





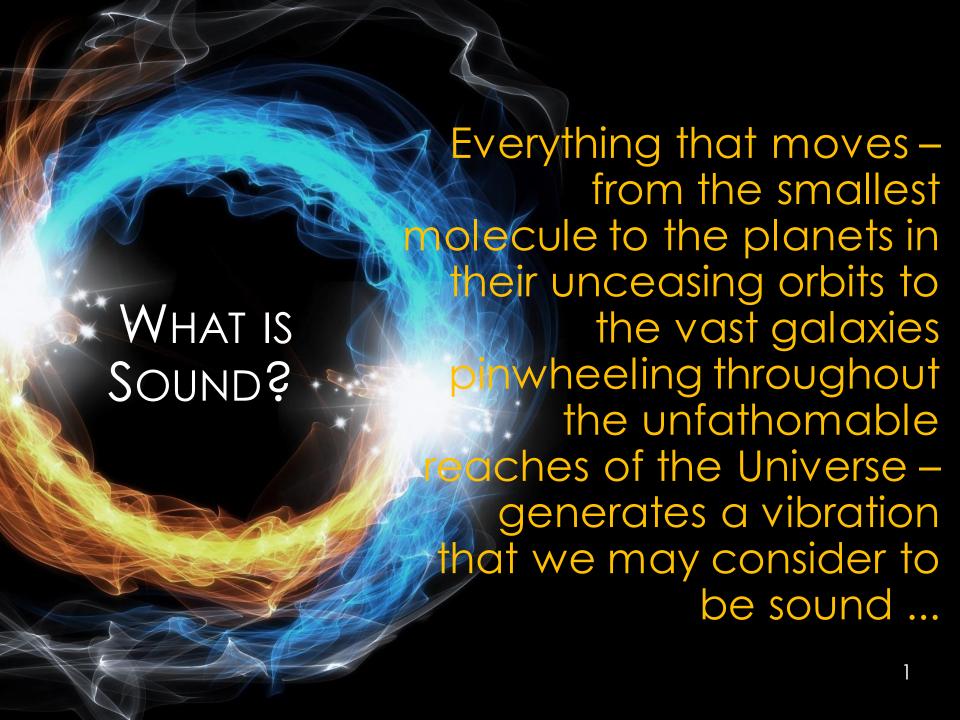
Facial Soundscapes

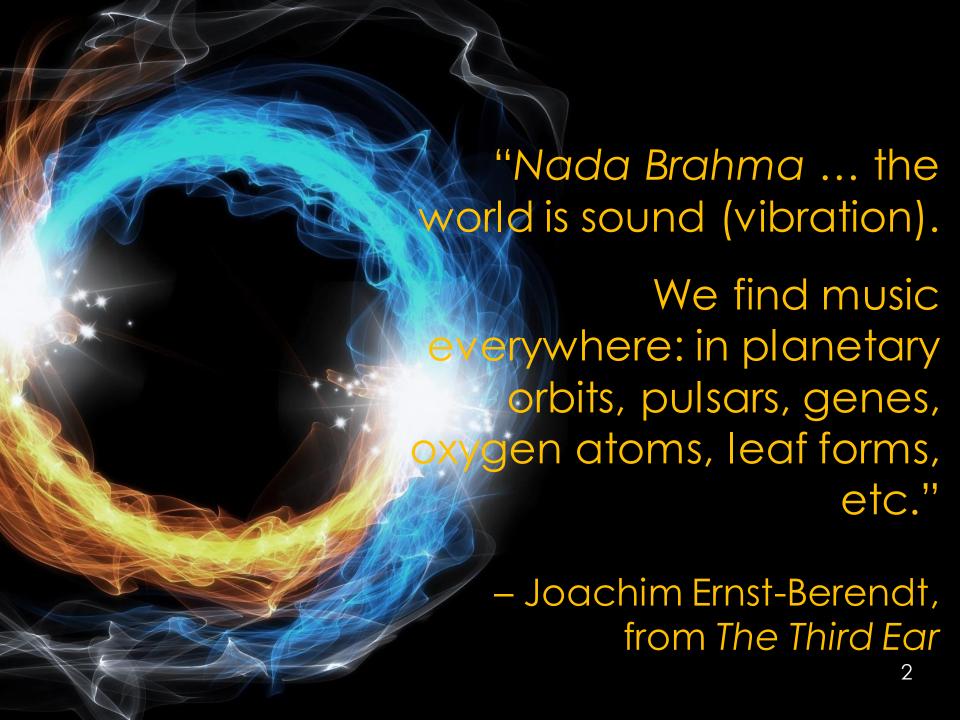
Instructors:

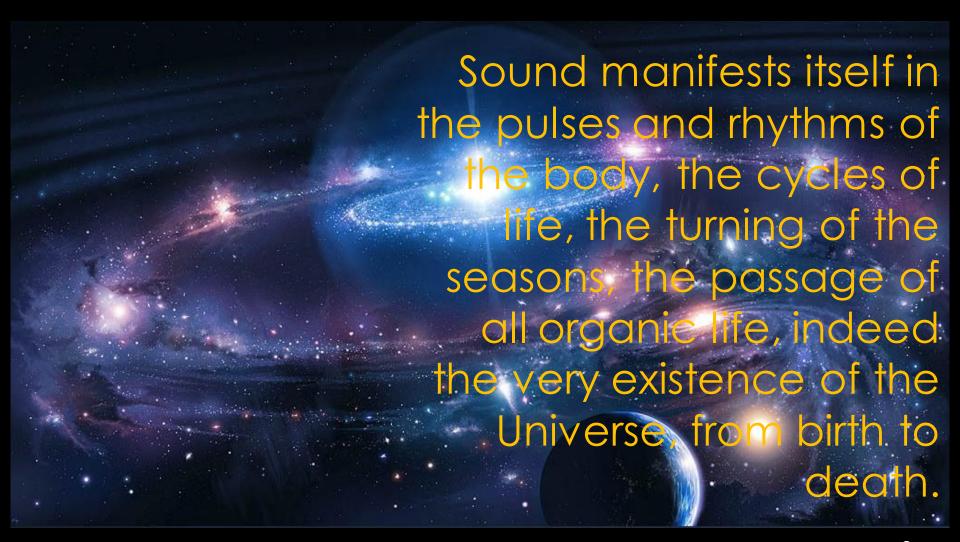
Mary Elizabeth Wakefield, L. Ac., M.S., M.M., Facial Acupuncture Educator/Author/Practitioner (USA)

MichelAngelo, M. F. A., Astrologer Advisor, Astrological Medicine (2006-13) Acutonics® Institute of Integral Medicine, LLC (USA)





