

Sound Healing



By Robert Chamberlain March, BS. ND

**The Power of Sound is unparalleled
in the birth, life, healing
and transformation
of the human being.**

- RCM

[Table of Contents](#)

Table of Contents

Use the following [links](#) in this Table of Contents below to navigate quickly to any topic of interest in this 96 page E-book:

Creative Power of Sound	Page 3
Introduction	Page 4
Use of White Stone Carillon (special quartz singing bowl)	Page 8
Sound Healing Through Chant	Page 17
Basic Guidelines for Group Chanting	Page 18
Chants from WorldChant™	Page 21
Power of the Voice	Page 26
Tibetan Singing Bowls	Page 35
Spiritual Aspects of Sound	Page 39
Healing Drum	Page 47
The Science of Sound Healing	Page 51
The Anatomy of Sound	Page 80
The Metaphysics of Sound	Page 84
About the Author	Page 95

Note to the Reader: This Ebook is filled with [links](#).

While reading on line when you click on a link it will bring you:

- a. To another place in your Sound Healing E-book (you don't need to be on line for this function to be performed).
- b. To a page on my website.
- c. To a pdf document on my website.



Sound Healing

With [Dr Robert Chamberlain March, BS, ND](#)

This is an overview of Robert's 96 page book entitled Sound Healing. To order the full book on CD containing a free bonus section of music, please [click here](#).

Use the following links below to navigate quickly to any topic of interest in this 96 page book:

[Introduction](#) [Use of White Stone Carillon](#) [Tibetan Bowl](#) [Spiritual Aspects of Sound](#) [Healing Drum](#)

[The Science of Sound Healing](#) [The Anatomy of Sound](#) [The Metaphysics of Sound](#) [About the Author](#)

Sound is the strongest and surest bridge or vehicle that has the capacity to transport us into the highest realms of ecstasy and freedom, balance, health, and longevity.

The great Sufi Master Hazrat Inayat Khan, who first brought Sufism¹ to the West in 1910, was awarded the title "Tansen" in 1913 in a nation wide musical competition in India. He was a master vina player and was considered to be the best musician of his time in India.

Hazrat Inayat Khan stated that, "Sound is light that is most audible and least visible. Light is sound that is most visible and least audible." Like Einstein's famous formula $E=mc^2$, here we see the equivalency of sound and light. When you study the many creation myths from various ancient cultures including the Hebrew, Egyptian, Vedic, Hopi, Kahuna, Mayan, Aborigine, Mauri, and others, you find that most of them report that, first sound and then sound's union with light is what was responsible for bringing forth the vast audible and visible creation. For example, from the Hebrew Bible we read that, "God **said** 'Let there be light' and there was light."

If sound and light bring us in to the creation (involution, incarnation) they can also be used to bring us back to the celestial realms of peace, light and joy from whence we have come any time we take their help (evolution).

I have found over the 39 years of my spiritual practice of singing and chanting and over the 27 years of my healing practice as a naturopath specializing in vibrational medicine and holistic nutrition, that sound is the most powerful tool in setting right relationship in the body amongst and between the cells, tissues, and organs and bringing the organism to states of balance, rest, health and even beyond the five elements into ecstatic states and feelings of oneness with all that is.

¹ Sufism is a universal form of mysticism based on experience, disappearance of the false ego (termed nafs) in the Real, and the awakening to the reality of Love, Harmony, and Beauty, which is the essential tri-partite nature of the Divine essence. There are about 10 Sufi orders. The author is an initiate in the Chisti Sufi order out of Egypt. Sufism is related to Sophia or wisdom, the feminine principle of surrendering to the Light of the Divine Guidance. The Chisti Sufi Master, Pir-O-Murshid Hazrat Inayat Khan taught the mureed (student) to spend 5 minutes a day developing your natural voice through singing or chanting. The voice is a bridge connecting Heaven or Satya Loka and earth.

This balanced and appropriate communication between cells, tissues, organs and organ systems is what may be defined as good health... oneness is a sign of sound health!

In his sound healing practice, Dr. March works with the following sound generators: a [White Stone Carillon](#)², a 1200 year old [Tibetan Bowl](#), an Aboriginal rain stick, a [Sacred Medicine Drum](#), and his voice. Along with the use of [sacred chakra oils](#), all these sound tools and more are used in his [Anointment Healing](#)[™] sessions as well as his sound healing sessions. Please click on the Anointment Healing link above for a full description of Anointment Healing[™].

