

# Transformative Sound Healing

*Using sound to increase your intelligence, health, energy, and spirituality*



## **Transformative Sound Healing**

The transforming power of sound and music, when used in a knowledgeable way, can improve your health, intelligence, emotional state of being, consciousness and give you energy!

Learn secrets found in ancient civilizations that used sound to transform the mind, body and spirit!  
Combine this with refined "sound" techniques from today's modern scientific researchers!

It's an enjoyable and free way to quickly evolve into greater health, intelligence, consciousness, energy and well-being!

**By Jill Mattson**

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# Chapter 1: The Wonderful World of Listening

“What an inviting voice Paul has,” I mused as our conversation danced on about the power of sound, my favorite topic. I was relaxing in conversation with Paul Madaule and Morana Petrofski, co-directors of the Listening Centre in Toronto.

“Listening is a word we all use. One of the great contributions of Dr. Tomatis was to define what it really means. Specifically, listening and hearing are two different things. When we hear, we perceive sound. With listening, we zoom in on what we want to hear. Our ears protect us to a degree against voices and sounds we don’t want to hear, and also loud sounds that can damage our ears.” Paul continued in that rich voice.

“Listening should be spontaneous and easy. If paying attention requires an great effort, it means that listening is not working well. Listening is not only a receptive skill. While we actively pick out sounds we want to hear over others, listening is also actively involved in monitoring our voice when we speak or sing”.

Paul’s voice, with many tones danced on. “Poor listening is at the root of:

- Speech and language impairment
- Learning disabilities
- Lack of concentration
- Lack of alertness
- Tendencies to interrupt
- Depression
- Withdrawal

“Listening is NOT only about perceiving sounds, it involves our whole body, our balance, body coordination, sense of space, posture. This is why listening affects BOTH verbal and non-verbal communication. Think of a rabbit, his *whole body* standing erect and still because he listens for sounds of a predator,” Paul’s story went on.

Paul reminded me of a white rabbit, standing tall and erect when listening to a sound. “Proper listening results in better posture”, he had said. My imagination was taking over my mind as I saw Paul, the white rabbit, take out his pocket watch, murmuring, “I’m late!”

“Late for what?” I anxiously replied.

The white rabbit ran off and I hurried after him, watching him pop into a nicely hidden hole in the center of a tree. Peeping down the hole, looking for the white rabbit, I felt dizzy. So dizzy that I tumbled right down into the rabbit hole.

Deeper, deeper, and deeper and boom, I fell into a curious little house in Toronto. A cheery little sign boasted, “The Listening Centre.”

At the base of the sign I immediately saw two brightly colored pills, reminding me of the Alice in Wonderland story, in which eating one made you very tall and the other shrunk you. I ate the hot pink pill and my hearing changed. I heard music and sounds with high frequencies amplified. The sounds were bouncy as the emphasis on high frequencies varied. This must be the filtered music used in the Listening Centre!

I remembered that Paul told me that we have more cells transporting high frequencies than low frequencies to the brain. Of course, high frequencies carry more vibrations and therefore pack more sizzling, energizing power.

Sound is carried to the brain along with energy, giving us a feeling of being on solid ground, confidence, being at ease and well being. We already know we get energy from many sources, just like we get energy from exercise and movement. Now we know we get energy from certain sounds, too.

I ate a piece of the lime green pill, and all of a sudden all the low frequencies in my hearing were amplified. Some low frequencies have high harmonics, sounding rich and inviting, but these low tones were monotone and flat. My vision was bleeding out colors and filling in with black and white, the headache stared and I slouched onto a stump, feeling exhausted.

The lessons of the pills were clear to me now. Some sounds are energizing and others take energy and clarity away.

I imagined that sounds were like meat. All around us there are burgers that taste like sawdust and juicy sizzling steaks. Since people don't know better they eat sawdust and six cups of coffee to keep energized, leaving tender and juicy steaks behind.

I also wondered about the connection between sound and our body organs. Nerves from the ears lead to almost every organ in our body. Do sound waves travel to areas of our body, giving us a tune up and harmonizing us? Do the right sounds help us flow with our daily routines, not struggle with them?

I stopped my wondering when I saw it. A smile....only a smile. No, it was the Cheshire cat, playing tricks on me.

I asked the Cheshire cat, “Which way did the white rabbit go?”

The Cheshire cat smiled and pointed both ways at the same time.

“Stop teasing me,” I protested.

“Did you know,” the Cheshire cat hummed, “that the left ear is connected to the right brain. And the right ear is connected to the left brain?”

I was stuck on the thought of finding the white rabbit, I raised my voice to the Cheshire cat. “The white rabbit... which way is the shortest?”

With a catty smile, the Cheshire cat sang, “Why the shortest path is that of the right ear which leads to the left brain. The other ear jogs around the heart and takes longer to get and receive information from the brain.”

I remembered Paul saying that Dr. Tomatis’ methods can train people to have right ear dominance to improve their language skills and their academic performance.

“But the rabbit! Where is the white rabbit?” I stammered.

Who should appear, but the white rabbit, who was in the distance behind the Cheshire cat.

“Mr. Rabbit!” I yelled, but he was off again.

