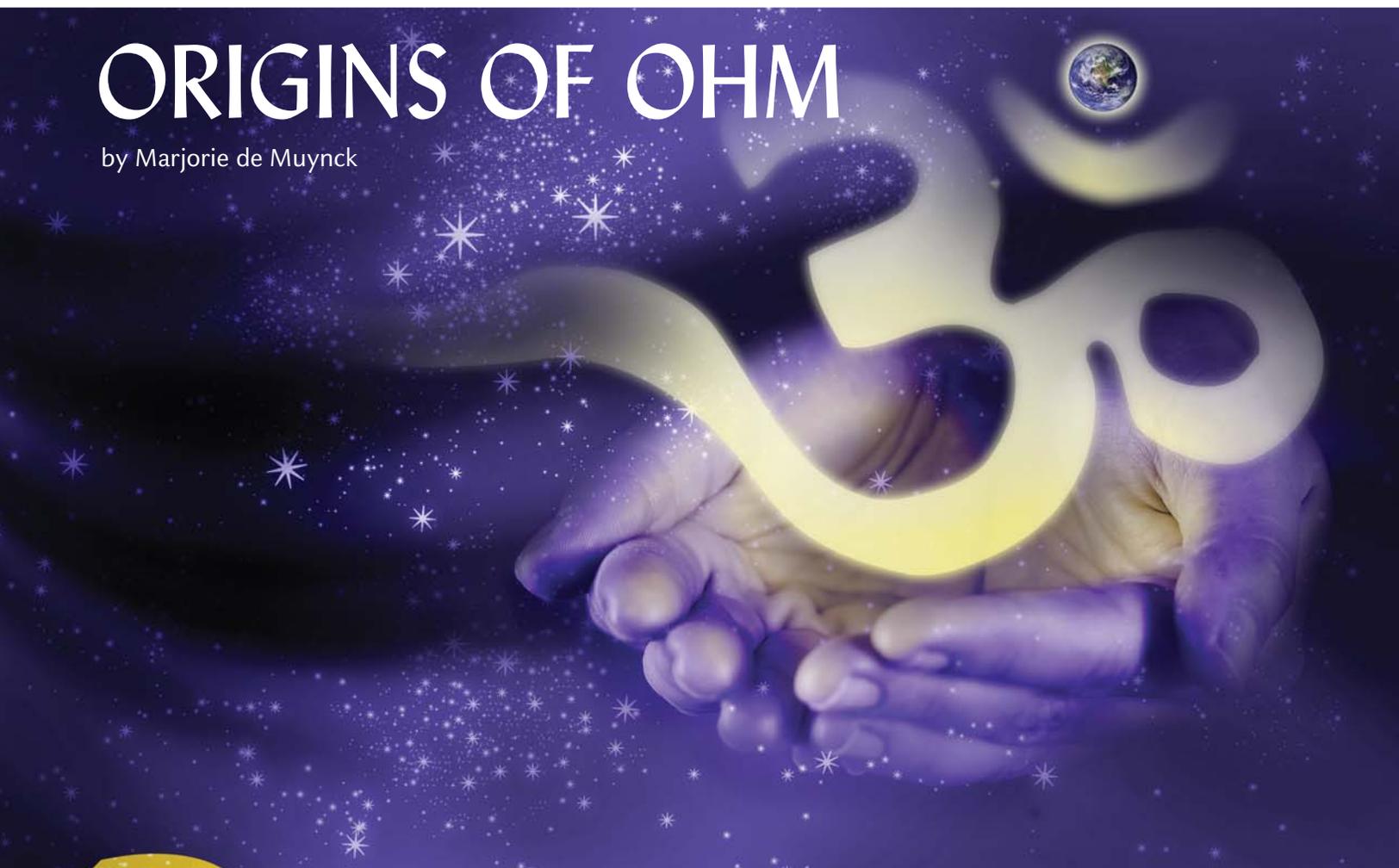


# SOUND HEALING AND THE ORIGINS OF OHM

by Marjorie de Muijnck



Aligning ourselves with the Earth is one of the most important things we can do at this time in our history. By connecting with the elements and observing the natural rhythms and cycles of the Earth, we can find homeostasis, balance, and grounding.

