Tuning The Endocrine System: An Exploration of Crystal Alchemy Sound and Our Body Chemistry Transcript

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Introduction and Guest Background

For. Hi, everybody. Welcome back to the bioenergetics summit. I'm your host, doctor Greg Eckel, and I have jerilyn glass on board today with our tuning the endocrine system and exploration of Crystal alchemy sound and our body chemistry.

And I want to give you a little of her background because she is a leader in the field of sound healing using alchemy, crystal singing bowls. She's an internationally known singer whose career began on Broadway, took her to the opera and concert stages around the world.

She's a professor of voice, sound healing practitioner, crystal singing bowl master Alchemist, and general. Lynn's presence is so unique with her history, with sound and personal alchemy of classical music, meditation, and high vibrational sound.

She's passionate about music and sound as tools of self-discovery and healing, and you are in for a treat because you get to experience this at the end of our interview today.

Geralyn. Welcome aboard. Thank you Doctor Greg. It's great to be here. I am so excited because before we got on here, you got to share what you have assembled some some balls for us specifically for the bioenergetics summit.

And it is always such a treat to hear the sweet, sweet sounds that you put together and where that takes us. I am curious, because you may be new to a lot of our viewers and listeners out there, and I would love to start out with, you know, how have the Crystal alchemy singing bowls changed your life?

How did you get introduced to them? Because you're classically trained in music and voice. So give us that background. Oh, well, I started my career on Broadway.

I always knew that I wanted to be a singer, and then I was invited to attend something at the Metropolitan Opera. And, I heard a love poem and I just went crazy.

And so then I my career path changed and I started to study classical music more in depth. I went back to school, to Juilliard, and then started a career pretty quickly in Europe and living in Europe and singing and teaching and all of that.

I traveled back and forth to the United States, and I heard the vocals in a demonstration, and I said to my mom, I was traveling with my mom. I said, I have to purchase a set of these.

And so I did, and I brought them back to Germany. So I bought seven bowls C, D, E, F, G, A, B, and if you know of the Western chakra system, those are the notes of Chuck one through seven.

Okay. And so I started to play them for my students, and I started to play them for my family and everybody loved them. There are something which you'll hear shortly.

There's something about the sound that's so pristine and so pure that for me, when I heard the sound, Greg, it took me back to this is a song I know like this.

This is sounds that I know like it was almost as if it awakened something very ancient within me. And most people have that kind of experience. It's there's a stillness that happens when you hear this crystalline sound, and the mind focuses on the sound itself, and then you feel as if you drop into your soul.

It's it's, you know, and I've been a professional musician since I'm 19 and have worked where I have to sing and project my voice in 3000 seat theaters without any amplification.

And there's something about these balls that activated within me the sense that I, too, are we to all of us, are crystalline vessels of sound, and that we each have our own very personal vibrational signature.

Discovering Crystal Singing Bowls

And the bowls have helped me over the years in many, many ways to really keep anchoring. What is that? You know, what is it that what's the vibrational signature of Doctor Greg?

What's the vibrational signature of me? And when we tune that, when we come into alignment with the truth of who we are, which is so much of what bioenergetics is truly about?

We create harmony, you know, we create, we can move into the places of dissonance. And there's so much dissonance right now in our world, and we can move in there, sit in there and help it to dissolve.

And so music has just been an incredible force in my life from the time I'm a little girl. And then through my professional life that, moving from Broadway music, classical music, then into this kind of, healing, transformational music through Crystal alchemy sound has been a very natural.

It's a different instrument, and I love to combine my voice with it too, and share with people how they can combine their voice with it. There's there's just there's so much great that happens with sound making a container that creates a safety for us to go in and breathe and feel things that we think, and I don't want to go there, right.

And the sound just holds us, holds us safe. We know that all from music, that music holds us in a place where it changes our emotions. It helps us to cry. It helps us to feel joy.

It helps us to dance. Right? Yeah. I mean, I think for so many of us, like music has marked certain areas of our life where you hear a song and it it just takes you back with your memories and who you were with and what you were doing.

And, you know, it kind of locks it in that other area of our brain, and it does have so many emotions associated with it. And you quickly went through the chakras with the different notes.

And I mean, this is ancient technology. It is. And and sound healing has been used in every culture since the beginning of time. So there is proof that the ancient Egyptians had sound healing chambers.

