

Most of my training in Eastern mysticism, regardless of tradition, reinforces one basic concept, that the reality perceived by our senses is *maya*, or illusion. Reality is “in reality” a constantly changing dance of energy known as *lila*. Many of today’s scientists now understand this principle, that everything is energy, and believe our perceptual world to be a hologram. “Reality” is just a manifestation of energy in one form or another, energy to be experienced in a boundless cosmos, beyond constraints of both time and space. Ervin Laszlo posits that

*The primary reality is the quantum vacuum, the energy- and information-filled plenum that underlies our universe... that the universe we observe and inhabit is a secondary product of the energy sea that was there before there was anything there at all.*¹

In Eastern mysticism, through practices such as the *kala-vancana* meditation experience, we move from the field of *gross* energy to the *subtle body* and *extremely subtle body* fields.

*To make time travel real, not just a theoretical exercise. requires a way of slipping around the corner, peeking under the screen, so to speak, where our usual motion picture of reality is projected. The ancient Vedas referred to this behind-the-scenes look at creation as kala-vancana, literally, “time cheating.” It is possible, they say, to escape the space-time illusion of samsara... and cheat time, that is, travel through time.*²

These energy fields move about energy centers in our bodies known as *chakras*, a Sanskrit word meaning *wheel*. Reality, as it were, takes place when a continuing, invisible pattern of energy in what Rupert Sheldrake

refers to as *morphogenic fields* etches a pattern for itself. Sheldrake believes that these fields are “*blueprints that organize matter and energy into their final intended forms.*”³

With regard to my understanding of “health along an illness-wellness continuum,” I turn to my tradition, the first religion of the Himalayas. Known as “*patterns of heaven and earth*” or simply “*sacred conventions,*” movement of energy in what are known as Reimannian and Lorentzian manifolds is the basis for understanding the invisible patterns of energy. Caroline Myss discusses certain aspects of this process:

Just as radio stations operate according to specific energy wavelengths, each organ and system in the body is calibrated to absorb and process specific emotional and psychological energies. That is, each area of the body transmits energy on a specific, detailed frequency, and when we are healthy, all are “in tune.” (...) This way of interpreting the body’s energy is sometimes called “vibrational medicine.” It resembles the most ancient medical practices and beliefs, (including) indigenous shamanic practices...⁴

My system incorporates elements of both chakra and Sephirot patterns, the chakras correlating roughly to the seven planes of the Sephirot Tree of Life. In this specific hologram paradigm, these two distinct “*sets of seven*” are key. Two of the most sacred cosmic fundamental laws are the *Triamasikamno* (Trinity) and the *Heptaparaparschinoch* (Sevenness). In order to reach the Trinity, one’s path must be through the Sevenness. C. Norman Shealy believes:

*The Anatomy of the Spirit presents an exciting new ecumenical way to understand the seven energy centers of the body. It integrates Judaic, Christian, Hindu and Buddhist concepts of power into seven universal spiritual truths. As Caroline writes, "The universal jewel within the four major religions is that the Divine is locked into our biological system in seven stages of power that lead us to become more refined and transcendent in our personal power."*⁵

My understanding, in my tradition, is that all energy must be quantified and "harmonized" through sound within the holographic realm to promote health. The Riemannian manifold field, on which distances and angles can be defined, encompasses one "pair of sevens," a chakra field and a Sephirot field. Given we are dealing in Newtonian, mechanical time, this pair is subject to numbering through the Fibonacci series.

Once one has reached the 987 level on both chakra and Sephirot "ladder" of consciousness, two have become one, and now the hologram switches to the four-dimensional pseudo-Reimannian, Lorentzian manifold that functions in Minkowski space-time. We now quantify energy using Lucas numbers, which begin with 2, 1 instead of 0, 1. Because the shape of the human ear is based on the golden mean ratio, it is critical that anyone working with the human energy field continually monitor their activity by measuring the field in Fibonacci or Lucas sets.

This system is explained in the law of Lambdoma, a theory of harmonics developed by Hans Kayser in the 1920s.