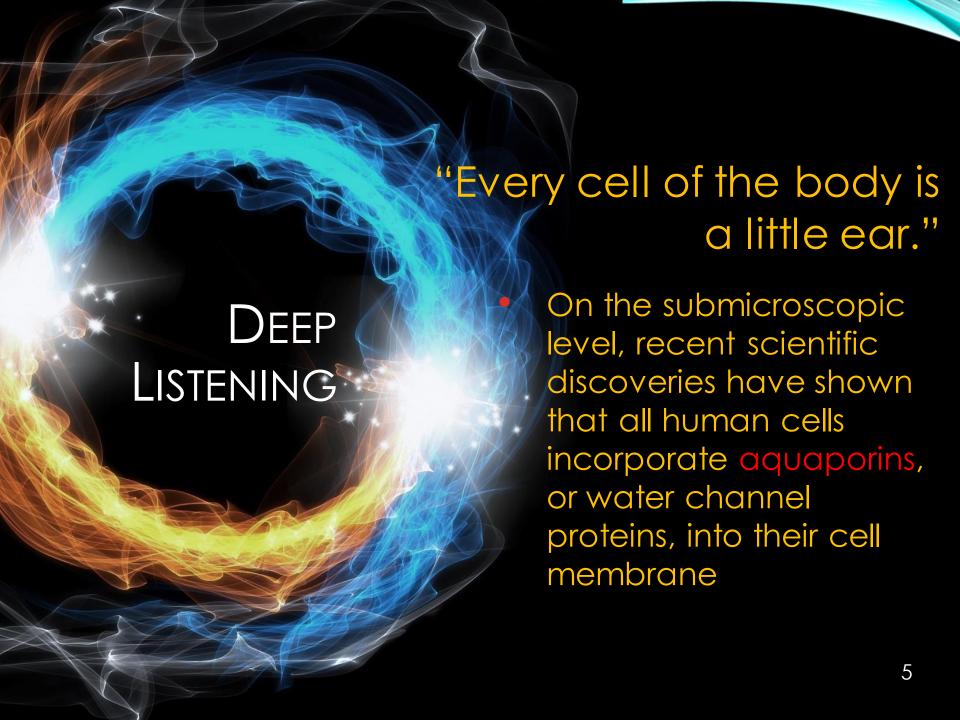


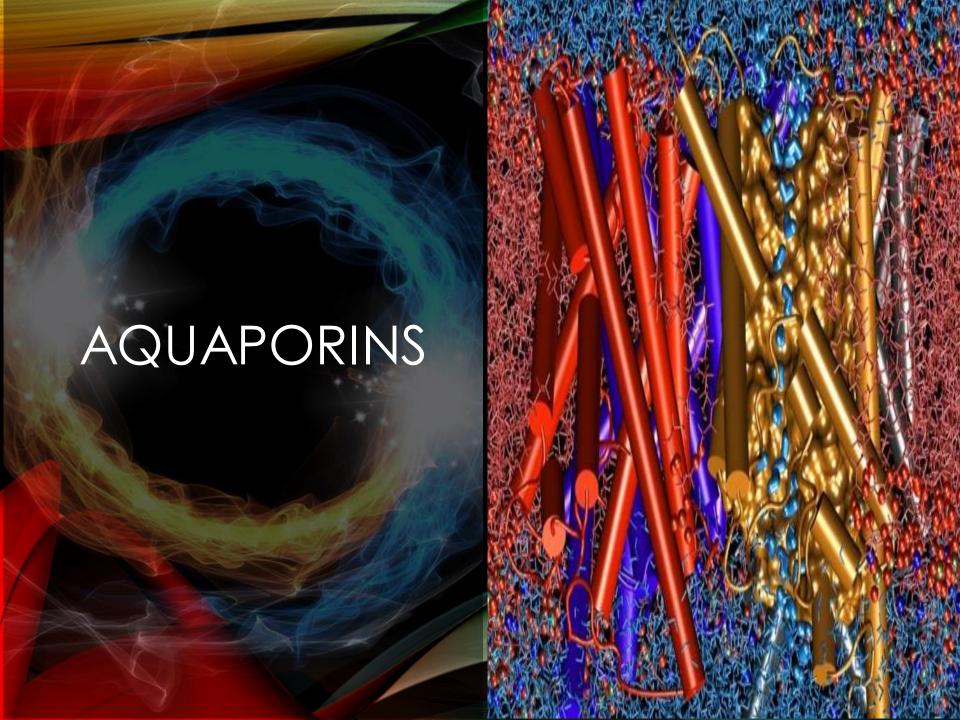




The ear can detect frequencies ranging from 20–20,000 Hz (cycles per second).

The entirety of the human body responds to sound vibration, and we can also "hear" by means of our skin and the 256 bones of the skeleton.







Due to its overall watery consistency (approximately 70%), the human body is an ideal resonator

Sound travels 4 times faster in water than in air

The following bodily structures are comprised of significant percentages of water:

