

BIOSONIC REPATTERNING™

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BioSonic Repatterning™, developed by John Beaulieu, N.D., Ph.D., is a natural method of healing using tuning forks based on the sonic ratios inherent in nature. When we tap the tuning forks, we produce pure musical intervals based on precise mathematical proportions known as the Pythagorean tunings. When we listen to these intervals we create an archetypal resonance resulting in a physical and psychic repatterning of our mind, bodies, and spirit. This takes place on a physical level within the inner ear by stimulation of the cochlea and semi-circular canals. When we listen to the sound of the tuning forks, our nervous system attunes to the pitch in much the same way as when we find a pitch for a choir, or tune a piano. The vestibular system, via the semi-circular channels, repropotions our body through a process of cellular memory based on the natural ratios of the tuning forks. During the listening process our physical body will actually repositure itself to hold the proportion and sound correctly.

John Beaulieu discovered BioSonic Repatterning™ while sitting in an anechoic chamber at New York University. An anechoic chamber is a completely soundproof room resembling a sensory deprivation chamber. After reading about the experiences of the composer-philosopher John Cage, he decided to experiment. John Cage found that he had heard two sounds while in the chamber; one was a high-pitched sound and the other a low-pitched sound. The engineer he was working with informed him that the high sound was his nervous system, and the low sound was his blood in circulation. Excited by this discovery, John Beaulieu then sat in an anechoic chamber for five hundred hours over a period of two years listening to the sounds of his own body. He began to correlate different states of consciousness with different sounds of his nervous system. Being a trained musician, he noticed that the high pitched sounds of his nervous system consisted of several sounds in different intervals. Then one day he bought two tuning forks and tapped them. Immediately, he observed that the sound of his nervous system realigned to the sound of the tuning forks.

To understand this process, remember a time when you were in a quiet place or just before going to sleep. During this time you may have heard a high pitched sound in your head. This is the sound of your nervous system. When you are under this stress this sound gets louder and sometimes can become a ringing in your ears. For most of us this sound is subtle and we only hear it when we focus on it. Tuning into the sound of your nervous system is a meditation. Find a quiet place, sit or lay down, close your eyes and focus your awareness on the sound inside your head. Listen for the high sound. When you listen closely you will discover that sound consists of two distinct pitches. These pitches originate from your left and right brain hemispheres. These pitches change in frequency, volume, and pitch depending on your state of consciousness.

The intervals of the Body Tuners™ and the Solar Harmonic Spectrum™ create pure sounds and overtones to help you relax and center yourself. Each interval relates to a different state of consciousness and body posture. For example, if you want to be more fiery you could work with the intervals of C and E or C and A. If you want to be more watery, you could work with the intervals

of C and D or C and B. You can creatively combine you intervals based on the five element theory of Ether, Air, Fire, Water, and Earth to create a sound healing concert.

The tuning forks are tools to help you develop and refine your sonic abilities. Simply tap the tuning forks on your knees, bring them to your ears, and listen to the sound. When you tap the two forks together, the sound created is an interval. As you listen to the two different tones, your body will naturally adjust itself and come into balance, making the two sounds into one. You can hum and let your voice resonate with the sound of the interval. This humming creates a sonic anchor which helps you recreate the experience of the tuning forks without having to use them.

With practice you will be able to sonically "think" an interval and your nervous system will respond. When this happens your ears rather than your eyes will dominate your perception. Over a period of time you will naturally begin "seeing" and feeling intervals everywhere in your life. You will be able to know through visual harmonic perception what interval a person is tuned into. Then through bodywork, tuning forks, or other modalities, you can help a person align themselves to intervals for healing and well-being. When they are repatterned to the interval, you will feel a resonance in your body similar to that of humming with the tuning forks.

Beaulieu's Tuning Forks: Hz and Note		
Otto tuning forks		
32	C ^{-'''}	
64	C ^{-''}	
128	C ^{-'}	
Solar Harmonic Spectrum tuning forks and elements		
256	C (middle)	Earth
288	D	Water
320	E	Descending Fire
341.3	F	Descending Air
384	G	Ascending Air
426.7	A	Ascending Fire
439.9	B	Ascending Water
512	C [']	Ether

Beaulieu's Tuning Forks: Interval Relations, Element & Color Correspondances					
INTERVAL				ELEMENT	COLOR
Interval	Notes	Hz	Ratio		
Unison	C	256	1/1	Water	Red
Second	C & D	256 & 288	8/9	Water+	Light Orange
Seventh	C & B	256 & 439.9	11/12	Water-	Dark Orange
Third	C & E	256 & 320	4/5	Fire+	Light Yellow
Sixth	C & A	256 & 426.7	3/5	Fire-	Dark Green
Fifth	C & G	256 & 384	2/3	Air+	Light Green
Fourth	C & F	256 & 341.3	3/4	Air-	Dark Green
Octave	C & C'	256 & 512	1/2	Ether	Blue

The + and - element signs refer to stimulating and sedating qualities; e.g. C&E creates and outgoing stimulating fire while C&A creates and inward sedating Fire. The interval C&A was considered the interval of the mystic by Edgar Cayce and other psychics.

