

John Stuart Reid - Explore the Secrets of Sonic Science & Cymatics 2022

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, John will guide you through the foundational knowledge you'll need to activate restorative cellular healing through powerfully transformative cymatics, sound, and music.

This course will feature teachings, training sessions, experiential practices, and Q&A with John. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to activate restorative cellular healing through powerfully transformative cymatics, sound, and music.

Module 1: The Creative Power of Sound in the Early Universe & Earth's Primordial Oceans



In the early universe, theory proposes that sound organized the matter that later evolved into stars and galaxies.

During this opening module, **you'll explore how *Big Bang Acoustics* and the *egg-carton universe* theory reveal the structures seen today in the heavens.** You'll examine the famous English astronomer Sir Fred Hoyle's *Life Cloud* concept of how *comets seeded the oceans with the building blocks of life* in the form of prebiotic compounds.

You'll learn how the golden ratio relates to sound and DNA, and how it manifests in the morphology of all life forms...

... and marvel at how sound in the early oceans was a potent organizing principle to spark life. As an introduction to this subject, **Anders Holte will join John for a conversation on the *Om* sound** and how this ancient sacred sound symbol led to Anders' *Lemurian Homecoming* album.

Anders will invite participants to tone with him as he vocalizes the *Om*, and then sing an excerpt from the ***Lemurian Homecoming* music** to a multilayered vocal backing track.

You'll also watch a short excerpt from the video *The Power of One Tone* — which features the music of Anders and Cacina Meadu — imprinted onto water cymatically using John's CymaScope to demonstrate **how music organizes water**.

The role of sound of hydrothermal vents; the Helmholtz resonance of microscopic bubbles; Faraday wave patterns on bubble membranes, creating sonic scaffolding; the protocell; Mark LeClair's cavitation twin helix theory (which may explain how an early form of RNA was created in the oceans); and CymaGlyphs that strongly resemble early life forms will also be discussed.

During this thought-provoking opening module, you'll explore:

- **How sound organized the early universe**, creating structures that we can still see today
- The building blocks of life — created in space and **brought to Earth's oceans by comets**
- **The elements of the abiogenesis hypothesis** — how simple amino acids, sugars, lipids, and minerals were organized by sound to create life
- **The sacred sound of *Om*** from Anders Holte's rich bass voice — and you'll see water move, as if by magic, under the power of music by Anders and Cacina
- **How many CymaGlyphs strongly resemble early life forms**
- **The golden ratio** in a unique and memorable way

Module 2: Rediscovering the Art & Science of Sound — Ancient Times to the 21st Century



During this class, you'll discover fascinating stories of how sound was used by the **Aboriginals of Australia, by the ancient Egyptians in sanatoria (healing places) and pyramid initiation rituals, by Pythagoras in ancient Greece, and by healers in ancient India.**

You'll explore the ancient Egyptians' use of musical instruments with a focus on the harp and the sistrum rattle, **receive a live demonstration of the sistrum by John...** and witness how the rattle *creates the very high frequencies* associated with some of the body's most important healing mechanisms.

Sound therapies in the modern era will also be explored, including the discovery of **therapeutic ultrasound by Professor R. Wood**, the discovery of **therapeutic infrasound**

by Professor Erwin Schliephake... and the **therapeutic audible sound** created by Dr. Peter Guy Manners, which led to the development of present-day sound-therapy devices. Dr. Mandara Cromwell, CEO of Cyma Technologies, will join the class to speak about her meetings with Dr. Peter Guy Manners. She'll also share *how she was spiritually guided to develop sound-therapy devices* that culminated in Acoustic Meridian Intelligence (AMI) devices that have supported many people through illness and stress. **You'll also discover how sound can be used to break up kidney stones, stimulate new bone growth, repair soft tissue, and support biological healing mechanisms.** In this module, you'll:

- **Learn how ancient cultures used the power of sound to heal**
- **Witness the frequencies created by the ancient sistrum instrument** — and learn how such frequencies support healing
- **Discover how sound and the golden ratio are inextricably linked** — and how that plays out in all of life
- **Explore the rich history of sound therapies** in the 20th and 21st centuries
- Hear Dr. Mandara Cromwell describe the profound spiritual experience that **led to the development of her AMI devices**
- **Learn the elements of destructive and constructive sound principles**, with a particular focus on healing

