

# **Mind-Body and Energy Medicine Collaborative**

## **Sound, Frequency and Color For Healing Psychosomatic Trauma**

### **Introduction**

“If you want to find the secrets of the universe think in terms of energy, frequency and vibrations.” Nikola Tesla

All of life is an energetic exchange. We are all made up of atoms suspended in ether that create molecules which form cells. You have over 300 trillion cells in your body. Cells are the basic structural component for the whole body including your organs, muscles, ligaments, bones, nerves, blood, etc. that come together to make the systems of your body and the energetic field around your body. Each with its own different functionality and vibrational frequency of bio-resonance although most have the basic structure which includes a membrane, cytoplasm, organelles, endoplasmic reticulum, the mitochondria, nucleus, DNA and more.

As a fetus in the womb our first sensory experiences in life is of vibration and sound. Our other senses are submerged in the amniotic fluid in our nose and mouth and our eyes are closed, therefore, no smell, taste or sight. As we experience the weightlessness in the fluid surrounding us, we also have our ears full of the fluid which seems that our sense of hearing would not be experienced either. However, sound travels through water five times greater than through the air that surrounds us after birth so our sense of sound would be amplified. At 16 weeks gestation the eardrums and skin are the first sense organs to become active to vibration and

sound. It is believed that the sounds we experienced are subconsciously remembered and is stored in our nervous system in early fetal development.

In the following pages I will bring together sound and color approaches and share a way to develop a safe place of healing for parts so the trauma is not experienced but released safely.

## **Energy Medicine**

Energy medicine is actually more than mind-body medicine. It includes the fields of energy that surround every human being and these fields have been understood in ancient practices of energy healing. Think of the term “energy.” Energy has its influences in a cellular level of the mitochondria and ATP transportation between every cellular exchange in the human body. Each cell has a field around it and the ancient practitioners or healers would look at the biofield of a person and identify deficient energy or irregular flow of energy that has an influence on the body—mind of an individual.

Dr. Richard Gerber M.D., author of *Vibrational Medicine*, launched revolutionary concepts by blending science with ancient healing techniques as a new approach to treating illness. He states in his book, “The current practice of medicine is based upon the Newtonian model of reality. This model is primarily a viewpoint, which senses the world as an intricate mechanism. This new field of healing based upon the Einsteinium paradigm, is called vibrational medicine. The Einsteinium paradigm, as applied to vibrational medicine sees human beings as a networks of

complex energy fields that interface with physical/cellular systems. By rebalancing the energy fields that help to regulate cellular physiology, vibrational healers restore order from a higher level of human functioning.”

The biofield was researched by Dr. Beverly Rubik and her team. The researchers had given the term Biofield in the 1990’s, although the energy system of the biofield was recognized as a foundational field of energy constantly changing regulation of all living beings. The biofield is a carrier of information interacting and communicating with the cells of the body and sending and receiving information depending on the environment you are in.<sup>1</sup>

“If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies.” –

*Integrative Oncologist Dr Mitchell Gaynor*

Science has shown that our bodies have measurable frequencies. The research scientists have shown that electrical fields can be measured on the surface of the skin from the generated electrical fields that cells and tissues release in tiny electrical currents that have an interchange that makes life possible. These currents of electricity also generate tiny magnetic fields surrounding the tissues and organs of the body.

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<sup>1</sup>Rubik B. *The biofield hypothesis: its biophysical basis and role in medicine. J Altern Complement Med. 2002 Dec;8(6):703-17. doi: 10.1089/10755530260511711. PMID: 12614524.*

Electromagnetic instruments have measured these fields for at least a century. The Ancient healing techniques of sound, color and vibration have been around for centuries and only in the last century with science and research have the magnetic fields been recognized with equipment that you might know as the electrocardiogram for the heart, the electroencephalogram for the brain and other instruments measuring frequency like the Ultrasound technology and the Magnetic Resonance technology known as the MRI and the CAT Scan.<sup>2</sup>

Tissues and organs produce bio-magnetic fields that form the specific magnetic pulsations in space around the body. This in turn can give an accurate indication of pathological and physiological states of the body through what we call the biofield.

