



# Wessex Research Group Network *Newsletter*

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May 2020 sees Wyvern Dowsers changing their name to Wiltshire Dowsers. For details about the groups' activities and the newsletter email Peter Knight at [stoneseeke@waitrose.com](mailto:stoneseeke@waitrose.com)

Stargaia in Glastonbury are hoping to stage two meetings this month a talk on May 22<sup>nd</sup> (Introduction to Sacred Geometry) with a workshop on the following two days (the Template: Sacred Geometry). Contact Claudie for further details at [info@stargaia.com](mailto:info@stargaia.com)

## **Sound Therapy. Acoustic Brainwave Entrainment**

**By Dean Carter**

Our waking lives are spent in a perpetual state of 'high alert', (our brainwave activity registering in the domain of what are called beta waves, measuring between 13 and 30 Hz), which is usually unjustified by external events, and which produces incredible stress on the tissues and systems of the body, leading to premature ageing and illness.

All the meditation and body/mind relaxation techniques of the world's wisdom traditions are designed to slow our brainwave states, to get them into the deeper levels of alpha (8-13Hz), theta (4-8 Hz) and even delta (0-4Hz); each of these states producing the opposite of the 'fight or flight' response (the relaxation response).

The relaxation response mobilises us for inward activity by reducing heart rate and blood pressure, relaxing muscles, and increasing oxygen flow to the brain. Until one works consciously with meditation/body-mind techniques, these reduced frequency brainwave states are only experienced during sleep, with alpha associated with dozing/light sleep, theta with dream level (REM) sleep, and delta with deep level restorative sleep. However, once one engages with a modality such as meditation, tai chi etc., or, in our case, the use of sacred sound, such states can be experienced even while conscious. In the case of delta states this is the paradoxical seeming combination of deep 'sleep' (no measurable mental activity) and yet a retention of consciousness, dismissed until recently by science as impossible, but now verified, and known to the world's wisdom traditions as 'the fourth state'.

Pure Sound is one of many modalities for enhancing alpha and theta waves and the relaxation response.



Normally when you hear a single note, due to the laws of acoustic physics, as well as the 'fundamental', (the loudest and first note, the one that you can actually hear), the vibrating string or air column also generates a whole series of extra tones on top, generally inaudible, reaching up beyond the level of our hearing, called the overtones of the harmonic series. This explains why the same pitched note on one instrument sounds different from the same note played on another instrument even though the notes are of the same frequency. Certain of the overtones are emphasised in one instrument, others in another—the clarinet, for example, emphasises the odd numbered overtones. Using vocal overtone techniques makes these usually inaudible sounds, which generally do not occur in audible form in nature, actually audible to the ear. Tibetan bowls also produce audible overtones as well as the fundamental. The crystal bowls, in the meantime create a fundamental with no overtones on top! In each case the listener is being exposed to these pure sounds. This seems to stimulate the nervous system in a specific way and to therefore facilitate the alteration of our brainwave states down into the health promoting, immune system boosting, de-stressing, anti-ageing, lowered brainwave frequencies discussed above!

The benefits of the lowered brainwave states are almost inexhaustible and include deep tranquillity, flashes of creative insight, euphoria, focussed attention, enhanced learning abilities and memory retention, (so-called super-learning abilities) and ESP. Alpha and theta states also produce polarisation of the right and left hemispheres of the brain (in the beta state, the filtering left brain is dominant), representing maximum efficiency of brain functioning and a balancing of reasoning and intuitive powers. And, as with greater stimulation more neural pathways are created, stimulating brain growth! FFI Dean can be contacted by visiting [www.centreforpuresound.org](http://www.centreforpuresound.org)