Homeostasis is the balanced environment of our body and its automatic tendency to maintain this internal stability in the presence of external stimuli. Not an easy task in this fast-paced world! Nonetheless, a balanced environment is key to the healing process and to our overall well-being. Listening to the ohm tone and feeling its vibration directed on the body through music, tuning forks, or bowls is an ideal way to find that calm center, or still point, where healing begins.

After working with numerous cosmic and diatonic frequencies over the past 30 years, my research now is intensively focused on the ohm frequency. In my clinical experience, I find ohm to be incredibly therapeutic and have chosen it as the fundamental tone in my healing practices.

While I live in the country now, in an adobe house built of mud bricks, I was once an urban dweller, touring the world as a jazz musician and living a nocturnal lifestyle. With certainty I can say that connecting with the Earth isn't only for rural residents — the laws that govern our universe are apparent even in the most densely populated city. Resonance with the Earth through ohm can be as simple as watching the violet sky at dusk, observing the changing phases of the moon, or following the cry of a hawk as it circles a summer sky — it is all Earth, and it is all ohm.

## Why ohm?

In the realm of sound healing, I am often asked, “Why ohm?” My answer is really quite simple: Ohm is our home tone, our spiritual center, and a place of safety. It is a temporary refuge from the intensity of the world.

Ohm also is spelled om and aum, however I spell ohm with an “h.” Traditionally the “o” represents birth and the “m” represents death. By adding the “h,” the intention is to add the element of breath — to infuse this ancient word, mantra, and frequency with added healing potential for use in therapeutic applications and settings.

Ohm is an ancient and sacred tone that is universally recognized, scientifically based, and spiritually upheld. Its roots are in a natural cycle, based on the elliptical orbit of the Earth as it travels around the sun through four seasons, which explains why I consider ohm to be our musical center of gravity. Our body in its natural intelligence can assimilate ohm and all its overtones and utilize these healing properties on a vibratory level. Experiencing the ohm tone can:

- Restore balance and clear stagnant energy in a room
- Strengthen the body’s immune system
- Stimulate the body’s healing process
- Relax tight and sore aching muscles
- Promote the flow of energy in and around your body
- Enhance massage and other bodywork therapies.

I often liken the power of sound to that of homeopathy. Both work through resonance on an energetic level, and both homeopathy and sound, through vibration, direct the body to find its healing way. This approach to Sound Healing is based in a fundamental trust in the body’s natural proclivity and ability to heal itself.

Listening to the ohm tone helps us to temporarily neutralize or clear the bombardment of daily external stimuli such as computer emissions, electronic devices, and radio wave frequencies. When we use the expression “reset your vibrational motherboard” we are using a technology metaphor and applying the same concept to our own nervous system. We all know what it means to blow a fuse. When we go to the breaker box to flip a switch, we attempt to clear and reset the circuits. Working with ohm is like flipping the switch. The ohm tone has a uniquely grounding quality, which makes it an ideal sound frequency to work with in the healing arts.

## Resonance and entrainment

The Earth’s continuous and steadfast elliptical orbit connects us to the seasons, rhythms, and cycles of our planet. When an organism is out of balance, it becomes weakened and vulnerable. Resonating with ohm reconnects us to the Earth, which positively affects our biological rhythms and circadian clock. We begin to sync or entrain with natural cycles, which enable us to find our balance. Once homeostasis is attained, profound healing is possible.

Resonance is the intensification and prolongation of sound, especially a musical tone, produced by sympathetic vibration. To

### Frequency of Ohm

136.10 hz is the numerical representation of the vibrational tone of ohm. The ohm tone is based on the measured frequency of the elliptical orbit of the earth as it travels around the sun through four seasons. For this reason is considered our musical center of gravity.

demonstrate this principle, simply activate one tuning fork and hold it close to another un-activated tuning fork of the same frequency. The unactivated tuning fork will begin to vibrate. This shows how one like body or vibration is drawn to another, causing both to share a sympathetic resonance.