We got to we I did a big, Crystal alchemy conference in Australia, and we had connection with the Aborigines, and we were told, and it was shared, that they have used sound from the didgeridoo.

It's been proven over 70,000 years ago to help mend broken bones and bring the body into harmony. But if we look at every culture, you know, the mantra from India, the shamans from South America, America, Native American Indians, wherever people have used sound as a way to celebrate life and as a way to move emotions, that is, it's super profound.

You know, I've been saying for many years that freak the frequency medicine, right? Sound and light is really the future of medicine. It's like coming back to our roots and those original, you know, it has been transmitted through time.

How are the nodes associated with the chakra system or how did that come about? That's a really good question, because some of my friends that are scientists are like, Daryl, I'm, I don't know if there's really, really proof to that.

And, you know, I think the most important thing that that we need to understand is that there is no one size fits all, and there is not. I mean, as you know, from medicine and your years in the field, it is multi-dimensional.

It is subtle. It is I can't say to you this particular note and this particular alchemy will do exactly this for you, because everybody's system is different.

But in like in the world of the Tibetan balsam edibles, for example, the f note, which in our system that we're working with, the Western system is the heart chakra.

But for them the f knot is the root chakra, right? So, I mean, I can say to you that in this, system of chakra and notes, the C is the root, the D is the sacral chakra, the E is the solar plexus, the F is the heart, G is the throat, a is the third eye and B is the crown.

But what's happened for me as just someone who's been steeped in music all my life, is a deep exploration of, well, what about the notes that are below the body?

And what about the notes that are above the body? You know, because I think it's important for all of us to understand that when we work with music in this sacred kind of way, we have notes that are extremely grounding.

We have notes that are centering, and we have notes that are accelerating or expanding, meaning lower notes, medium notes and higher notes and then music.

This would make a chord or a kind of chord, right. And it's important for our balance and wholeness that we have a strong sense of being grounded and connected, of being centered, sure, confident, you know, and whether that fluctuates, which it does for all of us.

But we have this sense of there is a place of home inside us, and then this ability to expand or to accelerate so that we feel a connection to something much bigger than us, so that we feel a connection, however you want to call it, to the divine, to God.

And I think that music and these sound vibrations can truly help us to find that. So what you asked about the notes of the chakra system in a. In addition to that, I'd love to share, because we're working today with the body's chemistry so we know.

What does that mean? It means that every organ of your endocrine system has been assigned a note, so to speak. And if I show you this chart that we put together from the Sacred Science Assembly so that you can yes, it without it, you lean it forward. There it is. Perfect.

Yeah. That's great. We have the C-sharp and you're going to hear all this in the set.

Sound, Chakras, and Ancient Healing Traditions

I'm going to play the C-sharp is working with the sexual organs. The d-sharp is working with the adrenals and the pancreas. There is no E sharp in the black notes, the pentatonic scale, the F sharp jumps to the thymus planned.

And then we have the G-sharp, which is the thyroid and the parathyroid, and then the a-sharp, the pineal and pituitary. And again it's really never 1 to 1, Greg.

But there are certain sounds. So like when I know that I want to balance my body's chemistry, I'll work with these black notes. The black notes on the piano, the pentatonic scale comprise the notes of the endocrine system.

I've had long talks with, again with other, leading scientists, and, sound healers. And it's I'm not sure if I can give you a real answer to that question, but it's been grounded in, thousands of years.

And again, there's not a one size fits all. So the most important thing for anyone when we're working with sound is where do you feel it in your body?

And how does that feel to you? So for example, I might play something that's very, sounds to you very unpleasant

sounds to you very dissonant. I've had that experience sometimes with cancer patients where they are going through chemo, and there's a certain note that they just say, whoa, that note really, it was almost too much for my system.

Right? So you just always want to feel comfortable and safe when we're working with sound and, know that sound is always working on, in the torque field, in our energy field to help us to go in and feel things that might have been blocked or places in our body, in our energy system where we did a go around because it was it was too much, it was too big or whatever it was.

But the sound holds a space in, especially if I'm using the structure of of really sacred classical music. Sound holds a space for us to go in and breathe and feel, and then those blockages dissolve. Lovely.

