

standard tuning of A=440. This arbitrary standardization was imposed by the music industry so that all musicians would be in tune with each other, although some European orchestras still use other frequency values. “Like so many decisions in modern society,” explains Howarth, “it was made for the sake of standardization without considering the deeper implications. Unlike A=424, the standard musical tuning of A=440 does not correlate with the frequency ranges that support the natural systems.”

RA Natural Frequency Music and Soul Types

Alan Howarth encourages both musicians and listeners to return to the natural frequencies centered on A=424 and at A=432. Howarth and Bateman developed a web-based patented process to convert any standardized recording of music into RA Natural Frequency Music®. These RA conversions are designed to resonate with the listener's brainwave generating centers down to the cellular level in a sympathetic manner. The result is natural stimulation of the brainwaves and associated frequencies that correspond to higher levels of perception. Their website (www.ramusic.com) provides samples of popular songs to compare with their A=424 versions.

In addition to transposing existing pieces of music, the composer also recommends performing and recording music using these frequency references. He describes his first experience of composing and recording directly in RA frequencies: “I found myself within the most amazing pocket of creative energy... and I hit what musicians call the Zone. I was connected to my higher self and creativity flowed right out of my fingers. If you sing in these frequencies, your voice is in tune with the harmonics of your body and your mind, creating a similar inspired experience.”

The first products of these unleashed creative energies were *Indigo RA* and *Paradise Within*, his two meditation CDs that are based on RA Music. Both incorporate the power of natural frequencies on a sonic journey with guided meditations, followed by Howarth's original music that integrates the soothing soundscapes of nature. These CDs are currently available at www.alanhowarth.com.

The nine format tunings ranging from 421.5 to 426.3 are another development of RA Natural Frequency Music. Researchers Alan Sheets and Barbara Tovey of www.newequations.com have linked these nine RA formats with their rediscovery of the Nine Soul Types, which are based on spiritual knowledge from ancient Egypt. Each of these nine energy patterns has its own unique path for creating a peaceful and sustainable global community—a goal that also harmonizes with the concepts of *Star Trek*.

Voice Analysis and Sound Healing

Another innovator in the realm of sound is researcher Sharry Edwards, who developed the concept of Human BioAcoustics with computer voice analysis at the Sound Health Research Institute in Albany, Ohio. She believes that the human voice represents the biochemical and structural aspects of the body, based on the observation that brainwave frequencies are impulse patterns:

“This direct conduit from the brain and body to the vocal cords suggests a message pathway, supporting the theory that frequencies in the voice are representations of the autonomic nervous system's activity.” (www.bioacousticsforsoundhealth.com).

Incredibly, Edwards' BioAcoustics Vocal Analysis computer software program can pinpoint individual frequencies related to various disorders and provide a mix of balancing tones to the client, who listens to them on a daily basis. A variety

of voice analysis programs now correlate frequencies with specific disorders such as 54 Hz for kidney stones and 72.5 Hz for chronic melancholy (www.biowaves.com).

In addition to this technological approach, it is possible to use a sophisticated chromatic tuner without computer interface for voice analysis. Besides listening to the missing notes, the client can also sing them to restore the weak frequencies to the brain. In order to restore balance, it is important to release energy blockages reflected in the excessive tones.

The notes of the scale can also be correlated with the chakras (energy centers) from the ancient Eastern Indian tradition of yoga, starting with “C” at the Root Chakra. This is followed by “D” at the Sacral, “E” at the Solar Plexus, “F” at the Heart, “G” at the Throat, “A” at the Third Eye, and “B” at the Crown Chakra. India also has a tradition of sound healing called Nada Yoga that dates back several thousands of years. Ancient Ayurvedic doctors often diagnosed their patients just by the sound of their voices.

RA tuning forks are another sound healing tool that can be used to reestablish the balance of body, mind, and soul. In addition to the seven (or 12 chromatic) notes of the scale, brain tuners (delta, theta, alpha, and beta waves) or body (Om) tuners that match the Earth's frequency at “C#” in the physical tuning of A=432 can be very effective for healing.

The Future of Sound Healing

Alan Howarth envisions a world where we are increasingly surrounded by the sounds of RA Natural Frequency Music. One of his recent inventions is his Sound Bubble 3D audio immersive technology, which he has demonstrated at various sound healing conferences. As a sound healing chamber, the Sound Bubble creates an immersive sonic shower of frequencies to reproduce how we actually experience sound.

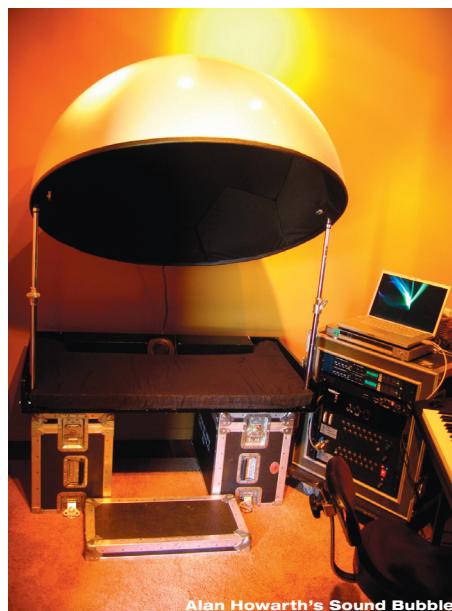
Howarth is currently expanding RA technology for converting entire radio and TV stations into the natural frequencies in real time. He also imagines a future where technologies for sound healing are

part of our everyday routines: “You could have your voice analyzed on the phone and receive an MP3 of a favorite song with the frequencies required to balance your daily health.” This also conjures up the image of the tri-corder from “Star Trek,” a hand-held device that emits sound to analyze and immediately correct a person's imbalances.

But do we really have to wait for tri-corders and advanced technologies to heal ourselves with sound? These tools and techniques are already available for us to use. We are our own healers and have the power to create balance and health in our inner worlds. This approach has existed throughout time: It appears that the people of ancient Egypt, the Mayans, and other cultures already used sound to create harmony in their lives.

This is your opportunity to boldly go where many have gone before you—to the sanctuary of healing sound.

Sound therapist Christine M. Grimm offers workshops in Westwood (September 5 and 26), Santa Barbara (September 24), and Summerland (Sundays and Wednesdays). Her toning CD, Tune Your Voice - Tune Your Life, is now available in RA Music A=424 and the Nine Soul Types. The Santa Barbara singer/songwriter also produces and performs sound-healing concerts in the key of RA. For information on lecture-demonstrations with Alan Howarth, workshops, concerts, and private voice-analysis sessions (also on Skype), visit www.tuneyourvoice.com, e-mail christine@tuneyourvoice.com, or call 805.698.3580.



Alan Howarth's Sound Bubble