

Tuning into the Vibrational Healing Sounds of Nature

A Conversation with Marjorie de Muynck

Marjorie de Muynck, Master of Music in Music Education, is the creator of *Ohm Therapeutics™*, a system that features the healing resonance of Ohm through music combined with the therapeutic application of tuning forks and other sound instruments.

Her first two CDs — in what has become her signature tuning — are *There's No Place Like Ohm Vols. 1 & 2* (Lemniscate Music). Marjorie recently completed her new book and instructional DVD, *Sound Healing: Vibrational Healing with Ohm Tuning Forks* (Lemniscate Music, 2008) and the *Vibrational Healing Music* CD (Sounds True, 2009). To learn more, please visit www.soundhealingtools.com.

Q: *What inspired you to create Vibrational Healing Music?*

MARJORIE: I have been healing from cancer for several years and one of my healing protocols has been listening to nature, really listening. This “Sensory Listening” has helped me to heal on many levels, not only with my ears but with my bones, my skin, my whole body. I find the actual sounds, rhythms and tones of the elements, such as the rain, the wind in the trees, and the animal sounds as restoring in themselves.

During my healing journey I traveled back to a time in my life, my early childhood, when I was so much more in touch with the vibration of nature. I was able to recall the soothing and sometimes invigorating rhythms, the way they felt in my body.

My grandfather Haskell, who was Native American and was raised on a reservation near Muskogee, called my attention as a child to the sounds of frogs and crickets. He and my grandmother Floy spent the spring and summers on a houseboat on the Grand Lake of the Cherokees in Oklahoma, and when we visited our evening entertainment was to sit on the dock and listen to the cacophony of voices coming from the bullfrogs, the crickets, bees and birdsong. He would ask us to pay special attention to the sound of Granddaddy bullfrog, who kept the reverberating and vibrational low bass and rhythm going for everyone. A friend of the family played harmonica and I remembered how sweet it sounded along with these natural animal voices.

My inspiration came from recalling those childhood memories and revisiting the connection to nature through my recent healing journey from breast and spinal cancer.

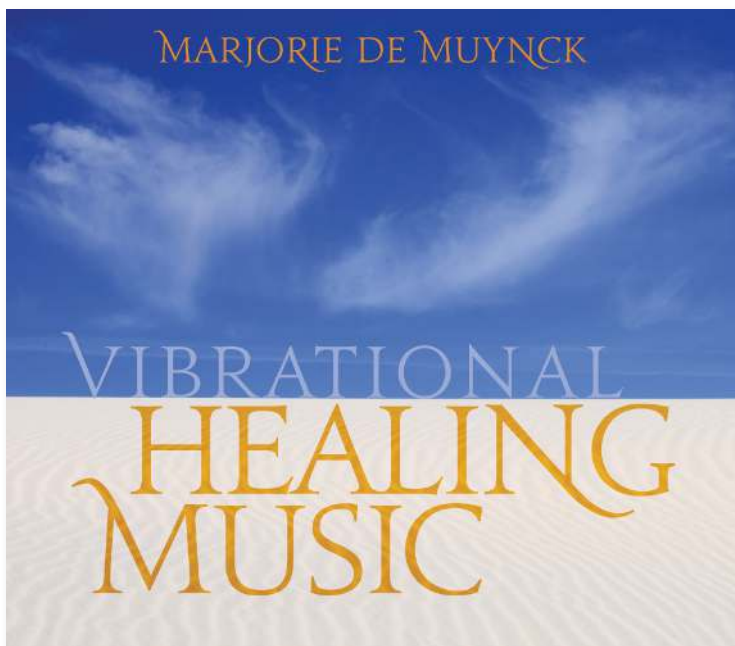
Q: *How did you go about selecting these nature sounds?*

MARJORIE: I field recorded many of the sounds on this recording. I live in northern New Mexico surrounded by the Nambe pueblo, and I was bed bound for some time because of the cancer. Out my window I could hear the sounds of the insects and a myriad of animals all day long as I lay in my bed. I heard the Black Crowned Night Heron, Red Hawks, honeybees, hummingbirds, bats, coyotes, mountain lions, crickets, cicadas, and other wildlife as their voices painted the sky space.