The HeartMath Institutes research of the heart's magnetic biofield mentions it is the strongest magnetic field of the body. The heart's magnetic bio-field which "not only envelops every cell of the body, but also extends out in all directions into the space around us. The heart's magnetic field can be measured several feet away from the body by

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<sup>2</sup>Ross CL. *Energy Medicine: Current Status and Future Perspectives*. *Glob Adv Health Med*. 2019 Feb 27;8:2164956119831221. doi: 10.1177/2164956119831221. Retraction in: *Glob Adv Health Med*. 2021 Apr 13;10:21649561211012196. PMID: 30834177; PMCID: PMC6396053. See also Goldsby TL, Goldsby ME. *Eastern Integrative Medicine and Ancient Sound Healing Treatments for Stress: Recent Research Advances*. *Integr Med (Encinitas)*. 2020 Dec;19(6):24-30. PMID: 33488307; PMCID: PMC7819493.

sensitive magnetometers. Research conducted at HMI suggests the heart's field is an important carrier of information.”

## **Music Therapy and the Nervous System**

Musicologist Laurel Elizabeth Keys writes in her book—Toning: The creative power of voice: “Toning is an ancient method of healing. The idea is to simply restore people to their harmonic patterns.”

Music has been studied scientifically for generations. Sound and song have been used in many ways in many cultures from ancient times. From the beating drums and timbrels, the gongs, singing bowls, tuning forks, and voice, all have an impact on our nervous system. It is believed our DNA actually emits a frequency of sound vibration that responds to the tones that bring balance to the nervous system. Neurological mechanisms link the discovery of rhythmic auditory entrainment from music and have an impact on the use in therapies for healing traumatic brain injuries, Parkinson's Disease and strokes.<sup>3</sup>You may have heard of brain entrainment therapies that engage sensorimotor and cognitive issues for retraining the brain but is also used in the emotional processes as well.

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<sup>3</sup>Thaut MH. *The discovery of human auditory-motor entrainment and its role in the development of neurologic music therapy.* *Prog Brain Res.* 2015;217:253-66. doi: 10.1016/bs.pbr.2014.11.030. Epub 2015 Feb 2. PMID: 25725919.

Sound and music therapy using binaural beats was based on the early research of Gerald Oster. He played a tone in one ear and slightly different tone in the other ear. This caused the brain to create a third tone which synchronized the brain waves in both hemispheres. When the brain is synchronized there is more focus. You may see brain entrainment, binaural beats and so much more in the form of meditations on YouTube.

“The last decade has witnessed a significant increase in the amount of research exploring how noninvasive brain stimulation can not only modulate but also enhance cognition and brain functions.” *Roï Cohen Kadosh is a Professor of Cognitive Neuroscience at the University of Oxford.*

## **Color Therapy and the Nervous System**

Color therapy has been used for years especially in clinical settings with psychologists and counselors. Music is vibratory to the nervous system and all color has a frequency that is vibratory to the nervous system. Psychologists have known to use cool colors to keep their patients calm. Even hospitals are using color in rooms instead of the bright lights and white walls to bring a calming effect on the patients entering trauma rooms.

An interesting fact to know is that color has a musical note associated with it which will be discussed with chart attached. So sound and color healing is optimal in working with the nervous system. It stimulates the ventral vagus nerve which can be modulating to the over sympathetic nervous system and the Dorsal Vagal freeze state.

“Light reveals the glories of the external world and yet is the most glorious of them all. It gives beauty, reveals beauty and is itself most beautiful.”

Edwin Babbitt, MD

Edwin Babbitt was a pioneer in chromotherapy, also known as light and color therapy. It is presently called Photobiology. I have a chromotherapy box I use in my office with the colors my clients test for along with music for brain entrainment. <sup>4</sup> Dr Babbitt published his book called “The Principles of Light and Color” in 1876 which included his research of chromo therapeutics and the forces of magnetism with applications, chemistry and etheric-atomic philosophy of force. Many other scientists were aware of ether of the universe and the forces of energy and vibration.

On a side note: I find it amazing all the therapies that have to do with research by great minds like Albert Einstein, Dr. Royal Rife, Nikola Tesla, Dinshah Ghadiali, and more were “covered up” at the time of their

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<sup>4</sup>Dr Jeffrey Thompson's “Beyond” is my favorite

discoveries.<sup>5</sup> Thankfully the research and technology for healing the whole person is available in holistic, medical, complimentary and alternative approaches.

The effects of healing your emotions through your nervous system are profound. Color has significant restorative benefits on health, moods, and emotions for hundreds of years. The ancient Egyptians built healing halls of color because they understood the effects color had on healing the body. According to the National Institutes of Health (NIH) the history of light and color therapy have been used in Egypt, Greece, China and India for centuries.

