

Experience Ohm

Composer Works in Ancient Frequency to Promote Healing

If this is the wild west of Sound Healing then it might also be characterized as an age of exploration for recording artists. Composers and musicians—of new and developing genres—are beginning to intentionally use frequency to achieve desired effects upon the listener.

More and more individuals are seeking help from sleeplessness, anxiety and stress, and chronic pain. They are turning to alternative therapies and music for relief. It is now widely accepted that Sound Healing—even the act of listening—can positively reduce stress and inflammation, lower blood pressure, enhance the immune system, and stimulate the body’s healing process.

Recordings that promote focused thinking, deep sleep, increased energy, psycho-spiritual responses and altered brain states are showing up in the marketplace. Many of these sound recordings utilize electronic keyboards with literally thousands of pre-sampled sounds. Additional frequencies may then be added to elicit a specific response.

The musical works introduced in this article offer something—say, a bit more organic. Rather than treating a condition with a specific frequency, composer and pioneering Sound Healer,

Marjorie de Muynck chose to work with a tone associated with the Earth, and octaves of that tone, to deeply relax the listener. The aim is to help individuals de-stress and return to homeostasis, where the body can utilize its own healing intelligence.

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De Muynck was concerned that prescribing frequency for particular conditions was “hit and miss” medicine where one solution fits all. Her approach, in contrast, was to create a musical experience to relax and “reset” the listener, so the body’s inborn ability to self regulate and heal could then take over. This is achieved by helping the body align its internal rhythms—breathing, pulse, heartbeat—with the larger rhythms and cycles of the surrounding world.

RESONATE WITH OHM FOR HEALTH AND WELLNESS



In early 2000, Ohm Therapeutics creator Marjorie de Muynck, M.Mus., MSOM, Hon. (1952-2011) began a musical composition in what became her signature tuning—the key of Ohm. She was teaching Sound Healing at the time and her students requested she make a recording they could play while using tuning forks in a treatment setting.



De Muynck co-developed an innovative healing modality featuring the therapeutic application of tuning forks on acupuncture points and the meridians of the body at the Northwest Institute of Acupuncture and Oriental Medicine in Seattle, Washington. Today, tuning forks, bowls, and healing music are increasingly used to facilitate healing by healthcare practitioners and for self-care.

Choosing tuning forks and music is understandably daunting with hundreds of choices in the marketplace. Consider the following analogy, to better understand what Ohm Therapeutics offers. Before a performance, musicians tune to the fundamental: they agree on a common key so they are literally “in tune” with one another. When choosing your music and tuning forks for attuning the body, it is worth considering how well these healing tools harmonize together.



De Muynck well understood the importance of harmony, and applied these concepts to the Ohm Therapeutics sound healing system. The earth tone of Ohm and the octave, the most prevalent interval in music and nature, became the synergistic basis for Ohm Therapeutics and the foundation for its companion music.

Each of de Muynck's four recordings in the key of Ohm do exactly that by introducing the listener to a familiar tone, one that may have been audible during a quieter time—and that still resonates in the natural world.

VIS MEDICATRIX NATUREA: THE HEALING POWER OF NATURE

There's No Place Like Ohm (©2003) is the first of four albums de Muynck recorded featuring the therapeutic properties of the Ohm frequency. At that time, recordings, which musically explored alternative tunings for their healing properties, were not to be found. De Muynck thought to pair this recording in



Intro to Sound Healing Set
UPC: 855805001000 \$69.95

Ohm with an Ohm Tuning Fork. This set introduces the concept of attuning the body to Ohm (thereby creating a sympathetic resonance with the Earth) through applied vibration and music. The tuning fork becomes a direct conduit for the music to enter the body, imparting its uniquely relaxing qualities.

Now, some 15 years later, there is a clear trend of experimentation in recording techniques and the intentional use of frequency: albums that feature, for example, binaural beats, embedded frequency, and brainwave entrainment technologies. New genres are emerging to better classify these sound explorations, many of which are intended for healing, but are not necessarily musical.

A professional musician and wind instrument specialist, de Muynck chose acoustic world instruments, often indigenous, to make each Ohm recording both a musical and vibratory experience. If music were labeled as one hundred percent natural and organic, these recordings in the key of Ohm would have it.



Om (Impulse! 1968)

A quick Google search reveals there are perhaps hundreds of recordings that feature the OM/Ohm symbol on the album cover or in the name of the record. De Muynck's works, however, are literally in the musical key of Ohm. They explore, challenge, and ask essential questions about the nature of Ohm.* For example,



WHY OHM?

To resonate with Ohm is to ground and re-connect with the Earth. The Earth's continuous and steadfast orbit around the Sun connects us to the seasons, rhythms and cycles of our planet. This vital connection to the Earth's orbital

path positively affects our biological rhythms and circadian clock. When an organism is out of balance, it becomes weakened and vulnerable. Through resonance with Ohm, we can choose to sync or "entrain" with natural cycles, which helps bring us into a balanced state.

