

## **Sonic Psychedelics: The Use of Sound and Frequency to Alter Consciousness and Promote Healing - TRANSCRIPT**

I'm Todd Luger, and I'm a licensed acupuncturist. I've practiced for quite some time and have been mainly involved in education for the past 15 years or so, including continuing education with an emphasis on online education. As Lorne mentioned, I was one of the co chairs for the Healthy Horizons Symposium and we've had a lot of support from people in the community, so I'm really excited to be here.

As we have an upcoming event, I wanted to bring together some interesting topics that were related to that event and to give you more information on this subject. So the format today is going to be more like a podcast than a formal presentation. We don't have any slides. There's not going to be any extended lectures.

I have some questions that I'll be asking the guests, and we'll be taking your questions, and at about the 50 minute point in this lecture, in this presentation today, we'll get to your questions. Sonic psychedelics. That probably caught some people's attention. What does that mean? The use of sound and vibration are important methods of inducing altered states of consciousness in Taoist, Tibetan and Indian mysticism.

They've been more emphasized in those traditions than the more commonly known substance psychedelics that are used in other parts of the world. Not that their substance psychedelics are completely unknown in the East, but the primary methods have been less substance oriented and more practice oriented and sound and vibration have been very important approaches to that.

Examples include music, mantra, prayer, chanting, humming, and drumming. This is something that's also emphasized by C.T. Holman, who you may have heard speak here on Healthy Seminars as well. He wrote a wonderful book on Chinese medical shamanism a couple years ago. Sound and vibration are also a big part of Western mysticism, including the use of solfeggio frequencies in Gregorian chants.

And in modern times, there's been considerable research on the effects of sound and music on brain activity and healing. One of the most well known methods is binaural beats to entrain brain waves. People may have some experience with that, as there are quite a few. App set out there and YouTube videos and things like that.

When we were preparing for this presentation, we hadn't come up with a title yet, but we knew generally what we were going to focus on. And Prana said he generally refers to these methods as sonic psychedelics, which both Rick and I immediately latched on to. We love the connotation of that. That term. So in this webinar, in addition to learning about sonic psychedelics, you're going to learn how Rick and Prana have been weaving together ancient wisdom and modern research.

To address the psycho spiritual roots of chronic illness. So there's, we're going to hear some of how they apply this in their clinic. Prana is a practitioner and teacher of Ayurveda, acupuncture, and craniosacral work, and he also has a background in electronic engineering. A major focus of his clinical practice has been the integration of sonic psychedelics into his treatments.

He also has a background in the Siddha healing lineage. For over 30 years and taking all of these things together, he's created a wide range of custom sound and frequency protocols that are drawn from both his study of classical and modern sources to sound and frequency for transformative healing.

Richard Gold, who I've known for a very long time, almost 25 years at this point, when I started teaching at Pacific College of Oriental Medicine back then, is one of the founders of Pacific College of Oriental Medicine and a long time practitioner of acupuncture, body work, and sound healing. Rick's also the founder of Metta Mindfulness Music, where he and his partner Yuval Ron have created a catalog of music, including albums targeted at the Ayurvedic doshas and chakras, and the five elements of Chinese medicine.

Most recently, the team at Metta Mindfulness Music has been producing tracks based upon research into the profound effects of the 40 Hz frequency on human consciousness and brain health. So now I'll get started with some questions for the guys. Prana, since you shared this term with us, sonic psychedelics, why don't you tell us what you mean by that, and how they've been used in various cultures throughout history?

In simple words, it means the same thing that you talked about healing with sound, but in addition, it's about altering the consciousness state. That's what the sonic psychedelic means. And Why we do it in the East and why it's different from South American shamans has a little bit of context in the history.

In the East, and I include in the Middle East as well, Persian Sufis also use the sound or sonic vibration to alter the state of consciousness. In the East, if you get sick, say for example, you get a common cold or flu, if you think about it, once you have the pathogen or the state of your body shifts into showing symptoms, sneezing, watery eyes, stuff, congestion, nose.

You also will notice that your consciousness alters from your normal day to day consciousness to pathogenic state. You no longer can think clearly. You may not be able to remember. You might be numb or irritated. So you're no longer a whole state of consciousness as you were. So now if you think about it, how we treat in the Modern world, we go about picking up some counter medicine, trying to cure the symptoms.

So you take the counter medicine herbs, your sneezing goes away, your nasal condition clears, your stuffy eyes and ears start to become properly seen, you can no longer have watery eyes, your headache goes away, but the conscious state may not come the same day. You may still feel not whole, you may still be irritated, you may still be numb.

