

Healing Hearts

Healing, Consciousness & Wellbeing News

April 2022



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HEALING HEARTS

Edited by Suzanne King, *Reiki Energy for Life*

Famous Medical Intuitive Caroline Myss teaches how our choices, like speaking honestly with kindness, can work to create miracles in our lives. By not burying unsaid words in your throat but releasing them with grace, you are also releasing yourself from physical tension.

This Edition of 'Healing Hearts' is therefore dedicated to healing physical tension in the throat chakra through various healing modalities, from ancient Tibetan Sound Healing and reiki to contemporary Biofield Tuning.

Inside this Edition you are invited to sing to your heart's content with 'Tonic Choir' and take some mantra medicine by chanting with Sangita of Mountain Mindfulness.

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Editor's Letter

The power of sound to lift our spirits has been known for millennia. From 3000 year old Vedic chants, to ancient tribal songs, through to the 20th century 'give peace a chance' movements and Flower Power culture, music has motivated, empowered and united us. Now science is proving what we have always innately known, that feeling, or promoting, certain vibrations within our bodies is good for our health and wellbeing. Science is now getting to the bottom of why we feel uplifted and buzzing with happiness when we are singing, humming, chanting or feeling certain vibrations and frequencies.

This Edition of 'Healing Hearts' brings vocalists, chanters, various sound therapies, music medicine researchers, energy medicine practitioners and scientists together to show the power of what can be referred to as vibrational medicine. During interviews, both Helen Todd, Musical Director of Tonic Singing Experience and Sangita of 'Mountain Mindfulness,' discussed the importance of vibration and sound as a medicine. Indeed, famous Acoustics Engineer John Stuart Reid explains how sound affects us at our deepest level, in our cells, and has even found that healthy cells emit a certain 'song' and that sound allows the release of happy hormones.

So many health benefits can arise by simply singing, chanting or humming or even listening and feeling particularly low level frequencies. Firstly, you can start to overcome feelings of physical tightness in your throat by allowing sound and vibration to open your throat chakra, which in turn can be a liberating experience, giving rise to being able to voice your truth. Also, by elevating your dopamine levels you will feel happier and at the same time you will be promoting a better breathing technique. On top of that, you will be oxygenating your blood and soothing the vagus nerve, which means you will feel calmer and more in harmony with the world around you.

I'm sure once you find singing or chanting or any of the other healing experiences mentioned in this Edition, you will find yourself smiling more and feeling just that little bit lighter. As a starter, to wet your appetite, perhaps treat yourself to watch the famous Swedish movie 'As It Is In Heaven', which is all about creating music that will open a person's heart. It is beautiful, uplifting and inspiring. In any case, I hope this edition provides an opportunity for you to find a way to bring sound and good vibrations into your life.

Best wishes to all,

Suzanne King
Reiki VII Practitioner
Reiki Energy for Life

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- TasEthical Financial Planners
- Clinical Psychologist, Peter Nelson
- Reiki Energy for Life, Suzanne King

A Refreshing Tonic to Lift Your Spirits

Looking on The Bright Side of Life with Tonic Singing Experience



About the vocal group: Tonic Singing Experience is a vocal group open to people from the medical and allied health sector and family and friends. The musical team is reaching out for more members of the community to join, including members of the emergency services. No singing experience is necessary. You don't even have to be a good singer or be able to read music. As a non-performance choir, there is a 'no commitment' approach. Tonic meets every Thursday and people can just come along when their restricted schedules allow. The emphasis is on singing for pleasure – there's no pressure.

What are the health benefits of joining Tonic?: According to Tonic Founder, Dr Sally Dunbar, and Musical Director, Helen Todd, many health benefits emanate from simply singing, including better breathing technique, better posture and an uplift in mood. Singing with Tonic provides an avenue to release anxiety and tension and presents a way for people to have an experience with the vibration of sound as a medicine. People come in looking drawn and tired and leave brighter, renewed, uplifted. This great lifting of the spirit, of mood, is due to the fact that people feel safe, welcome, there is a sense of community and it provides a way for people to release bodily tension. This is very important as people hold in their emotions and their throats get constricted. The sound that is produced is supportive to the body. There's an integrity to the sound instead of harshness.

