Introduction to Sound Healing Experts

Welcome back to the reverse Autoimmune Disease Summit series, everybody. We're on version 5.0. Healing the energy body. And I'm really delighted to bring to you two wonderful people around healing sounds for optimum energy and health.

Jonathan Goldman and his partner Andy Goldman. Jonathan is an international authority and pioneer in the field of sound healing. The renowned writer, musician and teacher, and the author of several books, including Healing Sounds, The Divine Name, and The Seven Secrets of Sound Healing.

He's a Grammy nominee. His award winning recordings include Tucker, Chance, The Divine Name, and Reiki Tunes. And he's the founder and director of the Sound Healers Association and CEO of Spirit Music.

He was named as one of Watkins Mind Body Spirit Magazine's 100 Most Spiritually Influential Influential Living People. Andy Goldman is a licensed psychotherapist specializing in holistic counseling and sound therapy.

She's the director of the Healing Sound Seminars and co-director of the Sound Healers Association. She's a musician, teacher, sound healer, and award winning author.

Between the two of them, they've coauthored Chakra Frequencies and their new best selling The Humming Effect, which won the 2018 Gold Visionary Award for Best Health and Healing Book.

Welcome to the series, Kesha. Thank you so much for the beautiful introduction, and plus, we're delighted to be here. It's a blessing to be sharing with you and anyone who's going to be watching or listening to this ever.

Some, shall we say, insights into how sound can really affect us on a really beneficial, positive level our physical body, our emotional body, our mental body and our spiritual body.

Everything together? Yes. And sound is a bridge for all of them, isn't it? It really is.

Sound, Vibration, and the Energy Body

And it's such a a powerful modality because first of all, we can use our own voice to bridge that those things. And everyone has a voice. And so we have that power within ourselves to shift and change our energy, our stress levels, our moods, whatever, just through our voice.

And I'd like to suggest that the modern quantum physicist and our ancient mystic masters have been in agreement that everything is in a state of vibration.

Therefore, if it's in a state of vibration, potentially it's creating a sound. Therefore, you can relate anything and everything to some. What you mentioned earlier, the physical body, the emotional body, the energetic body, you know, these are five layers.

And in your Vedic medicine they call the punch of coaches. And one of the principles behind autoimmune disease I often see as the emotional body which is connected through the energy system to the physical body.

In other words, genetics, organ systems, tissues, you know, the physicality of where, disease can settle, you know, as it's connected through that energy body.

And so when we talk about vibrational healing and in sound healing through vibrations, it's it really a key element. And I love that, you know, you pointing out we all have our voice that we carry with us everywhere we go.

This is this is free medicine here. I like that description. It's free medicine. But, you know, it's interesting because, you know, I mean, as a therapist, I know so well how the emotional body, you know, if we can work with that emotional body, we can keep it and heal it.

We can keep it from logging into our physical body then, you know, creating that auto immune whatever, you know, might happen. So everything is so connected as Jonathan was just saying.

And I just like to suggest that from one perspective, a lot of I like to call them imbalances, imbalances that occur within the physical work, any of the different layers.

And there's so many. But oftentimes they're blockages in this energy field. And one of the key players in removing the blockage is sound is vibration is being a once you get the vibration in there, it can literally remove the showing, say the imbalance of blockage.

You get the free flow of energy regardless of what layer you're on. And as you know, there's a feedback loop happening on all of them. We can't holistically separate these different layers.

I mean, I know there are people that do, but I just find that it's not looking at the whole gestalt of what it is to just look at one layer. So everything is so interconnected that we need to honor all aspects of being.

Yes, very nicely said. And I want to just pop in with when we talk about utilizing sound in that vibrational medicine that can, you know, get in there and open up and dissipate those blockages.

I think a really important component also is our intention. And so when we can, you know, place our intention on that sound and let that sound carry our intention into whatever, you know, that malady is that we're working on intention is, in fact, Jonathan created a, a formula well over 40 years ago.

Frequency, Intention, and Healing

We've been doing this a long time. I'm John 40 years I've been we've been working together for 27. So we have a lot of information to share. But he created a formula.

Frequency plus intent equals healing. So when we take that intention coupled with that sound boom, that's where the healing really can happen. And just as a suggestion, what this does is this is an extraordinary tool for empowerment.

When I first came up with this, formula, a lot of the scientists and doctors would look at me in puzzlement. That's kind of saying in puzzlement, performance.

But now it probably is. All right. But now, if people like Bruce Lipton, Joe Dispenza, and all these things about the power of belief and the power of placebo and the power of the fact that as we project our consciousness onto and sound, is a wonderful purveyor of being able to project our consciousness on, so that indeed, we can even experiences when we're vocalizing through speech, through conversation, we can be healing in our conversation if we project the energy of consciousness, of love and compassion in what we're saying or we can have the opposite effect with our words or voice.