Robert relates the following about the White Stone Carillon:

“I know that the next step for humanity is movement from the solar plexus chakra to the heart chakra. This transition or evolution has been taught by all the spiritual Masters who have come to help humanity over the millennia.

The solar plexus bound personality is exhibited by those who control society from behind the scenes... those who have gotten caught up in control, domination, and manipulation of others and their environment for their own benefit and at the expense and to the detriment of others. In this personality type the Ancient Mind rules the heart and the heart is dead. There is no heart brain integration, there is a strong feeling of separation, and there is no feeling of the oneness of us all.

I have been on the path of the heart for 39 years. I was blessed to meet the heart chakra Master, Sri Chinmoy in 1970 and he awakened my heart chakra with a touch. It is interesting to know that the **sense of touch** is related to the **air element** and that both are connected to the **heart chakra**.

I have been telling all my touch therapy students since 1978 that one of the reasons, which they may or may not have been aware of, that they entered the touch profession (reflexology, massage, Reiki, Anointment Healing[™], cranio sacral work, Polarity Therapy, being a [Oneness Blessing giver](#), being a [Munay Ki practitioner](#), etc.) was that they consciously or unconsciously knew that they needed to open up their heart, they needed the flowering of their heart.

² The White Stone Carillon[™] made from the purest 100% Grade A Quartz Crystal, is not a rejected flat bottom crucible that is made for the uses of the semiconductor industry (do not confuse the WSC[™] with those that are). Although at first blush they appear the same, they are different as night and day. From the egg shape of the WSC[™] to the wonder of the floating Eidolon Sphere of focus inside, to the musical range of pure bare tone set in the range of 359.99 to 401.30 Hertz (anciently called **The Key of David**), that neuro-science shows induces an alpha-theta brain wave pattern in the hearers. The WSC[™] is as old as Moses in Egypt yet as new as modern medical science in producing instruments of Vibrational Medicine. An eidolon is an image of a form that does not physically exist, i.e., a phantom such as a rainbow. Ancient seers understood that the blending of harmonious vitality in the sounds of G, Gb/F# produced by the WSC[™] would balance the entire mind, body and emotional complex into unity and optimal function. **For this reason 7 instruments of 7 different tones of the diatonic scale are not necessary.** Pythagoras theorized the earth creates a tone of G/F# in space. NASA astronauts have since proven this to be correct using high-tech sound recording equipment. The WSC[™] tunes you to the heart beat of Mother Earth.

In this regard, Sri Chinmoy had his students imaging a candle flame burning in the heart or that a rose petal was opening up in their heart chakra, as well as sounding the AUM or Om sound in their heart.

After my 8 year study with Sri Chinmoy I was guided to the Sufi Path of Love, Harmony and Beauty where I have worked for the last 30 years with various wazifas (sounding the 99 qualities or names of God) in my heart as well as working with the sound Hu and the Sufi Zikr. The great mystic and sound healing Master, Sufi Inayat Khan recommended that his students work with their natural voice at least 5 minutes each day. I have followed this advice.

Six years ago, Chinmoy and my Sufi Master, Hazrat Inayat Khan handed me over³ to Sri Amma Bhagavan, the living Oneness Avatars. Under their guidance I have continued to sound the Moola mantra⁴ along with other mantras and work on the deepening and further awakening⁵ of my heart or what Sri Bhagavan would call, the flowering of my heart⁶.

Recently I have discovered a very powerful tool, the **White Stone Carillon**, which I have been working with every day on myself, and using it with every client in my healing practice, and I have found that it is the best external device I have seen for helping us to develop heart brain coherence⁷ and heart brain integration and to powerfully promote the flowering of our heart.”

³ At a darshan (meeting) with Sri Bhagavan during my 21 day Oneness Process in India in January 2004 as I was looking intently at Bhagavan, Pir Vilayat Khan (the son of Hazrat Inayat Khan) appeared in a waking vision over my right shoulder. As we were both looking at Bhagavan, Pir Vilayat shared that Sri Bhagavan was a true Avatar of God.