Then I saw her, the most cross woman you ever saw. Opps! She is the queen. She didn’t look like what I thought a queen should look like. She looked more like a common pig with black hair and buckteeth.

I stopped dead in my tracks as I saw the white rabbit put headphones on the queen. The queen has a listening problem! Perhaps this is why she was so cross.

Not only was the queen listening to the rich high frequencies of the Electronic Ear, but filtered sounds of her mother.

Replicating the stages of listening development starts with sounds heard in the womb. I wondered if God planned the frequencies and vibrations in the womb to trigger babies’ development in ways that we wouldn’t have imagined. Well, Dr. Tomatis would have imagined. Repeating the stages of listening from the beginning has a premise that our development is dependent on hearing certain sounds and vibrations, and a repatterning or “rerun” fills in lost gasps due to ear infection damage, stress and other factors.

Paul had told me that listening to filtered music and the filtered sounds of your mother contributes to...

- Increase of vocalization
- Babbling
- Desire to communicate
- Increased nonverbal communication
- Increase in affection
- Improved bonding
- More facial expressions
- Increased eye contact
- Greater sense of rhythm
- Improved spatial awareness
- Better motor skills
- Improved visual skills
- More motivation
- Better awareness of time and space

- Improved handwriting
- Increased organization.

This is a gift fit for a queen!”

Are you listening?” queried Paul.

I popped out of my daydream. Oh, yes, I am in the Listening Centre in Toronto... for real... and discussing their services. Paul’s warm voice welcomed me back.

“Some of the people we have helped are:

- Pregnant women (*give unborn babies good sounds to listen to*)
- Children with development issues
- People with language impediments
- Children with Autism (*open up communication*)
- Children with Attention Deficit and Hyperactivity (ADHD) (*help calm down and focus*)
- Those with learning disabilities (*minimize dyslexia, improve academic performance*)
- People with memory skills problems
- Those with academic challenges
- Athletes (*improve motor coordination*)
- Singers (*those losing voice or to improve clarity and range*)
- Dancers (*improve rhythm and timing*)
- Business and Sales people (*to improve relationships and presentations*)
- Artists (*better appreciation of color and layout*)
- Those learning a foreign language (*introducing frequencies in a new language*)
- People with Down’s Syndrome (*improve motor coordination*)
- Some types of head injuries (*reprogram listening patterns lost*)
- Anyone wanting their “batteries charged”
- Elderly (*to maintain energy, balance and listening*)

“Wow! Why don’t they use filtered music in workplaces? Schools? Nursing homes?” I wonder.

Then I blurt out, “but Paul, if I understand you correctly, listening training teaches us to tune into certain sounds to enrich our lives...effortlessly.”

“Although,” I continued, “we perceive our listening as complete, it isn’t. We know a dog can hear higher pitched sounds that we can’t, but we erroneously believe our hearing is fine in *our hearing range* if we hear sounds and music. You are teaching us that we select what to hear without thought, and we haven’t been trained to recognize and attune to energizing sounds. It is like our ears are like gold mines that most of us haven’t tapped.”

“Yes, the ear does so much more than making us perceive sound. It harmonizes body functions and provides energy to the brain for a starter,” Paul continued.

“So with listening training, people can live more fully,” I muse. “And all people could benefit from a listening tune-up!”

“This listening stuff is so good it sounds like magic!” I smiled as I felt a lump in my pocket. It was a hot pink pill. Hmmmmmm.....

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# **Chapter 2: Increased Intelligence, Health and Energy, Just by Listening to Music**

## *Sound – The Spiritual Fast Track*

I have studied antiquity for over ten years. As I am a musician and a composer, I noted that the secret society's, such as the Tibetan monks, ancient Hindi, ancient Chinese and various mystery schools, have little tidbits on how to use music to increase your IQ, health and energy. (They often refer to mind, body and spirit as consciousness.)

Much of the information was handed down verbally, because sound is powerful and they did not want the information to get in the wrong hands.

I have pieced these tidbit together, along with a book I wrote on modern researchers who use these techniques, proving that many of them work with the scientific method.

So here is some information...just the tip of the iceberg!

Music is entertainment. Is that what you think? Well I have a surprise for you! Music is a powerful tool you can change your very cells of your body, your mental IQ and your spirituality!!!

I'll take you on a little adventure through the study of a few aspects of music, but get ready for a shock!

### **Music Aspect #1; Intervals**

An interval is two different pitches, sounded at the same time. Here are some tidbits about music, that are sure to amaze you.

Certain intervals give us different feelings. For example, a major fifth interval produces a feeling like we are in church, listening to pristine harmony. Yet, a major seventh interval produces a moody feeling and a minor third creates a melancholy feel. Therefore, different intervals create unique feelings and moods, but I bet you already knew that. Hold on....I bet you don't know the next point.

When the brain hears tones that are extremely close to the ears (like when you wear headphones) the brain can only “hear” one tone at a time. Since it can’t hear both at the same time, if you play a different tone in each ear (with head phones), then the brain will take the speed of each tone (a vibration), average them and you hear a pulsing sound of the average of the two tones. What is thrilling about this, is that you have just introduced “whole brain” functioning...both your right and left brains are working at the same time. What a significant increase in intelligence you can obtain, just by listening! How about doing this before that big test?