So it's and it's that powerful and that important. Well, I mean, ancient, ancient societies across time and space have known this in a whole variety of arenas, right?

We've got Gregorian chants in lots of different kind of mystical outros, whatever. And, all over the East. Yeah, exactly. And, you know, Tibetan, the, the that Deep Throat chanting.

That's amazing. Yeah. Yeah, exactly. Yeah. Well, I mean, and you know, when we were talking about, I mean, that was a great sound that's hard to make.

And, and people studied that sound for years. But if we just do something simple like, you know, a conscious humming sound that, you know, the whole point is if someone is really struggling with an illness, more than likely that illness has happened due to inflammation, due to an immune system that's been weakened and when we utilize sound, even something as simple yet as effective as a as a conscious humming sound that can really help reduce the stress that has been built up causing this inflammation.

And so, you know, once again, everything is so connected. And if we can lower that stress level, we're going to lower that level of inflammation as well.

Real quick. You know, you know, it's better in deep voice intervals, mantras, harmonics, tuning forks. But I you know, we work with them. We play with them.

They're wonderful. And we've been teaching this for a long time. And oftentimes we would teach people, they'd do a weekend workshop or more with us, and we'd go through profound, powerful things, and we'd see him a year later and they didn't have a sound practice for whatever reason.

And when we would share with somebody, they would go, well, I can't do that. I'm not a trained singer. I'm for takes too long, you know, I don't have a half hour or 40 minutes to tone.

And some years ago, we went in search of the sound that everybody could make without being judgmental, the all inclusive sound. And we came up with the, the hum.

We thought, you know what? We want to have an outlet to bring the powerful healing ability of sound in your own voice to as many people as we possibly can.

Why Humming Is So Effective

And so that's why we came up with conscious humming, because certainly every single person has probably hummed in their lifetime. The babies, you know, it's like, you know, self soothing and, you know, people hum.

And we have never heard anyone say, you know, I'm just not a very good hum. Right? Not a lot of judgment around your voice and around the practice of humming.

And even if you hum, you know, for a couple minutes, you know, in a conscious way you're going to really shift and change your, your energy fields and once again, I create and have created a lot of really well-received music for deep relaxation.

And people have used these. And once again, if we can reduce stress, we can reduce inflammation. And the music affects us on a psycho acoustic level going into our ears, it also on a level affects us a little less on the vibro acoustic level going into our body in a cellular level.

But if we can listen to music, that's one key ingredient to chilling out and we really give thanks for that. But we found that making your own sound is such a profoundly powerful effect, and that humming is the most powerful vibro acoustic sound that we can make.

The sound is totally internally, manifested as a great, if you like, internal massage and you get the sound because it vibrates, with harmonics works on a different etheric field on the meridian points, all sorts of things.

Well, there's a pranayama exercise, and you know that is the primary. Primary. Yeah. So primary where you you take out your sensory and activate your marma points and then hum as loud as you can.

And that's bathing, right? Your thyroid in oxygenated blood. It's an amazing pranayama for the healing of thyroid conditions. And, you know, we've found personally that it's actually not necessary to do the mudra, but you, because we've seen so many different teachers have used different mood rules as well as just simply blocking the ear.

And we found on a level that for a lot of people, just letting them do a conscious hum, is an extraordinary thing. And what do we mean by conscious humming?

What do we mean by conscious humming? We mean that your lips are closed, your, you know, setting an intention. You're putting yourself in a place where you're not going to be disturbed and you're actually setting aside time to focus on actually humming.

Before we get more into that, though, I really want to talk about the physiological benefits that really occur, the reason why our stress level is reduced, the reason why, you know, it's such a opening up of the parasympathetic nervous system, you know, through humming in the vagus nerve, is activated because on a physiological level, it lowers our blood pressure, it lowers our heart rate, it relieves as many different hormones, such as melatonin, which regulates our sleep cycle among us, among other things.

Yeah, and also oxytocin, which is the trust hormone. And so there are these hormones that are emitted just by virtue of our own conscious humming. And then there's a molecule that is extra healing called nitric oxide.

And nitric oxide is really getting a lot of press right now. And it's as you know, a vasodilator. You know, it widens and opens the, circulatory system, allowing more oxygen in the metal blocks and, and around everything that moves it, which is everywhere.

It starts up here, it starts out and enhances neuroplasticity. And also and this is very cool considering, the, shall we say, a lot of the, situations that are occurring now is, is that it has anti-viral properties, so that when you hum, as we're going to demonstrate in a minute, whatever in a nasal fashion, you get 15 times the amount of nitric oxide that is normally produced.