Instructions for Sounding Tuning Forks

(watch/listen to the 6 part, 47 minute VHS tape by Beaulieu; [BioSonic Repatterning™ Instructional Video: Tuning Forks](#))

There are two ways to sound your tuning forks. The first way is to gently hold them by the stems and firmly tap the end of the tuning fork on your knees. This will create a pure tone and is excellent for direct ear use. Bring the forks to each ear and listen to the quality of tone. Remember that your tuning forks are musical instruments.

The second way is to hold the tuning forks by the stems and tap them together two times to create an audible sound with overtones. This sound is good for moving around the body in the energy field. You can adjust the volume by the strength of your tap. Experiment with getting different sounds. When you move the tuning forks quickly they will create a beautiful ringing overtone.

Remember that the tuning forks are musical instruments which need your expression and creativity to be empowered. Be creative and enjoy.

Sound Therapy with Pure Tones: BioSonic™ Tuning Forks Descriptions of equipment and materials

Have you ever noticed how, at an especially quiet moment, you can hear a high-pitched sound like a wire vibrating in your head? According to the theories of polarity therapy and yoga, you are hearing the sound of your own nervous system.

When you are relaxed and centered, this sound occurs at rhythmic intervals. When you are under stress, the sound grows louder and the intervals become less regular. By choosing to listen to certain specific sounds you can literally "retune" your bioenergy system, realigning your body and mind in the process.

John Beaulier has designed BioSonic™ tuning forks specifically to retune and rebalance the body's energies. They are based on Pythagorean intervals and an 8-cps fundamental tone that resonates with the frequency of the Earth. While in a seated position, just tap the fork on your knee or on the floor, or tap two forks against each other

"A Master Healer: I first met John Beaulieu at a ground-breaking conference on sound Healing. Know for his writings in that field, he is also a neuropathic doctory, teacher of Polarity Therapy, and concert pianist. It didn't take long for me to become impressed by his knowledge and research, and to see why he is one of the most influential, innovative and widely respected figures in sound therapy." Terry Patten

Body Tuners™

The Body Tuners™ consist of two tuning forks, the C and the G; they create a ratio of 3/2. Body Tuners™ are a special interval know in music as a perfect fifth. Lao Tzu referred to this interval as the sound of universal harmony between the forces of Yin and Yang. In India, the fifth is believed to create a sound through which Shiva calls Shakti to the dance of life. Apollo, the Greek Sun god of Music and Healing, plucked the fifth on his Sacred Lyre to call dolphin messengers to Delphi. These are some of the reasons it has been called "perfect." The body tuners are a wonderful way to begin your sonic exploration. You can enhance your experience of the Body Tuners™ by adding the intervals of the Solar Harmonic Spectrum™.

Two forks sound the interval of a fifth-the most important interval for relaxation, centering and aligning the body's energies.

BioResonator™ Boxes

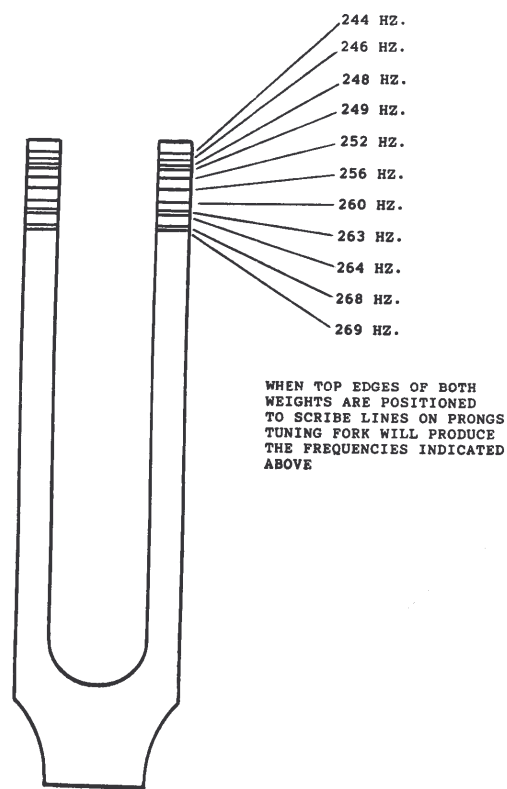
These boxes amplify the sound of the tuning forks so strongly that they ring for nearly a minute, sounding like crystal bowls. Placed on your left and right, these two 256-cps forks (one with an adjustable threaded weight for binaural beats of 0-14 Hz) will soothe and resonate the whole body. 2 boxes with forks plus mallet.

