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POSSIBILITY OF HEALING WITH YOGA SOUND MEDITATION

***Summary:** In this paper there was represented a research about the possibility to achieve health condition by practicing meditations with sound. It is analyzed how does specific sound vibrations influence our body at physical and especially at energetic level? This was observed and measured by computer diagnostics using the methodology of R. Foll at 2006 by yoga studio Nada - Plovdiv, Bulgaria and Dr. D. Todorova, Quantum Physics Center, Sofia. Result shows that, observed at the energetic level, sound meditation harmonize organs and their functioning in the organism and significantly lowers pathological phenomena, i.e. appearance of different disorders. Further researches should examine persistence and stability of the effect that sound meditation has on the human organism.*

***Key words:** yoga, healing, sound meditation.*

Introduction

In the ancient books our body is defined like **huge sound device**. Some of these sounds - result of different physiological and physicochemical functions in the body – can be magnified and heard. When every components are in harmonious rhythmic sound waves, we are healthy. Dr. Steven Hipern, director of Spectrum Research Inst. California, says that we are all in an ocean of sounds, some of which are compatible with our one frequency /1/. Dr. Hans Jane, Zurich in his dissertation proves that the sound waves can transform every kind of matter /1/. With this research, an observation is made – how the sound waves created with sound meditation can transform and harmonize the physical structures in the man and his energetic condition. In 2006 /January to May/ in Yoga studio Nada – Plovdiv with cooperation of Dr. Todorova from the Center of Quantum Medicine, Sofia started observation of the effect of Meditation with sound.

Aim

This research has the aim to observe whether the condition of human organs and systems could be harmonized with meditative practice with sound. The aim is to observe whether the sound vibrations in this practice influence the human energetic level and how. In this research two meditations were included: Meditation for peace /Master Choa Kok Sui/ and Meditation with Vedic mantra /Maha Mrityunjaya Mantra/.

Method

Analysis of many scientific and laboratory researches of acupuncture points, placed on energetic channels in human body and their characteristics shows that it is possible to receive from them the objective information for the human constitution as the whole, for the organs or systems, tissues and cells – the skin electrophysical and bioelectrical parameters are changing. These are methods of electromeridian and electropuncture diagnosis. To this group belongs the method of Dr. Foll, used in this

research. In this method with electronic devices were measured electroconductivity of 48 bioactive points /BAP/, placed on palms and feet.

The measurement were made to 16 people from Sofia and Plovdiv before and after group meditative practice with sound, the group includes men and women at age 20 – 60 year and some of them have experience in yoga.

Objects of observance in this research are:

- The change in organs condition / Pathology / before and after the practice
- Asymmetry in the body before and after the practice.

Results in Meditation for Peace /Master Choa Kok Sui/:

Diagram 1.1

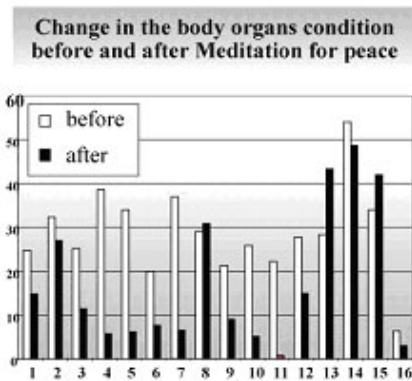


Diagram 1.2

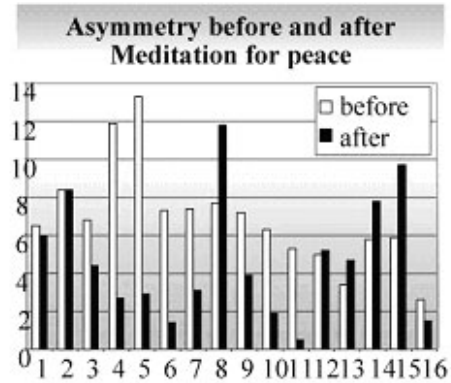


Table 1: Pathology and Asymmetry before and after Meditation for peace

| NO. OF PARTICIPANT | PATHOLOGY BEFORE MEDITATION % | PATHOLOGY AFTER MEDITATION % | RESULT | ASIMMETRY BEFORE MEDITATION % | ASIMMETRY AFTER MEDITATION % | RESULT |
|--------------------|-------------------------------|------------------------------|----------|-------------------------------|------------------------------|-----------|
| 1 | 24,8 | 14,8 | positive | 6,5 | 6 | positive |
| 2 | 32,3 | 27 | positive | 8,4 | 8,4 | no change |
| 3 | 25,2 | 11,4 | positive | 6,8 | 4,4 | positive |
| 4 | 38,6 | 5,8 | positive | 11,9 | 2,7 | positive |
| 5 | 34 | 6,2 | positive | 13,3 | 2,9 | positive |
| 6 | 19,9 | 7,7 | positive | 7,3 | 1,4 | positive |
| 7 | 37 | 6,5 | positive | 7,4 | 3,1 | positive |
| 8 | 29,1 | 30,9 | negative | 7,7 | 11,8 | negative |
| 9 | 21,3 | 9,1 | positive | 7,2 | 3,9 | positive |
| 10 | 25,9 | 5,1 | positive | 6,3 | 1,9 | positive |
| 11 | 22,2 | 0,8 | positive | 5,3 | 0,5 | positive |

| NO. OF PARTICIPANT | PATHOLOGY BEFORE MEDITATION % | PATHOLOGY AFTER MEDITATION % | RESULT | ASIMMETRY BEFORE MEDITATION % | ASIMMETRY AFTER MEDITATION % | RESULT |
|--------------------|-------------------------------|------------------------------|----------|-------------------------------|------------------------------|----------|
| 12 | 27,8 | 14,9 | positive | 5 | 5,2 | negative |
| 13 | 28,4 | 43,3 | negative | 3,4 | 4,7 | negative |
| 14 | 54,1 | 48,7 | positive | 5,8 | 7,8 | negative |
| 15 | 34 | 42 | negative | 5,9 | 9,7 | negative |
| 16 | 6,4 | 3 | positive | 2,6 | 1,5 | positive |

As it seen from the Diagram 1 and 2 and Table 1, the results show positive change – Pathology and Asymmetry in the body decrease significantly after meditation with sound.

Conclusions

It is reported influence of meditation with sound upon organs energetic condition in human body, measured with Foll’s methodology has been confirmed and this influence is definitely positive. This positive effect is clearly observed when meditation with sound has been practiced in a group and effects have been measured immediately after the practice. From quantity values and color diagrams of participants it is observed that, after the practice of meditation with sound, body systems and organs function in the zone of normal functioning or very close to it. Exceptions are people inclined to high blood pressure and serious heart problems, for which it is recommended not to do meditation with sound.

The effect of this meditation on the fluid structure in human body were researched at April 2005 year from d-r Masaru Emoto, Japan freezing the water which have been present at the same Meditation with sound and then researched in his laboratory.

Research with meditation MMM

The same method of d-r Foll was used in this research also. Electroconductivity of 48 bioactive points /BAP/ was measured with electronic devices placed on palms and foets. The measurement were made to 16 people from Plovdiv before and after group meditative practice with MMM (Maha Mrityunjaya Mantra). The sample includes men and women at age 20 – 60 year as their experience with yoga and this practice is not one and the same.

Objects of observance in this research again are:

- The change in organs condition / Pathology / before and after the practice
- Asymmetry in the body before and after the practice.

Results in Meditation with Maha Mrityunjaya Mantra:

Diagram 2.1: Pathology before and after Meditation with MMM

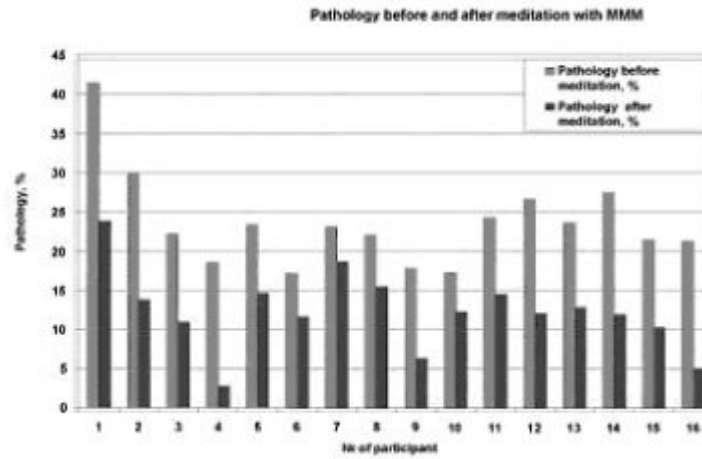


Diagram 2.2: Asymmetry before and after Meditation with MMM

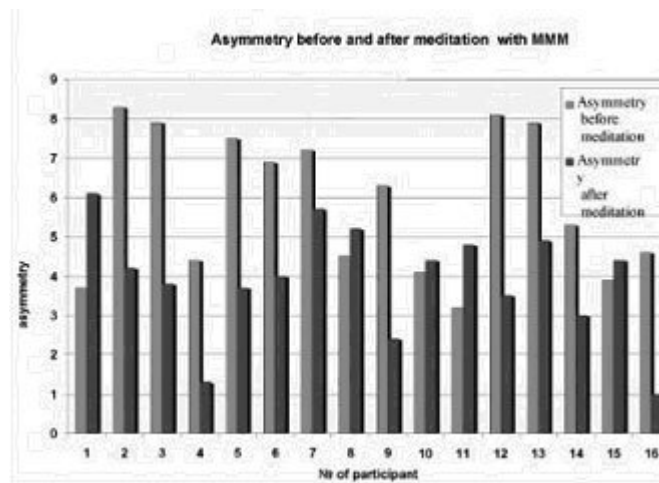


Table 2. Pathology and Asymmetry before and after Meditation with MMM.

| NO. OF PARTICIPANT | PATHOLOGY BEFORE MEDITATION % | PATHOLOGY AFTER MEDITATION % | RESULT | ASIMMETRY BEFORE MEDITATION % | ASIMMETRY AFTER MEDITATION % | RESULT |
|--------------------|-------------------------------|------------------------------|----------|-------------------------------|------------------------------|----------|
| 1 | 41,4 | 23,8 | positive | 3,7 | 6,1 | negative |
| 2 | 29,9 | 13,8 | positive | 8,3 | 4,2 | positive |
| 3 | 22,2 | 10,9 | positive | 7,9 | 3,8 | positive |

| NO. OF PARTICIPANT | PATHOLOGY BEFORE MEDITATION % | PATHOLOGY AFTER MEDITATION % | RESULT | ASIMMETRY BEFORE MEDITATION % | ASIMMETRY AFTER MEDITATION % | RESULT |
|--------------------|-------------------------------|------------------------------|----------|-------------------------------|------------------------------|----------|
| 4 | 18,5 | 2,8 | positive | 4,4 | 1,3 | positive |
| 5 | 23,4 | 14,7 | positive | 7,5 | 3,7 | positive |
| 6 | 17,1 | 11,6 | positive | 6,9 | 4 | positive |
| 7 | 23,1 | 18,6 | positive | 7,2 | 5,7 | positive |
| 8 | 22 | 15,4 | positive | 4,5 | 5,2 | positive |
| 9 | 17,8 | 6,3 | positive | 6,3 | 2,4 | positive |
| 10 | 17,2 | 12,2 | positive | 4,1 | 4,4 | negative |
| 11 | 24,2 | 14,4 | positive | 3,2 | 4,8 | negative |
| 12 | 26,6 | 12 | positive | 8,1 | 3,5 | positive |
| 13 | 23,6 | 12,8 | positive | 7,9 | 4,9 | positive |
| 14 | 27,5 | 11,8 | positive | 5,3 | 3 | positive |
| 15 | 21,4 | 10,3 | positive | 3,9 | 4,4 | negative |
| 16 | 21,3 | 4,9 | positive | 4,6 | 1 | positive |

Results of the research

In result of Meditation with MMM energetic influence on human body is happening. This influence leads to positive change in human organs and systems – confirmed in 48 % of participants. After the practice, body systems and organs are in the zone of their normal functioning or very near to it, no matter whether before the practice they have been in hypoactive or hyperactive condition. It is observed decreasing on a half of Asymmetry in the body. The right and left parts of the body, sympathetic and parasympathetic nerve systems become more harmonized.

Conclusion

The healing with meditation with sound is possible. Sound vibrations during the meditation have positive influence on energetic and physical level. The effect of this practice is seen significantly immediately after the practice. But how long this condition could be kept and for how long it last to be achieved healing? These questions could find their answers in the next researches.

In the past, healing with sound has been an important part from the ancient Indian medicine. Even today, sound therapy, supported with scientific researches, is very popular in India and it is applied for healing poisoning of snakes, scorpions, lizards and dogs bitings to healing of diseases like jaundice, abdominal typhus, epilepsy and others.

Today, researches of influence and use of sound vibrations are numerous. They show significantly greater relaxation during meditation /3/, improved brain functions /2/, increased production of antibodies /2/, regulation of blood pressure /4/, decreasing the free radicals /5/. German medical doctors have achieved healing with supersonic waves disease of the ears, which couldn't be healed with traditional methods of medicine or through surgery – six patients have been almost immediately healed, the other 6 have had great improvement. A research of sound therapy combined with yoga, made by Dr. L.

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Lazanio from Vienna, have showed significant positive effect on great number of patience in his sanatorium /1/.

We believe that, in the future, medicine will more and more integrate and synthesize this ancient knowledge common to all mankind, in order to follow its main purpose.

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