



PHOTO: JAMES PATRICK

TRYSH DHEVNEY STRIKES UP the healing vibes with her "singing" crystal bowls.

Open wide...say

By Jan Henrikson

If Tryshe Dhevney had her way, everyone would open wide and say ahhh... "Some people carry lavender with them, some people carry aspirin. I carry Ahhhh," said Dhevney, who guides people into transforming their lives through the healing power of sound.

According to Dhevney, by sustaining the sound of Ahhhhh all the way to the end of your breath, you activate your belly. When you activate your belly you draw in more air, release carbon dioxide in the body, oxygenate the blood in the lymph system, and increase endorphins, reducing your stress — all in a matter of seconds.

"To underestimate the power of the human voice is to underestimate the

power of breath in staying alive. Or to deny we need water. The sound of our own voice can provide a penetrating and prolonged shift in the internal vibrations of our body, mind and spirit," said Dhevney, founder of Soundshifting[®]. "Simply put, you can open your mouth, make a sound, and change your life."

Dhevney did. In 1996, she was diagnosed with Hepatitis C. "As a product of the late 60's, I was convinced that Western Medicine would sooner kill me than heal me," she said.

At the time, all the Western Medicine literature made it sound like she had two choices: a. die quickly or b. die a little later. But the verdict was clear. This was an incurable disease.

"Since I very much wanted to live," she said, "I quickly focused on any and all possible alternative methods to heal what I had come to understand as the 'killer' virus. I tried laying on of hands, psychic surgery, acupuncture, meditation, Chinese herbs, changing my diet, not changing my diet, you name it. I even made a desperate attempt to reach coun-

try western singer Naomi Judd, who had been diagnosed with Hepatitis C in 1991. Surely she would know what to do."

Nothing seemed to work. Finally, Dhevney sought out a team of doctors who acted as lost as she felt. When one of them told her she'd better get her affairs in order — on her telephone answering machine — she promptly found a new doctor.

"By this time I was ready to roll a pea down I-10 if they asked me to," she said.

Her new doctor suggested immediate treatment with interferon, a synthetic reproduction of the interferon naturally produced in our bodies. Injecting this chemical 'cocktail' to fight viruses by boosting the immune system was the most hopeful approach of the day.

Determined to feel good during this process, she reached for a Tibetan singing bowl she'd fallen in love with at

the Tucson Gem and Mineral Show. She simply let the puja stick or mallet glide around the rim of the bowl and soaked in its haunting tones.

"Each time I played the bowl, I found myself making sweet, unfamiliar tones, songs beyond words. These spontaneous songs kept my soul from cracking into a million parts."

Quickly, she noticed her attitudes and streams of thought changing. A centeredness, a strength, and a lightness of being began replacing her fear. "I grew to recognize that I had the power to redirect my thoughts and create feelings that made me stronger, that helped me face the fatality of this disease. Now this was a miracle."

While emptying the syringe of interferon into her inner thigh, she began saying, "As I inject this chemical into my leg, each cell in my body knows to use what it wants for healing and what my body doesn't need is eliminated immediately."

She said this every time, and it began to bring her peace. "I knew that everything I said out loud or internally mattered. Speak as if it matters because it becomes matter."

After three months, her body rejected the interferon. Her new doctor started growing concerned that her white blood count was dipping dangerously low. Something else was going on, though.

"The thought frequencies I held each time I injected were actually being received by my body/brain. By dropping my white blood count, my body was rejecting the chemical invasion of Interferon/Ribavirin — essentially eliminating what I no longer needed."

Dhevney wasn't dying as the doctor feared. She was healing. Sure enough, a week after she stopped the chemical invasion, her doctor tested her. There was no trace of the virus. During her aftercare visits, he was mystified but happy that she wasn't sick anymore. He called her his Miracle Girl.

Tips on finding your own sound

"You can tone while in your car, putting in your garden (plants love taking a big drink of your voice), putting on your makeup (a sonic facial), playing with your pet, and working out — even yawning. It's non-invasive, organic, inexpensive, and easy. A practice of ten to fifteen minutes a day will work miracles, especially when coupled with intention."

