



Your Garden's Song

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Plants respond to music, growing better while listening to classical music and nature sounds, but how does sound change the physicality of the plant?

In the book *The Secret Life of Plants*, researchers hooked plants to machines resembling lie detectors, which revealed their response to threatening behavior. Wow! Plants possess an awareness of their wellbeing and surroundings. Even more startling, the plants showed a reaction to their owner's well-being, even if the owners were across the country. This seems like quantum entanglement (when two energies link on the quantum level and effect another, even at long distances). Maybe the plants have emotions and care about their owners?

If this idea is not delightful enough, researchers filmed plants “singing.” They increased the vibrations of tiny frequencies emitted from the plant. The plant’s small vibrations are too soft for us to hear but may account for why we feel uplifted in a botanical garden or calm down in nature. Unconsciously these “plant songs” lull us into harmony and a sense of wellbeing.



People have hooked electrodes to plants’ leaves and roots and then connected them to musical instruments, producing fairy-like music: a new genre? A Mexican named Aerial Guzik, hooked cacti to lutes and used their tiny energetic impulses to create strangely beautiful music. Another experiment at Damanhur in Italy showed plants connected to electronic instruments, producing exquisite music. You can listen to this concert on the YouTube video in the footnotes.¹

The Kairos Institute of Sound Healing in New Mexico tested whether sound vibrations enhanced crop growth. They played tuning forks and hand chimes over seedlings. The forks were tuned to the frequency made by Mars and Venus moving in their orbits and other frequencies found in space (raised octaves into hearing range).² Their findings showed that sound vibrations improved seed germination, quantity and quality of produce, the longevity of production, pollination, and plant size.³ The author has created heavenly music full of star tones, offering this technique to humans!

¹ <https://www.youtube.com/watch?v=nXhhAXjKmlU>

² They also used planetary gongs tuned to the “three cycles of the Earth: the four seasons, the Earth spinning on her axis, and the Earth going through its precessional cycle.”

³ Leeds, Joshua. *The Power of Sound: How to be Healthy and Productive using Music and Sound*, Healing Arts Press: Vermont, 2001, 2010, Pgs. 207-209.

Dan Carlson, of Sonic Bloom, noticed that plants' use of nutrients spikes at dawn. Plants do not benefit nearly as much when fed at other times. He wondered how the plant knew when sunrise was. He experimented with bird chirps, local to the natural habitat of the plant because the birds' choruses sing loudly at dawn. Carlson discovered that when he played local bird chirps at any time of the day, the plant acted as if it was dawn and utilized more nutrients. At least one way that the plants told time was with sound. Carlson sells plant food packaged with a recording of bird chirps and boasts of 100 percent increase in plant growth.⁴ Once again, a link appears between sound and the plants' well-being.

Joel Sternheimer, a French physicist, calculated the vibrations of the amino acids in plants. After he figured the tones of each, and then he organized the amino acids in the same way that they were in the plant's protein. When he played the "plant's song" back to the plant, the plants' growth nearly doubled with increased resistance to drought and disease.

What do we learn from all this? Are plants far greater beings than we expected? Are they also exquisite musicians? Perhaps the biggest lesson in that sounds, below our hearing range, have a significant impact on the energies of living things: body, mind, and emotions. At the very least, in a romantic picture, we are bathed unconsciously in plant songs and lullabies of the stars.

Sound and music enhance the health of plants. Yet, we stubbornly believe that we are not influenced by sound in the same way. What would make us exempt? The science of bioacoustics, developed by Sharry Edwards, has shown that we can use targeted sounds to enable the body to heal itself.⁵

We can use the energy of sound in music in targeted positive manners. The author has devoted her life to bringing forth healing vibratory patterns in musical CDs, including star sounds and vibrational patterns found in healing nature. In the future, humanity will use sound to be more in control of their body, mind, and emotions, harnessing sound for benefits.

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⁴ <http://dancarlsonsonicbloom.com/>

⁵ For more information see the book, *Secret Sounds Ultimate Healing* by Jill Mattson at www.JillsWingsOfLight.com