What style of music would participants expect to sing? Tonic doesn't specialise in a particular style of music. We have a music team of three who have vast vocal knowledge. The diversity in the music therefore ensures there's something for everyone - from classical to jazz, contemporary, musical medleys and gospel. There are humorous songs like 'Always Look on the Bright Side of Life' and songs that have a great spirituality about them like the beautiful Gaelic blessing 'Deep Peace'.

What are people's reactions after a singing session? People are so surprised how quickly they can release their emotions. They become aware and can identify just how much they were holding emotion in their body. And after the experimental songs and improvisation, they come away thinking 'How did that happen? How did I do that?' We have a surgeon who now sings in surgery - that's how much Tonic has inspired and made people feel joyous. Once people come through the door a whole new world opens up – they feel safe and welcome. There's opportunity to develop vocal technique but it's not a 'performance based' group. Tonic is there to help people find their own sound and enjoy it and the sound they all produce is quite stunning.

About Helen Todd, Musical Director of Tonic: I work predominately as a Vocal Coach at 'The Natural Voice Singing & Breathing Studio', where I focus on vocal practice and voice restoration. I run workshops in breathing and have done vocal coaching work for the Festival of Voices. I met the founder of Tonic (Dr Sally Dunbar) whilst working with the 'Choir of High Hopes'. Emanating from those initial discussions with Sally to coordinate a choir, I've now formed a musical team to guide Tonic. We are all passionate about the positive health effects that the vocal group brings to all participants.

About Dr Sally Dunbar, Founder of Tonic: I was inspired to form Tonic from my own experiences working with the 'Choir of High Hopes' and from learning how singing just a simple tune can help breathing and fuel feelings of positivity. Singing stimulates different parts of the brain, improves breathing and posture, and provides for enormous positive physical and emotional effects. So come and join in Tonic – you will feel welcomed and through song, you will feel happier. The choir really is a tonic for mind, body and spirit.

Tonic Singing Experience enquiries:

Email Helen: gto67787@bigpond.net.au

Phone Helen: 0417 123 680

Via Facebook: <https://www.facebook.com/TonicSinging>

Date: Meet Every Thursday

Time: 7:00 - 8:00 pm

Venue: Scots Church, 29 Bathurst Street, Hobart

Mantra Medicine

Interview with Sangita (Melissa Howden)



About Sangita: After a 25 year career as a music teacher, Sangita now teaches chanting and kirtan through 'Mountain Mindfulness' which is dedicated to elevating wellness through meditation, stretching, breathing, singing, chanting and music. Sangita plays many instruments including the gentle melodic thumb drum (called a Sansula) and a harmonium. She teaches wellbeing and meditation skills learned from her time at the Gawler Cancer Foundation and three years of living in an ashram.

Sangita, what inspired you to teach wellness practices like chanting? It's been a journey of discovery, at times a difficult path, but nonetheless, a path borne from an epiphany. In 2013 I was diagnosed with Stage 4 cancer and I made a promise to myself that if I lived I was going to do 'life' differently. So when the doctor said 'ok, you can go back to work now', I did the exact opposite. I packed up my car and headed north, so my skin could feel the sun and to follow my inner-most, heart-felt dream to finish my yogic studies. I traveled via the Gawler Cancer Foundation where I learned meditation and then traveled to an ashram, where I learned the joyous, uplifting practice of chanting. I've now returned to Hobart, started 'Mountain Mindfulness', which allows me to live my life's purpose teaching and practicing mantra, yoga and meditation. Now I have the absolute privilege to support and inspire others on their own healing and wellbeing journey.

As the words are in Sanskrit, is chanting hard to learn? Don't worry - there's no pressure. Chanting is a meditation tool, it's not a performance. These ancient melodies will give you access to a realm of music that you didn't think was possible, especially for people who consider themselves as non-musical. There's a beauty to chanting, the harmonising, being with the group, its very uplifting and powerful. And anyone can chant, regardless of their health condition. There are different ways to chant - out loud, whispering, spontaneously thinking about a chant as you are going about your day and mental repetition (which is the most powerful). Mental repetition of a mantra creates acceptance and peace of mind.

What are the positive health effects of chanting? When you consider 'mantra' means 'mind' and 'tra' means 'liberation' you immediately begin to understand the mental health benefits that flow from chanting. Mantra chanting works to heal the mind and interrupt negative thought patterns. It can expand our consciousness and take us beyond ourselves, beyond the structure of our day-to-day lives. Chanting a mantra is a type of vibrational medicine. Even simple 'Om' chanting has a powerful vibration. Music has the power to change energy, your mood, your mind, allowing you to feel free, joyous and connected.