⁴ **Aum. Sat Chit Ananda Parabrahma. Purushotama Paramatma. Sri Bhagavati Sameda... Sri Bhagavate... Namaha. This mantra along with others are available on Robert's Sound Healing CD.**

⁵ "The living heart has the same quality as the primal being of God, and it is because of this that the heart of man is the greatest magnet there is. The primal aspect of the divine being, as it is said in the Bible, is love. The manifestation of the same principle in its fullness is to be found in the heart of man, and thus the awakening of the heart is in fact the awakening of God. In the person whose heart is not awakened, God is not yet awakened." – The Dali Lama

⁶ "The question is one of simple transformation, make the heart flower and we have heaven here. There will be actual heaven on earth. Once the heart has flowered, you know exactly how to act. The love we are talking about cannot be described. It has to be experienced. There is no reason for that. There is no cause for that. It is just there. We would like you to get there. You would then be a fulfilled human being. You would have realized your full potential as a human being. The moment you discover this love, you also discover connectedness. First you feel connected with your near and dear ones, then with your friends, then with the world at large, plants and animals, and finally with God. You become one with God. That is the oneness we are talking about. The whole creation is an outpouring of joy. Once you become enlightened, you will see that there is nothing but joy. There is only love." – Sri Bhagavan

⁷ Heart brain coherence, a term from HeartMath™ and the term that Robert uses, heart brain integration refer to the purpose for which man was created in the image of God. Both expressions also refer to a deeper understanding of why we are called hu-man beings. Hu is the divine resonance (God's sound within us as us) and man is soil, matter, or mind. When, through the Grace of the One, we realize through direct experience that the

Related to the use of the **White Stone Carillon™**, Marcel Vogel, a senior scientist with IBM for 27 years, says that, “Quartz crystal emits a vibration which extends and amplifies the powers of the users mind⁸. Like a laser, it radiates energy in a coherent, highly concentrated form, and this energy may be transmitted into objects or people at will.”

More from Robert on the spiritual science of sound healing is found on his full [Sound Healing CD](#)

[Table of Contents](#)

Behold this super Amethyst Quartz Geode

Knower, the known, and knowledge itself are One, that we and God are One, that matter and Spirit are One, that the female and the male are One, then we become the Purpose for which we were created, we become fully human and we experience the Oneness of Existence, the Oneness of Consciousness, and the Oneness of Bliss. The purpose of existence is BLISS!

⁸ When the users mind has been trained in concentration and meditation as well as in the healing arts, through the powers of intention and focus, the mind can be a powerful instrument for calling upon and directing unconditional love and the light of divine intelligence to go where it needs to go and do what it needs to do to bring healing, balance, cleansing, transformation, and awakening to the body, heart, mind and soul of the client.



Sound Healing

With White Stone Carillon

Sacred Drum

Tibetan Bowl

Voice

Here is what oncologist Dr Mitchell Gaynor had to say in an interview about using sound in the healing process, particularly his work with the White Stone Carillon™:

It's a struggle not to be calm around Dr. Mitch Gaynor. Even at the tail end of a gray Friday afternoon, after a crammed pre-holiday week, his smile is easy, his white coat crisp, and his speech soothing.

His entire Upper East Side Manhattan office reflects his demeanor; plants, exposed brick walls, the soft sound of ocean waves piped into every room, patients snuggled on soft recliners and sipping green tea.

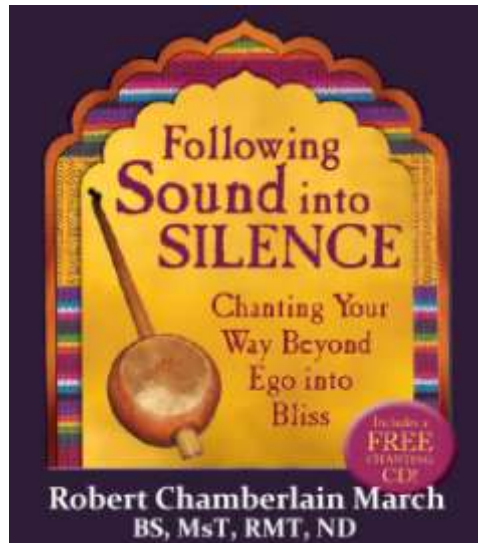
It hardly seems the kind of place where patients come to face one of their worst nightmares: cancer treatment. But that's the point. Gaynor, an assistant clinical professor of medicine at WEILL CORNELL, has become a leader in the increasingly accepted movement toward integrative oncology—combining traditional Western medicine (chemotherapy, radiation, bone marrow transplants) with Eastern techniques such as meditation and yoga, along with lifestyle changes, nutrition programs, and dietary supplements. "When a patient comes to an oncologist for the first time, there's a tidal wave of fear, a tidal wave of questions," Gaynor says. But add some guided meditation and music therapy to the talk about chemo and surgery, he says, and "people invariably say they're the most relaxed they've ever been." It's a bold statement and hard to believe—but his patients speak in equally gushing terms about their treatment.