Remember that an interval is two different pitches played at the same time. Pitches are sound waves, which have humps like an inchworm. When the crest (or high part) of two sound waves overlap, the waves combine into one wave - the size of both combined. The exact opposite occurs when the crest and the low point of sound waves overlap, they cancel each other out and there is no longer a wave. Simply put, sound waves are energy and when two or more interact, they change each other. Likewise, intervals create and take away energy. Doesn’t it feel like some music takes you down and other music energizes you up? But, did you know it was a scientific phenomenon? ...Some music actually creates energy? ...And other intervals decrease energy?

## **Music Aspect #2; Pitch**

French physicist, Joel Sternheimer, showed that recorded plant melodies (from the amino acids in plants), when played back to the same plant, increased its growth (by 250 percent) and its resilience to drought and disease. I wonder what melodies heal us?

When the pitches of human voices are taken up three octaves, they resemble crickets. When the human voices are raised five octaves the pitch sounds like bird chirps. Raised yet further to nine octaves, the sounds are now similar to dolphin songs. Finally if raised further they resemble sounds similar those recorded in the heavens with our satellites. Is there communication on an unconscious level with nature? Are we literally all-together singing our part in the uni- verse (“uni” meaning one and “verse” meaning song)? Are we singing in harmony? Are we out of tune? Does the song from the universe affect us like the plant, producing growth and resilience to disease?

Certain pitches do things such as vibrate at the same rate as healthy DNA. Sound can help us tune our DNA! There are also specific pitches for growth, psychic phenomena and other helpful activities. By listening to special music you can create these specific experiences.

The French doctor, Alfred Tomatis, demonstrated that higher pitches charge the brain, giving us energy, an electric charge necessary to stimulate certain levels of consciousness. Using what he called filtered and gated music (variations of EQ), he created tapes that diminished learning disabilities and gave abundant energy to listeners. He also used this music to enable people to overcome emotional issues. Music isn't like a gift, but it is like a gift-box.

Scientists have also documented that certain frequencies in the brain create enormously beneficially chemicals right in our brain. Best yet, music creates these very same frequencies in the brain!

Some of the chemicals that a brain produces while vibrating at certain frequencies are: endorphins (for feeling good), catecholamines (vital for memory and learning), DHEA (increase resistance to disease), lowered cortisol (slows the aging process), vasopressin (boosts serotonin to ease pain) and melatonin (sleep aid). These organic brain chemicals, homegrown in our own brain, are inexpensive!

Some of the documented benefits from your brain vibrating at certain frequencies are experiencing; tranquility, pain control, creativity, euphoria, excitement, focused attention, enhanced problem solving, increased memory, accelerated healing, behavior modification, improvements in mental and emotional health. Can you imagine some day we may get a prescriptive song rather than a prescription?

Surely music is far more powerful than we realize!

### **Music Aspect #3; Rhythm**

Many have said that the human body is an instrument with the heart rhythm being the primal pulse. The heart is our constant drummer.

Rhythm affects our pulse and heart rate, breath, stress response, voice and walking/activity speed. A healing rhythm increases or slows our energy down, strengthening the elasticity of our pulse, helping us gain vitality.

Our own rhythms can be a more complete expression of who we are than we realize. On a busy street watch the variations of walking. Some bounce, others shuffle and a few march. Some are rigid, others flexible. Still more variations are jerkiness versus regularity of rhythm, or a calm rhythm versus a rushed one. Our personality and emotions can be revealed in the rhythm of our walk.

Words are a rhythm. Our rate of speaking and associated movements is an expression of who we are, in fact they often show our underlining meaning beneath our words. While our words may say one thing, our rhythm of words and body language can say another, revealing a deeper truth.

In the womb, we hear our first communication with the rhythm of the mother's heartbeat, our first communication. We receive reassurance through a steady rhythm.

Reinhard Flatischler has said, "The drum returns my energy by translating it into audible rhythm and thus completes a circuit of energy that allows me to connect with my own power." The rhythm expresses our own energy and power.

We have been surrounded by a great power all of our lives (music), yet we just never knew it. It is like the treasures of King Tut's tomb have been hidden in our living room all along! With conscious selection of what we listen to, we can uplift our lives by something so simple and, at times, free... just by listening!!!

Jill wrote Transformative Power In Sound: Intelligence, Health and Energy Through the Magic of Music, and lectures throughout the U.S. on this topic. She has numerous CDs out, with healing and transforming energy that she has learned about in antiquity. Also, visit Jill's cyber gallery of art, fluid and evoking paintings and prints. [www.jillswingsoflight.com](http://www.jillswingsoflight.com) , [www.myspace.com/jillswingsoflight](http://www.myspace.com/jillswingsoflight) <http://newagehealingmusic.blogspot.com/>

## **Chapter Three: The Flower Symphonies**

### *Healing Flower Vibrations*

A flower, like anything else, is in its simplest form, a vibration. The indigenous tribes in South America believed that the vibration of a flower is a gift, a unique gift, in that one gets a specific healing vibration or a feeling from a flower. Feelings and emotions are vibrations, too. For example, one can feel the energy of cheerfulness from a daisy or beauty from a rose.