The BioResonator™ uses tuning forks to create specific frequencies called difference tones. The two tuning forks of the BioResonator™ are tuned to 256 cps. One tuning fork has adjustable weights with markings for 242, 244, 248, 250, 252, 256, 258, and 260cps. When you move the weights to these marks, difference tones are created equal to the difference between 256cps and the mark you are using. For example move the weights to the 248cps. When you tap the tuning forks they will sound a difference tone of 8cps ($256 - 248 = 8$).

To create difference tones place the two boxes 12 inches apart. Adjust the weights to different frequencies (see the diagram). Give both tuning forks a good tap with your rubber mallet. When you tap the tuning forks stabilize the resonator box with your index finger on the opposite side of the tuning fork you are striking. First tap the unweighted tuning fork about one to one and one half inches from the top. Then tap the weighted tuning fork on or just below the weights.

The sound will be loud enough for the whole class to hear. Next have a friend, student or client lay down between the open ends of the BioResonator™ boxes approximately 3 to 5 inches from their ears. Tell the person what tones they will be listening to and then tap the forks. Do this several

times experimenting with different tones. The effect is easy to hear and its healing quality can be explained in terms of brain waves, inner ear gating, or extended to demonstrate the effect of Pythagorean intervals. See figure



Brain Wave Entrainment:

The difference tones are related to Theta, Delta, Alpha and Beta brain wave patterns. Delta waves vibrate at 1-4cps and are associated with deep sleep. Theta waves vibrate at 5-8cps and are associated with deep meditation bordering on sleep and long trains of thought between dreaming and sleeping. Alpha waves vibrate at 9-11 cps and are associated with relaxed awareness, being awake and centered during activity, meditation, problem solving and creative thinking. Beta waves vibrate at 12-14cps and are related to quick thinking, restlessness, and being high strung.

To demonstrate sympathetic resonance adjust the weights to 256cps. Put both resonator boxes together with the open ends facing each other. Tap the tuning fork with the weights. The other tuning fork will automatically vibrate without being tapped. Dampen the original excited fork and the other fork will continue ringing although it was never tapped. We are like the second tuning fork. When we come into contact with people, environments, high vibrations, the hands of a healer or the sacred ratios of the Pythagorean intervals, a sympathetic resonance is created between ourselves and the other vibration. Like the second tuning fork, we become excited with the world around us.

Experimentation: Try different settings and notice what happens. Each setting is like an inner ear yoga causing the ear to "gate" in order to process the sounds. Different settings will increase your inner ear strength and ability to listen. Notice the difference tones you refer and the ones that are difficult. Be creative and enjoy.

Solar Harmonic Spectrum™

The Solar Harmonic Spectrum™ is the full octave of tuning forks in a beautiful natural cotton carrying pouch with extra pockets for the Ottotuner 128, Crystal Tuner, etc. Each interval affects your nervous system in a different way by activating specific elemental qualities. The basis for the intervals and elemental qualities are found in the overtone series discussed in John Beaulieu's book Music and Sound in the Healing Arts.

This includes all seven basic intervals for personal meditation and sound therapy. Combine the intervals for a balancing "concert" based on the chakras. 8 tuning forks with carrying bag.

The Otto Tuning Forks

Deep-sounding tuning forks of 32, 64 and 128 cps.

The Crystal Tuner

A high pitched (4096 cps C) pure tone tuning fork.

Book

John Beaulieu (1987) Music and Sound in the Healing Arts: An Energy Approach, Station Hill. This book covers the practice of healing with sound from ancient times to the present and shows how to create increased life-energy and wellness through the use of sound.

"Great! Finally a book on the important topic of healing with sound that comes from clinical experience--not facile esoteric speculation. Beaulieu's 'energy' approach is comprehensive without being dogmatic. His experience as a therapist, composer and seeker come together to make this book a relevant, readable and, most importantly, PRACTICAL introductory guide for the use of sound and music in healing. Therapists and musicians will be excited by the new possibilities available to them. Lay people will gain insight into the forces that make musical experience so powerful. A welcome text." David Gonzalez, Certified Music Therapist; Faculty, New York University Music therapy Department; Board of Directors, the American Association for Music Therapy

PUBLICATIONS BY JOHN BEAULIEU

Beaulieu, John, Music And Sound In The Healing Arts, Station Hill Press, Banytown NY, 1989. This is the first book to fully explore the role of sound and music in healing, from historical, educational and therapeutic perspectives. It is a handbook for healing and selfhealing, for students, teachers, musicians and all those interested in learning how hearing affects mind and body.

