

# 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

????????????????  
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 nega-tive  
 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  
 nega-tive 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.

?????????????  
 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.)

?????????????  
 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.

??????????????

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.

??????????????

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.

??????  
 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.

?????????????  
 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.

?????????????  
 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.

??????????????

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).

??????????????

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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