Module 3: Wave Goodbye to Sound Waves — How Sound Gives Birth to Light



Did you know that sound has a shape? *And it's not a wave.*

In this session, you'll **explore the true nature of sound, discover how sound gives birth to light, and learn how infrared light is the primary language of cell-to-cell communication.**

John will walk you through a simple hand-rubbing exercise to demonstrate the interaction between the magnetic shells of molecules in each hand as they slip past each other. You'll learn how your vocal folds use a similar mechanism to create not only sound, *but infrared light... which travels to the stars* if you sing outside, carrying your song into the universe. You'll also explore the tradition of the giant Buddhist temple bell in relation to *asteroseismology* — the science of the sound in stars — and how it relates to the James

Webb Space Telescope, which is optimized for infrared wavelengths, and which may eventually “listen” to sounds on the surface of exoplanets.

John will share science that points to the role of intention in self-healing — including how your thoughts modulate your heart’s electromagnetic field... *which modulates the Earth’s static magnetic field*. This creates a type of “magnetic internet” in which your feelings (and sometimes even your thoughts) are shared with others, wherever they live.

He’ll also share the science that underpins the healing power of vocal sound — and how it can fill a concert hall without a microphone, promote healing in you and others, transform your thoughts and feelings into words and sounds to inspire others... *and* create healing vocal harmonics.

For fun, you’ll witness the moment when Anders sang directly into the CymaScope instrument in the CymaScope laboratory... **and then watch him demonstrate vocal harmonics live in class**. You’ll have an opportunity to practice this type of vocal sound as well, and learn the importance of these high vocal frequencies... particularly in relation to nitric oxide production and in creating the primary frequencies of the body’s cells.

Lastly, you’ll experience a live performance of an excerpt from Anders and Cacina’s beautiful musical piece, *My Sekhmet*.

NOTE: Have an inflated balloon handy this week to experience its vibrations and explore how sound interacts with a membrane!

In this module, you’ll discover:

- **The true shape of sound** and its importance in sound therapy and music medicine
- **How sound gives birth to light — and how this is used to communicate directly to your cells in their own language**
- **How your songs will one day reach the stars**, and how astero-seismologists listen in to the sounds of stars
- **Vocal harmonics with Anders** — and a live musical performance of *My Sekhmet* by Anders and Cacina
- **How vocal sound can support healing** in you and others

Module 4: The Magic of Cymatics — How Sound Is Made Visible & Its Healing Mechanisms (Available April 23)



In this module, you'll delve into cymatics, beginning with the fascinating history of the early pioneers: Leonardo da Vinci, Galileo Galilei, Robert Hooke, Michael Faraday, Ernst Chladni, Mary D. Waller, Margaret Watts-Hughes, and Hans Jenny.

You'll experience live demonstrations of an electromechanical CymaPlate, and watch as a violin bow transforms salt into beautiful form in an instant on a Chladni plate.

The holographic aspects of sound and water will also be explored, including cymatic encoding principles: how long wavelength sounds are automatically transformed to fit on a small area of water, and *water's ability to store its memory of sounds*.

You'll discover how cymatic patterns can occur on everything from the giant hexagon on the planet Saturn to patterns on Moon craters, raindrops, and every cell in your body.

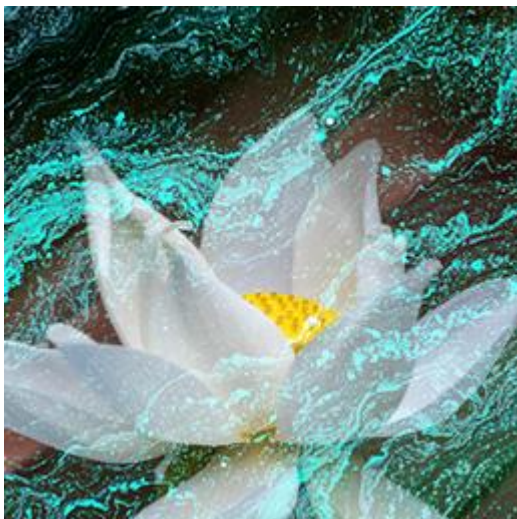
You'll also learn how microscopic cymatic patterns gently massage the integral membrane proteins of your cells, **awakening cells that are in a sleeping phase and rebalancing your body's systems**.