The indigenous tribes have an ancient, yet, time-tested process that captures the essence or vibration a flower in liquid form. The process includes soaking the flower in pure water and bathing both in sunlight, which sends the flower's vibration into the water. The captured water is then swallowed, introducing the flower's vibratory signature into a person. The flower essence works, because vibrations interact and affect one another. For example a depressed person drinks the daisy flower vibration, so its vibration will lift him up emotionally.

### **Healing Musical Vibrations**

I played live music for elderly in a nursing home over the course of a year, watching patients, who appeared frozen, sit in cradled positions with never a glance or word to anyone.

After times of pain, people are hesitant to be vulnerable and open, lest they get hurt again. Yet, when asked about something painful, people brush the situation off with an "It doesn't bother me," but unconsciously it does. Invisible, yet insidious pain gathers after years of life's trials, weighing people down and eventually freezing their emotional bodies.

The music bypassed the specific events that caused pain to the people from the nursing home. It was enough to feel an emotion (such as sorrow, anger or pity) in the song, rather than remembering how someone hurt them. The music stirred old emotional baggage and pain and gently

released it. Music vibrated the resident's pain loose, enabling him to let go of it.

After months of listening to my musical performances and giving it their full attention (no phone-calls, interruptions or places to go), the elderly released enough emotional baggage to talk and interact normally. What a change!

### **Categories of Emotional Baggage**

Noting personality patterns in people, a man named Bach classified 12 lifelong paths that a soul can experience to master a major emotional obstacle and turn it into a virtue. Examples are:

- Turning Doubt into Trust
- Turning Indecisiveness into Inner Certainty
- Turning Escaping Reality into Living in Reality
- Turning Fear of the World into Trust of the World
- Turning Impatience into Patience
- Turning World Savior into Light Bearer
- Turning Isolation into Togetherness
- Turning Inner Conflict into Inner Equilibrium
- Turning Panic into Heroic Courage
- Turning Passive Service into Active Service
- Turning Pretend Harmony into Inner Peace
- Turning Demanding Love into Giving Love Freely

Bach found 12 flowers, calling them soul flowers, which represented the energetic vibration of success, an emotional challenge we were born with. (They are listed above.) This energy, he claimed, could raise a person's vibrations and anchor this virtue into his being, and thus into the world. Bach then used the methods of the indigenous tribes and created liquid essences to enable people to sip the flower frequencies, the emotional and vibratory gifts over these emotional challenges.

Bach believed that a soul accepts the lifetime challenge of one of these paths, but I have experienced struggles in most categories. I found

them at fesflowers.com and at 1-800-546-0075. Successful emotional energy in many of these categories is most welcome to me!

### **Vibrations of the Flowers in Music**

The Flower Symphonies are the music of the twelve soul flowers. Musically weaving in and out of these typical types of pain (such as fear, distrust and insecurity), each flower symphony allows the listener to re-feel emotional struggles. Just as the nursing home residents had to accept pain before they could release it, the listener gives the energy of an emotional struggle its due attention and then releases it. The flower symphony then evolves into triumph, giving the listener practice in this emotional success. All you have to do is to listen and be open to receive the emotional and vibrational success.

Each flower symphony vibrates our emotions into the energetic space of victory over emotions involved in a struggle. For example, one flower energy identifies with the struggles of the “pleaser” personality, one, who is nice to everyone, even if he really doesn’t like what they are doing. At first the symphony the harmonies are pretty. After the initial tones are sounded, the tones bend out of tune. The sour after-vibration leaves a bitter taste in one’s mouth. Later the symphonies transitions into deep, calm and pure harmony, allowing the listener to practice being true to his own inner peace. He can feel the contrast between sincerity and being habitually nice to people when he doesn’t mean it.

The following describes an emotional struggle and how the Flower Symphonies help the listener go into the emotional vibration that overcome it.

#### **The Chicory Flower: The Motherliness Flower** *From Demanding Love to Giving Love Freely*

The Chicory flower song helps those who are mindful of others, being over cautious for children, relatives and friends. Always finding something that should be right, they continually correct what they consider wrong with smug satisfaction. They also require that those they love to be near them.

The Chicory melody crescendos from a seductive beat, as if it was singing, “This is what I’ll do for you, when you do what I want you to!” One seeks to control someone, to insure he brings desired pleasure or does what the Chicory personality perceives is right.

The unchanging seductive beat endures while the melody frees itself from the chains of control. The seductive beat remains, but has a pleasant surprise, just like when one learns to love unconditionally. This new type of love produces a beautiful peace, not possible with the energy of control.

The Cerato Flower: The Intuition Flower  
*From Indecisiveness to Inner Certainty*

The Cerato flower seeks to aide those who are not confident in making their own decisions. Constantly seeking advice from others, they are often misguided.

The symphony builds to a peak that is never culminated...as the melodic line changes its mind and rethinks the melody line again and again without any conclusions. This lack of knowing-what- to- to builds pressure. Worry clouds the music until it discovers a simple and happy “knowing” of what to do.

Agrimony: The Honesty Flower  
*From Pretended Harmony to Inner Peace*

Agrimony flowers are an essence to uplift humorous people who love peace and are distressed by argument. To avoid confrontation the people give up much. They experience troubles by feeling tormented, restless and worried, while they hide their cares behind humor.