"The meditation is the most beautiful experience," says breast cancer survivor Rosemarie. "I feel like I've been to heaven and back. I really never even felt sick."

Another patient, Marisa, had been given just six months to live by a string of reputable doctors, but under Gaynor's care went from being a Type-A corporate vice president of human resources to a holistic therapy convert. She credits meditation, along with a massive diet overhaul and Gaynor's patient support group, with the fact that she's still alive, her pancreatic cancer in check, seven years later. "Everyone else had said there was nothing that could be done," she says. "But he said, 'There's so much you can do to fight this.'"

About fifteen years ago, Gaynor discovered Eastern spiritual practices—and their connection to healing—when he treated a Tibetan monk who introduced him to chanting and to the metal singing bowls that have become a staple of his practice.

More from Dr Gaynor is found in the full book and on my full [Sound Healing CD](#)



Dr March's [Sound Healing CD](#) contains Free Bonus Songs and Chants that you learn during his monthly [Cosmic Oneness Celebrations](#). This CD contains over 100 pages of his writings and his edited compilations from other sound healers. To order this Sound Healing CD and/or his WorldChant™ audio tape, please go to:

<http://www.bhagavandharma.org/Chant.htm>

[Table of Contents](#)



Sound Healing with Tibetan Bowls

You will see from the chakra chart below which is adapted from Gallianna that the metals making up the Tibetan bowl primarily bring in the energies of Venus (copper) and Jupiter (tin). Venus, of course, is the planet associated with Love and Beauty and Jupiter, called the Guru in Vedic astrology, is associated with good fortune, grace and expansion. Love, beauty, grace and heart expansion are the primary qualities or gifts which fill your being as you listen to the Tibetan bowl.

From Wikipedia, we read:

Traditionally, antique singing bowls were made of Panchaloha (literally meaning "five metals" in Sanskrit): a bronze alloy of copper (70%), tin (20%), zinc and iron and other metals. Antiques often include silver, gold, nickel and the most prized "sky-iron" (Wylie: thog chags) from meteorites and tektites (as did the Phurba, an accompanying tool).

Antique singing bowls produce multiphonic and polyharmonic overtones which are unique to the instruments. The subtle yet complex multiple harmonic frequencies are a special quality of the high quality bronze alloy. The art of making singing bowls in the traditional way is often called a lost art, but traditional craftsmen do still make singing bowls in the traditional manner in hidden corners of Nepal but few contain sky-iron.

Sound Healing is an effective and time proven modality that uses vibrational sound to help reduce stress, alter consciousness and create a deep sense of peace, well being and better health. Sound has also been shown to be a vital part of the healing process for cancer patients undergoing chemotherapy and side effects especially for pain relief management. See the [Carillon pages](#) in this pdf document.

During our waking state, the normal frequency of our brain waves is that of Beta. Sound tools entrain the brain to move into the deeper Alpha and Theta brain wave frequencies. These are the frequencies that induce deep meditative and peaceful states, clarity of mind and intuition. Modern medicine can now measure brain states, the chakra and the meridian systems and thus confirm the practice of sound as a means to promote healing. Thus, sound is a type of energy medicine that creates the sacred space in which people can heal from stress disorders, pain, depression, the emotional roller coaster we sometimes ride, and more.

As a long-time practitioner of complementary integrated health services, in addition to the vibrational healing initiated by sound, my sessions may include Anointment Healing™, visualizations, and Cranial Balancing. I also work with a [White Stone Carillon](#) crystal bowl, my own voice, sacred drum and an Aboriginal rain stick. This combination creates a true body, mind, spirit connection so vital to natural healing. Anointment Healing™ is a gentle type of energetic healing modality that uses healing hands on chakra and meridian points, foot reflexology and craniosacral techniques. It promotes total body healing, removes discordant energy and strongly connects to the clients own innate inner wisdom to help in the healing process.

More from Robert on the sound healing power of Tibetan bowls is found on his full book and on his [Sound Healing CD](#)

[Table of Contents](#)

The Mysticism of Sound

From The Music of Life by Pir-O-Murshid Hazrat Inayat Khan

The **Life Absolute** is a silent, motionless and eternal life that among the Sufis is called **Zat**.

Every motion that springs forth from this silent life is a **vibration** and a creator of vibrations.

It is the grade of activity of these vibrations that accounts for the various planes of existence. These planes are imagined to differ from one another, but in reality they cannot be entirely detached and made separate from one another. The activity of vibrations makes them grosser, and thus the earth is born of the Heavens.

