



## ~ The Sounds of our Genetic Codex, DNA ~

*How listening to Special Frequencies can affect our Total Well Being*

**by Jill Mattson**

One of the tenets of Healing with Sound – of expanding yourself through Sound – is that by listening to/and being immersed in certain frequencies and matrices of sounds, our bodies, our energies, even our mental and physical states, can be profoundly impacted.

## **Why is this?**

There are countless documented cases of how sound can affect and heal us. There are many theories, and though a complete explanation does not exist – a clear picture is emerging – with deeper understandings, intricate connections, and relationships being solidified every year.

To capture the essence of what is at work: every living and inanimate thing has an energetic aspect. Sound is vibrational energy. When the appropriate frequencies of sound interact with us and our environment (our bodies, our living spaces, pets... etc.), these sound frequencies can alter and transform our fundamental energies. The Ancients learned this long ago. Some of these traditions have survived and passed down to us. There are numerous Modern Masters of Sound Healing, some famous, others obscure; fantastic work has been ongoing.

It is in this tradition that Jill Mattson has identified and extracted the precise frequencies of critical components of our DNA blueprint. Her new audio creations contain the sound frequencies of the four building blocks of our DNA: Adenine, Thymine, Cytosine, Guanine; also included is Uracil (for RNA), ATP, frequencies of the elements Phosphorus, Oxygen, Hydrogen, Carbon, and Nitrogen. ATP stores chemical energy for the cell.

Everything has an energetic aspect and hence a frequency signature, which is characteristic of that thing. Exposing a substance or living cell to “pure” frequencies – that make up that substance – can strengthen and reinforce the entity – even at an atomic or molecular level. Including in this music is the frequencies of the atoms that combine to make our DNA.

A DNA molecule is a collection of recipes for making proteins. Since proteins are the machinery of life, DNA is the recipe for making an organism. What is the function of RNA? RNA builds the proteins based on the formula in the DNA.

These musical compositions from the DNA Dreams collection contain audio with Fibonacci sounds spirals that mirror the double helix geometry of DNA. The Fibonacci sequences take the listener upward and resonate along the deepest pathways of our energetic scaffolds. There are sounds taken from the backbone of the complex DNA molecule, strengthening and infusing our chromosomes' very sound structure.

The crucial link between "DNA Sounds" work and Subtle Energy is that Subtle Energy can be molded and carried on special vibrational frequencies. Further, Subtle Energy can interact with material things (such as Human DNA) and other forms of energy ... but it must be made available - such as in the music called *DNA Dreams*.

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Earlier researchers foreshadowed the idea of deriving frequencies and music from our DNA - and using these compositions to strengthen and reinvigorate our very genes. The most famous was Joel Sternheimer, who studied plants and devised a way to construct musical compositions based on the building block amino acids and proteins that make up a plant's structures. When he played the resulting "music" to the appropriate plants, the results were impressive: plants exposed to the frequencies (or notes) derived from their amino acids grew several times faster and larger. They were more resistant to disease and pests; these plants' fruit was much larger and more plentiful. The "music" Sternheimer developed harmonized and "tuned" the plants' internal structures - the end result was far healthier plants.

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Sharry Edwards, who pioneered BioAcoustics, innately recognized that specific sounds correlated to physical issues. She was born blessed with an extraordinary sense of hearing, which was significantly enhanced after a near-death experience. Analogously, dolphins can receive (and transmit) sound frequencies about ten times greater than the average human ear's range. This ultrasonic ability gives the dolphin critical information about the complex world around them. They also can communicate advanced information at great distances. This remarkable sense of hearing was responsible for Sharry's first encounters with the enormous potential of sound. Sharry first experimented and created harmonizing tones with her voice to alleviate the discordant sounds she perceived in others. These ideas

developed into BioAcoustics, a method of analyzing one's out of tune frequencies and harmonizing them. The body returns to health when it is in tune.

In vastly diverse examples, Sharry was able to help people suffering from glaucoma, emphysema, and traumatic muscular-skeleton injuries. She gave these people sound generators that produce frequencies tailored to their afflictions.

There has been a tremendous amount of fascinating work done using Sound Frequencies with living organisms to wondrous ends. DNA Music with embedded frequencies is yet another example of Sound Energy being used as a powerful tool to benefit living systems. Medical Research now continues to find new ways to use sound to restore health.

Return to Jill Mattson's page by closing this file, and listen to "Turtle Jig, Sounds of our DNA."

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