Beaulieu, John, Polarity Therapy Workbook, BioSonic Enterprises, New York, NY, 1995. The Polarity Therapy Workbook organizes Polarity Therapy into sixteen learning protocols beginning with fundamental skills and systematically progresses to the advanced levels of practice. You can use the five hundred annotated photographs and illustrations to learn Polarity bodywork, exercise, theory and evaluation.

Instructional Video

A 6 part, 48 minute VHS tape by Beaulieu; BioSonic Repatterning™ Instructional Video: Tuning Forks which demonstrates exactly how to use the tuning fork products to strengthen the human energy field and relieve imbalances.

Part 1 (0-9 mins.): Self body tuning with C-G perfect fifth

Part 2 (9:20-13 mins.): Listening to the sound of the nervous system

Part 3 (13 - 27 mins.): With client, body tuning including crystal tuner

Part 4 (27-35:30 mins.): With client, Otto Tuning forks (128, 64, and 32 cps)

Part 5 (35:30-40:40 mins.): With client, BioResonator Boxes

Part 6 (40:45-48 mins.): Conclusion, demonstration of cranium (occiput and spinoid bones)

CALENDULA CD: A Suite for Pythagorean Tuning Forks

The Relaxstion Company, PO. Box 305, Roslyn NY 11576, 800-788-6670,

BioSonic Enterprises, Ltd.. P.O. Box 487 · High Falls. NY (800) 925-0159 or visit us on the world wide web at: <http://www.BiosonicEnterprises.com>

Calendula Calendula officinalis

I cultivate true listening.

I am nourished and healed by what others speak to me.

I am a Golden Cup, filled with the healing Word.

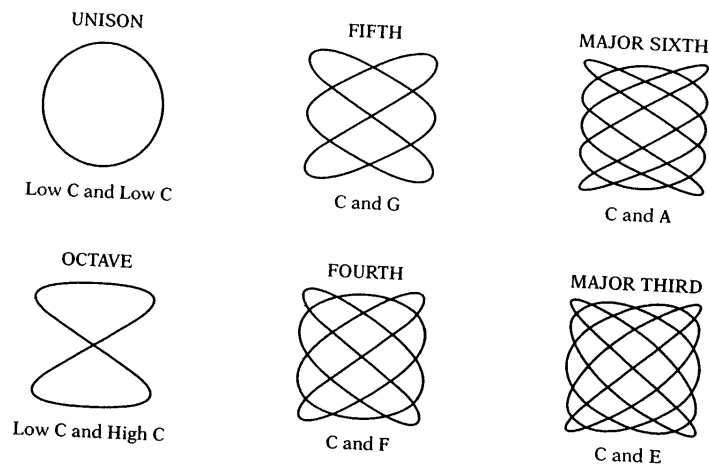
Flower Essence Society-

Our body is like a musical scale. When it is properly tuned we have a sense of well-being and perfect self expression. In Calendula we use a revolutionary system of creating healing sounds with specially designed tuning forks to help tune and align the body.

I discovered the healing effect of tuning forks while sitting in an anechoic chamber at New York University. The chamber is a completely soundproof room which resembles a sensory deprivation chamber. I had read about the experiences of the composer-philosopher John Cage and decided to conduct a similar experiment. While in the chamber, Cage heard two sounds, one high-pitched sound and the other low-pitched. The engineer he was working with informed him that the high sound was his nervous system and the low sound was his blood circulating.

Inspired by John Cage's experience, I sat in an anechoic chamber for five hundred hours over a period of two years and listened to the sounds of my own body. I began to correlate different states of consciousness with the different sounds of my nervous system. Being a trained musician, I noticed that the high pitched sounds of my nervous system consisted of several sounds in different intervals. Then one day I brought two tuning forks and tapped them.

Immediately, I observed that the sound of my nervous system realigned itself to the sound of the tuning forks. I knew that many auditory nerves pass from left to right and right to left within the human brain. I also knew that musical intervals when viewed on an oscilloscope present crisscrossing patterns similar to those of the auditory nerves. **It was then that I realized that people can be tuned like musical instruments!**



To better understand this process, think about how you feel when you are sitting quietly by yourself or when you are just about to fall asleep. During this time you may be aware of a high pitched sound in your head. This is the sound of your nervous system. When you experience stress this sound can get louder and can sometimes even be heard as a ringing in your ears. For most of us this sound is subtle and we only hear it when we focus on it.

You can tune into and meditate with the sound of your own nervous system. Find a quiet place, sit or lie down, close your eyes and focus your awareness on the sounds inside your head. Listen for the high sound. When you listen closely you will discover that sound consists of two distinct pitches. These pitches originate from your left and right brain hemispheres. These pitches change in frequency, volume and tone depending on your state of consciousness.