I love the sound of crickets as evening approaches. Their song feels like an invitational lull to that magical time of day when the transition of the light filled day gently moves to the time of shadow as the sun lowers and the dark of starry night approaches. In contrast, the circular voice of cicadas evokes a more energetic feel; their sound feels as if its reaching up from the ground into your legs, feeding you earth energy. The hum of bees has an affirming spiral feel.

These vibrations have so much life force or qi. This is medicine to me. I felt the sounds travel through my window and ... I knew I was in a healing place, and I would compose

a piece incorporating these sounds. I added a human touch to the expression; not just a recording of the animal sounds but a story of sorts, told as one who longs to know the mystery of our connection on earth. A healing story.



VIBRATIONAL HEALING MUSIC (CD), upc 600835132923, \$17.98, Sounds True



Marjorie with her dog Xena.

Q: You made some adjustments to the frequency or rate of vibration of some of the animals you recorded. What inspired you to do that?

MARJORIE: It came from a much-loved underground favorite by Jim Wilson who recorded crickets back in the early 90's. He adjusted their vibrational frequency and discovered that they sounded like humans singing. It moved me deeply, so when I was working on my piece I contacted Jim who also lives in northern New Mexico and we talked. I have incorporated about 2 minutes of his recording on the last track of *Vibrational Healing Music* as a tribute.

Q: There are plants on this recording as well. Can you tell us what the Arizona Barrel Cactus sounds like and how you came to use this?

MARJORIE: I worked with sound engineer Dick Orr in the recording studio and when I told him that I wanted to play around with the frequency rate of the animal recordings he told me that he had recorded Arizona Barrel Cactus many years ago at the suggestion of John Cage whom he knew at the time. I was excited to hear this recording. He searched for days through some boxes at his home to find the recording, which was originally recorded on tape. After he found the tape he converted it to digital and we wove it into the end of my piece. Amazingly, at first listen, the cactus sounded like dolphins and whales moving around in the water. It was an incredible experience listening to this. We used some of these sounds to provide a little natural rhythm in the piece.

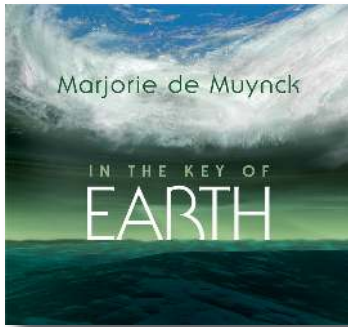
Q: I wonder if you could say more about that your tribute to the bees.

MARJORIE: Because of the alarming disappearance of honeybees and its impact on us all, I wanted to pay tribute to the bees. I had the privilege to spend some time at an apiary

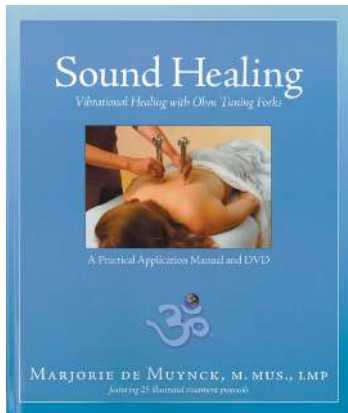
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IN THE KEY OF EARTH (CD)
upc 600835118620, \$17.98, Sounds True



SOUND HEALING: Vibrational Healing with Ohm Tuning Forks Manual with instructional DVD, ISBN 9780615239439, \$59.95, Lemniscate Music

in Santa Fe, New Mexico where I moved from one top-bar bee hive to another. I began to sense that each hive had its own personality or vibratory rate. I wanted to include the sound of the bees in a compositional way that was uplifting and suggestive of the spiral nature of the sound and warm summer days.

The soft and consistent warm sound of the bees was used in composition as a tribute and reminder of the magnificence of the bees and the mystery of their disappearance. The sound is a warm spiral that helps create the drone or the template of the piece.

Listen to Track 4 especially to hear the bees. In that same track, the crickets are slowed down in frequency and sound like birds; the semi-percussive sound is the Barrel Cactus, which attracts bees when it is in bloom.

Q: You mentioned adjusting the frequency of the sound recordings and I'm wondering what you discovered by doing this.