After a few days, your consciousness goes back to still, you can see, aha, I'm back to the normal person. So what really happens is, the curing happens through medicine, not the healing. Healing somehow happens, and that's an assumption in biomedicine in the modern world, it's like you cure the body, somehow the consciousness is followed back to its old state.

In the ancient, or in the tradition that I come from, we reverse it. If you go with the same symptoms to a yogi or a mantric practitioner in the East, he's actually going to do mantras and chants and sonic vibrations to shift your consciousness from pathogenic state to whole state. And then he'll give you some herbs or some food to go and eat.

So the focus in the East is to shift the consciousness and then the body follows to cure itself. In the West, it's the other way around. We cure the body and we somehow assume that consciousness will become whole. So sonic vibration has been used for healing to shift the consciousness. They have also been used for expanding the consciousness state.

If you go into the East, from Siberia to Persia, nobody actually uses substances to alter the state of consciousness. They use sound and chants. Yes, some people talk about the way that Soma talks about

Soma, but Soma is not a substance that you take from outside, it's something that comes from inside. What is this based upon?

In Veda, we say what we speak of, not the perma, which means the creator who is sound, the creator's form is vibratory. And then from that vibration, everything is created, which means form follows vibration, not function. So that's what we use is to use the vibration to change the state of consciousness and then the body follows.

Its healing. We use the state of consciousness to shift using vibration. To expand the state for transformation and healing and further what we call insights into gaining into who I am and what's going on with me in a larger self. And that's what the Eastern method has been all the time. Focusing on sound to drive the consciousness, also called sonic drive.

Driving state of consciousness from one state to, from pathogenic to healing wholeness or from wholeness to expanded state. And that's what the sonic psychedelic means. In South American shamans and American shamans, we use psilocybin or ayahuasca to do that. But in the East, we don't use substances. We primarily use sonic vibrations to do that.

That's what I mean by sonic psychedelics. Thanks, Prana. Rick, you probably had some time to think about this concept since we first spoke about it. So I was wondering if you had some thoughts about this yourself. Certainly. Prana, I just want to shout out this Prana. It is so brilliant what you just shared.

It really, it was just the vibrations of what you were saying that really touched my heart and expanded my sense of consciousness. So really you're, providing sound healing as we speak. I never, excuse me, used this expression previously till Todd and Prana and I came together to talk, and I have studied with Prana in the past and really admired him greatly.

I'm going to revert back to studies of anthropology when I was an undergraduate in the 70s. And recognizing now I'm piecing things together in my own experience, that this is really just such a profound and important concept to, to pursue and to experience. And with an experience a number of years ago at the Ojai Foundation, I did a retreat with 102 year old Wicho Indian shaman and no substances were involved, it was drumming, chanting.

and movement. And the experience was one of the most heightened experiences I've ever had, especially no substances at all. So I think what Pran is hitting on here with his specificity is extremely valuable. And I'm here as a participant and as one of the panel members. But I really want to affirm what Pranava was just saying.

And from my own experience, drawing from my past academic studies, my personal experiences, and now producing music, it really heightens the importance of the mission that Yuval Rahn and I are on to create beautiful music to facilitate this process. Rana, one of the things that's come up in our discussions over the past year related to this subject because we've occasionally talked about psychedelics, the psychedelic experience from substances versus the experience you get from sound and frequency.

And one of the things I think you've mentioned a couple of times is psychedelic substances. Like any medicinal substance has its own resonance or frequency to it. And so when you take it, it tends to drive you in a certain direction. Whereas the use of sound can be more customized for the individual that you have such a wide range to choose from.

So if you take mushrooms, it's going to drive you in a certain direction, but with sound, You can modify it even on the fly for the people that you're working with and and also potentially combine with substance psychedelics. So Pranav, could you, did I get that right? So substances like sound can alter the brain chemistry and then that opens the door.

Once the door is open, then the consciousness has to navigate. So if you go into ayahuasca journeys or psilocybin journeys, we always talk about set and setting, which means before you even start taking a substance, you set your mindset in which direction you go. And then once you take the substance, there is always a shaman guiding with her or his songs, the journey that you take.

Sound, again, plays a role, even if you take substance. Why? Because if you think about it, the auditory nerve, when you think about the cranial nerve at eight. It has two functions. It actually takes the sound, but also information about where you are in your space. If you're in a forest with no light, completely dark, you can't see, you can navigate yourself with sound.

That's what sound also does in Saiva Saibman Journeys and Ayahuasca, is to help a person to navigate whoever the shaman is. The shaman is actually guiding. But when you take substance out, you use entanglement with vibration, because in the end, sound when it goes to the nervous system is no longer sound, because after it translates into nerve impulses in the auditory canal, it's no longer the mechanical vibration of air, which we call sound.