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*<sup>5</sup>Royal Rife discovered that specific RF frequencies, when broadcast through a plasma tube towards the body, would only affect the microbes that resonated that exact frequency. And that when that frequency hit that microbe, it would destroy that specific microbe and have absolutely no effect on anything else.*

*Nikola Tesla discovered that a specific set of frequencies could be broadcast through the air around us, the same way we broadcast radio, TV, phone calls, cellphones and more today with the signals affecting only the target the broadcast was intended for.*

*Albert Einstein is accredited with being one of the first to state that the future of medicine is the frequency and was one of the most brilliant people to ever be born. He is the creator of the theory of relativity and his discoveries are still useful today.*

*Dinshah P. Ghadiali (1873–1966) published The Spectro Chromemetry Encyclopaedia, a work on color therapy. His studies claimed how the different color rays have therapeutic effects on each organ and system of the body which includes color that stimulates or inhibits organ or system function.*

Color has measurable frequencies or wavelengths. Light exists as both protons (particles) and waves (light you can see.) This includes every hue, shade or tint. This energy is translated into color through the photoreceptors in the retinas of your eyes. When you view these colors of light, these frequencies are converted to electricity or energy by stimulating the nervous system. The specific frequencies of your body will recognize the frequency of the color of light,

When you look at a color, the hypothalamus is stimulated which in turn stimulates the pituitary and the pineal glands. This in turn stimulates the production of hormones that have an effect on the physiological and psychological processes which affect memory, mood, emotions and behavior as well as your physical health.

There has been research from the NIH and NASA on the power of light for healing. Blue light stimulates parasympathetic activity and red light stimulates sympathetic activity. But there is more. LED light therapy and near infrared light devices are used for the treatment of all kinds of wound healing. LEDs release energy wavelengths in the form of photons that aids the stimulation of cells which improves cellular function.

Light therapy is used for a number of things including speeding the healing of muscle tissue, tendons, ligaments, and skin. Also for wounds and burns, and scar therapy. LED lights have an anti-inflammatory effect. LED lamps are also known to work on reduction of wrinkles and lesions as well

as light applied to living cell tissue for the treatment of depression, dementia and Alzheimers. <sup>6</sup>

So what about sound and light? Remember your body is electric. Every cell in your body communicates on electric vibrational signals. This is how your nervous system operates. Your DNA is a receptor to color—light and sound frequencies. Using light along the energy pathways of your body increases the flow of your natural electrical and chemical systems. Ophthalmologist Dr Jerry Tennant calls these electrical systems “voltage.” Color and sound create vibrations to increase the voltage in our body that may influence the physical and emotional body.

Sir Isaac Newton who discovered the color wheel also found particular notes of music were associated with color. His experiments of shining light through a prism refracted a spectrum of colors on the other side of the prism. Newton created a color wheel that organized his findings showing the three "primary colors" of red, green and blue separated by three "secondary colors" of yellow, cyan, and magenta. Although magenta was considered a non-spectral color of light, you will see that color in many pictures of rainbows and it is associated with a musical note as well. You might know yellow, cyan and magenta as colors used in your printers to form other colors.

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<sup>6</sup> Professor Dr. Susumu Tonegawa, Nobel Laureate, Professor Biology and Neuroscience , Investigator, How Hughes Medical Institute, Director, RIKEN-MIT Center for Neural Circuit Genetics, Department of Brain and Cognitive Sciences, Massachusetts Institute of Technology, Cambridge (USA) <https://www.youtube.com/watch?v=P2YMM8EFOh8>

Following I will share the musical notes and their color associations bringing sound and color together. This includes years of my experience in working with the body–mind and spirit of a person. Some things were consistent with the colors associated to the physical body and the emotions.

### **Summary: My Practice**

I am a holistic wellness practitioner and have been addressing emotions and energy techniques for over 30 years. It is vital to understand the feelings emotions evoke in relationship to the way the nervous system has stored unresolved trauma in the body. Neuroscience research points to 86% of our illnesses and disease are because of unresolved and unexpressed emotional wounds.

