

THAT PROFOUND SOUND: Sound As A Healing Vehicle

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THAT
PROFOUND
SOUND

?SOUND AS A
HEALING
VEHICLE

?(And,
The Nature
of Thoughtforms,

Their Effect on
The Etheric
Bodies,

?and The
Role of
Creative Will and Intent

?In The Use
of Sound
Healing)

??
---Zacciah Blackburn

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Historically,?
sound? has? been? used as a point of
focus and invocation in? meditation,
prayer,? healing,? and ritual
throughout much of the world.? As with so? much that is
mystical,
our culture has lost touch with the nature of sound as a?
healing?
vehicle.? Yet more and more healers and musicians are focusing on
the power sound has on our bodies and on our well-being.? There
are?
two? principal? aspects to sound, as I see them, in healing
and
ritual.?? One? aspect? of sound, like a chant or
mantra,
creates a point of focus for? the? mindforce,?
through?
which? one's? intent forms? a basic structure, or
energetic?
grid,? through? which? energy may flow, be contained,
invoked
or built into? a? healing? mechanism.?? The

other aspect is the carrier force of the sound itself.?? This? is dual in nature.? The sound becomes a river upon which, through which,? an? energy may? flow.? The? sound also has an intention, a vibration, an essence, or resonance, which can be a healing mechanism.

As? one becomes involved with sound as a healing mechanism, whether through one's own? intuitive? guidance,? or some traditional manner, one sees the power, which? sound? creates, unfold.?? We can see the traditional use of this power by? looking? at? the? Afrikan? or? Native American? shaman invoking celestial allies through? chant,? song, and prayer, drum or rattle in hand, healing the imbalances in? one of his or her people.? We can see it in an entire Native American village chanting? ancient? rites? to? the? corn? maiden? at? planting time, or an Israeli village? granting blessings? upon a newly married couple through song and dance.? We? can? look? at? an African-American? gospel choir pouring out their hearts in song,? reaching? remarkable states of ecstasy and joy.? Or we can look at an East? Indian? playing? citar, focusing through power of meditation and specific ancient scales,? invoking? the balance and harmony of a specific deity (or energy stream) into? the room.? With any of these examples, and throughout most native cultures, sound? is and has been used as a point of focus of creative intent and invocation of? divine energies.?? Sound? is? a? vehicle? through? which one may carry one's message? to? the? divine,? and through which one may merge with, and express, the? creative divine.

The? path? to? sound? as? a? healing? vehicle? begins? within the self.? By exploring? deep inside ourself, we can easily tap into our own ancient mysteries, unfelt? feelings, and creative energies through the use of sound.? That sound may come? out? in the form of "unchained melodies", improvisational "noise" or cries of? an? infant unborn, but by paying attention to the sounds a particular wave of energy? within? our? body? wishes to make, we can create a truly healing process for? ourself,? and,? eventually,? for? others.??

This process requires a certain degree of trust and release of inhibition, yet that doubt or inhibition itself is a form of fear keeping our creative, expressive powers at bay. Whatever form of release we wish to use, the nature of healing and empowerment is to release the fear or limiting process within the self, and walk into the creative impulse resonating deep within our seat of being.

By sounding that creative impulse, which is our expressive self, we can walk through all of our agony and pain, fears and prejudices, and all limiting thoughtforms we have created within ourselves, in this and other lifetimes, which bind us from our creative, expressive self. All of those devastating habits and self-agonizing behaviors, which have been built through years or lifetimes of reacting to traumatic circumstances or lack of nourishment, have embedded themselves in our fibers. They have been impacting on and diminishing the very core of our being, driving us in involutive spirals in upon, rather than expansive, expressive spirals out from, that core of being. The sound itself can resonate and discharge those emotional energies which have been locked so long in our bodies, within our tissue, within our cellular memories, our emotional and energetic bodies. Sound therapists can guide and nurture us on the path to self-healing through connecting with our own inner sound, our own inner child, and help us express it.

That inner child holds abundant energy, abundant love and grace. And, through letting the noise and confusion of the outer self, one can hear her/his deeper, more intimate self sounding, resonating, at first ever so timid and quiet; but with each breath, with each courageous expression of that child self, feel waves of joy and hope break through all the pain and doubt we have built around us. It may be painful at first. But with courage and determination we can break through the pain and fear, and find unlimited oceans of beauty and wisdom emerging from within ourselves.