It becomes the pulsation passing through your central nervous system. That when consciousness entangles, that drives the navigation into different dimensions. So it's two things when it comes to using sonic psychedelics. One is frequency, because that kind of gives the opening. The second is the tone.

There are various tones, Pythagoras tone, Indians have two tones, Carnatic and Shastri we call, Chinese also have two. So these tones are ratios between the seed frequency and as you alter the sequence. Those tones entangle the consciousness. That's the most important aspect. Frequencies, sound, mantras won't do anything if your mind is not entangled into it.

Sound is huge in Vedic version because if you think about it, if you try thinking about rose, just picturing the rose or thinking about rose, it's not that effective compared to if you just repeat rose, your mind will automatically divert towards rose. So using the names is considered in Chinese, mother of all things.

So is also in, in Indian or Vedic version, we say it creates all things, the naming. So naming goes with the form. If you call a person's name, they're going to turn around and look at you, which means the form and the sound are so combined that if you repeat the name, your mind automatically goes to that form.

So if the sound is directed to your different level of consciousness, it's. Your consciousness will automatically remove it there, but it has to entangle. So sound is important, even if you take the DMT, because it guides you. Navigation is all through sound. The substance just opens the door. But when you just use sonic drive, Sound itself, the frequency itself opens that door.

Did that answer the question, what you're asking for? Yeah, thank you. Let's dive into a more clinical aspect of this right now. When you were talking in the answer to the first question, you were talking about the use of using sound and vibration as a primary modality in the healing process.

And that was actually the approach that would be more common In the East, whereas changing consciousness first and then using herbs or other substances. Secondly, it occurred to me that the use

of sound and vibration, there was something I don't know, analogous, perhaps, is the word when you think of the practice of acupuncture, because.

Touching the body with a needle and stimulating the needle onto the meridians is a vibrational effect. It's a mechanical induction of a vibrational effect. And it occurred to me when you're using sound, the body is responding to sound as the vibration, also mechanical, the sound waves coming through the air.

And it would make sense that The meridians of the body are actually responding to those sounds. And I think that's in part related to your use a bit in your practice. So why don't you tell us a little bit how you make use of the sound and frequency in your practice. We use many different ways.

The easiest way to start with what I tell people is to use binaural beats. That's the easiest way to experiment. If you want to. work with people's shifting consciousness to the healing state. We all know that when the brain shifts its wave pattern from the Theta state, which is the healing state, the consciousness also shifts towards it.

So Theta state is where the consciousness becomes lucid. Your sense of ego starts to dissolve. It's the same state when you fall asleep, but you're not asleep yet. So you forget the mattress, you forget the comforter, forget the person next to you. You even forget the body, and then you drop into sleep.

So that lucid state is called Theta state. All healing begins in that state because that's where the consciousness starts to shift. Because healing cannot occur if your consciousness doesn't shift towards the healing state or wholeness state. So binaural beats are the easiest way to entrain brainwaves and let the person shift their awareness into that.

So I do that in the session. I also attach the vibrations of different frequencies using PMF devices. to pass through the meridian. Those two are the main ones. I also, what I do is, which I do in separately, is when I do the bilateral session, I also attach another line in from music, which has the seed syllables of various Beej Mantra, as we call it, attained to everyone.

So think in terms of, most people think the sound is for organs. They are not. That's what a lot of the schools teach us as well, that there is a liver sound and there is a lung sound. They are not. If you go back all the way to traditional classical texts, they are for the spirits that reside into the organs.

Not the organ itself. So when those sounds entrain those spirits, that shifts the form, because the spirit now changes the function of the organ, not the organ itself. So I combined with the binaural beat, a background music, that is related with the frequencies that are related to the spirit functions of various.

In Vedic world, we have 5. 6, 56 million. 5. 6 crore, which is about 56 million different forces in the body, each attached to different spirits attached to different frequencies. So I combine all of those together. Once the person's consciousness starts to shift, then I do the curing part of giving them herbs and diet and telling them how to live.

Try to hold on to that state of shift that happens as long as you can, because then the body will follow towards that state. So you talked about the binaural beats and those are. I think most people are familiar with that, but you're wearing a headset and you're hearing a tone in one ear and the other ear, and they're separated by different frequencies in the ear.

And the difference between them creates the binaural beat, correct? Okay. So if you're separated by about 10 hertz that's, an alpha beat as they're separated by four. That's a theta. You also mentioned music, but I think there's another part of your methodology as well, where to create the binaural beat, you just need to choose two frequencies that create the right gap.