A beautiful harmony is presented, however, the after-vibes of the music is bent out of tune. The lovely melody leaves a bad taste in the mouth, just as inner turmoil builds with lack of truthfulness. The soul flower symphony then raises its vibration into pure and absolute harmony, providing transparent emotions, peace and celebration.

Centaury: The Service Flower  
*From Passive Service to Active Service*

The Centuary song blesses those who are kind, quiet, gentle people, but who are over anxious to serve others. People on this path overtax themselves, becoming more servants than willing helpers. Their good nature makes it easy to do more than their own share of the work, neglecting their own mission in life.

The Centaury melody sounds like a ballerina on a music box. She twirls and pleases as she goes round and round in her prescribed path. She is beautiful, yet mechanical, repeating what movements are expected. The dance of the music box then unravels and freely flows as the chords ascend into the light.

#### Verain: The Enthusiasm Flower

##### *From World Savior to Light Bearer*

The Vervian flower music uplifts people with fixed principles who are confident they are right, rarely changing. People who benefit from this melody try to convert others to their views. They are strong of will due to their convictions.

The symphony dances to a fixed rhythm; its melodies driven by relentlessly following the established drum beat. Diverting from a rigid stylistic format, the melody breaks free and even each note gets diffuse, like colors swirling into a translucent white light. With no desire to control or be controlled, the melody sings itself free.

#### Water Violet: The Communication Flower

##### *From Isolation to Togetherness*

The essence of the water violet song caresses people, who like to be alone, even if they are ill. People who are learning the lesson of the water violet move about without noise, speaking little, and then gently. Being independent, clever, capable and self reliant, they are almost free of the opinion of others. However, being aloof, they go their own way without benefits of rich relationships. Their peace and calmness is a blessing to those around them.

Delicate and isolated tones paint a translucent color-wash on a canvas. As the song grows the single melody gently finds companions that it softly intertwines with. Together there is no control, but celebration of

each other. The softening of the energy of being alone is beautiful, but it becomes ethereal and glistens as it swirls into bliss with the other tones.

### Impatiens: The Time Flower

#### *From Impatience to Patience*

The energy of the impatiens flower is for those who want things to be done immediately. Finding it difficult to be patient with slower people, they push them to make them quicker or they work alone.

The melody tosses and turns, while it searches for quick conclusions. Invariably obstacles to the melody provide delay and frustration. Impatience and negative energy surface when one wants everything done right now. In the music the feeling of impatience is transformed into peace, acceptance and a calm rhythm of breath.

### Minimus: The Bravery Flower

#### *From Fear of the World to Trust in the World*

This fragrant song is for those with fear of illness, pain, accidents, poverty, being alone and misfortunes. Fear haunts people with minimus energy, as they quietly bear their dread.

Creepy and overwhelming fear rips through the music with a scary hiss. The nasty music finds an unexpected sense of knowing... of well being that lies deeply beneath a feeling of trust. Knowing, a foundation that supports the feeling of trust, is represented by the literal sound of a heart beat. The trust and the melody are built upon the beat of the heart.

### Clematis: The Reality Flower

#### *From Escaping Reality to Living in Reality*

This flower symphony gives relief to those who are dreamy, drowsy, not-fully-awake and who show no interest in life. These quiet people are not happy, living more in the future than in the present.

Breath becomes the percussion beat and it combines with diffuse tones to create a state of dreaminess. Foggy and unreal tones muffle clarity. As the song continues, the warmth of the sun beckons the soul to awaken, to see more clearly and dance in the glory of the fully awakened light and clear melodic tones.

## Gentian: The Belief Flower

### *From Doubt to Trust*

The Gentian flower has special gifts for people who are easily discouraged. Any small delay causes doubt and disheartens them. These healing vibrations help people discover the energy of faith which overcomes obstacles.

The frantic struggle and scurry of the music anticipates Murphy's law: "Any thing that can go wrong will!" Focusing on obtaining conclusions, the melody quickly unravels. The steady frustration of struggles is replaced by a knowing that things will work out for the best. Within peace, one can hear a steady, heart opening, an "ah" sound that underlines the melody, just as ancient music used a steady base note to pull together all loose ends in a song.

## **Chapter 4: Paint Your Soul...Music to Paint your Consciousness**

The Fibonacci numbers are a mathematical pattern found in the stars, your body, flowers, beehives and did God use a favorite pattern in creating our world!

Music is math. All you do is to convert the musical tones into hertz frequencies... like how many waves and crests of a sound wave are there is a second. So the Fibonacci numbers, the perfect math pattern that we are all made of..... can be transposed into music.

The Fibonacci numbers are frequencies, but not the ones we use in our musical system in the Western Hemisphere. The frequencies fall in between our musical notes.

I had them converted into tuning fork tones, and they sparkle in the background of my "Paint Your Soul" CD.

I also found a scale that was reportedly for exclusive use of the Catholic Church in the mid-ages. Reportedly it had healing properties. Indeed the fifth tone is the tone of perfect DNA. This scale is also on tuning forks playing and caressing in the background of the "Paint Your Soul" CD.

The Paint Your Soul CD can transform low frequency thoughts and behaviors, increase your consciousness, and leave you in a profound state of peace. With ancient secrets and modern research, the imbedded sound will "paint your soul"!