What is a favourite chant that you teach? The ancient Vedic Mahamrityunjaya Healing Mantra is what we used to chant every Saturday night in the ashram. The words in Sanskrit can be translated to Maha ('great'), mrityu ('death') and jaya ('victory'). So it is the 'great death conquering mantra' also called the healing mantra. You chant it 108 times and by doing this, the mantra is said to settle or release us from fears of death. We dedicate the chant to people in our lives that need healing or are in a difficult situation. We can also chant for ourselves. When I was sick, I felt so blessed that Satyananda yoga practitioners from around the world were chanting the healing mantra for me. So it is a very powerful practice, both for the chanter and the person who the chanting is directed.

Where to find classes: Classes are held at Pat Murnane Memorial Hall, 188a Lenah Valley Road, Lenah Valley and other locations (refer back page). Subscribe to Sangita's newsletter for more information.



To make a 'Mountain Mindfulness' enquiry:

Website: www.mountainmindfulness.com.au

Email: contact@mountainmindfulness.com.au

Phone: 0400 519 323

Tibetan Sound Healing



Geshe Tenzin Wangyal Rinpoche
Founder: Ligmincha Institute

Geshe Tenzin Wangyal Rinpoche is the Founder of the Ligmincha Institute and a revered master dedicated to teaching ancient practices of the Tibetan Bön Buddhist tradition. He is also one of the eminent teachers who conducts courses at GlideWing, the educational arm of the famous consciousness research centre, The Monroe Institute in Virginia. His latest course related to the ancient spiritual practice of sounding Warrior Seed Syllables. This ancient sound practice has a positive impact upon prana (life-force energy).

About Warrior Seed Syllables: The Rinpoche explained that there are five sounds (A, Om, Hung, Ram and dZa). When practiced correctly these sounds or 'warriors' have the power to conquer negative emotions and help the practitioner to connect fully to their inner essence.

Sounds related to the chakras: Each syllable corresponds to the chakras in the body. The Rinpoche defined chakras as energy centres in the body, likened to a wheel, where many energetic pathways converge. Chakras extend from below the navel straight up the centre of the body to the crown of the head. When a person combines the physical vibration of sound they can release blockages in their chakras and dissipate prana (also called ki, qi or chi). This process of clearing the chakras and pushing prana through your body allows the practitioner to feel clearer and more radiant. For example, when a person sounds HUNG, they are working to clear the heart chakra, to find love, compassion, joy and equanimity in themselves,

Clearing the throat chakra: The Rinpoche explained that sounding OM relates to clearing the throat chakra. Sing the sound OM and repeat in your mind that "I am complete; nothing is missing in my life". Through this practice you will recognise the anger or agitation that is stuck in your throat. By recognising that there is a blockage in your throat chakra, you can work to clear your throat through sound and by connecting to that inner space, you can connect with the completeness that is you.

Resources - Opening the Throat Chakra

According to natural energy healer Cyndi Dale (Author of *The Subtle Body, An Encyclopedia of Your Energetic Anatomy*), the throat chakra (known in Sanskrit as Vishuddha) is centred around "giving voice to our inner heart".



There are many free resources online relating to opening and clearing the throat chakra. The Meditative Mind for example has a range of resources including:

Healing Tibetan Singing Bowl Sounds
<https://www.youtube.com/watch?v=9rNfKW1hARY>

Throat Chakra Healing Meditation 192Hz Frequency Vibrations
<https://www.youtube.com/watch?v=gBXG0obrSs4>

References:

*For GlideWing Online Workshops, go to: <https://www.glidewing.com>

*For information on Tibetan Bön Buddhist tradition and teachings, go to: <https://ligminchalearning.com/>

*To purchase the Rinpoche's e-book: <https://www.amazon.com.au/Tibetan-Healing-Tenzin-Wangyal-Rinpoche-ebook/dp/B003FS0KBI>



Suzanne King, *Reiki Energy for Life*
(One of Australia's few Reiki VII Practitioners)

Reiki Natural Energy Healing

Easing Anxiety, Pain and Tension with *Reiki Energy for Life*

What is reiki?: Reiki is an extremely gentle Japanese natural healing modality which provides relief from anxiety, pain and tension. Healing energy is allowed to pour into the body which either reduces or eliminates pain and as reiki activates the parasympathetic nervous system, stress and anxiety just melts away. The 90 minute session leaves you feeling balanced, centred, calmer and more enlivened. As this is the case, many people seek reiki as a 'tune up' to regain a feeling of optimal health and wellbeing.