This is enough. So it is a therapeutic. Level. And it's been studied and researched in hospitals that are working with, shall we say, some of the nasty critters that are around here.

So, if you like, anti-viral, humming is very, very cool. And that's, something we would, you know, like to suggest and as Andy said, it's a wonderful tool for helping our blood pressure.

And it's great for working with our vagus nerve. It's it's one of the few things that really is effective in assisting the vagus nerve, which and of course, the vagus nerve is the all, you know, imperative.

You know, there's so much focus that's happening lately on a lot of these things, like nitric oxide and vagus nerve. When we wrote, the humming Effect in some of our other books, we talked about these things.

There had been less focus of attention. So we are so grateful that nowadays people are beginning to understand this, and people are beginning to understand the power of making their own sound in order to interface and affect these phenomena well, in the real beauty of that is that we have that power within ourselves, that it's a very empowering thing to know that you, if you know you're really in a, you know, stressful place or you know, you're dealing with, you know, some kind of illness and that you're trying to find different modalities to help you, that you have that power within yourself to start consciously humming.

And when we were saying before, you know, you want to find a place where you're not going to be disturbed, where you can actually focus on the intention and, you know, putting that into the sound.

And, we're going to be doing a demonstration shortly.

Physiological Benefits of Conscious Humming

But I just want to say that even, you know, if you suffer from, let's say, white coat syndrome, okay, the phenomenon of going to a doctor, going, and your blood pressure goes if you sit there and you do a minute or two of conscious humming, your, blood pressure will really reduce to form suitable levels.

You know, you can drop ten, 20 points, and we have a great quote from Bruce Lipton. May I read that? Would you would you read that? This is very true. I'd love to read this quote.

We mentioned Bruce earlier and Bruce Lipton gave us a beautiful quote for our book, The Humming Effect on the back of the book. And he says, I highly recommend the humming effect for all those impacted by the stress of the modern world.

It is a powerful, non-pharmaceutical prescription for self-healing that has only positive side effects, such as harmony, health, and happiness. Now, who doesn't want that?

All of those things and you can. Anyone can do it. Anyone can do it. They have the power within themselves. So thank you for letting me read that. I love to read Bruce's Bruce up Doctor Bruce Lipton's quote because it really the non-pharmaceutical prescription hat.

How cool is that? You know, you don't need to take a Valium or whatever. And I would suggest, and I think would be an agreement that most of the immunological difficulties that we have oftentimes come from stress.

Would that resonate with you? Oh, of course. So so if we can somehow assist this, what a blessing. I agree and, you know, in, my book Solving the Autoimmune Puzzle, I always called trauma the missing piece of the puzzle because of how it set up nervous system habits, you know, and what sound, what humming can do is go in and disrupt those habituated ways of right operating.

I remember doing a, a very strict Buddhist practice of prostration. Many, many, many, many, many thousands of them. And, and my mentor was, watching my form when I was several thousand in and, and she said, you know, you can make sound while you do this and I because I was just silent.

And she said, sometimes it's really helpful when when you hit, you know, your whole body to the ground that you let out a hum or a noise or an exhale that has some grit to it, and it just gets rid of some of these stored places right in your physicality.

And I just remember feeling such satisfaction when I started doing that, like, it feels good that on A levels, one of the really cool things about the hum good.

I mean, it is I can be sitting there doing a silent meditation on TM or whatnot, breath, whatever, whatever, whatever. I start to hum and it all of a sudden takes things to a different level.

You can feel your physical body and all sorts of the other fields begin to resonate and vibrate through the self-created sound. So once again, we're very, very, you know, excited to be sharing this with you.

And with our audience. Yeah, we may, may be watching or at some point down the road even watching this. So, you know, just to be able to get out this information because it's interesting, because many people don't really know this.

And when they do find out about it, it's a revelation on a lot of levels to people at least that's, you know, the feedback that we've gotten also had advanced meditators, people who teach yoga and whatnot.

And if they're not familiar with, primary pranayama or primary primera and we give them the humming thing, we've had experiences, major ashrams where these yoga teachers are just floored.

They're flattened by the power of the hum. How cool is that? Yeah, yeah. Very cool. So I guess we'd like to just first of all, give some suggestions about when people are humming things that we would suggest that they do.

And what we're what, what I talked about earlier, you know, you want to keep your, your lips closed when you're humming because you want that sound to go in internally.

And when you take a nice deep breath which is part of the conscious humming, you want to breathe. Hey good nice belly breath, the diaphragmatic breath.

And you breathe in and the exhale is when the hum comes out. So it's like, you, And we're going to hopefully if we have time. Yeah.

Guided Humming Practice

You know, guide our listeners through just a brief experience of conscious humming. And, so if that would be, you know, would this be a good time to do it?