### **How does it work?**

Our cells are made of vibrating energy at the subatomic level. Our cell's vibrations will "entrain" with surrounding frequencies. For example, if you had several clocks in close proximity, ticking at different times, all will tick at the same time shortly. When we listen to music, we entrain the vibrations of the music.

### **What makes this music so special?**

The Fibonacci series of numbers (found in solar systems, seashells, plants, our bodies, and in famous architecture) has been converted into musical intervals in the Paint Your Soul CD.

The Fibonacci numbers (or frequencies) if graphed, reveal a spiral. In contrast, western music creates a circle when graphed. Many ancient traditions believed that listening to the "spiral" pattern in sound enabled one to quicken their soul's vibrations and rise closer to God. These frequencies are not in use today, as using the pure Fibonacci frequencies makes our pianos impractical. We would need a separate piano for each key.

The Paint Your Soul CD uses tuning forks that create the pure tones of this spiral pathway, creating pathways for our consciousness to expand on.

Music makes energetic pathways in our consciousness, which paves the way for evolutionary progress for mankind, reported Cyril Scott in "Music, Its Secret Influence through out the Ages." For example, Bach and Haydn's mathematically perfect harmony enabled people to rise out of the dark ages. The ornate classical music inspired the ornate architecture and styles of the time. Beauty emerged, but some people's pretty presentations hid a cold heart. Later, Beethoven's music introduced harmonic patterns that inspired compassion, which aided people to grow beyond ornamental, proper behavior. The first charities are recorded only after people heard Beethoven's music. Can music carve pathways into our consciousness and uplift our souls?

## The Secret Healing Scale, Found Encoded in the Old Testament

Horowitz and Puleo published numerical patterns of frequencies encoded in the Bible, (Numbers 7:12-83) the tones were encoded in the Bible, kept safe through out the ages, and waited for the right time to be revealed.

These sacred tones from the Bible, in the Paint Your Soul CD, introduce new sounds to our listening ears that are not found in Western music. These and other techniques make "Paint Your Soul" a formative, listening experience, which will color your soul.

"I was taken by the haunting beauty of the vocals and also the cascading effect of the music and how it seemed to create rhythmic surges of consciousness – as of my attention was being swept in and out like the waves of the ocean that were also part of the music." Jeff C

"Paint Your Soul made me feel as though an uncommon force was being exerted over me. It was a revelation of an unspoken perfection, a truth lying deeply beneath the accumulation of the rubbish of my life." Mike L.

Mattson melodically meanders through each track, evoking ethereal and swimming melodies reminiscent of new age artist, Enya, and the haunting vocals of Sarah Brightman." Derrick News

"While listening to Paint Your Soul, I felt a deep healing happening...I felt such profound peace and lightness. The music responded right into my being. This is truly healing music for your spirit and Soul." Anne L.

"Paint Your Soul made me feel as though an uncommon force was being exerted over me. It was a revelation of an unspoken perfection, a truth lying deeply beneath the accumulation of the rubbish of my life." Mike L.

"Paint Your Soul" brought tears to my eyes at first and weeks later, still leaves me in a state of contemplative quietude hours after listening." Judy S.

CD available at [www.jillswingsoflight.com](http://www.jillswingsoflight.com)

# Chapter Five: You Are Star Dust

## *Music of the Healing Night*

Our body is made from carbon, hydrogen, oxygen, and nitrogen. The stars are made of these too! (different proportions) **Our bodies and the stars are made out of the same elements! Are we star dust?**

A French physicist, Joel Sternheimer, discovered sounds of elements in the Periodic Table.<sup>1</sup> Carbon, hydrogen, oxygen and nitrogen make frequencies, a song if you will! **The stars sing and so do we!**

Joel learned that amino acids in plants produce songs. We can't hear them, but with his equipment, he can! When Joel played the amino acid's songs to the plant, **its growth doubled** and resilience to drought and disease increased.<sup>2</sup> This says to me, **when we sing in harmony, we become all that we can be.**

The scientific theory of entrainment says that a strong vibration in close proximity causes the lesser vibration to change and copy the stronger vibration. When the plant heard its song, it copied the frequencies. So, sounds of the stars (raised up octaves into your hearing range) can vibrate **you** into harmony with the songs of the heavens. **So you can sing the song of the stars and the stars can sing in you! We are in the choir of the "uni-verse," meaning one verse or song.**

According to Hans Cousto, we can calculate the pitch of a planet if we know the time it takes a planet to complete an orbit:  $\text{Frequency} = 1/\text{period}$ . For example, the earth takes 365.24 days to orbit the sun, so the earth's frequency is  $1/365.24$  days.<sup>3</sup> By doubling the frequency by octaves this note can be heard. **We can listen to the sounds of the stars!**

### **The Frequency of the Earth, Moon and the Sun**

Cousto suggests that when you tune into the earth's frequency, you tune into the energy of others such as the Indian and Tibetan monks, who are in harmony with the earth due to their regular meditation. **By tuning into their energy, you participate in their peace of mind.**<sup>4</sup>

The scientific phenomenon of the hundredth monkey shows that when a certain percentage of a monkey population learned a new trick, all monkeys, even those on other islands who had never seen the trick, could then easily perform it. Therefore, **we can tune into the frequency of those already in tune.**

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<sup>1</sup> Maman, Fabien. The Role in the Twenty-First Century. Tamo-Do Press. Boulder, Co.1997. pg 15.