*The law of Lambdoma is a series of numbers and mathematical proportions that enables us to understand how harmony in music follows a ratio system in whole numbers. The ear is the only human sense organ able to perceive both numerical quantity and numerical value. (...) In other words, the elements of sensing (the tone) is fused with the element of thinking (the numerical proportion). The ear is the only organ capable of doing this with remarkable precision.*⁶

Molecular biologist Candice Pert posits that “*hormones and neurotransmitters throughout the human organism communicate with each other through specific vibrational sympathies.*”⁷ When I invite my 600 year old Himalayan singing bowl to sound, it is with the knowledge that structural patterns with specific vibrational harmonics will be generated that exercise a spatially directive function. While it may seem to the untrained person that the vibration of sound produced by a specific tone is rising and falling in waves, what one actually experiences when “in tune” with their core frequency is one single self-contained process.

Additionally, at same time, there would be a symmetrical movement due to what is known as bilateral circulation. Waves would move freely between the Reimannian and Lorentzian manifolds, and what one would experience is a pulsating, undulating, bilaterally revolving energy. And what our minds might conceive as separate aspects of the tone is performed by Nature simultaneously and as a uniform process. The cymatic effects of pulsation, undulation and bilateral circulation merge into a seamless whole within a harmonized energy field.

One must be careful not to assume that there are only seven chakras. There are over 80,000 chakras present when one incorporates the *subtle* and *extremely subtle* energy fields, and the danger is to only deal with what my tradition would consider to be seven of the “*gross energy chakras*.” Another common misconception is that chakras run *Muladhara, Svadisthana, Manipura, Anahata, Vishudda, Ajna, Sahasrara*. As Bohme reminds us:

...there is nothing in the being of all beings that does not contain seven properties; for they are the wheel of the centre... All seven “are born simultaneously and within each other, and none is the first, none is the last.”⁸

Energy blockages or anomalies in any one of the chakras can severely diminish the ability of another chakra to rotate smoothly and allow for unimpeded flow of energy throughout the system. To better understand this movement of energy, one needs to visualize a seven-circuit classical labyrinth as a disk on each component of the chakra and Sephirot paradigms.

This labyrinth was on every continent over 4000 years ago, and in my tradition, is used as a tool to identify energy anomalies and then mitigate their negative effect by balancing the harmonic with sound. Through the *kala-vancana* meditation practice, heaven and earth are brought into alignment in a person’s holographic energy field by means of sound.

*For Blake, the image of Jacob's ladder as a gate to heaven was closely allied to the anatomy of the ear, whose passages he calls "the endlessly twisting spiral to the ascents of the Heaven of Heavens (...)." According to Swedenborg, with whose writings Blake was familiar, the "opening of the inner ear" is the precondition for making contact with the higher worlds.⁹ **

There is simultaneity of all events in time and space, and the sound passing through both the Reimannian and Lorentzian manifolds is made possible by movement of the "*primal atom*" that consists of ten energy whirls, similar to what physicists now discuss in string-theory. It is then one can enter the realms of *subtle* and *extremely subtle* energy.

The subatomic "hyper-meta-proto-element," also called a primal atom, consists of ten energy whirls, three thick, lighter main whirls and seven subsidiary whirls. Bezant and Leadbeater compared this structure with that of the Sephiroth tree.¹⁰

This is in stark contrast to the individual "*stuck*" in Newtonian time, functioning only in the gross energy realm. Various levels of dimension in which events occur in Minkowski space-time are transparent and open up, often with surprising shifts of perspective, one into the other.

Another item of importance is an intrinsic property of a manifold known as the Euler characteristic. A torus is the first shape that forms in a liquid absent anything else. The torus "donut" continually collapses within itself, "back to center," bringing to mind thoughts of immortality and perpetual motion. Whereas 2 is called the Euler characteristic of

Euclidean 2-dimensional space, by contrast, the Euler characteristic of the torus is 0, since the complete graph on seven points can be embedded into the torus.

In this realm of 0, waves have the ability to arrange themselves into “nested geometries” when triggered by sine waves of sound. In both the Reimannian and Lorentzian manifold field of chakras and Sephirot, we follow a gradual progression along the dMu-tag, or “sky-rope” in patterns of the Platonic solids. A tetrahedron is the first Platonic solid to emerge from any vortex, and it is in this shape that energy first manifests. In Sacred Geometry, this is considered to represent fire.