The Nature of Thoughtforms, and Their Effect Upon the Etheric Body

To help us understand this process a little further, let us look more deeply at the nature of our energetic bodies and the creation of limiting forms of energy within them. We have often heard that we create our own reality. The nature of that reality is so complex it seems difficult to comprehend just how that might be. Yet, when we look at the nature of thoughtform, and how it works as a creative force, it becomes apparent that the development of a positive, light-building field of energy around us, through our own thoughts and actions, with our own creative will and intent, is a major key to our continued well-being. For that energy field, built as "thoughtform", is an electromagnetic grid that attracts or dispels other energies around us, dependent upon the nature of its intent.

Thoughtform is the elemental nature of the creative potential of thought. It is the energetic substance created by all thought, desire, and action. On an energetic level, we constantly tap into raw (pure) energy and mold it with the resonance of our thought/desires/actions. We also tap into and "channel" lifestreams of energy which resonate with various qualities of existence, both creative (expansive), and diminishing (contractive). Intelligent forces work through these streams of energy, whether it is conscious or unconscious interaction. This is a highly interactive point for us with beings of the more subtle spirit realm. These interactions may take place in the emotional, astral, or other fields of our bodies. They may interact on a more tangible plane, as we invoke them (consciously or unconsciously) in saintly acts of kindness or generosity, or in debilitating acts of alcoholism or abuse.

Thoughtforms are the residual energetic effect of our

thoughts/desires/actions,?
 and? of? our interactions? with? these energetic
 streams
 of consciousness.? These thoughtforms? will? create
 illuminating?
 flames? or? blinding? shrouds of energy within our
 subtle
 bodies, dependent upon their resonant quality.? If? the?
 residual? effect? of? the? thoughtform is of a
 binding
 or limiting nature,? it can? be? removed only by a
 compensatory
 action, energetic in nature, which? has? a quality opposing
 or
 balancing it.? Because the thoughtform's nature is? of
 vibration,
 or resonance, the sound healer may find a resonant quality with
 which?
 to? heal,? extract,? or? balance? it,?
 through
 the nature of sound itself.? However,? if? the?
 nature?
 of? the wound is related to these conscious negat-ive
 streams?
 of? energy,? a? more? skillful approach is
 required,
 in which the healer must? have? a? conscious?
 relationship?
 with healing energies of a divine nature.? The?
 potential?
 for danger? exists? for? the? practitioner,?
 no?
 matter what the modality,? who? interacts? with?
 these
 negat-ive energies, without the conscious awareness? of?
 these?
 processes,? or? the skills to complete them.? Indeed,
 these
 energies? interact? in? and? complicate our lives
 more
 deeply than most of us can imagine.?? Because? of?
 the nature of thoughtforms, and these negating streams of energy,?
 we? each? need? to? focus? on?
 practices?
 of clarifying our thoughts and actions, and strengthening our energy
 fields.

Through? previous? patterns of creative thought (energy), we
 are attracted, through? birth, to? parents? who?
 will?
 help? develop a grid of energy that will provide? a?
 maximum
 for potential in our own growth.? It is not until we begin to
 take?
 responsibility? for our lives and our choices that we can see this
 clearly.? But? by focusing on the content of our daily
 thoughts
 and actions, and seeking to fill? them? with the highest and
 most pure form of good we can imagine, we slowly gravitate toward?
 a? more and more light-filled body of energy.? We suddenly
 see
 new? credence? in? the old? adages?
 "love?
 thy? neighbor..." or "judge not, lest ye..." ,? etc.,?

whether?
 it? be? of? the Eastern, Western, or Native templates of
 knowledge.

Why Heal The
 Etheric Body/ The Nature
 of Creative Will and Intent

The? sound? worker? sees? an?
 inextractible?
 link between sound, light, and creative? intent. Once? we
 understand
 the nature of our energetic self, we begin to? see the importance
 of the content and intent of our thoughts and actions, and how these
 interact.??
 The? physical? body? is but? one? level?
 of expression of our spirit-self.? Beyond? the? physical
 are primarily 6 etheric fields of energy which comprise our
 expressive?
 self.?? These? fields? or? energy bodies are
 interwoven
 through our 7 major? chakras? (energy centers) within the
 body,
 and are interconnected with the divine? centers? of heaven
 and
 earth through spirals of light energy which course through? the
 body(ies)
 and these sacred centers.? These centers resonate more and more
 subtle
 levels of energy which radiate through the body in our light field.

Thought? is? a? tangible? creative?
 field?
 of? energy? which interlaces our lightfield? and
 creates? grids? of energy resonating
 through the chakral centers and? about? our?
 body.??
 When? our thoughts? resonate? from? a? point
 of
 fear or inhibition,? doubt or confusion, anger or jealousy, we
 create
 through our thought itself? a? limiting? or?
 binding
 grid of energy about our light body.? We are not allowing?
 ourself?
 to? resonate in expressive, expansive forms of creative joy or
 love.