~Tryshe Dhevney

To experience it first hand:

Sit comfortably. Imagine a little cord attached to the center of your chest bone gently lifting and extending your chest and spine upward and relax your belly muscles. ■ With that lift, notice how effortless it is to breathe into your belly and lower back. ■ Relax your jaw and tongue and let your mouth fall open (the width of two fingers). ■ Ease into the vocals by simply letting out a loud sigh, at the end of the sigh push the rest of the breath out of the belly. Repeat a couple times. ■ Slowly give voice to the vowel tones 'aa' (as in play), ee, ah, oh and ooo (as in smooth) sliding the tones higher then lower. Sustain each tone to the end of each out breath. Notice how you feel. Calmer? More relaxed? Reinvigorated?

(Exercise courtesy of Soundshifting)

"There is a plethora of research available that supports what I have felt for all these years," said Tryshe Dhevney, founder of Soundshifting[™]. "Sound transforms not only physical matter, the cells of the body, but also moves unwanted negative thought into a positive state of mind, of well-being. It's all about vibration. The Universe and everything in it—humans, trees, animals, words, thoughts, feelings are pure energy. Cars, toe jam, chairs, rodeo cowboys and shopping carts are pure energy. Even your mailman. Pure energy."

~ Tryshe Dhevney

Who to contact

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Sound Bites on Medical Research

"The body is held together by sound, and the presence of disease indicates that some sounds are out of tune ... primordial sound is the mysterious link that holds the universe together in a web that is the quantum field." —Dr. Deepak Chopra, founder of the Chopra Center for Well-Being

Fabien Maman, a French composer and bioenergeticist, found that the most visibly dramatic results of the effects of sound on the human cell came about when he sang musical scales into uterine cancer cells. "The structure disorganized extremely quickly," he writes in his book, *The Role of Music in the Twenty-first Century*. "The human voice carries something in its vibration that makes it more powerful than any musical instrument: consciousness...It appeared that the cancer cells were not able to support a progressive accumulation of vibratory frequencies. As soon as I introduced the third frequency [human voice] in the sequence, the cells began to destabilize."

Jeffrey Thompson, D.C., director for the Center for Neuroacoustic Research at the California Institute for Human Science, asserts that since the human body is over 70 percent water and since sound travels five times more efficiently through water than through air, sound frequency stimulation directly into the body is a highly efficient means for total body stimulation, especially at the cellular level. Direct stimulation of living cellular tissue using sound frequency vibration has shown marked cellular metabolism and therefore a possible mobilization of a cellular healing response.

After studying the effects of chanting mantras on human physiology, Dr. Herbert Benson, M.D., of the Mind/Body Medical Institute at Boston's Deaconess Medical Center, found that repeating a single syllable or word produced measurable changes in energy consumption, respiration rate, heartbeat, metabolic rate and pulse, as well as an increase in alpha brain waves.

Michael Thaut, Ph.D., director of the Center for Biomedical Research in Music at Colorado State University in Fort Collins, and his colleagues discovered that people with Parkinson's disease who received three weeks of conventional therapy improved walking speed by about 10 percent, but walking speed improved by 25 percent when rhythmic music accompanied therapy.

According to researchers at Georgia Baptist Medical Center, taped sounds from within the womb combined with song significantly increased oxygen saturation in premature infants. Premature infants in a newborn intensive-care unit who were serenaded by lullabies with a heartbeat were discharged as much as two weeks earlier than those who weren't.

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More Than Just Medicine

“Ahhhhh”



PHOTO: JAMES PATRICK

“This wasn’t a fluke. It was deliberate conscious healing. We all are endowed with the means to heal ourselves. And there’s ample data of just

how un-flukish this is,” said Dhevney, who is now a passionate facilitator in sound healings or sound shiftings as she calls them. Through her workshops and

one-on-one consultations, she’s witnessed people dissolve chronic anxiety, eliminate respiratory diseases, discover sexual well-being.

Client Anthony Ferrigno sought her help for his chronic viral prostatitis after trying medication and acupuncture. “I felt off balance, distraught and anxious, not a natural place for me,” notes Ferrigno. “When we started doing work with the chakra tones, I found the condition got better right away. I felt relief. It was pretty close to instantaneous. I don’t think I was ready for that!”

For those unfamiliar, chakras are invisible energy centers in the body — circles of life-giving energy that flows through the physical, spiritual, and emotional dimensions of our existence. Seven of these energy spirals span from the base of the spine to the top of the head. They cover all the basic areas of our body, from our legs to the pineal and pituitary glands.