I think that is why this is really coming of age. It seems like we're I'm seeing it more. Maybe it's just because I'm tuned in and I know you. But the, the component of I'm seeing it pop up around the country in the United States, with more and more gatherings around sacred science of sound, a component from, from your tutelage and training.

And I wanted to actually talk to you about your, your platform that you've created and you know what what the goal is there, your sacred science of sound platform and and how that plays a role like why that's important right now for you.

And I think for a lot of different types of healing on the planet, for me, this real passion began seven years ago. I lost my son. He was 19 years old, and he knew the Bulls really well because when I brought them home where we were living in Germany, he was eight and so he'd love to, you know, experiment and play with them.

And oh, mommy, you know, wow, bring me to bed with my sound blanket. And so he knew those bulls really well. And, he had a deep experience with them. I had created a children's foundation in Germany, and, the children would make music.

We'd write original musical productions for them. And then that money that we raised about €30,000 every year went to a music therapy program that we funded so the kids could understand, oh, wow, I'm doing things that I love to do.

I'm working with a group. And and then that brings, support and love to other children. And so a lot of those children entered a German singing contest every year.

And when Dylan, my son, which means born of the sea, when he entered it, he made it to the semifinals. And a week before his semifinal audition, he goes, mom, mom, mom, my voice.

And he was just turning 13 and his voice had begun to drop. And Greg at that point, I had never guided, a young man through their voice change. I asked some of my colleagues, esteemed tenors and baritones, what did they do?

And Dylan sang his performance. And it was it was mind blowing. He was so comfortable and confident. And we worked with the Bulls. So he chose a couple of the bulls that I had, and one of them was a Sitting Bull. And citrine is yellow.

It's color of the solar plexus. And it's about your confidence, self-esteem, courage. And that was a bull he loved. And the note of that bull was the G, which is the throat chakra.

So I wasn't so aware of all those connections, of course, until many years later. But he sang his performance. He said, my name is Dylan, and since one week I'm no longer a soprano.

And everyone laughed. And so I saw firsthand with my own child, that those bulls held him in a space of safety, and he was able to express his personal alchemy.

He was confident, he was funny. And so fast forward, when he passed away seven years ago, he started communicating with me through sound vibration and this whole journey of what I'm doing now with the bulls is very much connected with him, and I was able to process my grief and my shock.

And, you know, as a parent, you know what that is? I mean, it's just you can that's your worst nightmare, right? That you would lose a child. It's not the normal.

And I would sit with the bulls and I would play and and I would just cry and be able to express what I could not express in the grief therapy. And I was doing a talk therapy six hours a week, three times a week, two hours each, to try to try to talk it through like what the heck had happened with my beautiful, vibrant, athletic son?

What had happened, right? And of course it helped, but nothing helped. Like this sacred structure of music that suddenly I was held and, you know, talking about the the bio field, it's like there's so many things that are packed away in our subconscious that we just we can't get to by talking about them.

But music is something that, you know, we all know this experience, as we talked earlier about music taking us into the place of the sublime. I like to say music goes where it goes, beyond where words and human touch, where all that can go.

Music takes us into this place of the ineffable. And so sitting there with the bulls was like, I could weep, I could Keane, I could just scream, I could groan in a way that I could not do and talk therapy.

And I'll never forget playing them in the first bowl that I really played with was a G-sharp. Did I put that together? No, I mean, it just I took one of the bowls.

It was selenite and selenite. So the alchemy is infused in the bowls and that has a special amplification when you play it. And selenite has to do with grounded white light and protection.

And as I played that bowl, G-sharp, you know, thyroid gland working with your body's metabolism. But throat chakra, I began to express in a way that I couldn't express in the talk therapy.

And I'll never forget playing that bowl and then going into the bathroom after about 50 minutes, washing my face and seeing Greg, that there was light in my eyes and I was like, This is Dylan.

We're on to something. I mean, I'm onto something because when you're sitting in that big of grief, which I know so many of us are now, whether it's the loss of a child or the loss of a loved one, or just loss of a life that we have known, how do we find our way out of grief?

It's just it can be overwhelming. It can be debilitating. I know that I did not want to get out of my bed, but sound was my medicine and that's why I feel so passionate.

So four years ago, five, five years ago, Dylan said to me one day, you know, this is all through vibration. Yeah, mom, we're going to do an online series, and it's called The Sacred Science of Sound. And I'm like, right, son?