I use an integrative approach within my counseling and coaching. These integrative approaches use color, music, homeopathy, essential oils, frequency evaluation and optimization of the body. I use applied kinesiology aka muscle testing to determine color that is appropriate for the moods of my clients. I also use a scanner that measures the voice of my client and picks up subconscious emotions, and the color and tone to balance the emotions. It works like the “lie detector” or the Polygraph developed by Cleve Backster. His initial experiments revealed that a strong emotion will cause a skin cell to have a powerful electrical response. Through muscle testing the nervous system is on alert when the client is

asked a question that contradicts the truth. The scanner I use does that as well. It measures the frequencies of the voice and determines what octaves and associated colors are out of balance and then the balancing octave is delivered in MP3 form to listen to with headphones and colors associated are suggested through the use of color glasses or wearing the colors.

I have found using color, sound and somatic exercises have been helpful in bringing calmness to clients with high anxiety or panic attacks. Color and sound is suggested for my client to apply several times daily along with the calming exercises of the first week of The 21 Day Journey Through Your Nervous System created by Dr. Aimie Apigian.

I walk my clients through a “safe place” mediation especially when they are experiencing psychosomatic symptoms of trauma. Usually I have found there has been early childhood traumas activated along with present day traumas especially with panic attacks. In this meditation they create a space that they have never been to. They use their imagination and create an environment they like, but not an environment they have actually been to. Why? Because traumatic memory can be hidden for so long and if they create a place they loved going to as a child for example and a memory in their healing process comes up with trauma attached to that place, they are no longer safe. I have them create a safe water feature whether it is a water fountain, river, beach, lake or any other water source that would also be safe to a child part. My client adds an environment like mountain area,

beach area, field, and more. One client I worked with had a huge tree fort he created for his parts to have fun with.

After the safe place is created I have the client take today's emotional issues and tune into their body and find the trail guide back to the first time they experienced the strong feeling. Where is it located in the body? What age? Is there a place, color or smell associated with it? A parent, teacher, cousin, brother, sister, or schoolmate? Where are you at? Home, school, park, hospital? And the list goes on. I have them stay present to the sensations in their bodies and the felt sense of their age. If my client is out of touch or disconnected with the past experience I will muscle test them for the time of life and associated feelings, and for generational memories as well.

I do not have them go into the "story" and re-experience their trauma. That aggravates the nervous system and keeps their brain systems replaying the same patterns of anxiety or panic. I have the adult self go to the child part and introduce each other. The adult self will invite the child part to come to the safe place. The process is to take the part out of the memory and explain you do not need to experience the trauma from that memory. At an appropriate time, I may introduce memory reconsolidating to them—creating a new story as the brain accepts the input of a new story being told. It's a quantum kind of thing. The goal is to unlock multiple brain systems, put the trauma feeling and experience outside of the body so they can learn that they are not their anxiety, shame or rejection and any other feeling they have owned as a part of themselves.

Home therapy will include music I have emailed them, color glasses associated with the octaves for healing the emotional and physical imbalances and a playlist of frequencies that are researched to bring a sense of wellness to the body.

In the following I will give you the colors, associated feelings and octaves to use with your clients. The colors and octaves are also associated with birth month.

The charts are a combination from several resources<sup>7</sup> and I have combined what I have learned and used from various workshops and experienced with my clients. Although the birth months are generally associated with astrology, astronomical research recognizes the significance of the position of the stars and associations with the day and time of an individual's birth.

I have my clients who are in the grieving process look at the birth month of whoever they are grieving and the octave associated with that month. I have them play music with the corresponding note of the birth month. For example I tell them to search Youtube for music in the octave of B for the birth month of Pisces. It will deliver the frequency to the environment that the person or pet once filled.

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Sharry Edwards, Loren Swenson-AO Inner Voice, and courses I have taken through the last 25 years on color, sound and frequency therapy

## Color and Sound Therapy With Associated Emotions and Physical Issues Including Associated Birth Month

Color	Octave Birth Month	Emotions	Physical	Supportive Octave	Balancing Color	Supportive Emotions
Red	C Birth Month Aries	Lack of self worth, deep core issues, undervalued Anger, liver meridian defensive, low self esteem	Blood, nervous system, circulation. bladder meridian Small intestine -slow digestion	F#	Green	Healthy self esteem, joy in life, release the negative, forgiveness, gratitude , physically motivated
Red/Orange	C# Birth Month Taurus	Repetitive thinking, sarcastic, stubborn, hard on self, inhibited artistic abilities, depression, mental fatigue	Kidney water retention, digestive processes, tendons, ligaments, heart meridian, skin, cervical subluxations	G	Turquoise	Supports emotional balance, peace, serenity, creative abilities, problem solving, self direct leader
Orange	D Birth Month Gemini	Sadness, traumatic life experiences, focus on past negative experiences, abuse, disappointed Irrational, Low energy	Stomach issues, slow metabolism, Large intestine meridian , vocal cords, gastric weakness, slow metabolism	G#	Dark Blue	Inner peace trust, loyalty, wisdom, confidence self acceptance, Inner harmony, faith, truth, live life in the present