“The chakra system is always open and balanced, contributing to your overall health and sense of harmony,” Dhevney said. “When you consciously attune to this power source, you feel good. Once you restore your connection to the chakra system using sound, you touch freedom — freedom from fear, limitation or doubt. You are ready to participate as a fully conscious creator of your life.”

While chakra-toning, Ferrigno was able to let go of shame and guilt over his past relationships. “I now believe that the condition I had was largely caused by stress, and I had a lot of that going on in my life. So when I did the sound work I started noticing that my stress was being eliminated, which I believe allowed me to get better.” Now on the rare occasion when the pain returns, he tones in the car on the way to work and on the way home for a couple of days and the symptoms disappear. “It’s almost too good to be true,” he says.

Linda Kavak, another client, wasn’t feeling up to par when she got an urge to check her blood pressure. It was 149 over 98. She began toning aaahh and Aah Lah. “Within fifteen to twenty minutes, my blood pressure had gone down to 130 over 80. I continued toning and by the time I went to bed it was 116 over 80,” she said. “This is awesome. I just feel calmness, peacefulness encompass my being, my heart, my soul.”

Dhevney believes well-being is not

outside of you. “It’s something inside wanting to come out,” she said. “Sound helps us experience the practicality of well-being. You can find it in line at the grocery store. While waiting in traffic, while on hold on the phone. And you don’t have to spend millions of dollars, escape to mountaintops, or lug around special equipment to access it. Just spending minutes a day consciously making sound can shift the dense frequencies of stress or dis-harmony and realign us with our healthy natural rhythms. When we start opening up that resonance in the voice, we have greater access to that truth that all is well.”

She ran a felt-tipped mallet around the rim of a crystal bowl, and the room began to hum with a soft reverberating sound. “The thoughts we think, and the physical sensations and emotions we feel, broadcast energy into the world the way a radio broadcasts radio waves,” she said. “The quality or frequency of that energy creates the physical, emotional, and spiritual reality we live into. If you want change, sound is quick, efficient, catalytic. It is the most direct route to the Creative Mind, that part of us that imagines the world from a place of limitless joy.”

Now that’s something to say ahhhh about.

Jan Henrikson is a freelance writer living in Tucson, and a features writer for Tucson Green Magazine.

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Why is research on the impact of sound on the human body and consciousness so hot today?

“People are beginning to understand that if you look at quantum physics, everything, every piece of physical matter, can exist as a particle and a wave simultaneously,” said Dr. Melinda Connor, director of the Karen Connor Optimal Healing Research Program at the University of Arizona’s Laboratory for Advances in Consciousness and Health. Her Optimal Healing Research Program teamed up with UofA’s Department of Music to develop an annual symposium to explore the latest scientific research on music and healing, most of which is so fresh, it’s still awaiting publication.

“Sound is wave,” she adds. “So when you change the wave, you change the matter. If you can add frequencies that are needed or you can guide other frequencies by producing harmonics, or you can clarify frequencies by taking the static noise off of them, by producing pure tones and having them realign, then you can change physical tissue. It’s pretty cool stuff.”

Dr. Gary Schwartz, author of “The Energy Healing Experiments: Science Reveals Our Natural Power to Heal,” and who is just embarking on sound-healing research within the Laboratory for Advances in Consciousness and Health at the UofA, said “One of the fundamental properties of how sound affects healing is through resonance and what is called sympathetic resonance.”

For example, he explains, if you have two tuning forks of the same structure, when you strike tuning fork A, tuning fork B will vibrate. “What we typically forget is when tuning fork B is vibrating, it’s sending out energy or sound. And that sound is coming back and therefore affecting tuning fork A. Actually, resonance is a two-way process. When B resonates with A, then A starts resonating with B. The idea of two-way resonance has not been systematically documented. One of the basic science ideas here is when we connect by sound, we’re actually creating a relationship. So sound healing is ultimately a form of relationship healing. Sound energy is relationship energy.”

Resources

To deepen your knowledge of the relationship between sound and healing, start with these books:

- “The Mozart Effect: Tapping the Power of Music to Heal the Body, Strengthen the Mind, and Unlock the Creative Spirit” by Don Campbell

- “The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music” by Dr. Mitchell L. Gaynor.the Mind.

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