I'm still processing, you know, we have this humorous relationship. I'm still processing grieving you, and you've already turned me in the direction of sound healing.

Now leave me alone. And he's like, mom, it's called the sacred science of sound. And the point is, is that we're going to make a platform that connects science, the healing power of music, bioenergetics, vibrational medicine.

And we're going to bring generations together. And what has happened is we've had some really wonderful, musicians that are, you know, we're crossing religious beliefs, cultural beliefs, race, all of that.

And that's what music does. Music is the universal language. And so we're sacred science of sound. We've run some online series, free online series, and we've had people like Doctor Bruce Lipton, Doctor Smarter, and at the

same time, Jeannie Iko, Grammy Award winning artist Victor Wooten, five time Grammy Award winning artist, Doctor Todd, advocate. It's leader of the Laverne choir, in addition to being a brilliant medical doctor.

So it's been it's been this, merging this platform where it's like, where do we relate? Like, what does how does sound connect us? How does bioenergetics.

Endocrine System Notes and Body Chemistry

How does that touch all of us? Why is that important for all of us? And where is that connection point that goes beyond, age, race, religion, beliefs, etc., etc.?

Right? I love it. You know, I've seen multiple of those interviews and they are so fun in the interweaving and kind of the magic that happens in the conversation.

I'm grateful that you guys have created that platform. And, and thank you so much for sharing your story, because it is so important to to know and understand.

Like you, you get it, right. You've been through it. This has been your path. And then turning that really big personal loss into a lot of help for a lot of people.

So, thank you, gentlemen, for bringing these gifts to us. Anything else that you would like to share? I definitely want to make sure we leave enough time, for the for the bulls to sing for themselves, so to speak.

What else would you like to share with folks right now? Around your your past, your history? What? I think you you really summed up the the platform sacred Science of sound platform really?

Well, what has surprised you with, either in the training of the sound healers and folks that are, you know, propagating this across the planet or in, in groups that you've been involved with, the sound healing?

Gosh, there's so much I, I did create a training. So it's a 32 hour training and there's a level one, a level two and a level three. And I always have to laugh because we had a, a well-known, psychologist in one of the first trainings.

And she said to me, Jerome, I couldn't imagine what could you possibly teach me in 32 hours? Like, you just tap the ball and maybe you swirl it this way and this will look that way. Like, really?

What else is there to it? And, you know, we're up now to this year. We're doing the first level three. And it's there is so much to share. And coming from the performing arts myself, it's like it's not just theoretical knowledge, Greg.

It's, you know, but it's like, what do you do when someone is in front of you like a cancer patient? I'm thinking of one cancer patient who, through the chemo, she had lost the ability.

She had no regulation of her body temperature. So she was a teacher, and she would say, I'm in the middle of a classroom, and suddenly I'm just sweating profusely or I'm freezing profusely, like she said, you know?

And we worked for a bit with the bowls and it was very, very helpful to her. Not necessarily that it healed that, but she was able to stay more and more centered and grounded and focused when those would come, when those, things would come.

I think there's one experience that I'll also never forget with a cancer patient who had stage four cancer, liver cancer, she was a meditator for 28 years in the traditional, way of silent meditation.

And she said I had never meditated with sound. But afterwards she came to me and she said, I don't know how to put this in words to you, because the sound took me to places that I never could have imagined.

And she said, I now know and no longer afraid of death, because I've heard the sounds of heaven. And one of the

people that I've played, I've played with over the years is Anita Rajani, who wrote the book Dying to Be Me.

And she had cancer and came back and I asked her, and, you know, she was in Our First Sacred, A Sacred Science of Sound online series. How did you experience the music of Heaven?

And she said, like this. Right. So I think, you know, there's so many and I gosh, there's so many beautiful stories to tell you, Greg. And helping a hospice patient to, to, cross over, you know, and in that case I'll use certain alchemy like I would use, let's say with cancer patients I'd use something like charcoal, which is about detoxifying, cleansing and clearing.

And again, when the charcoal alchemy is mixed with the pure quartz that gets amplified. But with a hospice patient, I would use something called Phoenix II, which is one of the highest vibrational stones on the planet.