The **mineral**, **vegetable**, **animal**, and **human** kingdoms are the gradual changes of vibrations, and the vibrations of each plane differ from one another in their **weight**, **breadth**, **length**, **color**, **effect**, **sound**, and **rhythm**.

The **finest vibrations** are imperceptible even to the soul. The soul itself is formed of these vibrations; it is their activity which makes the soul conscious.

In the plane of **sound**, vibration causes diversity of **tone**, and in the world of **atoms**, diversity causes **color**.

Sound gives to the consciousness an evidence of its **existence**, although it is in fact the active part of **consciousness** itself that turns into **sound**.

The **knower** so to say becomes **known** to itself, in other words the **consciousness** bears witness to its own **voice**.

Sound has its **birth**, **death**, **sex**, **form**, **planet**, **overruling deity** (god), **color**, **childhood**, **youth**, and **old age**.

More from Hazrat Inayat Khan is found on his full book and on his full [Sound Healing CD](#).

[Table of Contents](#)

Sri Krishna plays His magic flute
which calls our soul back to
its source

The Place of Silence – Drum Meditation



By James and Anne Three Bears

The ultimate practice of meditation is stillness of the body and mind. It is about stilling the turbulence of the mind. When the mind's activity is calmed we become open to the secrets, the mystery of Spirit. It is in this space that Spirit speaks. In the stillness is found the clarity of life's meaning and purpose. It is about turning inward, discovering peace. It is the pathway to tranquility. The clatter and cluttering noise of our daily lives can be stilled through drum meditation. We learn nothing in the cacophony and commotion of the outer world. As we enter the inner world we will find stillness of the heart and mind.

Dr March sounding with his sacred drum

It may seem paradoxical that playing your drum can take you to the place of stillness and silence. It is the medicine of the drum, the ambient tone, the subtle resonance that fills the space so much dominated by life's turbulence that transports us to the place of 'no thing'. Playing your drum is an act of communion with the Great Mystery. We ought not be surprised that we can enter a place of joy, beauty and harmony.

As you play with gentleness, caressing your drum with a constant rhythm, focusing on the sound, every busy thought will disappear. Initially, as you practice this method of meditation through your drum, the 'busy stuff' may continue to be invasive. Just return to focusing on the sound. You will soon return to stillness.

With practice, you will find that you can enter this tranquil space quickly.

When you achieve this stillness it may at first be somewhat unnerving as it is so unusual to experience the place of 'no thing'. With continuing practice you may find that while you are actually still playing your drum you will no longer hear her song. You will be in a remarkable place of deep serenity – no words or thoughts, no intrusions.

Conscious breathing is of paramount importance.

A simple, soft, two-beat rhythm akin to your heartbeat is a beautiful way to play. You will find a rhythm that resonates with you. Don't get sidetracked with technicalities.

Don't over commit yourself by drumming/meditating for too ambitious a time period. Do not set yourself up to fail. Take the time it takes. Find a comfortable space in your home and choose a time that fits with you.

Your drum can teach you to listen to the whisper of the spirit wind in your heart.

More from James Three Bears is found on Robert's full book and on his full [Sound Healing CD](#).

[Table of Contents](#)

The Science of Sound Healing

The Work of Valerie Hunt Hiroshi Motayama Candace Pert Larry Dossey

Notes from Infinite Mind by Valerie H. Hunt, PhD

Brain nerve cells when stimulated create electrical energy that activates nerves.

This is recorded as brain waves by an electroencephalogram (EEG).

Nerve activities cause muscles to shorten and move the body.

When a muscle shortens, an electric current is generated which can be recorded by an electromyogram (EMG).

When cardiac muscle contracts it generates an electric current which can be recorded on an electrocardiogram (EKG).

Brain waves under normal conditions create a characteristic slow wave from 0 to 20 CPS (cycles per second) or Hertz (Hz). [reported by Gerber to go up to 100 Hz]

The **heart beat** creates larger and faster waves up to 225 Hz.

The **muscles** have a wide range from 0 to 250 Hz.

- a. 2-3 Hz. in the anal sphincter.
- b. 250 Hz. in fast eye muscles.
- c. Most skeletal muscles during normal movement operate between 40 to 120 Hz.