<sup>2</sup> [www.earthpulse.com](http://www.earthpulse.com) "French Physicist Creates New Melodies – Plant Songs."

<sup>3</sup> Cousto, Hans. The Cosmic Octave, the Origin of Harmony. LifeRhythm, Mendocino, CA, 2000.

<sup>4</sup> Cousto, Hans. The Cosmic Octave, the Origin of Harmony. LifeRhythm, Mendocino, CA, 2000. Pg. 62.

When you raise the earth-day frequency 66 octaves, you create the resonance of DNA, **Can you tune up your DNA**, by listening to the tone of the earth?

Cousto says: **“Meditation music attuned to the sun tone is beyond all imagination and will lead the listener into new dimensions.** It is for people whose souls are full of joy and whose spirits are clear, for those who are prepared to leave everything behind them without regret. **Meditation carried out to the tone will lead the listener to a state beyond good and bad, shame and guilt, beyond space and time, knowledge and wisdom, action and rest, and being and non-being.** It leads to a state where the all-in-one and the all-encompassing are no longer separate entities but are reunited at their tone, common origin -- the origin that is also you.”<sup>5</sup>

**The frequencies of the planets, the earth, the moon and the sun are played on tuning forks and twinkle in the background of this deeply sonorous CD,  
Attuning you to the tones of the heavens!**

[www.jillswingsoflight.com](http://www.jillswingsoflight.com) for this and other beautiful music, and a daring art gallery!

[www.soundmatterandspirit.com](http://www.soundmatterandspirit.com) for a Sound-Spirit Store.

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<sup>5</sup> Cousto, Hans. The Cosmic Octave, the Origin of Harmony. LifeRhythm, Mendocino, CA, 2000. Pg. 95.

## About the Author

Jill has studied antiquity for over ten years, compiling ancient traditions in secret societies that used sound to transform people's consciousness, which in turn healed their mind, body and spirit.

Jill lectures on the Power of Sound throughout the United States. Jill is author of Tranformative Adventures in Sound. She has personally interviewed many cutting edge scientists, researchers and practitioners in sound healing including:

- Sri Ganapati Sachchidananda Swamiji, sound healer,
- Laurie Monroe, brain mapping and more at the Monroe Institute,
- Jeff Volk, producer of the Cymatic videos, watch sound matter form in sound,
- Michael Stevens, life changing sound and light machines,
- Dr. Harold Moses, energize yourself with the "Music of the Spheres,"
- Jonathan Goldman, "Healing Sounds" for you, your consciousness and the world,
- David Hulse, Secrets of the "Ancient Solfeggio Tones" to transform your world,
- Jeffrey Thompson, Use your note in the "Cosmic Symphony'"
- Fabien Mamann, Music that harmonizes energy from the stars.

An artist extraordinaire, musician, composer and artist, Jill Mattson "paints your soul" with cascading and healing waves of music on numerous CDs. In addition to angelic vocals, Jill's music contains ancient spiritual techniques to expand your consciousness, expand your mind, uplift your spirits, give you peace and refresh your soul.



Ms. Mattson displays an evoking and fluid gallery of emotions, oil paintings and prints.

Taste the sonorous CDs and uplifting artwork at [www.jillswingsoflight.com](http://www.jillswingsoflight.com)

Jill also spent 25 years as a CEO of a nonprofit agency that supported thousands of people in 25 charities, from group homes for people with disabilities to housing projects.

## Testimonials:

Dear Jill,

I can not express how much your music has affected me. As a spiritual practitioner and consultant, I am so moved by the music that you have successfully created and the art that you have managed to capture on canvas and express your soul. Your work is of a realm that most are striving for, reaching and acknowledging and can use to assist them in self-discovery and awareness. The Universe blesses you, honors and celebrates you, your assistants and all that you have humbly provided. You are one who has recognized your gifts and abilities and has offered the world an opportunity not only to share but to use and discover their own talents.

Noemia

Greetings, Jill.

You have a beautiful voice- pure and fragile. Your melodies feature a holistic, mathematical approach, which takes people outside of the pop-influenced melodic sound of commercial New Age. Taxi

Dear Jill,

At age 60 it has been a while since this widow had a love to lay down with. When I first listened to your music, I thought, wouldn't this be lovely to make love with! It inspires peaceful ecstasy. Thank you for the beautiful art. The visual and listening experience has enriched my life. Barbara D.

My Soul goes out to you! (one of my songs) The violin calms with the very first note. I can feel healing waves flow over me with the sounds of little froggies and crickets soothing me just like they did when I was a little kid playing in the creek. Your sweet vocals cover me with softness. All the sounds go into me and blend perfectly. Marty S

You Are Star Dust. The music is an exciting experience for me. Every time I listen to the melodies I go into a deep trance and pop out of it when the music is over. It is unusual to find music that relaxes you like this. I am always looking for new ways to meditate and listening to this is a most efficient way of achieving a higher energy. Rick H.