To create the binaural beat. So as long as they're separated by 10 hertz, they're going to create an alpha wave entrainment in the brain. But what you choose in the left ear and the right ear can vary quite widely also. So you could use it. A 20 hertz in the left ear and a 30 hertz in the right ear to get an alpha wave, or you could use a 432 hertz and a 442 hertz to get the same thing.

I think that another part of your methodology is those base frequencies that you're choosing as well. What's the seed frequencies? So the seed frequencies where I've spent most of my 30 years to figure it out because tones are there. All music from Path Gregorian to Indian to Chinese. They all have tones, but which frequency to begin that ratio of tone is what is the core.

Because each seed syllable in the Mantric version, like if you go to thi practitioner, he has what he calls, he'll call like a mantric pharmacy. We only learn in Chinese medicine school, usually five sounds in Qigong about the five organ spirits. But there are many, 56 millions, and those seed frequencies, I have been working with finding out which frequencies from which seed can be started for which channel and how to sequence behind it.

So there are many, like 136 is one of the main. Solfeggio is another frequency that people talk about as a seed frequency to start with. So you can play with all of them, but there are frequencies. It has to be eventually customized for that person with that state of consciousness, whichever the pathogenic state is.

So there is no universal frequency beyond relaxation that you can use like Solveggy or 136 to start a seed frequency to calm your mind down and relax. But when it comes to a particular illness like a bone or blood or stagnation in lymph or chi stagnation in liver, you have to understand a person's inner nature, what their constitution is.

And then you have to combine with the channels that you're working with. That becomes the seed frequency for them. And then you have to sequence them to bring them into a state of consciousness that shifts, and then bring them back. So it becomes, yes, it becomes a procedure, like a protocol, but it is customized, unique to that person.

So the seed frequencies, to some extent, are targeting the treatment on particular organs, channels, organ spirits, locations of the body and the binaural beats. it's almost like when you're deciding how you stimulate an acupuncture point, right? So if you target a particular channel and you get a beta binaural beat, then you're, it's a very stimulating effect, right?

You're going to be enlivening the patient or the organ in that area. And then if conversely, if you focus on theta, it's more sedating, sedating, yeah. Yeah, you can think that way, or I usually tell people to think in terms of herbal formulas.

Think about seed frequencies as single formulas. And then you're going to mix them together for a specific state of a person in their illness condition to create a formula, and then you'll give them for a certain duration until that starts to shift, and then you'll change it. Saying, that's what I mean is, that's what the ancients called them, this whole thing is alchemy.

Because it's all connected to what happens inside you, because there is nothing I'm putting into you. Your consciousness entangling with the seed frequencies and the sequences is generating the response in your own being, which is then bringing you from cure to heal and becoming, making you back to the wholeness.

So its frequencies are related to the person itself. But yes, there is a large pharmacy there, like there is herbal pharmacy. But the formula is related to that time in that state of a person. Same thing with that. And that's what I did in my app. When I created an app, I created different frequencies in general like stomach fire, for chi depression, for kidney chi, but those are all targeting channels, not organs.

Pranav mentioned his app. He has an app. It's only available on Android right now. I've been playing around with it for a few months, and I've been having problems with it. Quite a bit of fun as well as I would say a lot of benefits from using it and I recommend people to check it out.

If you don't have an Android device, what I discovered was I was able to purchase an Amazon Fire tablet for \$50 in order to play around with the frequencies because I'm one of those iPhone users. So I didn't, that was my option, but it works quite great. Rick, so I want to segue to you.

One minute. Oh, sorry. Yeah, just one minute. Just one comment. The Kindle fire will actually stop. Amazon is going to stop supporting it. So after 2025, it will go away. So you'll have to go back to cheap Android devices, 80 Samsung devices. Just to let people know. Oh, no. Good to know. I'll start saving some money.

Rick, I want to segue to you here because of some of your work. Putting music together with Yuval over the years has focused on one hand on Ayurvedic doshas and the other hand on Chinese five elements. So I was wondering if you could tell us about it. The thought process that went into developing that music for example, did you choose specific frequencies or was there something else about your thought process that went into developing music to achieve a particular effect on the patient based on the dosha's or the elements?

Certainly. Our approach is much more broad, I would say than the specificity that the Prana is describing. So I'm going to talk, it's more like, healing entertainment, or we're really trying to use neuroscience and ancient wisdom traditions together. Now, those of us in Chinese medicine in particular, sound healing is hardwired into our medicine from the time of the Neijing.

In fact the character for medicine The Chinese character combines music, plants and herbs, and music, it also can be translated for delight and pleasure. We're definitely licensed acupuncturists for sure, but from our core we're sound healers. And in Neijing, each of the elements is the sign, and is assigned a key.