Color	Octave Birth Month	Emotions	Physical	Supportive Octave	Balancing Color	Supportive Emotions
Gold	D# Birth Month Cancer	Disconnect, Unable to express emotions, overly logical analysis, hard to grieve, emotional shut down, chronic stress	Gallbladder issues, allergies, PMS, asthma, hypoxia, (cellular oxygen) Endocrine meridian, Parasites	A	Violet	Ability to express feelings, connection to others, rewarding relationships Creativity, wisdom Dignity Independent
Yellow	E Birth Month Leo	Critical of self, Speak quietly, Difficult to grieve, abuse background, shutdown, seek emotional expression thru workouts	Spleen, dairy allergies, sinus issues, sacroiliac issues, spinal issues and Lung meridian	A#	Purple	Self accepting, ability to understand and express feelings, Connection with others, rewarding relationships
Lime	F Birth Month Virgo	Conditional love, passive aggressive, negative beliefs, poor self care See flaws in others, Critical Lack of Appropriate boundaries	Kidney, environment issues, lower back and cranial issues, digestion, ears, auditory and optic nerves, sinusitis, Liver meridian	B	Magenta	Sense of self in emotional identity, tolerant of others, release negative energy healthy interaction with others, Physic abilities while grounding

Color	Octave Birth Month	Emotions	Physical	Supportive Octave	Balancing Color	Supportive Emotions
Green	F# Birth Month Libra	Angry, Hard to accept change, defensive, cover up grief and other feelings, Chronic worry and indecision, anxiety,	Small intestine meridian, stomach issues, mental weakness, sympathetic nervous system, digestive issues, food allergies	C	Red	Accepting change, Initiate change, Correct problems, Completion of grieving process, ability to face challenges, appreciation
Turquoise	G Birth Month Scorpio	Fearful Overwhelm Depression Inhibited pleasure, feeling judged Guilt, lack of communication with others	Heart circulation, liver function, arthritis, brain neuron-transmitters, Kidney Meridian, Leg cramps	C#	Red Orange	Enthusiasm , happiness, creativity, success, joy, pleasure, patience, responsible, humor, love , life is casual
Dark Blue	G# Birth Month Sagittarius	Supressed emotional expression, Fear of confronting, defensive, anxiety, lack of self approval, difficult forgiving, try to fix others	Large intestine, gallbladder, metabolic issues, low back problems, stomach meridian, lack of enzyme production	D	Orange	Joy, warmth, enthusiasm , creativity , determined, freedom, compassion, access to personal resources, success, encouraging

Color	Octave Birth Month	Emotions	Physical	Supportive Octave	Balancing Color	Supportive Emotions
Violet	A Birth Month Capricorn	Unworthy, undeserving, self defeating, difficult bonding with others, justify their value, poor follow through, lack of connection	Endocrine system, gallbladder meridian, knees and cartilage, aging issues, eyes, nervous system voltage issues	D#	Gold	Love, compassion, courage , wisdom, deep sense of worth, self acceptance and receives nurture in a healthy way. Story teller
Purple	A# Birth Month Aquarius	Rigid beliefs, Low self esteem, overworks which spreads themselves too thin, stressed, high anxiety, lack of stability, unsupported in relationships	Lungs, bronchi, blood circulation, spleen meridian, lack of oxygenation of cells, upper leg and thigh issues, chest pains and arrhythmias	E	Yellow	Clarity, energy, optimism, honor, loyalty, joy, security, ability to let go, feels more at home in the world
Magenta	B Birth Month Pisces	Lack of spiritual connection, angry with God, conflicting beliefs, lack of being grounded and present to others, traumatic experiences	Nervous system, liver, immune system, gallbladder, large intestine , triple warmer meridian, shortness of breath	F	Lime	Joy, warmth, enthusiasm , creativity , determined, freedom, compassion, access to personal resources, success, encouraging

Chart compiled by Mary Oliver, PScD, DNM, MA