Treating tension in the throat: During a reiki healing session, I often find tension or energy blockages residing in a patient's throat. In this case, it is highly likely that I will find other main energy hubs in the body (known as chakras) not working to capacity. Interestingly, at the end of the session, the client often reveals that they have not been able to express themselves. It is no wonder therefore that a person carries a tightness in their throat if they have tried to bury their truth. The reiki session assists to clear these energetic blockages, while the post-session briefing is designed to discuss self-healing options, some of which are outlined in this edition of 'Healing Hearts'.

Other benefits of a reiki healing session: As reiki activates the parasympathetic nervous system, it is a gentle way to relieve feelings of mind-body disconnect, emotional distress, anxiety and stress. As reiki also works to ease physical pain, many clients see me to ease tension headaches, migraine, neck pain, hip or lower back pain, muscle tension, fibromyalgia pain and for post-surgical recovery. From a practitioner perspective, it is always immensely satisfying to see the radical difference in people before and after a session. Post session, their eyes are brighter and their faces are full of relief. From the client's perspective, their pain has reduced which leads to a better night's sleep.

For further information on the benefits of reiki: Refer to *Reiki Energy for Life's* publication in the Natural Therapy Pages: <https://www.naturaltherapypages.com.au/article/benefits-reiki-healing-session>

Enquiries: Email reikienergyforlife@outlook.com or visit www.reikienergyforlife.com or visit *Reiki Energy for Life's* Natural Therapy pages.

Quick and easy ways to feel balanced

Needing a breather from the chaos of your day? If there's no time to go for a walk, let alone dig your toes into the grass or sand, then rolling out a stress buster technique could give you the boost you need.



- **Soothe the vagus nerve to reduce anxiety:**

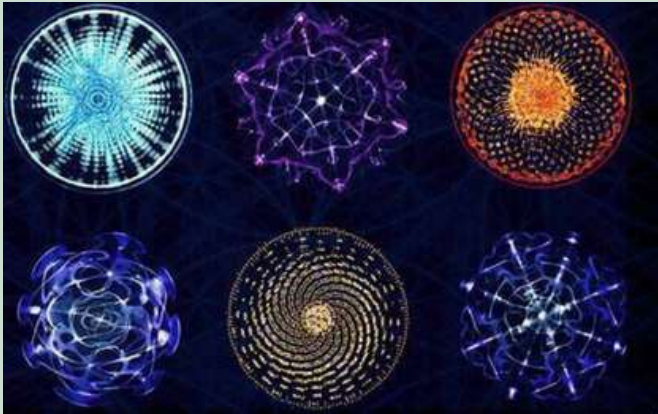
- Trace each index finger along your eyebrows out to the temples.
- Keep moving your fingers past each temple to behind the ears.
- Flatten your hands and drag your palms down your throat.
- Rest your hands flat on your chest, focus on your inhale and longer exhale and repeat.

- **Knock on the Door of Life - clears mental stress and stimulates the immune system:**

- Stand with feet shoulder width apart and start to gently swing, letting one palm knock on your lower back while your other arm wraps around your front. Repeat 20 times swinging side to side.
- Bring your arms up higher so that one palm knocks on your chest while the other knocks in the middle of your back. Repeat 20 times.
- Bring your arms up higher so that one palm knocks over your shoulder while the other knocks at your upper back.
- Slowly return back down and finish with 'Water Waves' with hands swinging away from the body in gentle movements before coming to a halt, closing your eyes and rest in the moment.