And so this was where we embarked on our process, it was a blueprint ready for us. So you've all composed each of the elements in the key prescribed in the Neijing. So that created a foundation for us. Then the choice of instruments were to be conducive to the element, the qualities of the element.

For wood, we used a wood acoustic guitar. For earth, we used the didgeridoo, which is the most earthy instrument I know of. And we also used a very specific bass from Mongolia, which has an animal hide cover on it. So we used it, so we chose the tone. the instruments, and then he composed. And in our discussions about the composition, we wanted to use the emotional attributes of the elements.

We didn't want to deal with anger. We want to deal with benevolence. We didn't want to deal with fear. We wanted to deal with courage. And Yuval is a, his background is in film composing, and this is where there's

a bridge because of psychoacoustics, which is how to create an emotional mood in a scene of a movie, or in this instance, an emotional mood conducting to the elements.

And so that's where the comp, that was our thought process there. And what I found is that it worked really well because people like it. We've had tremendously positive feedback and then it doesn't, our music doesn't get boring because there's a, High level composer, you've all known how to be, keep music and to be engaging.

So we're Prada's talking about very specificity, specific usage for an individual patient. For instance, our clinic where we have 12 rooms, we run the music through, through the system of the elements, or we've broadened it out into more of the music that we've produced. And it's to create more of an environment of healing that's conducive to relaxation than the specificity.

One of the drawbacks of the specificity that Prana described with binaural beats is that for those that have any efficacy at all, We have to use headphones. And I'm a big proponent of auricular acupuncture, which sort of takes away the ability to use binaural beats. In my own meditation and then in a lot of our work, we do binaural beats.

It's not part of an acupuncture clinical practice at all. So this is some of the thought process we went in. For the music, our thought process was a little bit different than you've always informed by Sound healers in India that he consulted, with, we use the ragas, the musical modes that are described in Ayurvedic where to, to evoke specific feelings, and our intention there was to invoke the dosha energy, and then to work to create balance.

And he created balance by the different instruments, the pairing of the instruments that we were using. So for Vata, which is air we use the Bonsuri flute, which is a very cool long melodious note. And then we use the Duduk which is an Armenian flute. That's much smaller. And more sharp.

It has a, it's volatile and sharp. And so there were these two qualities we tried to evoke with the pitta, we use the sarod, which is a very fiery instrument. It's a delightful instrument from India. And we combined that with a nylon string guitar, which is cooling and very sweet. And it's, and it's the emotional effect of sound.

And for Koffa, we use something called the earth harp. We worked with the inventor of the earth harp named William Close, which uses strings that are maybe a hundred or 200 feet long, like in a concert hall. He'll have the bass on the stage and then to the balcony, the strings go. And he creates the whole concert hall, becoming the cavity of the instrument and it creates a slow.

Almost like a sluggish 'cause cough is more fluidy and can often be sluggish. And we combined that with a string in instrumental called the Cche, which is Persian, which is, again, it's more, it's moving, it has more rapid notes, it has more of a to move the sluggishness around. And so those were the kind of decisions that went into what we're doing.

I wanted to make one comment before we turn back to prana about sound healing versus substances. There's a lot of the challenge with substances. Once you're in it until the body digests and it's eliminated you're a victim, not a victim. You're subject to the energy of the substance somewhat.

And with sound, we don't have the, like a bad trip. We don't have that, that concerned. If there was any issue can we turn it off? And what's interesting, there's this interesting marriage. And we've been working with some doctors who are using substance assisted psychotherapy that's using our music.



And what I've read in literature, too, is that the music associated with the therapy could be a very essential, very important part of it. And the proper pairing of that, I think, has tremendous value and enhancement of the experience. That's Rick, what you're saying right there at the end was something that I was getting at earlier about a substance.

Once it's in your bloodstream, it's going to be there for a while depending on what it is. If it's just something like Smokable DMT, it's going to be there for 15 minutes. If it's ayahuasca, it could be there for 10-12 hours or something like that. And with music and sound, on the other hand, you could just turn it off if it becomes a problem or with Prada's approach.

From being able to adjust things on the fly with his app, to how the patient's responding, you can make a custom adjustment based on how the patient's responding. I'll also have another follow up question. So I understand your use of auricular acupuncture points precludes the use of binaural beats in the clinic.

Are binaural beats part of the music that you're creating for the five elements and the doshas? No, we use just pure sound. We use what's called isochronic beats within the rhythm and the frequency of the music itself, but we haven't added a layer of binaural beats in that. And so you're not using them.