And I've been privileged to sit in those moments where people are passing and to play that sound and to watch them be aware of it, and then to go back in and be aware and go back in and and then to pass in this, you know, and then to play for their families and hold everybody in a space where grief has a place to be expressed.

Our feelings have a place to be expressed. And I think with that whole idea of the bio field, like we want to keep that robust, right? We want to be able to know that the energy is flowing all the time in a very, stable and steadfast manner and that we can move through whatever it is that we're all experiencing.

And it's different for everybody, you know. And sound can always be that thing that that accompanies it. So I know I've played for children. That's been a beautiful thing. Children with.

I'll never forget a young girl who was seven who after the sound said, miss J. She said, I, she used the word great. She used all my anxiety. Went away at seven years old, you know, and she said, I felt like I was laying in a meadow and I was just floating, and suddenly everything was peaceful, you know what I mean?

It's it's sound as a medicine is as you said, you know, it is the now medicine. It's something we all can, can use. And we're doing many experiments now with how sound actually changes, us at the very cellular level and changes our blood.

It's, it's very, very exciting. And I, you know, as much as I want my son to be here with me in this plane and watch him grow older, I have come to understand, and especially through using higher notes.

You know, we talked earlier about, the notes that are in the body, the seven chakra notes or the endocrine system notes that are in the body. But what about these notes that are below the feet, that are very anchoring the deep notes?

And what about these higher notes? And by experimenting and using all my knowledge as a as a classical musician, the communication with Dylan is is very real and intense every day of my life since he passed away.

And, the times that I would sink deeply into grief and I couldn't feel him, and I began to recognize if I can't keep myself at a higher vibrational frequency, I'm not going to be able to connect with them.

And so these higher notes helped me very, very much to be able to take a bird's eye view or a drone's view or bigger perspective, that life is not just the story and the the pains and all the things that we have and struggle with in our daily lives.

But if I can take this bigger picture of what life is truly about, man, everything changes. Just everything change. Grief was not everything changes.

Grief, Healing, and the Sacred Science of Sound

And that's what I wish when I'm playing for people that they can experience the the expansion of what sound can

do, centering and homecoming of what sound can do, and then the deeply grounding aspect of what sound can do that gives us a rootedness to be able to be stable no matter what is happening in our lives.

I could go on. That's awesome. Well, so with that, tell us about the set that you're going to play and how it helps the endocrine system. So it's always really an inspiration for me to just sit and go, okay, this is Doctor Greg, I know you.

I've been privileged to know you for a few years. Like what fits with this vibe. So I started the set to ground it with the Ruby Ball. So Ruby is truly.

It's a it's a stone of nobility. It's about quantum and atomic transformation. I was like, yes, okay, that's going to be the base. So this is the C sharp.

But what I've done is I've put three octaves of C sharp low octave, middle octave centering and high octave expanding. So on the picture I showed you, you have this, you have this, and you have deeply grounding.

So just for a moment, feel what that feels like. For me, when I feel it, I just I feel the whole field and I feel it start to really tune itself. So the set is built.

You'll hear the regular notes of the endocrine system, which are this C sharp, D sharp, F-sharp, G sharp, A sharp. Do do do do. And by the way, there's a super super cool video of Bobby McFerrin with Doctor Daniel Levitan there at the, a big, conference in Canada.

And Bobby calls this the the the chord that everybody knows. I mean, there's that sounds everyone knows these sounds somehow. So there's something about the endocrine system that's very familiar for people.

In any case, there's a mixture of another set of three octaves with a D sharp. So the set is rich with alchemy. So there's something in here that's a binaural beat.

Take a listen here, and then I'll drop you into the experience. We we. So the binaural beat is really about helping us to balance the right and left brain hemispheres.

So in any case it's a deeply, deeply rich set. So anything else you would like to ask before we start. You know that's lovely I think. Do you recommend that?

Do we listen with our eyes open or closed or. Doesn't matter. That's such a good question. You know, because we have musicians on the Sacred Science of Sound platform we've talked a lot about.

It's a new kind of experience. People can go to a sound healing concert, you know, so we can review classical music. It's like if you want to sit and watch because they're so beautiful. Yes.

And if you feel like closing your eyes. Yes. So all of it is good. You know, again, I'm going to always say it's never going to be a one size fits all.