Science of Healing Summit (February 2022)

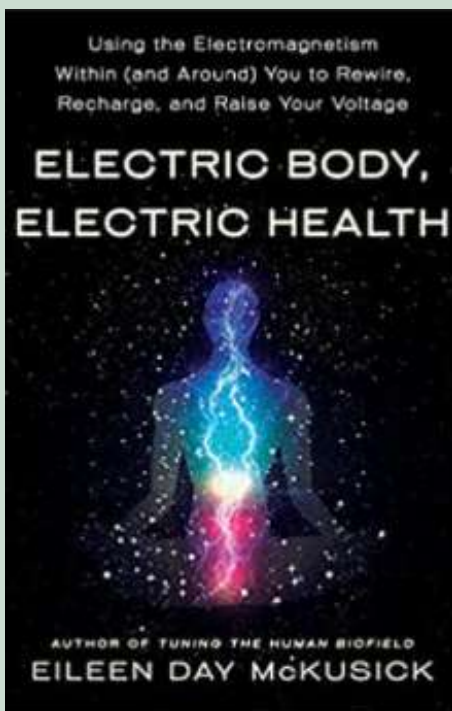
Sound Therapy and Music Medicine Research



The Shift Network presented the 'Science of Healing Summit', which provided a way to learn leading-edge research. One visionary, Acoustics Engineer John Stuart Reid explained how he is exploring the field of 'visible' sound and has developed a CymaScope to provide a way to 'see' sound. His explorations in the field of visible vibrations are leading to new frontiers in medicine. His CymaScope can show how a cancer cell emits one sound and a healthy cell emits another. By accident, he discovered that low frequencies can produce healing effects and went on to find that cells produce a 'song'.

After developing protocols to study the effects of sound on blood cells, he found that low frequencies in particular work to oxygenate the blood. He has gone on to research how sound can positively influence the vagus nerve (which connects to nearly every organ in the body), can reduce to eliminate pain and causes the release of dopamine (the happy hormone) which in turn can work to support the immune system.

Following these discoveries, he is now working on ways to bring sound into clinical settings. He envisages future hospitals whereby patients can use ultra-sound speakers or lie on a mattress which allows the body to be immersed in a healing sound frequency. Ultra-sound speakers for example allow the production of nitric oxide which works to lower blood pressure.



Biofield Tuning

Eileen McKusick (Founder of Biofield Tuning Institute) discussed her new book *Electric Body, Electric Health*. Eileen explained that everything that we experience causes pulsations in our field of energy and every emotion has a different 'song'. Depression for example has a dull tone and our electrical system has to expend a lot of energy carrying such exhausting sound waves. On top of our emotions, we are also surrounded by pollution in the environment. Her book sets out how we can raise our 'voltage', creating a more energetic life-force. This can be as simple as starting with the breath. When we hold aggression, anxiety and depression we are not mindfully breathing. We are immersing ourselves in a negative story, which depletes us energetically. The first step to raise your life-force energy is to stand up, connect to the earth and nature, breathe and bring yourself back to the present. Eileen also alerted to the exhaustion that comes from 'swallowing your words'. It is key to speak your truth diplomatically, but as soon as possible, in order to strengthen your energy field.

References:

Imaging Cancer & Healthy Cell Sounds in Water by CymaScope, *Water*, 2019, <http://dx.doi.org/10/14294>
<https://cymascope.com/>
<https://biofieldtuning.com>
<https://www.amazon.com.au/Electric-Body-Health-Electromagnetism-Recharge/dp/1250262143>

Biofield Science Research



Panel on Biofield Science

Bill Bengston, PhD (President, Society for Scientific Exploration & Author *The Energy Cure*)

Dr Shamini Jain (Founder, Consciousness & Healing Initiative & Author *Healing Ourselves*)

Rev. Tiffany Barsotti (Medical Intuitive & Spiritual Counselor)

Ross Dunseath, PhD (Research Coordinator, Monroe Institute)

Topic: When science understands the biofield, it will help us maintain our health and understand who we are as human beings. Dr Jain explained that a biofield is a field of energy and information that surrounds the body and how humans are bioelectromagnetic beings.

The panel debated the fact that there was more going on than just electrical fields. Dr Jain has heard from many natural energy healers who all agree that they did not do the healing. There seems therefore to be some sort of intelligence involved in the healing. The Panel also debated whether subtle energy was indeed subtle. Healers for example can feel how energy surrounds the body. Rev Barsotti equated the understanding of the earth's energy layers, from an astrophysics perspective, then went on to explain how a human's energetic layers were not so well understood. When you work down through the fields, down to the chakras (energy hubs) and into the meridians (subtle energy pathways) it becomes evident that the biofield certainly impacts our physicality.

Discussion turned to the strong connection between a person's energy fields and emotions. Once people start actively working to shift their negative emotions (through ancient practices of meditation, tai chi, yoga and qigong) they can learn to tune into their bodies, and in doing this, they start to feel clearer and can participate in their own healing.