Dear Jill,

I have an air purifier that turns off when the air is purified. It turns off every time I play your CD "You Are Star Dust." I was surprised to find out later that you have used a tone for oxygen, hydrogen, nitrogen and carbon in this CD in the tuning forks that sound like chimes in the background! Cool! Very Cool! Eric

Dear Jill,

Wow, your music is really incredibly healing! After listening to your CD, "You are Stardust", I felt the divine mother energy surround me in a large dose of unconditional love. Thank you for the blessings of your healing music.

Peace,  
Sarah

Jill,

We have your CD's all ready queued up to help set a healing mood during our home birth next month. We can think of no better way to welcome our little Mathilda Tobin into the world! Thank you for making such a beautiful, meaningful contribution to our lives and to the world.

Dear Jill,

Last night I was taken by the haunting beauty of the vocals and also by the cascading effect of the music and how it seemed to create rhythmic surges of consciousness—as if my attention was being swept in and out like the waves on the ocean, that were also a part of the music. Jeff C

Dear Jill,

“Paint Your Soul” represents one of my most intriguing encounters with music yet: It brought tears to my eyes at first, and weeks later, still leaves me in a state of contemplative quietude after listening. Now it seems to be part of me...having helped me to feel “at home: with peace...some of its melodies and phrases well up in my mind at unexpected moments now, reassuringly, like old friends remind me that peace awaits at the end of a day. This wistful, soulful, haunting “water”/ space music including the mysterious Fibonacci numbers and Solfeggio frequencies, and Jill’s lovely ethereal, echoing voice and wise lyrics and sweet nature sounds\_ all combine to provide one powerful, satisfying total experience from the entire CD that I might sum up as Love (Paint Your Soul) = peace. Judy S

The one-person musical package melodic meanders through each track evoking ethereal and swimming melodies reminiscent of New Age Artist, Enya, and of British singer, Sarah Brightman. Derrick News

Dear Jill,

I put your CD in the player and went on to do my business, but it did not take me long to drop what I was doing and come back to the source. A big WOW!!! The words calming and invigorating do not quite accurately describe the feeling it evoked. At a loss for words, and that is unusual for me. Geraldine S

Jill,

When I listen to your beautiful CD my cares melt away and I feel the illusion of fear dissolve. I experience the truth of light and love when I listen to your music. Anne L

Jill,

As I listen to your music for the very first time,  
I felt it immediately begin to minister love,  
peace and well-being to every cell in my body.  
Frankly, that hasn't happened ever in my life.  
I felt every cell coming into perfection as I closed  
my eyes to breathe in this amazing music.

Thank you!!!

Much love,  
Michael Murphy

Dear Jill

Your CD continues to inspire, lifting energies and the atmosphere. For example, my husband's two grand children spent yesterday with us. They were good children and tolerant of my over nurturing them. Yet there was no connection between us, no back and forth conversation, until I turned on your music. Suddenly there were full of questions and in awe. It was the sounds that soothed, as it has done for me many times. Geraldine S

Dear Jill,

I find your music so hard to describe –so beautiful and so unearthly, just not of this world- too special to be earthly. Tillie S

**May 7, 2008 8:11 AM**

I appreciate your ability to brush the surface in expressing nature's true grace. Rock on!

Cheers Andrea

Dear Jill

While listening I felt a deep healing happening. I was sitting at my computer and when the CD ended I felt such profound peace and lightness. Even though I was in the thinking mode while listening to it, the music resonated right into my being. It is truly healing music for your spirit and your soul. Anne L

Dear Jill,

Your CD is awesome. I put it on when I was working on a web page and it put me in such a mood that I was really flowing with ideas and the words flowed out of me. Jorge A.

Dear Jill

When I first listened to your music, I found the music somewhat disturbing. It made me feel as if an uncommon force was being exerted over me. I was if a mystery was confronting me. But the more I listened and the more I thought about it, I realized that it wasn't a mystery, but a revelation. The revelation of what might have been, and unspoken perfection, a truth lying deeply buried beneath the accumulation of rubbish in my life.

You see I found in your music a hidden secret, the unconfessed part of myself, that I know to be the truest, most precious and the most sacred part, which I have steadfastly ignored.

Dr. M. Lagan

Dear Jill

Who knows? Perhaps such music as this might even help serve as a proverbial "hedge" of God around our nation, if He so wills, helping us protect us by touching the hearts of potential terrorists as well as our ordinary jaded slaves...overcoming evil with good by transforming, "melting" us all closer in love.

That might be it: Jill's music offers us opportunities to paint our souls with soothing beautiful vibrations, expressions of God's love, which we can then more easily translate into action with in out individual spheres of influence...to achieve the net effect of peace in the larger world. Judy S

I love the sleep song: I feel in tune when I listen :D

Dear Jill,

Some of the depictions of Sri Swamiji's music (in your book) and especially the narration was most interesting. I found the co-relation with various factors of science, arts, culture and nature to be prudent, for a rational thinker. Overall it was inspiring and brilliant.

Vamshi Krishna Ghanapathi

Dear Jill,

Perhaps you have found God's blueprint for creation! His omniscience is truly revealed in your well-documented and fascinating book. How can I thank you for sharing? Something so simple as interval, tones and symphony can bring peace, healing and the purest of love. Kathy B