In the physical body there are **two primary electrical systems**:

1. the well-known **alternating electric current** of the brain, neurons and nerves. [0 to 250 Hz.]
2. The **newly discovered unique and continuous electromagnetic system** probably emanating from atoms and cells sometimes called the **aura**, **life force**, **odic force**, **chi** and **prana** and scientifically called **an energy field**.

More from Dr Hunt is found on Robert's full book and on his full [Sound Healing CD](#).

[Table of Contents](#)



The Golden Ball of Light at the Oneness Temple in Golden City south India

Hiroshi Motoyama Theories of the Chakras

Motoyama is a Ph.D. philosopher and clinical psychologist. He is a research scientist trained in empirical methodology and a psychic who has experientially gained deep philosophical knowledge.

He is the head priest of Tamamitsu Shrine in Tokyo and a serious yogi well versed in yoga treatises. He is the founder of the Institute for Religious Psychology, a research facility, and the International Association for Religion and Parapsychology, an international organization whose members perform research in the above and related fields.

Motoyama is the author of 30 books and numerous monographs and papers. In recognition of his work UNESCO selected him in 1974 as one of the world's ten foremost parapsychologists.

Excerpts from the Theories of the Chakras

Everything has a Yang/exoteric aspect that is open, public, generally known, exposed to the light and in the world of concrete forms.

Everything has a Yin/esoteric aspect that is inner, hidden, generally unknown to the public, not exposed to the light and in the world of subtle, unseen 'forms'.

In Yoga, a word whose root means union, the hidden inner tradition is believed, by legend, to have been brought to humanity by Lord Shiva, the Transformer/Destroyer in the Hindu trinity. His teachings compose the spiritual science of Tantra Yoga. The word tantra comes from roots that mean 'the subtle weavings of polar opposites'. Tantra also means 'expansion' and 'liberation'.

Tantra yoga teaches that mankind has three bodies and three associated minds. These three body/minds are:

- a. The physical body and its mind (the consciousness that operates in association with the physical body).
- b. The astral (subtle) body and its mind (the consciousness that we experience primarily as emotions and feelings).
- c. The causal body and its mind (the consciousness that is expressed mainly as intelligence and wisdom).

We can say that the physical body and its mind are the yang aspect of existence that work in the tangible world. This yang aspect is in fact sustained and kept alive by the hidden yin aspects, the astral and causal bodyminds. The astral and causal cannot be known by either the physical senses or the thinking rooted in physical sensations.

[Table of Contents](#)

More from Dr Motoyama is found on Robert's full book and on his full [Sound Healing CD](#).

Sound is very evocative of emotion. It can bring tears, joy and ecstasy. The Science of Dr. Candace Pert's **Molecules of Emotion** reveals the physiological effect on the cells as vibration gets translated for better or for worse from subtler realms of sound and light and thought energies into the denser realms of cells, tissues, and chemical messengers.

The Biology Of Emotion

The Cast - the **Receptor** - is made up of proteins - at least 70 different types have been identified. A typical cell might have 50,000 of one type; 10,000 of another; 100,000 of a third, and so forth on it's cell surface - the cell membrane.

A typical neuron might have millions of receptors on its surface. Receptors hover in the membranes of our cells, dancing and vibrating, waiting to pick up messages carried by other vibrating little creatures which come diffusing along - the **information substances**.

The receptors, clustered in the cell membrane, wait for the right information substance to swim up to them through the extracellular fluid and to mount them by fitting into their **keyholes** - a process known as **binding**.

Binding is sex on a molecular level!

The chemical key of the information substance that docks onto the receptor is called a **ligand**. The ligand binds to the receptor, entering it like a key into a keyhole, creating a disturbance to tickle the receptor into rearranging itself, changing its shape until - CLICK - information enters the cell.

The word *ligand* comes from the Latin *ligare*, meaning, "that which binds," sharing its origin with the word *religion*.

Though a key fitting into a lock is the standard symbology, a more dynamic description of this process might be two voices - ligand and receptor - striking the same note (sympathetic resonance) and producing a vibration that rings a doorbell to open the doorway to the cell. What happens next is quite amazing.

The receptor, having received a message, transmits it from the surface of the cell deep into the cell's interior, where the message can change the state of the cell dramatically.



More from Dr Pert is found on Robert's full book and on his full [Sound Healing CD](#).

[Table of Contents](#)

The Use of the Chakra Kit Oils in Anointment Healing™



In my healing work with sound, shamanics, Anointment Healing™ and Cranial Balancing, I always apply these chakra oils early in the session. The immediacy and potency of sacred smells to cleanse, open, and balance the chakras allows the sound and other healing modalities to move deeper and work faster into the core being of the client receiving the healing. The sense of olfaction has a direct link-up with the emotional brain (limbic cortex) via the olfactory nerve.