In your clinic because you're not in a position to put headphones on an individual patient, you have 12 treatment rooms going at the same time, you're playing the music for ambiance but it would seem to me there, there is an opportunity because music is a low cost self help intervention as well, and I wonder if you're aware that maybe Even if you're not doing it, that's some people out there in the heel in the acupuncture world may be using your music in this way where they're saying to a patient you're an earth element.

And so I want you to listen to this music, in between treatments, for example, absolutely. And I've been told by practitioners that's what they're doing. They're prescribing tracks appropriate to what they think the patient needs. Okay. And is the feedback that they're getting from their patients that it seems to be something that's useful?

Absolutely. Absolutely. If you combine earth with a good earth formula, I think that the synergy of that, plus the treatments are going to be, and it's going to reinforce the treatment too. So that's, yeah, it's using prescriptively that way too. So getting back to what Prana was saying at the beginning about, I just adjust consciousness as a primary modality and then use the herbs, the substances to supplement the change of consciousness that you're achieving.

Do you have something that you want to chime in on this pun? Yeah, I just wanted to say you can use it well. Instead of big headphones for AI. So you can still do, ular may not be near the ear canal because there is a bud in it, but you can use most of the ular points around the side and the top of the ear and inside the ear be because even if you use, like there are good headphones, not the big ones that just go inside the ear and block the noise.

80%, that's enough for rural beats to work. So you don't actually need big ones. I never use big ones in the clinic. I mostly use these. Because people get uncomfortable when they have pressure on their head. Okay, that, that'll be good for everybody to know out there who might be looking to somehow find a balance between their own use of auricular points and maybe integrating binaural beats into their treatments.

Rick, your latest focus has been on 40 Hertz. So why don't you, why don't you tell us a little bit about why you have been emphasizing that in recent years in your music production? Okay. Thank you for that question. The first 12 years you've all and I work together on all of our brain entrainment, which is such an important concept.

We haven't really emphasized it so much, but how the brain coordinates and synchronizes to an external stimuli that's coming through, and in this instance, frequency. We were focusing on taking people from the awakened state of beta into deeper relaxation through up to alpha, theta, and delta. And this was certainly important because meditation is so important, and we were helping people to relax.

About three years ago at an unexpected lunch I was invited to, I met a profound Indian healer who told me, have you looked into gamma waves, which is the fastest wave. So if we're in beta we're between 12 and 35 hertz, that's cycles per second. And gamma is around 35 to 100 cycles per second. It's the fastest of all that's been measured in our brain in the basic neurons, not necessarily the microtubules of the brain, but it's really fast.

And I said, no, I had not looked into this at all. And so Yuval and I then probed into the research, the initial research, and it's quite new, the research on gamma. The most important research is coming out of MIT, where they've done studies with the 40, not just in gamma, but they narrowed it down and they worked backwards in a sense, because they noted with dementia and cognitive decline, That people's brains had very little gamma functioning and very specifically in the 40 Hertz range noted animal studies where they introduced 40 Hertz sound and light, which is another form of bio energy, of course, they started to see the cognitive improvement.

Significant cognitive improvement. And at the end of the research studies, when they examined the brains of the euthanized lab animals, they saw that the tall proteins in the amyloid plaques had literally disappeared. And this was, excuse it, another pun, mind blowing, because you were seeing that the physiological stagnation that occurs in the brain, which creates a neuron, neuron death.

Had gone away. No one thought that this was possible. And so this really lit our light, so to speak to pursue 40 Hertz. Now where there was a little bit of a challenge, not a challenge so much, but in the Western Canada music, which is based on the scales of the piano, there's no 40 Hertz key on a piano.

There's something close to low E, but it's about a half a step different from that. And so to create 40 Hertz, we've had our musicians. tune. We even had our musician, our sitar player in Mumbai, tune an entire sitar to 40, 40 hertz. And it's, overtones. And so this is why we shifted a lot of our answers because there was really the quality of music we create.

There were just raw tones available, let's say about 40 hertz that you could pick up on apps and on the internet. on YouTube and the importance of it and the significant challenge of compliance with any therapeutic intervention. We thought if we could create beautiful music and have it in 40 hertz and then have binaural beats added to it, like you were describing, if you do.

40 and 80, you can get back to 40. You wouldn't do 40 exactly. You'd do 60 and a hundred to get to 40 that we could really get much broader, because we're into democratization. We want to spread healing energy as much as possible. And so that's what we've been doing. We've been creating music at 40 Hertz.

And then with the wide range of. people that we feel need this benefit, which is pretty much everybody at this point. We've created music in the new age ambience. We've created world music using Sarangi, which

is a very unusual Indian instrument, not unusual. It's the Indian people it's known for. We have a calming jazz production.