Choreographer and yoga instructor **Kate Holland** will join the class this week to share how she was inspired to **create a new art form that blends dance with cymatic imagery** — a new form of visual meditation. Kate will show you her unique *Dance Divine* video. Once seen, never forgotten!

In this session, you'll:

- Explore fascinating insights from the **cymatics pioneers of the past**
- **Experience a live demonstration of a Chladni plate** that uses a violin bow to transform salt into beautiful form
- **Discover principles of cymatics scale** — from cosmo to macro to micro
- **Learn how sound can awaken sleeping cells**, creating balance in your body
- Watch **Kate Holland's exquisite visual meditation *Dance Divine***
- **Learn the holographic principles of sound** and how it imprints water

Module 5: Pain — What It Is & How It Can Be Mediated by Sound & Music (Available April 30)



How can pain be mediated or eradicated by sound frequencies and music?

In this session, you'll explore **the different categories of pain; the biological mechanisms that underpin pain, spasm, and inflammation; and how sound frequencies can mediate these mechanisms**.

You'll learn about the splinting cycle, or how the body automatically protects an injury, and sound's role in *breaking the splint* following the healing of an injury.

You'll explore the Niels Bohr Institute's discovery that revealed how *a nerve's primary role is to conduct sound*.

And you'll examine **Professor James Gimzewski's astonishing discovery that all cells sing to each other in frequencies centered around 1000Hz.**

In addition, you'll learn about the **groundbreaking work of John and Professor Ji, which differentiates between the sounds of cancer cells and healthy cells**, and is rife with potential for the future of cancer eradication.

You'll also once again *bask in the healing music of Anders and Cacina* during a live performance.

In this module, you'll:

- **Explore how pain can be mediated or eradicated** by sound frequencies and music
- Gain insights on how **sound frequencies can reverse hypoxia, release spasm, and banish pain** through oxygen binding
- **Learn how a nerve's primary role is to conduct sound** — a discovery by the Niels Bohr Institute
- **Experience a live performance** of the healing music of Anders and Cacina
- **Learn how all cells sing to each other** — an astonishing discovery by Professor James Gimzewski
- Discover how **it may one day be possible to eradicate cancer with advanced sound therapy**

Module 6: A Deeper Dive Into Sound Therapy, Music Therapy & Music Medicine (Available May 7)



In this session, you'll dive deeper to explore the differences between sound therapy, music therapy, and music medicine.

You'll examine **the role of resonance in sound therapy and music medicine** to understand the resonant frequencies of body parts *and how sound frequencies can be applied to support healing*.

To better demonstrate resonance, you'll experience a live demonstration that utilizes a wine glass, a spoon, and a bottle of water. **Be sure to have these items handy this week if you'd like to participate!**

You'll explore how waterfalls, whitewater rivers, and ocean waves generate healing ultrasound. You'll delve into the healing benefits of the gentle white noise created by the wind in the trees. And you'll consider the use of crystals in therapeutic settings — including *how crystals are sonically excited by sound, how they “sing” to us, and how they can be used to promote healing.*

John will share **the frequencies used in therapeutic ultrasound, therapeutic infrasound, and therapeutic audible sound.** He'll offer info on modern sound therapy devices. And he'll give you a scientific overview of traditional sound devices such as the didgeridoo, Tibetan bowl, crystal singing bowl, gong, harp, drum, piano, and the “granite piano.”

Dr. Mandara Cromwell will join the class again this week to share info and **a 5-minute excerpt of the *Soundflower Experience*, a powerful new form of visual meditation that blends art and science.** The CymaGlyphs (cymatic patterns) used in this meditation are from the healing frequencies of AMI devices made visible by the CymaScope instrument. You'll learn how the infrared component of the light carries those frequencies deep into your tissues.