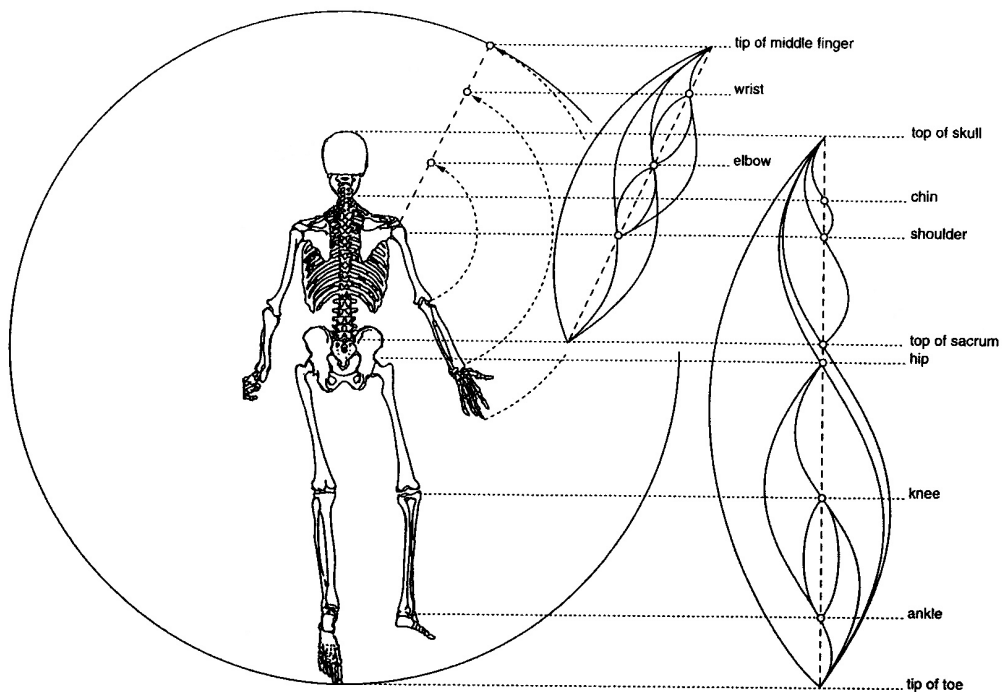
TUNING TO INTERVALS

We can tune and heal ourselves by listening to musical intervals. An interval is the relationship between two tones. For example, the space between the tones of the scale do, re, me, fa, so, la, ti, and do are all intervals. When we sing an interval, our voice moves from one tone to the other. You can try this by making a low tone first and then following it with a high tone. You can hear and experience an interval by listening to two or more tones simultaneously. The space between the tones is the interval.

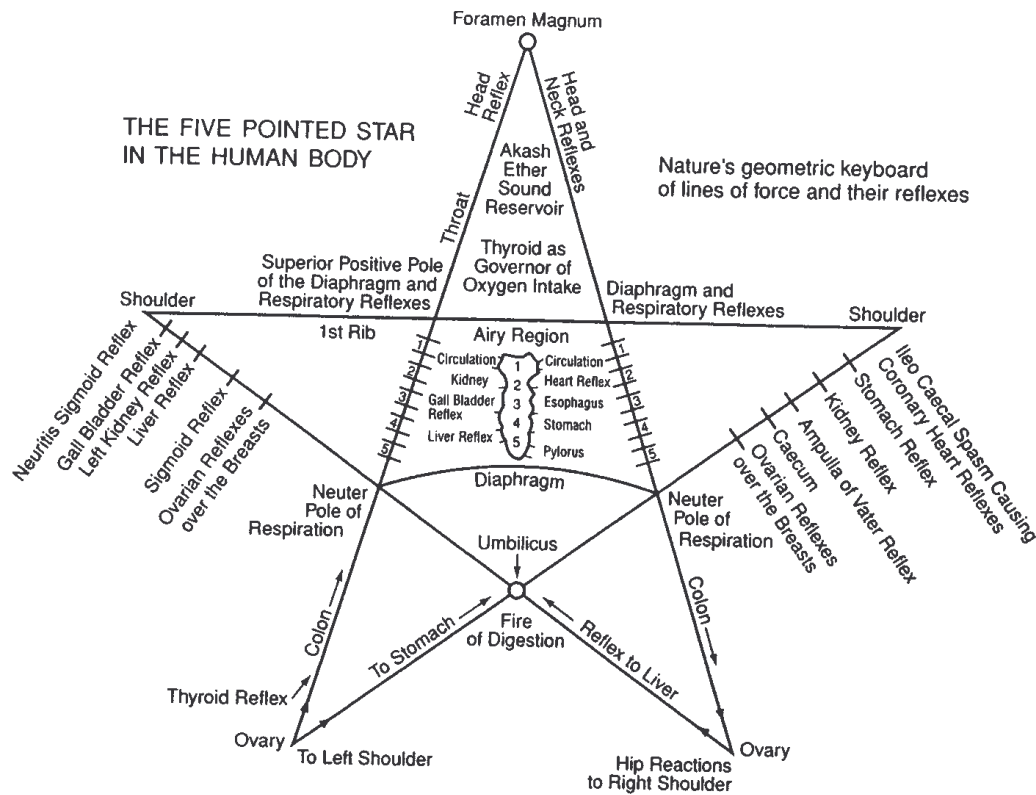
Listening to musical intervals can have a healing effect on our body. When we hear an interval, our nervous system and body posture resonate with and entrain to it. Intervals have been used this way for thousands of years. The ancient Chinese philosopher Lao Tzu referred to "the perfect fifth," (the interval created by the tones C and G) as the sound of Universal harmony, balancing the forces of Yin and Yang. In India, the fifth is believed to create a sound through which Shiva calls Shakti to the dance of life.