We have a choral production at 40 Hertz. And so this is interesting, even though it's fast, it can be relaxing, especially with the beautiful music. And then in the context of this program that you organized for us, Todd, about sonic psychedelics, there are some, there's some spiritual thinkers and it's not, it's empirical more than scientific.

There's definitely scientific showing, cognitive improvement, but I want to just go through a few ideas. That spiritual people, the spiritual perspective on the use of 40 Hertz and how psychedelic, like why we sought psychedelics in this country, why we used to, and it's, there's a renaissance happening like this at this point, because it's linked to deep insights, spiritual awakening and experiences of interconnectedness with the universe and higher consciousness.

It plays a role in facilitating the integration of mind and body during meditation. Leading to a sense of peace and unity. It helps with the transcendence of ego that it helps dissolve what we feel separates us from each other. It enhances spiritual experiences and intuition. It's been known to help with actually healing and wellbeing.

It helps on all levels, the synchronization from physical, emotional, and then really probably primarily spiritual to the emotional and then physical. And there is thinking that when we can get into gamma is how we connect to higher realms, how people access the Akashic records. Is the bridge between the physical world and the higher realms of existence.

where people feel that they're connected to angels or higher beings or spiritual guides. This is all associated with the gamma range and what brain entrainment does is it actually helps the neurons of our brain communicate at 40 hertz or in gamma and allows for a much, much higher level of potential consciousness and healing.

And so that's what we're after now. I had prepared, I went through the presentation that you sent to me a couple of weeks ago and extracted some questions. And one of the ones that jumped out at me, I was just about to ask it and you answered it before I could ask it. It was just one about the spiritual implications of 40 hertz.

So I thought that was particularly interesting because I hadn't Most people who talk about 40 Hertz and their YouTube videos on the Internet They're really talking from a more traditional neurological perspective. And so that was really interesting to hear that Lauren wanted to make sure that I wrapped this up on the hour so I have a few questions that I want to get to and I think Prana may be answering some of them in the chat.

So let me make sure I'm not being redundant. Oh, yeah, he did answer the question about P. E. M. F. One of the questions is what is the app called? And the app is called chronic frequencies and there's a free version and there's a pro version. The free version has quite a few frequencies, but they're just individual frequencies.

I believe that the pro app is relatively inexpensive. I think it's 9 or something like that. And the pro app not only includes the individual frequencies, but it includes a wide range of sequences of frequencies. And as Prana was referring to, Those sequences of frequencies combined together are like an herbal formula or a

point prescription, and he has sequences that are targeted at specific symptoms, targeted at specific channels or organs.

He has one that was recently introduced that was a microcosmic orbit sequence. So people may be familiar with Montague Chia's writings on microcosmic orbit. He's not the last word on it, but very familiar in the West, his writings on that. And then another question related to that was if you wanted to use Prana's website, if you wanted to use Prana's app for PEMF plus electromagnetic field stimulation, do you need to purchase an amplifier and some kind of coil?

And the answer to that is yes, as Prana said in the chat. Prana I can't remember because you and I had a lot of sort of side conversations that helped me in identifying how to purchase an appropriate amplifier and connect it with a coil. That information available on your website now or in the, go ahead.

Let me also give a little bit of background. So the vibrations that are coming from the app, they can drive any. If it's driving the headphone, they become the binaural beats. You can also listen to frequency, like Rick is talking about, 40 Hertz. Using the app with the headphones. You don't need any amplifier or coil or anything.

You can take the same vibrations that are coming from the app, drive a coil. In order to drive a coil, which generates the magnetic pulses, which is the PMF, you need an amplifier. Most amplifiers are about 40 to 50 because you're not targeting the whole body. I do not target PMF coils to target the whole body.

I can go into discussion separately for it. I prefer to target locally acupuncture points or chakra points or trigger points. And for that, you only need a small app, 40 to 50 apps, and you need a small peripheral. Peripherals, I make them, there are people who make the peripherals as well, they're not expensive.

So if you combine a tablet and an app and an amplifier and a coil for PMFUs, not binaural, It will all fall into about 150 to 200. But if you're just using binaural beats, all you need is a tablet and a headphone. So we're going to be posting the video and a bunch of resources associated with this topic, including the link to Rick's website and Prana's app.

And we're all, I think we'll also post some information about a couple of his. Relatively inexpensive peripherals that you can purchase on the open market as well. In addition to achieving. And that I use, and I'm very happy with, there are coils in various places. You can get some on Etsy.

