



## Dear Cyndi

### **Q. — What are some of the most exciting advances you're aware of in Light or Sound Therapy?**

**A. —** The beauty and power of energy medicine is based on a simple fact. All beings are made of nothing more or less than oscillating fields of light and sound—with a little soul thrown in. It is just logical to think that our best-case medical treatments could be forged from the same material.

Now allopathic science is catching on to what healers have known for centuries. If we are composed of light and sound, we should be using the same means to improve patients' lives. As I delve into a few of the newest and most exciting light and sound energy therapies, I will also offer a few pointers of how we can apply these treatments in our own practices.

So, what hovers at the frontier of sound medicine?

Sound is a mechanical wave. Basically, sound is constructed of audible or inaudible noises created through interactions through a medium, like air or water.

There are so many breakthrough treatments using sound, it is hard for me to choose which to highlight. I will start with one near and dear to men's hearts—well, a nearly-as-important organ. Physicians are treating erectile dysfunctions with pulsating acoustic waves to regrow

blood vessels. Men with problems are returning to 100 percent function.<sup>1</sup> This specific application adds to the list of the already sanctioned uses for sound, which also enhances blood flow, increases bone density, and doctors pain, depression, insomnia, and stress.<sup>2</sup>

For centuries, healers have used instruments to include sound bowls, tuning forks, drums, rattles, their own voices, and even thoughts to deliver messages and tones to their clients. With intention, we can continue to do the same—but how about adopting yet another relatively new discovery? Scientists have recently transformed the structure of the coronavirus into music, the twanging tones of the viral music representing the proteins that poke from the spike's surface.

You can listen to the eerie, haunting splendor of COVID-19 [by clicking here](#).<sup>3</sup>

Here is why it is important to understand this phenomenon.

Sound is measured in frequency; in general, every type of organism generates a specific set of frequencies, or unique sound. We have known this for a while. In fact, about a decade ago, scientists recorded the sound of yeast cells. When amplified, these cells "sang" between C-sharp to D above middle C, although various species differed slightly from each other. When exposed to alcohol, however, yeast "screamed."<sup>4</sup>

We know that like all substances, alcohol is describable as its own song. Make that sound strong or loud enough and yeast will never utter another note again.

What does that mean? A dangerous set of frequencies—or the organism emitting them—can be neutralized or destroyed by a different one. Regarding COVID-19, this means that scientists could compose a concerto that could prevent the viral proteins from infecting healthy cells.

How can you professionally apply this powerful potential? Trust your intuition! It does not matter if a client is afflicted with a physical, psychological, or spiritual challenge. Comprehend the malady as a tract of music. Sense that aberrant melody and then allow your inner self, spirit allies, or the Greater Spirit to sing the antidote. You don't have to hear it. Simply know that the curative song is being shared with the client and participate in the sacred sonata however led.



Now, let there be light! I will refrain from my enthusiasm and share a handful of bullets based on research covered in to give you the short list, all based on the Light Therapy News Research section on the Medical Life Sciences News.<sup>6</sup>

Basically, light therapies are accomplishing these and so many other goals:

- Blocking genes leading to heart disease.
- Treating traumatic brain injuries on and off the battlefield.
- Positively impacting several neurodegenerative diseases.
- Reducing viral load in COVID-19 patients, especially with the use of ultraviolet light used externally.
- Monitoring jaundice in newborns through a wearable device.
- Relieving migraines, particularly with green light.
- Extending individuals' lifespans

The same list of studies also showcases other amazing facts. For instance, we now know that fetuses can see more with their eyes than we previously believed. In fact, they can detect light by the second trimester. I am fascinated with this fact because I have memories of being in the womb, and still remember seeing sonic waves generated by my parents' discussions.

As well, certain treatments combine both sound and light. For instance, there is a fascinating stimulator that acts like a strobe light to decrease the negative impact of Alzheimer's while reactivating the immune system. What does this machine accomplish? It induces gamma oscillations with a non-invasive flickering of light and auditory stimulations.<sup>7</sup>

I am incredibly excited about this device because one of my favorite energy techniques is to activate gamma consciousness in myself or a client. Gamma is an extremely quick brain wave and is often associated with unity awareness and transcendence. Healers in this state are most likely to encourage miracles.<sup>8</sup> I have found that the most potent outcomes in my work occur when I focus on the center of my heart chakra and then ask my spirit or spirit allies to extend my gamma brain wave throughout my physical and subtle anatomies. Hence, you enable "gamma consciousness." In this state, my intuition and healing abilities become incredibly heightened.

Want to know how powerful gamma consciousness can be? I had a student use this maneuver when her son sliced his finger to the bone. She simply entered gamma consciousness and commanded that the injury close. It did. It remained sealed even when her son tried to separate the flesh.

How can we best utilize these in-depth and additional scientific research about sound and light? First, read the studies. I believe that healers can replicate that which a machine can do. After all, our bodies are like computers, except that they are powered by a soul. For instance, when working on someone with COVID-19, employ light and sound waves to stimulate the gamma functions in the body. Then focus on ultra-violet energies and watch them provide respite and healing.

After all, what a machine can do, we can sometimes do better. €

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Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and twenty-eight other bestselling books on energy healing. She has worked with over 70,000 clients and students in the past 30 years. To learn more about Cyndi, her work, books and products please visit: [www.CyndiDale.com](http://www.CyndiDale.com).