In this module, you'll:

- **Learn the differences between sound therapy, music medicine, and traditional music therapy**
- **Explore the importance of resonance in relation to healing** — and experience firsthand how to demonstrate resonance principles to others
- Learn the **therapeutic benefits** of ultrasound, infrasound, and audible sound
- Explore a wide variety of traditional and modern musical instruments — learning their frequency ranges and **how to use them for healing**
- Watch the wonderful *Soundflower Experience*, **a new form of visual meditation** — and discover how CymaGlyph geometry combined with the infrared spectrum elevates healing
- **Discover nature's healing ultrasounds** — and explore the science of crystal healing

Module 7: The Biological & Healing Mechanisms of Sound & Music (Available May 14)



What are the most important biological mechanisms that sound and music use to support healing? You'll explore them this week, as well as the future of sound therapy, music medicine, and vibrational medicine.

You'll begin with a look at the vagus nerve and the many health benefits derived from its sonic stimulation... **including reducing chronic inflammation and pain, slowing aging, and improving sexual function.**

You'll explore how the vagus nerve is stimulated by very low frequencies, **and watch John test a video excerpt from the *Dream of the Blue Whale* by Anders and Cacina on a laboratory spectrum analyzer to reveal the music's healing frequencies.**

You'll also delve into the health benefits of nitric oxide and how it can be produced in the body by sound and music.

You'll marvel at the role music can play in boosting dopamine levels, suppressing cortisol, and supercharging your immune system.

And you'll explore **the major medical discovery made by John in collaboration with Professor Ji of Rutgers University** that revealed how music supports oxygen binding — *and its importance in healing and cellular longevity.*

You'll also experience a before-and-after assessment that leverages the healing frequencies of Anders and Cacina's *Dream of the Blue Whale* to diminish pain.

Anders and Cacina will also share their experience filming Tsipi Raz's *The 1 Field* documentary in the CymaScope laboratory.

During this concluding module, you'll:

- **Learn how to optimally stimulate the vagus nerve using sound and music** — and how it can reduce chronic inflammation in your body, increase longevity, and stimulate sexual function
- **Discover the role of nitric oxide in your body** — and how it can be enhanced by sound, providing a wide range of health benefits
- **Learn how music can boost dopamine, suppress cortisol, and supercharge your immune system**
- Gain deep insights into the role of oxygen in healing — **and the role of sound in elevating your body's oxygen levels**
- Discover why the new clinical term "music medicine" **is a great step forward in mainstream medicine**

- **Glimpse the future of sound therapy**, music medicine, and vibrational medicine

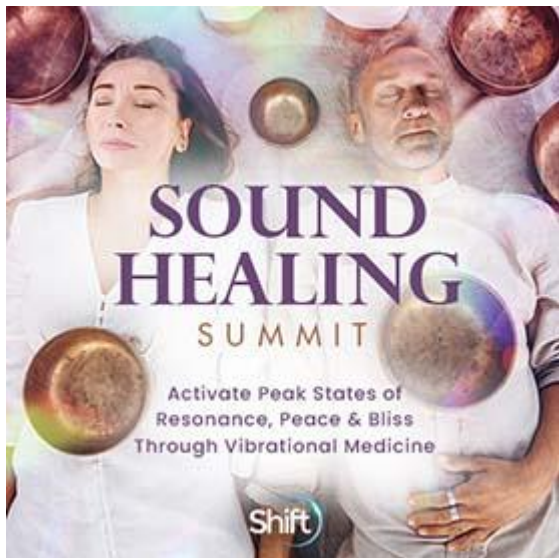
The Secrets of Sonic Science & Cymatics Bonus Collection

In addition to John's transformative 7-part virtual course, you'll receive these special bonuses with leading visionaries and teachers to complement the course and take your understanding and practice to an even deeper level.

When you register TONIGHT, Tuesday, April 19, by Midnight Pacific, you'll receive this first bonus as an extra gift:

Top 5 Speakers From the *Sound Healing Summit*

Selected Sessions From the 2021 Summit



Take a deep dive with leading scientists, trainers, and performers to activate peak states of resonance, peace, and bliss with vibrational medicine. With these recordings, you'll experience a variety of vibrational tools and methodologies, including harmonics, Biofield Tuning, and sound baths with crystal healing bowls and flutes. You'll explore how vibrational medicine works on an intuitive level that bypasses thought, helps you quickly quiet your mind, and guides you into a gratified state of tranquility. You'll receive recordings from John Stuart Reid, Dr. John Beaulieu, Eileen McKusick, Mary Youngblood, and Jeralyn Glass.

Plus... you'll receive these bonuses too!