Because Ohm is a constant, spiritual presence that surrounds us, the Ohm vibration is a powerful catalyst and synergistic choice for accessing our body's innate healing ability. Restorative and energizing, Ohm is clinically shown to be a safe, effective and therapeutic sound healing frequency.

musically speaking, what is the meaning of Ohm? How can an understanding of Ohm be musically expressed? How might such a tone, based on the earth's orbital path around the Sun over the course of four seasons, be featured to promote balance and homeostasis, where profound healing begins?

What makes these recordings unique is their use of drone and tuning to Ohm, an ancient frequency that pre-dates keyboard or modern western music. De Muynck proposed that perhaps Ohm, and not C, was our true musical center and may be the fundamental tone from which ancient and contemporary musical scales and their intervallic systems evolved. Ohm exists in the harmonically rich valley between the notes of C and C sharp, and is found in the microtonal music of the East.

How might Ohm, a tone based on the earth's orbital path around the Sun ... be featured to promote balance and homeostasis, where profound healing begins?

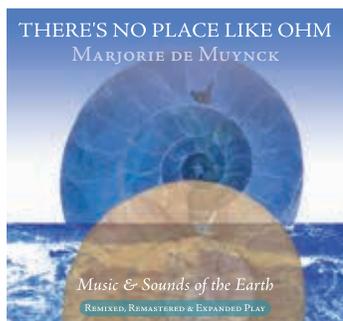
The use of organic sounds and classical use of call and response make each recording an experience designed to take the listener on a healing journey. These recordings ground, relax and rejuvenate the listener, making them ideal for therapeutic settings and home use.

Listen as you would to any piece of music you enjoy. There are no embedded sounds or subliminal frequencies added to sharpen your focus or change your brain state. These recordings rely upon the artistry of the composer, musicians and sound engineer to bring you into harmony with the music and elemental sounds of our planet.

*There is one notable exception: Jazz musician, John Coltrane was de Muynck's contemporary western predecessor in the musical exploration of Ohm (John Coltrane's OM originally released as Impulse! January, 1968). While the language of the time did not describe his work as "sound healing" it is evident that both Coltrane and de Muynck were striving to comprehend and communicate their experience of OM/Ohm through their medium as musician/composers.
—excerpted from liner notes, *In the Key of Earth*

Music in the Key of Ohm

MUSIC SPECIAL! Individual CDs and 4 CD Set are 44% Off retail in August!



UPC 766433 555554 \$17.95

the voices heard in nature through wind instruments and animals sounding.

There's No Place Like Ohm

This best selling CD is musical medicine; it is immediately relaxing, a beautiful sound odyssey that allows you to resonate and journey like never before. Many chant the Ohm mantra, however, this CD was created without the human voice, in the musical key of Ohm, and focuses instead on

Each CD is a Collector's Edition and includes an 8-16 page booklet featuring a statement from the artist plus notes from publisher about Ohm, from its Vedic roots to its contemporary use as a sound healing frequency. Highly recommended for stress reduction, pain management, shamanic journeying, bodywork therapies, and to amplify the healing resonance of Ohm Tuning Forks.

Resonate with these tones of the earth and tension dissolves into spaciousness and peace.

—EAST WEST BOOKS, LEE STARKEY



UPC 783707 146904 \$17.95

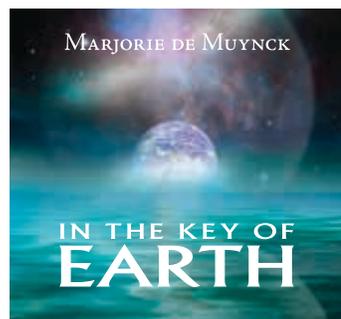
There's No Place Like Ohm, Vol 2 — Publisher's Favorite

De Muynck further explores Ohm, an ancient tone known for its calming effect. Resonate with the earth tone of Ohm to ground, center and energize. It creates a feeling of spaciousness in your body and psyche, releasing stress and tension.



If you happen to have an Ohm Tuning Fork, try activating it while playing the music. You'll discover that the music harmonizes with the sound vibration of the tuning fork, enhancing its healing resonance. Enjoy the many benefits of a vibrational healing system, complete with four musical recordings, each

reflecting the organic movement and affirming repetition that exists in Nature.



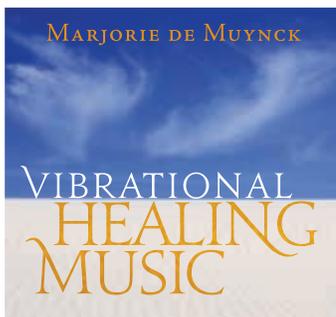
UPC 855805 001376 \$17.95

CD in the Key of Earth

A deeply meditative interpretation of our planet as a living organism, with its pulse, breath, rhythms and cycles. "In the Key of Earth is my interpretation of the primordial, when the sounds and harmonics of creation became musical."



Sound Healing Music, Collector's Edition, Set of 4 CDs
UPC 855805 001338 \$49.95



UPC 600835 132923 \$17.95

CD Vibrational Healing Music

In this recording de Muynck takes us to a blooming field on a mid-summer's eve. The warm drone of honeybees along with the syncopated rhythms of crickets and cicadas create a circular, timeless quality that is deeply relaxing.

To hear audio samples, please visit newleaf-dist.com or visit our website soundhealingtools.com.

There's No Place Like Ohm®



It's a symbol... It's a sound... It's a vibratory experience™