More on the use of pure essential oils is on Robert's full book and on his full [Sound Healing CD](#).

[Table of Contents](#)

Microphoto of Frankincense

Microphoto of Myrrh

Microphoto of Sandalwood

From Robert's Sound Healing CD

"Healing Words"

© Interview with **Dr. Larry Dossey M.D**
Interviewed by [Daniel Redwood D.C.](#)

Larry Dossey's journey of transition from mainstream physician to holistic medical philosopher was something he had no way of predicting, and still finds to be something of a mystery.

The first in his Texas family to graduate high school, Dossey says that when he finished his medical education, "I was as typical and orthodox a person as you could find, akin to stage three anesthesia. I was asleep."

He served as a battallion surgeon in Vietnam, which provided the early seeds of an awakening, as he witnessed the depths of the unconscious drives in the human psyche, and the emergence of his own shadow. Shaken to the core, he began to look more deeply at the world around him. In this he has persisted.

He later helped establish the Dallas Diagnostic Association, the largest group of internal medicine practitioners in the city, and served as Chief of Staff of Medical City Dallas Hospital.

Practicing standard Western medicine, he became intrigued by patients who were blessed with "miracle cures," remissions that clinical medicine could not scientifically explain. Searching for an understanding of the interaction between mind, body and spirit, he developed a biofeedback department at the Dallas Diagnostic Association, and started to study religion, philosophy, meditation, oriental literature, parapsychology and quantum physics.

Dr. Dossey is the author of *Space, Time and Medicine; Beyond Illness; Recovering the Soul; and Healing Words*. He was the first physician ever invited to deliver the Annual Mahatma Gandhi Peace Foundation Memorial Lecture in New Delhi, India.

In this interview with Dr. Daniel Redwood, Dr. Dossey discusses fascinating medical research which demonstrates the healing effects of prayer. He also points out the differences between directed and non-directed prayer, and his belief that introverted people may need different strategies for prayer and affirmations than do extroverted people.

The full interview with Dr Dossey is found on Robert's full book and on his full [Sound Healing CD](#).

[Table of Contents](#)



The Anatomy of Sound

by Vicki Dodd

As a sound and body-worker, I have found verbal abuse more difficult to unravel from the system than direct physical contact abuse. Words stick in the body gathering more words until they are no longer words, they are sounds.

Recapitulating history and memories from a body is unravelling the sound from words, dislodging words from the physical system.

While treating our clients, patients and students, it is of supreme importance to very carefully choose the words we use. Are we choosing words that engage illness, "there is a blockage there," or are we engaging words that evoke wellness?

After nearly 30 years of tracking my ideas about healing or wellness, I am presently at "not-knowing." I am very interested to see what could evolve if we tracked the Well Cell. This is the place before the original-cause imprints which said, "God doesn't love me.. I'm not good enough for God.."

Years ago, I attended a Norman Cousins lecture. He touched me deeply. He was one of the first people that spoke about the power of diagnosis. He said the power of words and how words were used could speed up the disease or, a wrong diagnosis actually had the power to kill. When people come to us as clients or patients, they listen to us. Our words are a great responsibility.

I had clients who could not respond to my hands initially, however I could get access with sound. Some were referred to me when their therapists knew they needed assistance in remembering. Most often they already know their story, however, knowing it intellectually was not moving the paralysis in their feeling/emotional body. Sounding was my method of moving that paralysis.

They also came to free-up the body of memories that kept them at the chronological age of the abuse. My work is to give the body the freedom of expression that has been achieved in other levels. I assist clients accepting the possibility of maturing memories, bringing the memory to present time through sound.

Using sound as a body work is a wonderful tool for teaching people how to use their voice to keep movement in their bodies. Especially if they are going through a crisis, or are in environments that cause them pain or fear.

Sound is a remarkable tool for empowering people. Clients and students actually get to reclaim their voices, their secrets, their boundaries. Sometimes sounds are less personal, needing less analysis than the person's story would entail in words. It can take a little as a minute to recapitulate history with sound, while it could take hours with words. Once my clients have an understanding of their history in words in the cognitive sense, they work with me for the same story in the tissue, in the cells.

[Table of Contents](#)



More from Vicki Dodd is found on Robert's full book and on his full [Sound Healing CD](#).