The other three elements, Earth, Air and Water, are respectively represented within the paradigm by the Cube, Octahedron and Icosahedron. When sound is moving unimpeded throughout the energy field, a person may enter the Dodecahedron energy field, representing the Universe. It is here one may commune with the Divine nature. We know from the Zohar:

Everything is connected with everything, right through to the nethermost end of all the links of the chain, and the true essence of God is both above and below, in the heavens and on earth, and nothing exists apart from it.¹¹

I am fortunate to have studied with several “*sacred conventions*” masters in the Himalayas. Just as Reiki masters use specific symbols to

facilitate movement of energy, and a different set of signatures are used by persons versed in Egyptian Bio-Geometry, my teachers employed symbols and mantras from *Sandhya Basha*. As Russill Paul relates:

*...the late Swami Rama describes Sanskrit having been derived from Sandhya Basha, the language of yogic union used to transmit and preserve spiritual experiences within secret yogic schools. This ancient language of prayer, developed by the Himalayan rishis, is evidently still used among some extraordinary teachers hidden in these mountains.*¹²

These symbols and mantras can be projected into the human energy field by means of esoteric Himalayan sound instruments, specifically the *bonpo shang*. A *shang* is used to cast thoughts across time and space to facilitate creation of a more balanced and harmonized field. In the system of *sacred conventions*, two shangs are linked in resonance to repair damaged DNA braiding in the chakra and Sefphrot energy fields in both the Reimannian and Lorentzian manifolds. We can nurture our DNA with primordial sound therapy. Deepak Chopra believes,

*Starting with DNA, the whole body unfolds into many levels, and at each one... the sequence of sound comes first. Therefore, putting a primordial sound back into the body is like reminding it what station it should be tuned in to.*¹³

Illness occurs when the human energy field is “*out-of-sync.*” Synchronization is made possible through a variety of meditation techniques, but sound is one of the best methods of bringing harmony to

an individual. My understanding of the “*illness-wellness continuum*” comes from working with individuals with my sound healing work. I do not advertise my services, nor do I charge individuals in need of help. I have observed more frequently of late that people are referred to me because they have allowed someone who has taken a two day workshop and become a “*Reiki master*” to manipulate their energy fields.

No one can move energy and *fix* any problems, for each individual is responsible for their own healing. An atmosphere of healing energy and sound must be generated that allows a person to do the work needed to bring their physical, emotional and spiritual energy fields into resonance with the Universal energies.

I was told by a Native American shaman at a very early age that I would one day be a sound healer, IF I prepared myself and opened to the teachings. To that end, I have never had a drink of alcohol or taken any drugs. I believed this would enable me to keep what is termed a “*clear channel*” to the energies. I have studied and taught various meditation practices for the past 40 years. I once dug an open grave in a corn field and lay in it 8-10 hours a day for nine months to get in tune with the vibrations of my body and the cosmos.

I have traveled extensively to study and work with shamans of many lineages. I have completed Certification training in Sacred Geometry, Himalayan Singing Bowl, Interior Alignment and the Labyrinth; and

became a Reiki Master in four different lineages over a 15 year period. I have received foundation training in Egyptian Bio-geometry and Celtic/Druid geomancy. I believe that working with the human energy field is essential to any discussion of wellness and illness.

It is my belief that one must be very careful when working with the chakra energy field, and not assume that it has a rigorous “*etched-in stone*” structure that will react similarly each time. Due to the holographic nature of the Universal and human energy fields, it is critical that someone who wishes to take care of themselves, or work with other people, take sufficient time to become versed in the intricate idiosyncrasies of this medium. One must have the proper training and proper tools to facilitate a harmonic that resonates with our cosmos.

In closing I offer these words of George Leonard,

“At the root of all power and motion, there is music and rhythm, the play of patterned frequencies against the matrix of time. Before we make music, music makes us.”¹⁴

¹ Laszlo, E. (2004). Science and the Akashic Field: The Integral Theory of Everything. Rochester, Vermont, Inner Traditions, p. 140.

² Wolf, F. A. (2004). The Yoga of Time Travel. Wheaton, Illinois, Quest Books, p. 13

³ Paul, R. (2004). The Yoga of Sound. Novato, California, New World Library, p. 12.

⁴ Myss, C. (1996). Anatomy of the Spirit. New York, New York, Harmony Books, p. 36.

⁵ Ibid., p. xiii.

⁶ Paul, p. 8.

⁷ Ibid., P. 9.

⁸ Roob, A. (2005). Alchemy and Mysticism. Los Angeles, California, Taschen America, p. 255.

⁹ Ibid., p. 297.

¹⁰ Ibid., p. 615

¹¹ Ibid., p. 276.

¹² Paul, p. 46.

¹³ Ibid., p. 12.

¹⁴ Ibid., p. 117.

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Laszlo, E. (2004). Science and the Akashic Field: The Integral Theory of Everything. Rochester, Vermont, Inner Traditions.

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