There's a company called MicroPulse that makes coils that conveniently have a plug that makes it very easy to plug into an amp that's connected to it. And there are also we didn't mention this earlier, but you can also do water imprinting with the setup as well. I don't think anybody brought that up if you really want to, do some cool stuff.

So it's good you brought the imprinting. Most people get confused about what is imprinting on water. So if you think about ancient times, even today, if you go to a yogic or mantric practitioner, they will shift your consciousness using the mantra or sound, but then they will also chant the same mantra on a saffron water and then give it to you to drink.

That's basically with their version of imprinting sound on the water. We can do the same thing instead of chanting on water is to pass the frequency through the peripheral. And have that imprinted on the water. And then the water carries that frequency that you drink it. Because remember, the whole Eastern version is that the vibration before the form.

In other words, the form follows the vibration. So if you give a vibration to the water, it is going to take the form of that vibration. That becomes the medicine for you as you drink it. That's what is called imprinting on water. And there's a big company now going into imprinting on water. Various kinds of herbs and frequencies to help with and without abusing any chemicals.

So now you're taking a completely different level of sonic vibrations from psychedelics to now what we call infoceuticals, which means you're taking information, putting it on water, and then the body absorbs that information and changes the body itself. And I think you're talking about the Infopathy company?

Yes, and there are other companies that are starting to do so too. Okay, so infopathy makes a relatively inexpensive pad that can be connected to a promise set up to be used for printing. So that's 1 of the best out of the box ways to do it. I think. Oh also there's a lot of more do it yourself options.

If people feel about being adventurous by that and buying more of the raw parts And putting them together I, I'm going to put all these resources on the video page at some point over the next week, more so I'll just bring it up here. That free video link is here. Todd and Prana and John Huber did a talk.

It's there. We'll put this recording there as well as the other links. And because we talked about psychedelics, I put in the chat there. On my conscious podcast, I had Steve Taylor talk about turmoil and awakening, and he had a really nice piece on psychedelics and his research. He's a psychology teacher out of Leeds in the UK.

So check out that episode as well. Okay, We do need to wrap it up in the next couple of minutes and there are a couple of questions that at least we're not answered verbally. And I don't think they were addressed in the chat either. And unfortunately they're, probably more that can be covered in the next couple of minutes.

But I'll just bring them up. 1 of them is specifically about. Prescription of mantras for common conditions to patients. Ironically, perhaps I asked Prana a similar question the other day and he said, it's it's, not as in a nutshell, it's not as simple as just knowing what words need to be said.

And then somebody says, this all sounds fairly complex. How much knowledge of sound and frequencies is necessary to begin and be helpful to patients? I would, say, get your hands on Prana's app and start playing around with it on yourself. It's certainly worth the investment and you'll, I definitely, be able to see the effects.

As far as there, I think there is a certain level of complexity to doing it at an expert level. And if this is something that people have an interest in, let Lauren know. Yeah, let me know. By the way, some, I just want to share, somebody just registered and as they're talking, I'm refunding you the 50. So just, I'm going to let you know that it's literally happening right now.

I'm glad that people are excited about this conference as we are. Sorry, go ahead, Brana and Richard. I was also saying that we, I was talking to Todd the other day as well, that we can do a follow up on Sanic Psychedelic, but focus specifically on the Eastern Mantric side and specifically what we call the Mantra Pharmacy.

And I was giving him somebody who actually has a written book on it about itself, and we can bring them and we can talk about it. The second part of this goes deeper into using that aspect into healing. But it'll be like, it'll take quite a whole webinar to do it. It can't be done in a minute or two.

And Prana, we have you in June talking about this stuff more as well at the HHS, by the way. Yes, 4 p. m. If yes.

Okay. So anyway, I'd like to thank everybody for joining us and for sticking around a little bit longer than we had intended. And thanks again to Rick and Prana for joining us. That was really interesting. So I'm so glad you were able to be here. Yeah, guys. Thank you very much. I got a comment about psychedelics.

Do check out that Steve Taylor talk that I have on my podcast. You're gonna find it interesting when he talks about psychedelics, in short, he says he thinks it can help start the conscious awakening. But. It doesn't believe that it's something that you continue to use. You just use it as a beginning opening.

He says it's basically you, call the universe and the answer and now you need to hang up. The answer, he goes, because that turns into not so good if you keep doing the psychedelics, there can be some residue and issues. Anyways, he really goes into it beautifully, so check that out. Richard, nice to see you again.

And thank you again for your contribution. Same with Prana and Todd. So thank you for sharing with our community. Thank you for taking the time to put this together. We do appreciate it. And I thank you, my community, for coming out because it makes it more powerful when we learn together as a community.

It's nice to see that we're not alone. So thank you guys.