Entrainment is similar to resonance. Physicist Christian Huygens coined the term entrainment after he noticed, in 1666, that two pendulum clocks had moved into the same swinging rhythm. This example of entrainment shows the process whereby two vibrating systems fall into synchrony.

The individual and the earthly body are naturally entrained in a state of good health. In contrast, when individuals are put into dark, isolated rooms, they are disconnected from the natural environment and lose a sense of time and place. As we are deeply connected to Earth rhythms and cycles, loss of this connection can lead to physiological and psycho-spiritual illnesses.

Through ohm, our physical bodies can find center and balance by syncing with the vibration of the Earth. Entrainment with this cyclic, natural, intelligent life force through the aid of sound healing

**Listening to the earth tone of ohm connects us  
with something natural, sacred, and familiar.**

tools and music tuned to ohm is an excellent way to attain balance, where healing begins.

### The Earth and us

Because our physical bodies are composed of the same elements as our planet, it is essential to our individual and collective healing that

#### Ohm versus C sharp

Ohm exists in the harmonically rich valley between the musical notes of C and C#. The ohm frequency is an alternative or “cosmic” tuning, which predates keyboard or modern western tunings. Ancient cosmic tunings were based on sounds heard in nature, the rhythms of the earth, and the movement of the cosmos.

we continue to heal the Earth. To recognize the close affinity that exists between the human body and the earthly body upon which we live, is to understand why we would choose to resonate with ohm.

Both the human body and the Earth are largely composed of

water, which is a great receptor and conductor of sound. In fact, the closer we examine the organic nature of our bodies, the more evident it becomes that our physical body is a microcosm of the earthly body we inhabit. The Earth has many rivers, streams, lakes, peninsulas, and oceans, as are our bodies traversed by a network of mineral-laden liquid meridians. We are so much like the Earth in our physical composition, that it makes perfect sense we would find ourselves reflected in her landscape.

Think of the parallels between a forked wooden branch used for intuiting underground waterways and a tuning fork placed on the body. Both have a mysterious quality as they divine energetic pathways, using vibration and resonance to run the channels and meridians in search of the energetic flow.

In divination for water, it is thought that the xylem and phloem within the wood resonates with the watery meridians beneath the surface of the Earth. Perhaps much of this ancient practice was intuitive and directed by the douser’s familiarity with a landscape and her or his intention. The use of tuning forks and other sound healing tools on the body is governed by the same factors: an understanding of resonance, a knowledge of the body, intuition, and intention.

### There’s no place like ohm

In an age where technology reigns, individuals are increasingly influenced by electronics and frequencies emitted from wireless living and work environments. Examples include cell phones, the whirring of computers and constant buzz of our lighting, heating & cooling systems, and the cacophony of dissonant and disruptive sounds of our cities. As our world grows noisier, the vibration of Ohm, once heard and revered by the ancients, will become more sought after and treasured. By listening to Ohm we connect with something sacred and familiar. Dorothy had it right all along, “There’s No Place Like Home.”

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# Time Art

Author, composer, musician, educator, and sound healer, Marjorie de Muijnck is the creator of Ohm Therapeutics ([www.soundhealingtools.com](http://www.soundhealingtools.com)), a sound healing system that features the healing resonance of the ohm vibration. Her musical works include the *There’s No Place Like Ohm™* CD series, and she co-authored the book *There’s No Place Like Ohm: Sound Healing, Oriental Medicine and the Cosmic Mysteries*. She has taught shiatsu, hara diagnosis, kundalini yoga, reiki, and sound healing at Northwest Institute of Acupuncture and Oriental Medicine in Seattle. Currently in the masters of music program at Boston University, de Muijnck is working on a new musical composition, *In the Key of Earth*, and writing a book, *Ohm, Overtones, and Sound Healing*.