

# How Frequency & Pitch Affect You

So Much More than  
Frequency Healing!

By Jill Mattson



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Every cell in our body is a sound resonator. Our body systems respond to sound. The bio-electric frequencies of muscles, organs and glands in our body all respond and are affected by sound vibrations through the process of resonance. We can stimulate preferred frequencies with our voices, instruments and sonic environments.

Our auric fields are electromagnetic energies, which are also affected by sound vibrations. We give off electrical energy and absorb magnetic energy. Every time we come in close contact with other individuals, we exchange energy vibrations, which can lift us, or act like debris and drag us down.

Various mystery schools have explained the impact of musical elements generally as:

**Rhythm** affects physical states, brain waves, heart beats, circulation and circadian body rhythms

**Melody** affects emotional and mental states, it gives us doses of energy through the pitches of musical notes. The musical intervals found in melodies can also create a variety of states of consciousness, some extremely beneficial.

**Harmony** lifts consciousness, develops mental capacities with sonic complexity, and enables us to harmonize with different emotions (through intervals).

## Rhythm

A steady drum beat restores the body's rhythmic patterns. For example, Baroque rhythm patterns (from classical music) put the heart into a natural beating cycle.

Drumming patterns can alter emotions and be used as an aid to explore inner consciousness. In Shamanism, a drumbeat takes the listener to an altered state of consciousness. In Voudoun (a religion in Haiti) drumming

blocks the rational mind, inducing trance and sexual energies. A mother rocking her crying baby helps restore the child's metabolic rhythms.

Rhythms are thought to energize the spleen, the base chakra, circulatory system, adrenals, and sexuality. Since drumming can increase a heartbeat, it can also increase blood flow throughout the body - stimulating physical energies. With entrainment (when one rhythm overcomes another), the strongest rhythm always prevails. Consider that of all the many rhythms in the body (brainwaves, circadian rhythms, subtle energy flows), the strongest is the heartbeat - making this rhythm the most powerful one in the body.

The percussive rattle links consciousness to inner understandings and wisdom from the cosmos. The sistrum rattle was used extensively in the Egyptian mysteries by the Hathor's, as a cleansing instrument and tool to contact the divine. Negative thoughts set up rigid energy patterns in our auric fields and the rattle sounds shatter these constructions. Just as water faucets accumulates residue, we build up negative debris from our own unpleasant thinking and from being around others who engage in negatively. This energy sets in our auric field and clogs subtle energy entering the body through our chakras.

One solution! Use a rattle and shake it up and down the body. You may also shake the rattle extra times at the major chakra wheels!

## **Frequencies**

Low tones bend around objects ... that is why the low sound lingers just a second after they are emitted.

In contrast, high tones are more focused and can shatter old concepts and habits ... not to mention that the picture comes to mind of a soprano singer shattering a wine glass! High pitches can open us up to new perceptions and higher energy on all levels of our being.

Dr. Alfred Tomatis listened to high pitches for hours during the day, charging the neo cortex of his mind, and he then only needed to sleep about 4 hours. The Catholic monks are known for their endless chanting and incredible work ethics, once again only sleeping a few hours a night ... due to the sounds they sing. The Pope's suspended the monks' chanting and shortly they became ill. Dr. Tomatis was called in to help. Most returned to their normal incredible long hours awake *when the chanting was reinstated*.

The higher pitched and stronger (balanced) that our energy fields are - the less likely they will be modified by outside energies - making us able to successfully deal with many conditions and people, as negative energy cannot penetrate as easily.

Low tones correlate to many body pitches (such as the average vibration of your liver), while pitches in the middle range of our voice relate to mental energies. High pitched voice tie into dreamy, intuitive and spiritual energies.

Try varying the pitch range of your voice for what you want to accomplish. For example, if you are dreaming up ideas, let your voice pitch float upwards and watch your intuition improve.

## Harmony

The relationship of pitches impacts us uniquely. Two notes can be any number of notes apart, and this represents the musical *interval* between them. Some intervals are harmonious, that is they sound pleasant. For example, a C note and a G note sound pleasant together, while a C note and a D<sup>b</sup> played at the same time sound harsh. People generally agree on what are pleasant and soothing sounds, and which irritate or sound dissonant. We are hardwired to universally enjoy intervals of consonance.

Harmonious intervals have been adapted to physical measurements or dimensions in architecture. We are hardwired to like certain proportions, similar to consonant musical intervals.

Author and musician Fabien Mamann devised a chart relating the emotions created by various intervals!

<b>Emotions &amp; Intervals</b> Fabien McMann	
<b>Interval</b>	<b>Quality</b>
Root Note	Mirror of oneself, immobility, rest, old memories
Second	First tension between two polarities, birth of movement
Third	Inner emotional and psychic life
Fourth	Awakening and at the same time paralyzing, stretching towards conclusion
Fifth	Reverse of the fourth, transmutation, the boundary between inner and outer space of the body, passage from inner to outer world, freeing the creative potential, most stimulating interval, factor of expansion, brings joy
Sixth	Total opening, gives feeling of offering yourself to the universe, contrary to the third that is contained completely inside, the sweetest interval
Seventh	Extreme tension that is resolved when the octave is played
Octave	Final resolution, reaching for the higher self, stability, linking past and future in the present, transformation

# Melodies

Melodies affect our emotional and mental states. It can alleviate physical pain. Doesn't a mother sing gently to calm her baby? Through the resonance of her melody, she links her energies with those of her baby, relieving stress and establishing balance.

The different pitches within a melody create intervals that affect different systems and parts of the body. Melodies are created from pitches, which also affect different parts of our physical bodies and emotions. Does not a lullaby soothe, and yet a march can invigorate?

**Joel Sternheimer**, a French physicist, measured the frequencies of amino acids in plants (amino acids are the building blocks of a protein). Amino acids form in a unique order for each species to form a protein. In other words, the amino acid order is different in a daisy plant versus a corn plant. When Sternheimer played a plant's protein back to the plant, it formed a melody! And when he played the plant's melody back to the plant, he doubled the plant's growth and increased resilience to drought and disease. Those melodies are enormously important!

**Jill's Wings of Light**