METAPHYSICS OF SOUND

The Hon. Mr. justice P.B. Mukharji, Barrister-At-Law:
A distinguished jurist and a keen student of comparative religion and philosophy, the Hon. justice Mukharji, of Calcutta High Court, is Vice President of the Institute. This lecture, dealing w/ one of the most subtle and fundamental metaphysical concepts of Indian philosophy, was given by him at the Institute on the 14th of April 1945

The physics of sound has as its origin and ultimate limit the theory of vibration. Within the limits of the theory of vibration are imprisoned the whole of the modern physics of sound. Its bare conclusions are stated either by saying that vibration is the cause of all sound or that all sound is the product of vibration.

The Indian metaphysics of sound accepts the theory of vibration, but says that it is neither sufficient nor accurate in describing the content or nature of sound. I insist that this is not in the sense of philosophy. It is metaphysics not in the sense of philosophy, but in its true etymological meaning of higher physics, a physics that goes beyond the modern physics of sound. Its final conclusion challenges the conclusion of the physics of sound. It asserts that sound is essentially independent of vibration. There can be sound without vibration, and that is the real and original nature of sound. In fact, far from vibration being the cause of sound, it is an effect and one only of the many effects of sound. Indeed, sound is the creator and not the creation. That is the challenge or contradiction between physics and the metaphysics of sound.

THE INADEQUACY OF THE PHYSICS OF SOUND

The inadequacy of the physics of sound is plain. Its first inadequacy is with the receiver. The receiver is always the human ear or the animal ear, an adventitious product of biological evolution. Now, that ear is a very limited instrument. It can hear within very pitifully narrow limits. It has an upper limit and a lower limit. When a sound reaches beyond the higher limit, it cannot hear. When the sound falls below the lower limit, it cannot hear. The vistas beyond the higher limit or below the lower limit are infinite compared to the narrow range of audibility of that ear. To meet that inadequacy, the physics of sound has adopted the fiction of silent sound. That fiction means that sound is still caused by vibration, but that such sound is not within the normal range of audibility of the ear.

More from Justice P.B. Mukharji is found on Robert's full book and on his full [Sound Healing CD](#).

[Table of Contents](#)

About the Author



Dr Robert March, BS, ND has been working with students and clients for 39 years assisting them to discover and manifest the gifts they desire to share with others in the world of vibrational healing. As a teacher, mentor, and practitioner, Dr March has helped in the training of massage therapists, polarity practitioners, sound healers, reflexologist, naturopaths, and other practitioners in the world of complementary and integrative therapies.

Using principals and practices from various healing modalities and spiritual traditions, and especially now, using three most powerful gifts of the Oneness Blessing, the Yeshua/Magdalene initiation, and the Munay Ki Rites, Robert has helped thousands of students and clients learn how to access and utilize their own inner healer and their own innate wisdom and divine Presence within.

This has helped his clients and students to lead happier, healthier, more balanced lives themselves and has helped them to gain new skills and the confidence required to reach out and work with their own families, friends and clients on their personal journeys of healing and spiritual growth.

A life of service to the reality of Oneness... the realization that we all come from One Source Consciousness... has been the motivating factor throughout all Robert's adult life. This realization began flowering in this life when he became a student of the Heart Chakra Master, Sri Chinmoy in 1970.

Sri Chinmoy was an avid athlete and a believer in eating food high in life force or prana or subtle organizing energy fields. While his student for 8 years Robert began his study of complementary and integrative healing and he met the Nutrition Master, Dr. Christopher Gian-Cursio, whose diet he has followed for 38 years.

Robert shares that,

"My Higher Self guided me to Santa Fe, New Mexico where I studied with the great pioneer of spiritual and natural healing, Dr Jay Victor Scherer and was initiated in Santa Fe into the Egyptian Sufi Path of Love, Harmony and Beauty.

This eventually led me to the Lotus Feet of the husband and wife team of Oneness Avatars where I became a practitioner of the Oneness Blessing and discovered that the greatest healing power available to humanity is the inner discovery of the power of consciousness to balance, heal, and lift the vibratory level of humanity into the reality of Oneness.

This power and reality of Oneness... that we are all interconnected in the web of unconditional Love and divine intelligence (Light)... has been confirmed over and over again when Robert has worked with clients at a distance, outside the borders of time and space. [Distance healing](#) and [distance Oneness Blessings](#) work because we are ONE!

I am eternally grateful for the help and guidance that has been gifted to me and to all who seek, knock, and ask at the ever flowering door of Grace."

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[Table of Contents](#)