These? grids,? or? patterns,? are?
 magnetic?
 fields? of? energy and attract potential? situations
 to?
 us,? to? allow? us to make choices to help us
 grow.?

I emphasize potential, for we work within a school of free choice, and there is a high degree of fluidity due to the interactions of all beings' free choices, which create the ever-unfolding formation of reality. Psychics can read this potential and give us a probability based upon how definitively those grids are in place, but the concept of free choice is always in place, and rules our aspect of the universe.

It is our intent and focus of that intent (will) that are the creative tools of our expression of self (via our thoughts and actions, the choices that we make). Consciously or unconsciously, we use that focus (will) and intent in the creation of the unfolding of our daily lives. And we can use it at any given moment, to alter the course of our previous choices within our daily lives. If we do not, these thoughtforms, which have become embedded in our energetic field, will eventually effect our daily lives. For most of us, they already have, effecting our clarity of consciousness, our emotional well-being, our relationships, our successes. Finally, they may emerge as physical symptomology... repetitive sore throats for those afraid to speak up and express their feelings or experiences, chronic fatigue for those who have had non-nurturing relations with their parent of opposite gender, ovarian or breast cancer for those subjected to sexual trauma, are but a few of the patterns which we may see emerge.

The Use of Creative Will and Intent in Sound Healing

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The sound healer uses the focus of intent, to create a channel through which divine energies, or "higher resonances", may be poured into the recipient's energy field. The primary focus of intent is on being a clear vessel, to allow the greatest good to manifest for this

individual's well-being.?? Once? the?
 soundwork?
 has? begun,? the? focus? of intent may become more
 specific.?? The? healer,? for? instance,?
 may see an ingrained pattern of thought (energy)? within the?
 energy field, which is constricting the recipient's energy flow,?
 and? may? call? upon? specific energetic tools to
 remove
 or transform it.? That? pattern? may? be?
 manifesting?
 in? a? limiting behavior? or illness in the
 recipient's?
 life.?? Or? the? focus may remain more general,
 creating
 the doorway through? which divine energies may enter the more
 tangible
 planes and work within the recipient's field for the greatest good.

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The? sound? healer? may? also? be?
 working?
 with? thoughtforms or elemental energies
 which? are? not of
 this
 person's
 making.? These may be projections from other?
 individuals?
 creative intentions? (repressive? parents, for instance, or
 hostile,??
 or?? desirous?? relations),? or?
 projections?
 from other? streams? of consciousness? of a lesser
 realm.?
 (Victims of alcohol or drug abuse, violence or sexual? abuse?
 often? have trauma linked to these diminishing patterns of energy,
 which? linger and eventually manifest through the energy body into
 the emotional and physical.)

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The recipient must be a willing participant, wanting to receive these
 light
 energies,? and to release/heal these unwanted thoughtforms.?
 The greater level of focus? and? intent? on?
 healing
 which the recipient can manifest, the greater the potential? for
 positive
 outcome will be.? And the recipient may need to take some
 tools?
 home? with? him? or? her? to? reinforce
 these
 new patterns of behavior, or energetic? qualities?
 within?
 the self.? Release and regeneration of energies are focuses?
 beneficial? to? the? recipient:??
 release?
 of? pain,? memory? of tragedy (through? expression
 or? forgiveness), self-limiting thoughts of unworthiness or
 confusion;?
 and? regeneration? of? purity,? of love of self and
 others, joy, or a state? of? peacefulness,? might?
 be? examples? of? thoughtforms beneficial to the
 recipient.

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In my work, my point of focus is usually either in the Ajna center (the third eye) or the eighth chakra (above the crown of the head). From the Ajna center I can direct specific light-energies into the body through the vehicle of sound (or, in some cases, through hands-on), utilizing specific tools. The eighth chakra is a powerful interdimensional point linking the primal soul and divine seat. Within the eighth chakra, the focus is more specifically upon illumination, opening the doorway through which conscious divine energies may more easily enter, with greater power and awareness than my more conscious self can unfold. This requires much more giving of self, more surrender, thus the quality of light pouring through becomes more bright and pure. I become more unconscious of the specific interaction of energies with the recipient, but both of us are drawn to a higher, clearer state.

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The point of intention remains the same. The intent of the healing practitioner is to focus on the most pure, most worthy energies for the recipient's needs. The intent opens the doorway. The sound becomes the vehicle through which the light moves. And it offers an extraordinary point of focus for the healer to place his or her intentions upon. In my work, the sound may come with the use of an instrument; a crystal or brass bowl, a tingshaw (Tibetan brass cymbal), a flute, rattle, or Native ceremonial drum. But more often I am the sole instrument, opening the voice to a sacred mantra, a chant, a sound or series of sounds, a song, a prayer, or what I like to call "dialects". These "dialects" are a form of divine invocation, or prayer, a sacred language, a speaking in tongues, in which the energy becomes most pronounced.

