

## House of Sonic Light: Using Frequency Attunement as a Pathway to One's Self

Sound practitioners use the energy of sound vibration to assist in the complete eradication of dis-ease, the reduction of pain, relaxation, manifesting planning, deepening meditation, strengthening the body and clearing the mind. The seed assumption for this energetic play is that each and every human is already whole and perfect . . . nothing is broken, nothing needs fixed. Yet, it is very obvious that folks have real issues such as: pains, aches, emotional wounds, and post-traumatic stress. How can this be so, if we are already perfect?

One's wholeness and perfection is manifested — literally becomes present — in the body. Non- or partial manifestation of this perfection at the cellular level can be said to occur due to blockages that filter the light of one's perfect self. What is commonly called the *blueprint*, or idealization, of our cellular identities is held in our etheric subtle energy body, about 2-4 inches out from the surface of the skin. This *blueprint* is a medium which containing all the information about a person: DNA is the physical manifestation of this hologram. In this way, our bodies exemplify the relationship expressed in the saying, "As above, so below."

Emotional baggage is *held* in the etheric body much in the same way that a physical body stores toxins. Further, it is this baggage that blocks optimal DNA replication within the body. These blockages may be established prior to, or during any incarnation; they may disappear quickly (i.e. in a breath) or over a lifetime; they may also be shared between generations of ancestors, members of one's immediate family or within one's *community*, however defined.

In this viewpoint, dis-ease occurs *above*, in the subtle energy signature of the body and manifests below, at the cellular level of that same body. If dis-ease is extreme, it will ultimately manifest at the level of the body's cells, in the organs of the body occurring within the realm of the chakra(s) involved in the dis-ease. If an energetic vibration of dis-ease (i.e. belief) exists within a person's etheric body, cellular change will only occur if this energetic vibration is changed.



In my practice, I intentionally attune a person's chakras using the ancient Solfeggio frequencies. These frequencies range from 396 to 852 Hz. Each of the six Solfeggio tuning forks corresponds to one of body's first six chakras; all the forks are used to attune the crown chakra, at the top of one's head. The graphic included here depicts each bodily chakra, its main color, and the corresponding number of petals associated with it: from the *root chakra*, shown in red at the bottom, to the crown, shown in rainbow at the top. As the body's endocrine and glandular systems are directly associated with its chakras, frequency attunement balances these systems while promoting increased immune response. Most importantly, frequency attunement increases one's vitality enormously. Filters in the etheric body require physical, metabolic energy to stabilize, or hold in place. We literally pay rent in the form of our



overall daily energy level to store baggage in the etheric body, much in the same way we pay rent for storage spaces to hold stuff that we choose not to clear from our lives.

In healing play with the etheric body and a person's chakra system, frequency attunement assists in untying any and all filters from one's energy signature. Sound healing occurs only if one is open to change. Much in the same way a person clears his or her house, sending un-used or un-necessary effects to the local charities, frequency attunement is an opportunity to clear the baggage from one's etheric body, so that one's perfection may again light the body-as-home. This increased light movement is most desirable, as it brings about optimal DNA functioning in our body's diligent task of cellular replication. DNA replication occurs primarily as a means to communicate to each cell what type of cell it is and what it does.

Frequency attunement is non-evasive, and can also be used directly on the body to redirect energy flow, release pain, tension and immobility. Further, this modality is wonderfully versatile, and may be used in tandem with any other energy modality, including, but not limited to: massage therapy, healing touch therapy, crystalline consciousness technique, and reflexology. I regularly attune myself, those in my immediate family (including our pets), the food we prepare at home and the water we drink, as well as the physical space of our home.

*Tobie Saad is a certified SomaEnergetics Teacher and Practitioner who incorporates Rose Twin Flame Reiki and Indigenous Shamanisms in her practice as an energetic conduit to assist others in their health and healing goals. If you are interested in learning more about the ancient Solfeggio frequencies, your chakra system, taking a Sound Healing certification class, or scheduling a frequency attunement, please call her at (419) 699-6370 or see <http://nonordinaryreality.com>.*

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