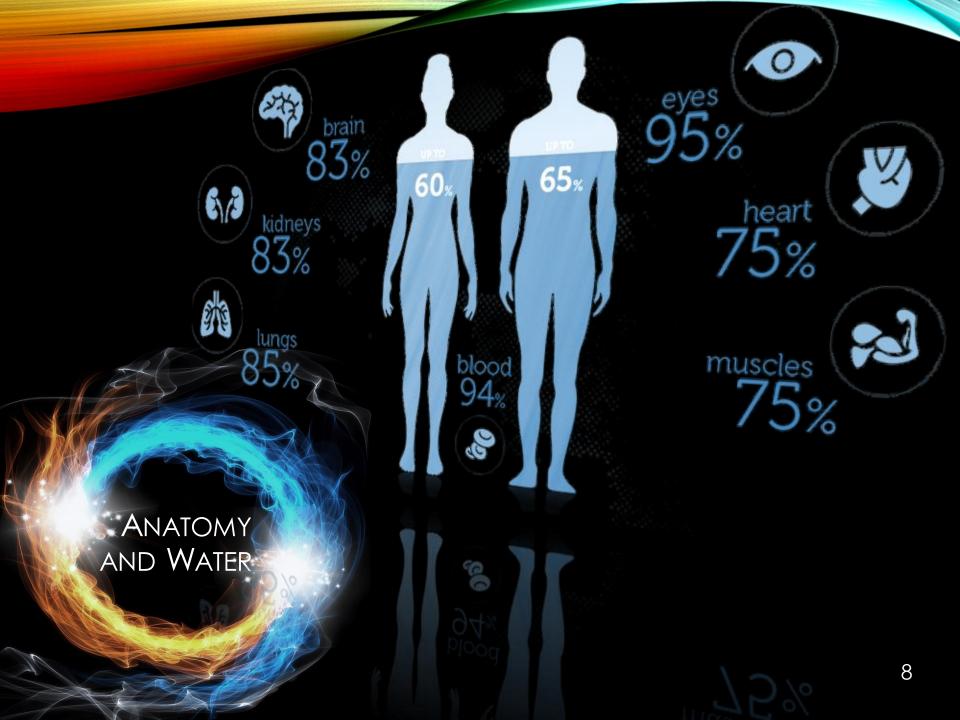
Liver 73%

Heart 77%

Muscles 73%

Bones 22%

Brain 85%





Research shows that healing sound can have beneficial effects on the following body systems:

Autoimmune
Endocrine
Neuropeptides
Cardiovascular
Perspiratory



Research indicates
 that sound and music
 can:

- Affect the emotions;
- Lower stress levels;
- Reduce physical and spiritual pain;
- Deepen meditative states;
- Boost learning and memory retention;
- Reduce fever;
- Help patients suffering from PTSD



In Chinese 5 Element medicine theory, water relates to the Kidneys and Kidney meridian, and represents pre-natal Qi – our genetic heritage!

The Water element rules the bone and bone marrow, and opens to the ear, thereby relating to hearing, special orientation and time.

It also relates to both historical (genetic) and cellular memory

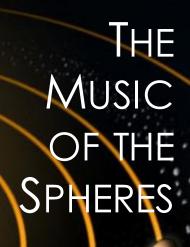
The Kidney is a homunculus, resembling a fetus



At birth we emerge, as did our ancestors, from the primordial "sea" of the womb

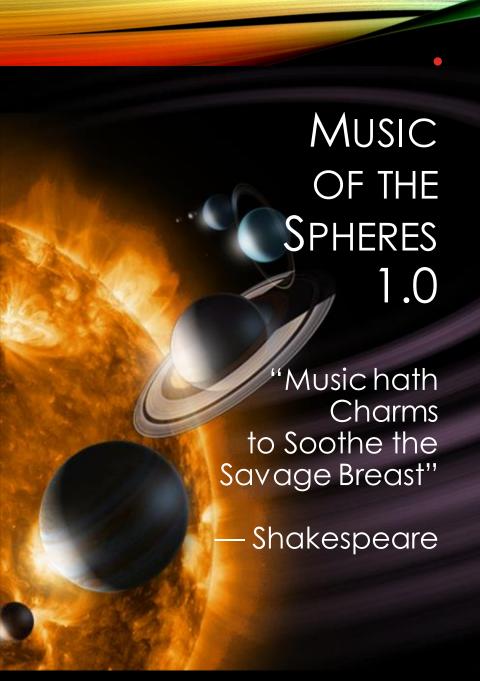
At various stages of development, our bodies are comprised of the following percentages of water:

At birth 99% Adulthood 70% Old Age 50%



The ancient world regarded human beings as inhabiting a universe which was essentially harmonious in nature

- Both East and West acknowledged that human existence should mirror the orderly arrangement of the heavens
- In the West, this was codified by the pre-Socratic Greek philosopher, Pythagoras; in his model of celestial harmony, planetary motion was considered to engender actual musical tones



Pythagoras, while a man of wide creative range, would probably have regarded himself first and foremost as a sound healer