Let's do it real quick thing once again, when we wrote The Humming Effect, which is the first professionally published book on humming, we thought, who's going to take this seriously?

Oh, right. Right. And, we gave you some of the physiological benefits, and, there's so much more in the book. And the first chapter is nothing more or less than peer reviewed information.

The power of self created sound, the hum. So it's real. And then we go into, you know, we have a chapter in primary premium. We have a chapter on the potential use of humming for different head traumas for neurogenesis, which is the if you like, reconnection, regeneration of neural, cells in the brain.

Wow, what a concept. So, and the last thing with regard to home, I'm just going to do this, but I suggest to anybody, I'm not faking this one. I'm going to hum and I'm going to pinch my nose.

This is just to show that when you hum, if you pinch your nose the how you can't hum. It's impossible. And a lot of people go whoa. You know I didn't know that.

Oh my gosh I had no idea. Okay. If you didn't know that you think the other things about humming that perhaps we might, educate you on. So. Yeah. And, and you know, and before we guide our listeners into it, you know, a very brief humming experience, I do want to mention that when we have been consciously humming, when we are finished, whether we do it for a minute, for five minutes, go into a meditation afterwards, it doesn't matter.

But you do want to be in silence after you have created the sound, because it is in the silence that the shifts and changes actually start to occur in your body, mind and spirit.

So after we found after seven rounds the primary, the only thing that I want to do is meditate. And it's just the most beautiful for anybody who has their resistance to meditation.

Oh, I can't make my mind sit still. I don't have time. I am too agitated, you know. No. All you have to do is this. And then it clears everything out.

It aligns all of your, energy system. And all you want to do is meditate. Beautiful. And know. I like to say that silence is the yin to the yang of sound.

And and interestingly, the word silent and the word listen are anagrams. Million exact same letters. So when we are in that silence, we are listening within.

We are listening to our inner wisdom. We're letting that come through. So we're just going to do three of these hums. But we would like to suggest, if possible, somebody wants to have a nice experience that they do five minutes of conscious humming, and then they allow themselves at least five minutes of silence, because not only are they going to have some really profound inner experience and and really blissful experiences, but also if you do five minutes of humming, you will probably so be so blissed out, you won't be able to get up.

So don't. If you decide to do five minutes of humming, don't plan on getting in your car and driving for a little while. So why don't we go ahead and let's see if we can, you know, with our spine straight.

And it's helpful if we do close our eyes and begin to focus on your breathing, taking some nice, deep diaphragmatic breaths, letting that belly, that in-breath and belly protrudes on the exhale, it, lessens, and we'll breathe in and out.

And now, on our next inhale, when we exhale, we will start the first of our three hands. Oh, real quick. And do it in a tone or sound that is comfortable to you.

Right. Oftentimes the conversational voice pitch is very good. You don't have to try to, mimic what we're doing works. Do what works for you. We don't want you to strain.

We want you to feel in comfort and be at ease. So we'll continue with taking those nice deep breaths and feeling our bodies relax. And now on the next inhale, when we exhale, will be the first of a series of three hums.

So any inhale and hum, ermm.

Reflection and Closing Thoughts

Are there breath in? Exhale. I'm. I'm. And one more breathing in. I'm. Now we'll be in silence just for a few moments. In lieu of our time. But when you're doing this on your own, you want to give yourself as much time as you can to be in silence.

When you feel ready, open your eyes and come back into our current space. Lovely. Thank you so much. So, Kisha, how how did how did you how did that affect you?

This is a daily practice for me. I do seven primary twice a day. And you, the more you do it, the more adept you become. I could see within that three, little hums that we did that you were your energy field and you were quite affected by this, as were we.

I think all three of us were experienced, or. Yeah. And hopefully that can help people who are just learning about how I mean and and realizing that, yeah, it is possible to, you know, develop a practice.

And even if you start out humming for one minute, that's great. Even if you're in a stressful place and oh my gosh, you just got to get your center back.

Just start to hum, you know, just or, you know, have that practice. I mean 2 or 3 or 4 or 5 minutes before your meditation. So meditation is fleeting.

And so it has been an honor to talk with you, who is an experienced, hum. Or indeed and, an energetic medicine person. So thank you so very much for the, bility of sharing this.

We just feel that it's something everybody can do. And because on a level, the hum is so neutral that on a level, you don't have to understand that perhaps the original sound of creation, the may have actually come from the hum don't need to go there.

Just the fact that, you can hum an experience that you can come from any tradition, experience and embrace the hum and be healed by it. Yeah, yeah, it's and shalom and amen to so it's all right.

Yeah. Sam. Thank you, Kesha, for this opportunity to thank you. I appreciate you taking some time and just even sharing a fraction of your wisdom. And thank you.

All right, everybody, until next time, be well.