In examining the human body it is found that anatomical proportions resemble the waveform expression of musical intervals. The two tones of a musical interval relate to each other in a very specific ratio. You can hear the interval of a perfect fifth by listening to the notes G = 384 cps (cycles per second) and C = 256cps You can also hear a perfect fifth by listening to the notes B = 480 cps and E = 320 cps. In both cases the ratio between the two tones that make up the interval is 3::2.

Measurements of anatomical proportions demonstrate these same ratios. For example, the distance between your extended toe to the top of your sacrum relative to the distance from the top of your sacrum to the top of your head is also 3::2. This is the same ratio as the interval the fifth. These musical ratios exist throughout your body.



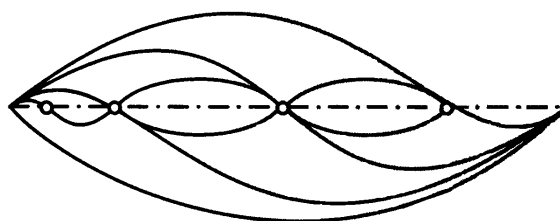
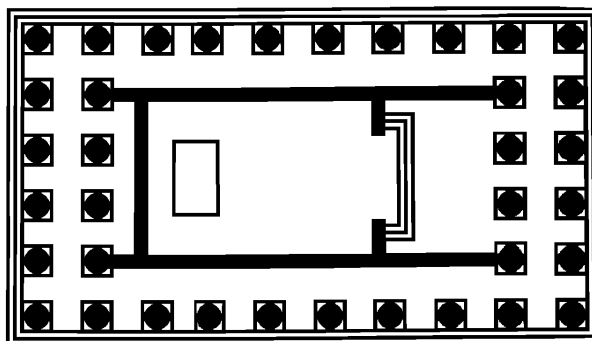
Dr. Randolph Stone, D.C., D.O., N.D., the founder of Polarity Therapy; uses the model of a five pointed star, which he calls "Nature's Geometric Keyboard" to show the relationship between the human body and musical intervals.



Five pointed star pattern represents our body in perfect harmony. The top of the star is the head, the shoulders are the two side points and the hips are the bottom two points. According to this model, someone whose shoulders are very high is out of adjustment -- the five pointed star pattern is distorted. In *Calendula*, the intervals created by the sounds of multiple tuning forks resonate with the body, causing it to realign itself. As the proportions of the body normalize a perfect five pointed star pattern is created. As the star pattern of our body becomes more symmetrical we experience a greater sense of well-being and self expression.

Calendula uses a set of BioSonic Solar Harmonic Spectrum™ tuning forks precisely tuned to musical intervals developed by Pythagoras, the ancient Greek mathematician and philosopher. These intervals are the basis of our modern musical scale as well as being the source of much great art and architecture.

For thousands of years architects have purposefully created buildings that were healing spaces by basing their designs on Pythagorean musical intervals. For example, the following diagram shows temple of Athena related to musical intervals. Notice the similarities between the diagram of human intervals and the construction the temple.



These healing structures effect the human body in the same way as the intervals created by the tuning forks.

COMPOSITIONS

TRACK 1: HARMONIC CLOUDS. *Harmonic Clouds* is a sonic journey based on Pythagorean intervals and their relationship to body proportions. *Harmonic Clouds* moves through different sacred spaces placing the listener, through stereo imaging, in the center of each interval. The sound of *Harmonic Clouds* is created by tapping the tuning forks softly on my knees and bringing them to the microphones as though they were human ears. Simultaneously the notes of each interval move from your right ear to your left ear creating a crisscross effect for balancing left and right brain hemispheres.

How to Use Harmonic Clouds

Harmonic Clouds can be used to gain flexibility in many life situations. The movement of the music through different intervals encourages our body to adjust to different harmonic proportions. You can lie down, relax and let the pulsations of the intervals move through you like a massage. You can also stand up and allow your body to move to the music. Try humming with the intervals while letting them move through you. Enjoy the musical integration.