The Panel concluded with an update on biofield research. Bill Bengston advised that he was working on a way to store a healing intention in water and turn that stored healing intention into a mass producible product. He was hopeful that this work would culminate in a healing energetic vaccine in the future.

Bioelectromagnetic Medicine

Dr Shamini Jain, (Founder, Consciousness & Healing Initiative & Author of 'Healing Ourselves')

The field of bioelectromagnetic medicine analyses how to put energy into the body to stimulate healing. Science is studying reiki, pranic healing and other natural energy healing modalities to discover ways to foster healing. For example, Dr Susan Lutgendorf, University of Iowa, has studied the effect of guided imagery on returning active duty military personnel who were suffering from PTSD. Findings show how this practice produced clinically significant reductions in PTSD symptoms.



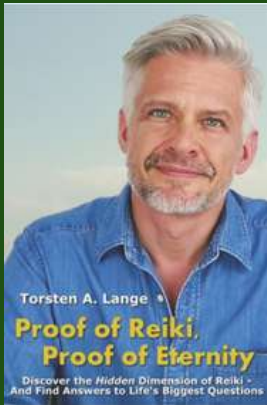
In another example, a randomised clinical trial concluded that natural energy healing had a profound influence on reducing fatigue. In addition, biomarkers changed in relation to cortisol variability. It is known that breast cancer patients who suffer fatigue and depression have disregulated rhythms of cortisol and this factor has been linked to increased risk of death. It was only the group that received natural energy healing that produced normal regulation of cortisol.

Complementary Medicine for Fatigue & Cortisol Variability in Breast Cancer Survivors: A Randomized Controlled Trail, *Cancer*, 2012, Feb 1; 118 (3): 777-787

Book Review

Proof of Reiki, Proof of Eternity by Torsten A. Lange

Torsten Lange is a Reiki Master who has trained over 10,000 students through his London Reiki Academy. Torsten explains how the extraordinary power of reiki has brought meaning, sustenance, joy, a lightness of being and a sense of deep peace to his life. In a primarily biographical account, he explains how he managed to emerge from suicidal thoughts and bankruptcy to becoming a speaker at a retreat in Montserrat, along with Mother Teresa and the Dalai Lama. Along the way, he traces reiki history and pays great homage to Mikao Usui, the founder of reiki, who he considers to be his spirit guide. Unfortunately however the reader is left wanting somewhat in getting to the point where he proves the title. Finally at page 190, the reader learns of Torsten's travels to a Swiss laboratory to conduct water sample tests.



The crystalline tests proved significant improvement in the quality of water after being treated by reiki, which Torsten equates to "the first scientific proof of reiki". In addition, the crystalline tests proved the different vibrational levels of reiki. Torsten explains that these tests prove that reiki is more than a complementary therapy by not only showing "proof of healing" but also "oneness or the interconnectedness of everything." Unfortunately however, I feel that Torsten has under-estimated his reader's thirst for knowledge by not presenting more rigor in this body of work and not presenting academic links. Nonetheless, readers who are curious or just embarking on their reiki journey may glean some interesting facts and certainly Torsten has had a fascinating life.

To purchase Torsten's book go to:

<https://www.amazon.com/Proof-Reiki-Eternity-Dimension-Questions-ebook/dp/B099674P1D>

Courses

The Shift Network - Online Courses (<https://theshiftnetwork.com/courses>)

- Vast array of online courses to learn revitalisation tools and techniques from tai chi, qigong, mindful breathing, yoga, expanding your consciousness to energy medicine and much more. A sample of new courses coming up include:



- **Access the Vagus Nerve's Power to Heal** (12 week course including 7 module free Intro)
 - Dr Melanie Smith, Doctor of Oriental Medicine & Advanced Energy Medicine Practitioner teaches how to deactivate stress and trauma and come back to a positive vagal state where you feel safe
 - www.RewireYourNervousSystem.com
- **Defy Your Age with Qigong: Cultivate Clarity, Balance, Flexibility & Energy for Life**
 - Renowned Qigong Master Robert Peng's 7 week course with free introduction 16 April)

Mountain Mindfulness Workshops & Classes

- **Next Yoga & Song Workshop - Dodges Ferry** (10/4/2022)
- **Ongoing Yoga & Mindfulness Classes - Lenah Valley**

Visit: www.mountainmindfulness.com.au



July 2022 Edition

- Art therapy for healing
- Qigong World Summit

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