- The 7 strings of the Greek lyre might be viewed as analogous to the 7 planets, and the resulting music, that of Pythagoras' heavenly motion, i.e., the planets traveling in their crystalline spheres
- This might arguably be said to be a kind of proto-music therapy, in which soothing musical sounds, apprehended by the ear, can effect beneficial changes in the human "instrument"

HEAVENLY MUSIC DESCENDS TO EARTH

The Evolution of an Idea, part 1

Pythagoras' idea of celestial harmony received notable reinterpretations, in particular by Plato

During the time of the Renaissance, the Platonic/Pythagorean idea of the cosmos served to inspire many great minds

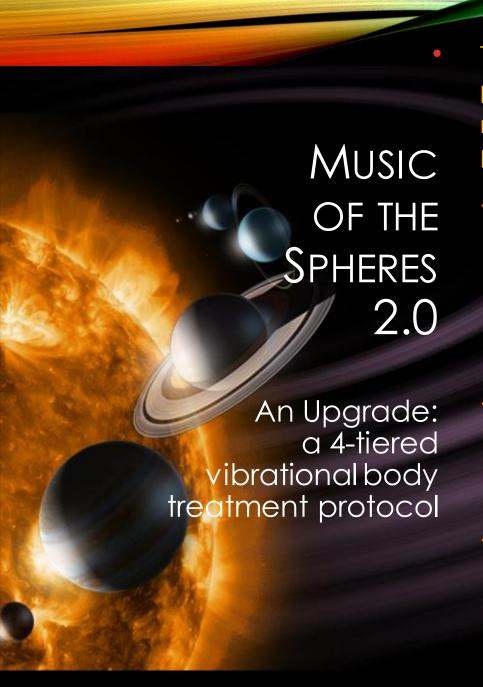
In the 16th c., Johannes Kepler formulates his own theory of cosmic music

Benefitting from very precise observations of planetary motion, Kepler is, for the first time, able to determine the precise nature of planetary motion

HEAVENLY Music ESCENDS TO **EARTH** Evolution of an Idea, part 2

In 1978, Swiss mathematician and musicologist, Hans Cousto converts planetary motion into musical frequency

- He documents this discovery in his book, The Cosmic Octave, and provides rudimentary guidelines for how these planetary tones might be employed upon the body via tuning forks on acupuncture points
 - Donna Carey, Ph. D., co-creator of Acutonics®, fully integrates planetary tuning forks modeled after Cousto's into a constitutional body protocol utilizing the points and meridians of Oriental medicine



The body is addressed initially via the points and meridians of Oriental medicine, in particular the 8 Extraordinary meridians

- Planetary tuning forks are used; each has uniquely archetypal characteristics, e.g., the frequency of Ohm relates specifically to Earth, and its effects upon the body are grounding, calming and harmonizing
- Musical intervals also have archetypal characteristics, e.g., the unison, which has the energy of the number 1, is likewise balancing and harmonizing
- According to the tenets of Western astrological medicine, the body itself is a planetary landscape; thus planetary frequencies are highly effective in addressing conditions of physical disharmony



The penetration of the skin by an acupuncture needle mobilizes the production of blood and Qi; this is caused by a microtrauma

If we examine the needle itself, it is simple to discern that it is a phallic instrument, long, slender and metallic

These qualities relate to the symbolism of the planet Mars in the lexicon of medical astrology

The perforation of the integument of the skin by the needle induces an immune response; the body's defenses are mobilized in order to fight off infection

These, too, are functions of human physiology that can be described as Martian in nature
18



In contrast to the needle, a tuning fork is an instrument that more resembles an empty vessel; it is akin to the female organ of generation, the yoni

- The shape of the fork itself evokes the glyph of the planet which it represents, Venus
- The quality of a vessel is one of receptivity; receptivity is an essential attribute of how human beings perceive sound, the ear itself is a vessel
 - Another aspect of Venus symbolism is that of relationship; in using tuning forks, we establish vibratory "relationship" with the body's water



Mary Elizabeth Wakefield, L. Ac., M. S., M. M., Chi-Akra Center, NYC, NY www.facialacupuncturewakefieldtechnique.com chi.akra@gmail.com; 888-652-5550

MichelAngelo, Astrologer Planetary Vibrational Medicine www.michelangelomedicalastrology.us; planetaryvibrationalmedicine@ gmail.com