

# **Potentizing with Sound?**

## **Sound as Nutrient?**

### **Plants, Sound, and Body**

Our body is approximately 80% fluid. Our bones are fluid. Our connective tissue is fluid. This is the tissue, the fibers that surround all of our musculature. The head and brain tissue is primarily fluid. The alchemy of sound is that it takes that which is congealed, congested, compressed, and crystallized and changes its material to a more pliable, resilient, liquid form. The innate function and power of Sound is that it changes all form that it touches; it can re-arrange and create shape and form. We know that the liquid system in our body including blood and plasma, is directly effected by pollution. What happens within this fluid system is that it congeals, congests, crystallizes, gets constricted, and becomes thick or more viscous. These are components that are nearly always present in any dis-ease or dysfunction within our body, impeding the flow that assists the movement of pollutants absorbed through the environment, dietary toxic medications, and undigested emotional material.

Here are some examples of life situations that can easily affect our fluidity and create the possibility of taking on 'stuff' that may not be ours to host:

- Airplane travel, recycled air, hundreds of people
- Accidents/ shocks
- Fights/emotional upsets
- Working therapeutically with others
- Bereavement work or loss of a loved one
- A very busy, stressful lifestyle
- A diet of processed foods

Emotional and physical distress impedes circulation of ALL fluid systems. The physical environment becomes vulnerable for attracting more congestion. When there is a great deal of lactic acid in the fluid of the musculature, often the result of too much stress, circulation is impeded in that area, and as the body is trying to remove excess toxicity through the blood, the toxicity will often get stopped in the area that has the lactic acid buildup. So it becomes very much like a beaver dam. All things floating through the fluid have the opportunity to get stuck. These are possible symptoms of an abundance of stress, and/or holding on to 'that which is not ours'

- Don't have enough time, agitated, impatient
- Don't know how you feel
- Can't rest deeply or enough: often creates insomnia
- Touching the body has the feeling of not being present.
- Processing same material over and over
- energetic co-dependency. Can't stay out of others business

## Sound Solutions

Given that today's body needs more and more assistance to assimilate, release chemicals and metals that our liver hasn't a blueprint for, I am suggesting that we include sound among our toolbox. Sound as a means to potentize our formulas, inside and out.

## **Sound is a Nutrient. Sound is a Food**

We use sound, at-random sounding, unpredictable sounding, gibberish sounding, whining, moaning grunting, laughing sounds, sounds that have the essence of aerobics about them, sounds that require breathing and an inner movement of being touched, effected by sound, stimulating sounds that gets the body vibrating. It is like hoeing, shoveling, masticating, chopping, getting our earth body terrain more workable, moving some of the stones that rolled into the path of listening. Getting our soil a texture to be able to receive and release.

Then we find our hum. It is an integrative, liquefying sound that communicates to all our varied systems. It creates a palate that is 'humming', palatable, attentive, alive, awake, intelligent, teachable, reachable, pulsating . We use our hum to soothe and caress our body, and we hum to neutralize and feed our nervous system. We watch and observe our breath and our feelings and let ourselves give thanks for having a body. We pray to be willing to participate in our own healing with the plants in their many forms: teas, tinctures, essences, creams, and food.

- Body is fluid
- Body is a resonating chamber
- Sound helps the body dissolve coagulated, congested situations.
- Sound helps the body maintain a more fluid state
- Sounding dissolves/helps the body relieve itself of 'functional holding patterns'
- Sound helps the cardio-vascular system
- Sound nourishes and feeds the nervous system
- Sound can help the body rest and balance more into the para-sympathetic NS
- Sound helps to quiet the mind
- Sound potentizes formulas

Just as we prepare a garden, we prepare our body consciously before coming to receive a session or take our formulations.

Simple guidelines:

1st The HUM. Sound signature

2nd Gibberish, at-random, unpredictable sound. Aerobic sounding, Stimulation

3rd Returning to the hum

4th Sit or lay comfortably and listen and feel how you feel

5th Give Thanks and be in a state of Gratitude for the opportunity to slow down enough to listen

6th In a state of gratitude and honestly...sound/sing a 'loving song' to oneself.

7th Rest and listen

There are several forms that can be included that I have found very helpful and revealing.

Breathing exercises:

Color Baths/Visualizations

Deep Prayer and Meditation