When you register TONIGHT, Tuesday, April 19, by Midnight Pacific, you'll receive this first bonus as an extra gift:

Sound Therapy 201: Biological Mechanisms

PDF Guide on South Therapy and Music Medicine



How, Sound and Music Trigger the Body's Healing Response. Sound Therapy 201 focuses on how sound and music trigger the body's healing response at a biological level. In more than 40 pages, including high quality illustrations, John describes how sound frequencies and music support the body's healing mechanisms, mediating pain, reducing chronic inflammation, lowering blood pressure, reducing stress, boosting the immune response... and even slowing aging. An important article for all who wish to learn about how sound and music heals, naturally..

Plus... you'll receive these bonuses too!

Can Consciousness Be Measured? Exploring the Science of The 1 Field

Video Dialogue With John Stuart Reid, Anders Holte, and Cacina Meadu



Listen in on a lively discussion in which the three friends and colleagues share openly about their first meeting in John's lab during the filming of the documentary *The 1 Field* — and the amazing moment when the powerful effects of live music on human blood were discovered. You'll get to know Anders and Cacina as guest faculty during the course, and explore in this

bonus the story behind the documentary about the one field of energy that's the origin of everything.

Sound Therapy 101: A Foundational Exploration

PDF Guide From John Stuart Reid



In 1997, during acoustics experiments in the Great Pyramid of Giza, what seemed like a miracle occurred. John Stuart Reid had walked (or more accurately crawled) into the pyramid in severe pain, due to a back injury sustained three weeks earlier. Within 20 minutes of beginning acoustics experiments, which involved making sound in the King's Chamber, all the pain had permanently left him. So began his 20+ year quest to discover how he was healed. This foundational article begins with the historical perspective of sound therapy, discusses present-day research, and defines the related disciplines of music therapy and music medicine.

Exploring Evocative Visual Meditations & Cymatics

Video Dialogue With John Stuart Reid, Dr. Mandara Cromwell, and Kate Holland



In this video dialogue between John, Cyma Technologies CEO Dr. Mandara Cromwell, and choreographer and yoga instructor Kate Holland, you'll discover new visual meditations that blend cymatics with other art forms to reduce stress and empower your physical and spiritual wellbeing. You'll explore Mandara's powerful Soundflower meditation and Kate's inspiration for her entrancing Dance Divine.

Insightful Voices From the Sound Healing Summits

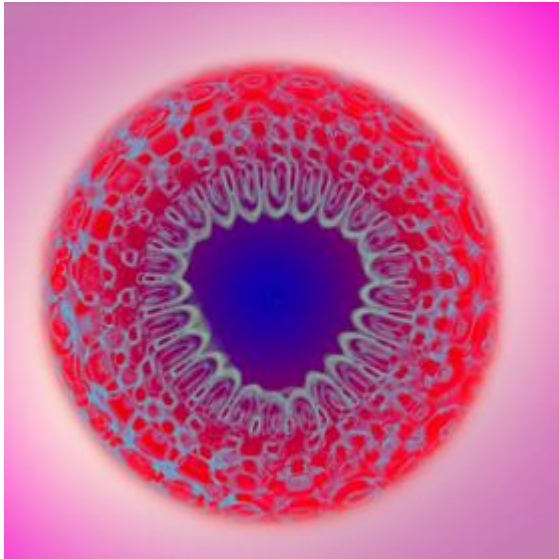
Video Practices with Top Summit Speakers



Immerse yourself in a variety of different perspectives on sound healing, music, voice, vibration, and more. The visionary speakers in this series reveal the curative and evolutionary powers of proven sound-healing therapies. These sessions with **Chloë Goodchild**, **Christine Stevens**, **Steven Halpern**, **Devaa Haley Mitchell**, and **Vickie Dodd** offer deeply transformative therapeutic keys to a healthier and more peaceful, grounded, resonant life.

Heart Sutra Mandala

High-Resolution Image for Meditation From John Stuart Reid



This beautiful heart-shaped mandala is the voice of Japanese vocalist Izumi Watanabe singing the Heart Sutra song and visualized by John's CymaScope instrument. The heart is a universal symbol of love, and you can print the image file on a home printer or with a print shop at any size up to 24in/60cm square. When light illuminates the image, it becomes modulated by the mandala's geometry, bathing you in loving intent.