MARJORIE: The vibrational rate or frequency at which every life form resonates is what gives it its own unique personality. When the vibrational rate or frequency of the various animal/insects and plants were sped up or slowed down, the particular animal or plant can sound like a different species. For example the Barrel Cactus sounded at times like dolphins splashing and popping in and out of water; cicadas sounded like birds; crickets also sounded like birds and at other times like human voices. The slowed-down voice of the hummingbird was very similar to the sounds of a didgeridoo. The music on this album generates a field of influence of mythic proportion—it is both joyous and idyllically peaceful.

The experience of creating this album reinforced my understanding that we are all one vibration existing at varying speeds and life cycles, and that separation is an illusion.

Q: Have people who have listened to your album commented on the healing aspect?

MARJORIE: There is something intrinsically soothing about this recording that transports you into the moment. Many listeners have commented that no matter how fast they have been going in their day, as soon as they listen to this piece, they feel completely in the moment – and peaceful. This is the power of the sound of nature.

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Many massage therapists, nurses, acupuncturists, and energy workers play my recordings during their treatments and their clients often ask about these recordings after their treatment. Others report they like the music because it takes them on a sound healing journey where a story is told and resolution is found.

Q: Marjorie, I understand that this new Sound Healing recording is your fourth now in what has become your signature tuning of "Ohm." What can you tell us about this Ohm?

MARJORIE: Ohm is an ancient sacred Sanskrit word and is thought to be the primordial sound of the Universe according to Hindu cosmology.

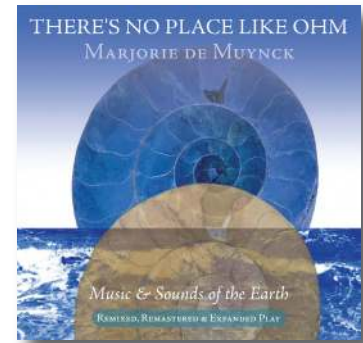
Johannes Kepler discovered a hundred years ago that planets, including the earth, travel on elliptical orbits. Hans Cousto, a 20th century scientist calculated the elliptical orbit of the earth as it travels around the sun through four seasons or one year and found this tone to be Ohm, just as the ancients had intuited. It has been raised several octaves so its frequency can be heard in our human hearing range.

Many find the Ohm tone to be healing; calming and grounding, yet with a gentle energy. I believe that is because Ohm is an earth tone. It is a cyclical representation of our life on earth and carries with it a reflection of the Sun. I call it our *Musical Center of Gravity* and have based my Sound Healing protocol and recordings in the key of Ohm. Hundreds of times I have received comments from clients and listeners that this tone is a gently cathartic, soothing; that it feels like home.

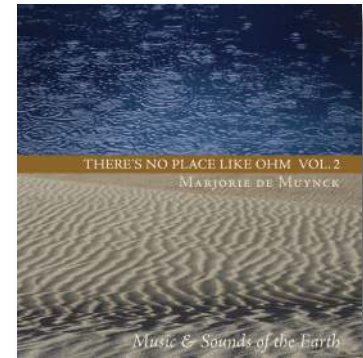
Q: Can you tell us about your sound healing system based on Ohm?

MARJORIE: In 2003 I developed the *Ohm Therapeutics™ Sound Healing System*, a very easy to use and understand system which features various octaves of Ohm Tuning Forks, and Ohm Singing Bowls, plus music composed in the "Key of Ohm" to harmonize with these sound healing tools. Last winter my new book with DVD, *Sound Healing: Vibrational Healing with Ohm Tuning Forks* (Lemniscate Music, 2008) was published. It brings together the music with tuning forks and bowls and makes the system accessible for the layperson as well as for practitioners. ☺

Interview with Marjorie de Muynck courtesy of Sounds True, Boulder, CO



THERE'S NO PLACE LIKE OHM I (CD)
upc 766433555554, \$16.95, Lemniscate Music

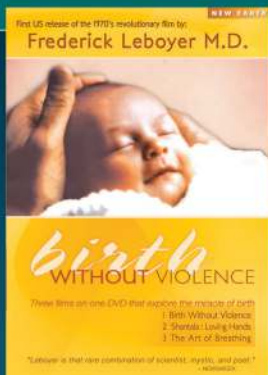


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