HARMONIC DANCES (TRACKS 2-7)

Harmonic Dances catches the swirling interaction of intervals, simulating a private healing session where the tuning forks are tapped and moved over the body and around the cranium. During Harmonic Dances, we move the tuning forks around special microphones designed to simulate actual hearing. Tapping the tuning forks together creates a clear sound followed by overtones. The overtones interact with each other to create different pulsations, as well as, new tones. The result is a wonderful playful dance of sound.

TRACK 2: HARMONIC DANCE 1. This is a group tuning fork experience based on the interval of a perfect fifth. Twelve people are each tapping two tuning forks creating the interval of a fifth. This creates many sounds and possibilities to dance with.

TRACK 3: HARMONIC DANCE 2 · Listen and achieve a sense of balance.

TRACK 4: HARMONIC DANCE 3. Listen and feel light and uplifted.

TRACK 5: HARMONIC DANCE 4. Listen and increase your flexibility and willingness to change.

TRACK 6: HARMONIC DANCE 5. Listen and stimulate your creativity.

TRACK 7: HARMONIC DANCE 6. Listen and be inspired to play.

How to Use Harmonic Dances

You can lie down between your stereo speakers and let the sounds move around you. The pulsations and movement of tones and overtones creates a sonic massage which stimulates your cranial bones. This is especially good for developing new ideas and letting go of old patterns. You may also choose to stand up and allow your body to move with the tones. Move fast or slow depending on how you feel the sounds.

PYTHAGOREAN MEDITATIONS (TRACKS 8-15)

Pythagorean Meditations explores each interval as sacred space. Listening to an interval has different effects upon our body, emotions, and mind. The following chart based on Polarity Therapy and my book [Music And Sound In The Healing Arts](#), outlines the qualities of different intervals and what sound track to find them on.

Interval	Element	Quality	Color	Body
Track 8: Unison*	Earth	Grounding, Security	Dark Red	Waste and Elimination, Skeletal
Track 9: Fifths	Air +**	Balance, Harmonious Relationship	Light Green	Nervous, Respiratory
Track 10: Fourths	Air --	Centering, Clarity of Thought	Dark Green	Nervous, Respiratory
Track 11 Sixths	Fire +	Reaching for Spirit, mysticism	Yellow Orange	Metabolism, Digestion
Track 12: Thirds	Fire--	Motivation, Inspiration, Warmth	Yellow	Metabolism, Digestion
Track 13: Sevenths	Water+	Creativity, Intuition	Red Orange	Lymphatic, Reproductive, Body-fluids
Track 14: Seconds	Water--	Flowing, Birthing, Bonding	Orange	Lymphatic, Reproductive, Body-fluids
Track 15 Octave	Ether	Space/Return to Spirit	Blue	Joints, Body spaces

*Unison is the same note sounded in each ear.

**The +'s and –'s represent the pulsation qualities of each element. Plus is expanding and stimulating. Minus is contracting and sedating. For example "Fire +" may be a roaring forest fire and "Fire --" may be a warm glowing embers in a fire place.

How To Use Pythagorean Meditations

You can listen to each interval in sequence or you can put your CD player on repeat in order to listen to the same interval over and over. As you listen to an interval, relax and "get inside" the sound.

Feel free to hum or chant in resonance with the interval. Notice how your body responds and changes. If you are in a quiet place, listen to the changes in the sound of your nervous system. With some practice, you will be able to hum an interval and your nervous system and body will automatically align with the sound and take on the proportions of the interval.

To achieve the elemental qualities associated with an interval, ask yourself, "What is the quality that I desire to experience today? Do I need to be more fiery or motivated? Do I need to take action, or do I need to be more earthy and grounded?" Listen to the interval and visualize the element and quality of energy you want.

To enhance your dreams, you may choose to sleep between two stereo speakers with the interval on continual repeat throughout the night. Keep the volume below your audible hearing range. The interval will have a subliminal effect during the night. Keep a dream diary and notice the differences between your dreams using various intervals.

You can also play a continual subliminal interval during the day. To do so put the interval of a fifth on repeat. Keep a diary and notice any changes in your thoughts emotions and body sensations from interval to interval.

TRACK 16: ANGELIC CONVERSATIONS.

Angelic Conversations uses a special set of BioSonic tuning forks tuned to the natural overtone series. Overtones are simply tones above a tone which ascend in pitch. The ascension of overtones has been referred to as Jacob's Ladder. The sounds of the different overtones along Jacob's ladder were known in the Kabbala as angelic voices. *Angelic Conversations* gives equal value to all overtones. When these tones are played, thousands of listening possibilities emerge as tones appear and disappear. When you listen to *Angelic Conversations* relax and open up to the sounds. Each time you listen a different voice will speak.