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Whatever the instrument or modality, the sound itself, through its own vibration or resonance, rearranges the molecular structure of cells, lifts thought and energy into an elevated dimension (through

pure resonance), and invokes/carries? a? higher?
 energy?
 (intelligence, or quality) through it, which interacts? in?
 the?
 energy? field? in a variety of ways.? The sound
 resonance
 may function? like? a? set of tuning forks, in which the
 pure resonance of one tuning fork,? once set in motion, will carry
 waves of energy to the other, which, by its like? nature,?
 will
 begin resonating.? Or the sound may act upon the crystallized
 blockage?
 of? energies? in the energetic body as a pure tone might upon
 a crystal glass,? causing? it? to? shatter, or
 quicken
 and release.? The resonance of sound may? be sensed as a pure
 stream of energy, like a waterfall, cleansing the energy field, and
 re-energizing
 it, in a shower, or in waves, of peacefull light.

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 Coupled
 with the intent of the sound resonator (healer), specific qualities
 of?
 light,? or
 specific energetic streams
 may be
 called
 upon, or invoked, to aid the? practitioner? in removing
 binding
 or shrouding energies, and to recharge the energy field with light.

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 Again,? the? interplay? of? sound? and light
 are
 important to the conscious user.?? In? modern physics,
 we
 find that the principal difference in sound, light and? matter is
 one of vibrational frequency, or resonance.? The interrelationship
 of these is more like a broad spectrum of energy than three separate
 forms.

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 In? so many tales of Creation, it is sound which is the first and
 elemental form of Creation, and the vehicle which moves energy from the
 potential realm to the manifest world.? In Hinduism, it is the
 sound
 of "Om" which resonates as the elemental? causal? form?
 of? all creative manifestation.? In Australian Aboriginal
 culture,
 perhaps the oldest continual culture on the planet, the "Ancestors",
 defined
 as "fathomless, luminous beings of light and energy", dreamed of all
 forms
 of life in Creation, and "sung" them into existence through templates
 of
 thought energy, along "songlines", which are comparable to the ley
 lines,
 or electromagnetic grid, of the Earth.? In Judaism, the ancient
 mystical?
 Cabalistic? roots? of the culture teach us that each of the
 22

letters of the alphabet not only symbolizes, but carries and emits through its enunciation, with pure intent, one of the principal aspects of the universal energy. Their interaction in letter configurations (words) is significant as to their interaction in universal flow and unfoldment. This was so clearly understood that it was considered sacrilege to enunciate the cryptic word for "God", the Anglicization of which is Jehovah, or Yahweh. In its cryptic verse, understanding of the meaning of the one word itself, in all its depth, potency, and purity, was a path to enlightenment.

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In Christianity, many sources indicate Jesus taught esoteric thought to his disciples in far greater detail, in private settings, than his more popular metaphorical stories to the public would indicate. Many of these sources also say he was an initiate in the ancient mystery schools of the East, receiving teachings in the great temples of Egypt, and travelling to India, where tales still exist of "Saint Issa", who returned to his people in Jerusalem 2000 years ago, only to be crucified. The Book of John, written by one of his principal disciples, opens with the verse, "In the beginning was the Word, and the Word was with God, and the Word was God." (John 1:1-2).

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To me, the nature of this verse is extremely specific. The "word", the sound, is the first manifestation of creative vibration, or intent, and holds in its resonance, the very essence of the Divine. In Greek, from which we get much of the New Testament script, and from which we get the origin of "word", "word" means "to say". This implies, further, an innate understanding that the very resonance of sound, of "the word", draws power to it, and carries power through it. We have often heard of "the power of the spoken word," but we may not have given much credence to it. It is our thought, our will, and intentions that give power to the spoken word, and to sound in all of its forms and uses. Sound is a profoundly powerful tool. The nature of its power rests in the conscious, and unconscious, intent of its initiator.

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Zacciah Blackburn is a sound healer trained in classical healing and shamanic traditions, and sacred sound cultures, and is practicing in Ascutney, VT, USA. Zacciah is Director of Education for the Sound Healing Network, an international community of healing practitioners broadening the awareness of sound healing through networking, education, and scientific research. He is also Co-Founder of the World Sound Healing Organization, & All One Now Network, a non-profit organization joining the efforts of numerous individuals and organizations world wide, dedicated to service to this planet, to its healing and growth, and to the elevation of human consciousness, embracing the use of sound as a healing catalyst in simple ceremony throughout the world.

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