bowls affect our emotional center in the brain via our auditory faculties and trigger neurologically positive impulses that calm the mind.

Many people react almost instantly to the sounds and achieve deep and regenerative relaxation already during their first sound massage. Relaxation is the counter pole to activity and an important aspect for a balanced and thereby healthy life. Singing bowls can thus contribute to strengthening health and increasing joy in life.



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