Angelic Conversations involves the conduction of sound by our skeletal system with the emphasis on our cranium. Cranial Therapy is a healing art based on the premise that the bones of our cranium must be free to expand and contract with the rhythmic flow of cerebrospinal fluid. When this process is restricted, physical and emotional problems can arise which can include headaches, depression, digestive disorders, learning disorders, visual and audio distortion and nervous disorders.

The thousands of pulsations created by the different overtones in this piece create a "sonic massage" which causes our cranial bones to vibrate like the sounding board of a piano. This vibrational movement stimulates the flow of cerebrospinal fluid and has a slight heating effect. The flow of cerebrospinal fluid is essential to good health and well-being. This is why so many people experience sensations of increased warmth and well-being when listening to the sound of the tuning forks.

Dr. William Gurner Sutherland, the founder of Cranial Osteopathy, refers to cerebrospinal fluid as the ocean of life and calls its movement throughout our bodies the "Great Tide". Dr. Andrew Still, the founder of Osteopathic Medicine states "...cerebrospinal fluid is one of the highest known elements contained in the human body ... this great river of life must be tapped and the withering field irrigated at once, or the harvest of health be forever lost." From an alchemical perspective, cerebrospinal fluid is the mead contained within the holy grail. It has been called "dew from heaven" and "liquid light."

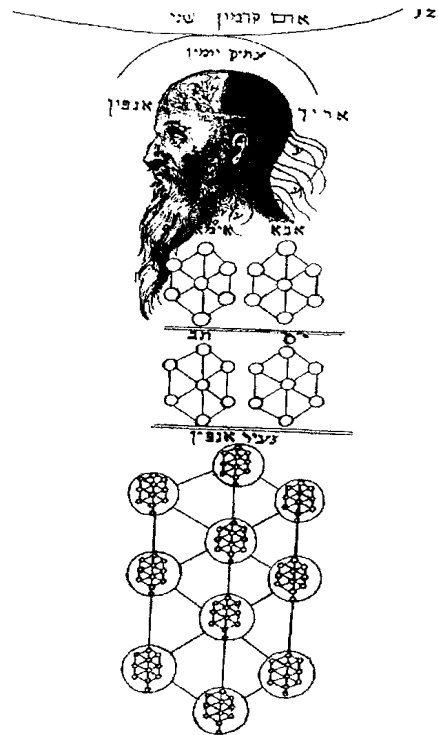
How To Use Angelic Conversations

You can lie down between your stereo speakers and let the sounds move around you. Take deep breaths and allow yourself to open up to the high pitches. Allow yourself to drift and travel with the many sounds and voices.

TRACK LIST:

Track #	Title	Time min:secs
1	HARMONIC CLOUDS	11:41
2	HARMONIC DANCE # 1	6:06
3	HARMONIC DANCE #2	1:19
4	HARMONIC DANCE #3	1:50
5	HARMONIC DANCE #4	1:58
6	HARMONIC DANCE #5	1:14
7	. HARMONIC DANCE #6	1:01
8	UNISON	1:00
9	FIFTHS	2:15
10	FOURTHS	2:15
11	SIXTHS	2:15
12	THIRDS	2:15
13	SEVENTHS	2:15
14	SECONDS	2:15
15	.OCTAVES	2:15
16	ANGELIC CONVERSATIONS	18:11
Total time		61.:23

The Great Head Of The Zohar



"In the cranium of the Most Ancient One is distilled the heavenly moisture which, dropping downward, forms the worlds. The Trees of Creation have their beginning in the Great Head. This is the first Adam, the origin of all generations," -from Kabbala Denudata

The Buddha gave his famous "Flower Sermon" without saying a word; he merely held up a flower to his listeners.

Within the Calendula flower the petals spiral outward in harmonic patterns. These patterns are visual sounds which relate to each other again and again like musical intervals. From a harmonic perspective seeing the Calendula flower is the same as hearing its' music.

JOHN BEAULIEU

I dedicate this work to Lukas Keats Beaulieu and Daniel Everet Beaulieu my twin sons who create a special interval in my life.

Dr. John Beaulieu, N.D., Ph.D., is an active composer, pianist, music educator and naturopathic doctor. After completing advanced degrees at Purdue University and Indiana University, where he studied music and therapeutic systems design, he went on to study Eastern and Western healing disciplines.

Formerly Supervisor of Activity Therapy at Bellevue Psychiatric Hospital and Assistant Professor at City University of New York, he is the current founder and Director of BioSonic Enterprises, Ltd. Dr. Beaulieu is the author of Music and Sound In The Healing Arts and the Polarity Therapy Workbook. He has lectured and performed throughout North America and Europe. Dr. Beaulieu continues to compose, write, and perform music as well as maintaining a private practice specializing in Polarity Therapy and Sound Healing.

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