And the important thing is that we tune in to how am I feeling now? Right now? Do I want to just close my eyes? You can lay down depending where you are.

Or do I want to watch what the beautiful sounds and the sizes of the bulls are doing? Totally up to you. I will say that the sound helps to release and detoxify and cleanse.

There's charcoal in this bowl. There's Tibetan quartz copper in this bowl. So kind of back to our. And there's also Tibetan quartz copper in this bowl.

Back to our discussion about just that. The ancient the Tibetan bowls, the metal bowls that copper is working with our electrical body, which is all about the the bioshield and the energy of what we call chakra 11, our electric body.

So what? No one size fits all as you guys like. So I invite you to take a long, deep breath deep in your belly. And just simply let the out breath. You want to sign?

Let it release. And any tensions that you may be holding to be released through your breath. Now. And you can gently close your eyes if you feel like.

So we begin with deeply, deeply rooting. Feeling yourself grounded. You feel it all like putting a hand on your belly or a hand on your heart. To feel how these vibrations.

Touch us at the very, very cellular level. As we know, everything is energy and we are made up that energy, sound, vibration and light. And I invite you to allow the sound.

To travel. Feel the sound moving through your legs. Up to your thighs. Your pelvis and your room. To. Up the central channels of the central channel of your body.

Imagining the sound. Exhaling out through your crown. And I love to imagine breathing in light. And allowing that light to land down in your human system.

Even as we touch the sexual organs, the adrenals, and the pancreas. The thymus for our immunity. Thyroid. Our metabolism. And if your eyes are closed, I invite you to let them roll upwards.

Looking towards the sky, you feel a slight bit of tension. Activating the pineal pituitary. And then gently allow your eyes to relax.

Sound Healing Stories and Clinical Experiences

Be knowing that this combination of sounds creates a container of safety. Peace. For you to breathe and feel. You feel what wants to be shaken and moved.

And allowing the light that you are to be grounded. To. Be. Be. Be. Be. Be. You to be. Simply noticing. Where you feel. The sound in your body. And perhaps if that organ or area of your body has a message for you.

Sound can help us touch these unheard places within us. Simply allow that message, that wisdom, to reveal. We. Do. To. Be the. New we. Grounded. Centered.

And expansion. A deep experience of wholeness. Wholeness and robust health. You. Wholeness through sound. Vibration. Energy. Medicine and light.

Live Sound Meditation and Closing Remarks

I invite you to gently bring the palms of your hands together, rubbing them to generate heat. And when your hands are nice and warm, you can gently stroke them through your scalp.

Gently tap your chest. Caress your face, and lovingly return. Opening your eyes, stretching and welcoming back in this new vibrational frequency of wholeness.

Well, Geralyn, thank you so much. It really goes beyond what words can describe. So thank you. Let me speechless here. Any last, message that you'd like to give to folks out there?

We are bringing an app out and it's going to be introduced on September 21st and 22. And it is an app of the sacred science of sound. So I'm super, super excited.

It's exactly this platform that we've discussed in a where does a five time Grammy Award winning musician and a bioenergetics pioneer and a New York Times bestselling author, where do we intersect?

What is the connection? And the connection is sound, vibration, energy medicine. So we'll keep you posted on that. And, we have a wonderful YouTube channel.

There's over 100 free meditations, and I'd love everyone to experience those. There's two two hour loops. One is an endocrine system loop. One is a chakra system loop, but it's something that you can employ in your daily lives.

A lot of the folks watching, they share with their grandkids and their kids, and the kids are doing art or homework to it. People use it when they're cooking or just let music and sound especially intentional healing sound that's based on sacred geometry and sacred structure from long ago at the time of Pythagoras.

Let that accompany you in your daily life that without knowing it, we ease into a place of higher vibrational frequency and we we begin to sit more and more in wholeness.

Things that trigger us don't trigger us anymore. We find ourselves more stable. So that's Crystal cadence, by Geralyn Glass on the YouTube channel. And if anyone is interested in singing vocals, please come to Crystal cadence.

I'd love to help you so much. Available on so much free things available for people to integrate in their lives. And remember that sound. Sound is a medicine that truly goes beyond our words, goes beyond anything we can imagine, and takes us into that place of true empowerment, of the true seat and place of our soul to more wholeness.

Thank you for having me, doctor Greg.