

Music & The Arts: How Sound Can Transform Your Life

Healing The Field - The Conductor/Therapist Tells All

A Talk by Russ Fox

Hello, everyone. **Thank you** so much for being here.

I want to start not with a thought, but with a feeling.

I want you to **feel something** with me. Imagine a 100-piece symphony orchestra, right in front of you. The strings, the brass, the woodwinds, the percussion. Now, imagine I give a downbeat, and all 100 musicians play a single, massive, clashing, dissonant chord. A chord of *such tension* that it makes your jaw clench, your shoulders tighten, your stomach knot. **Feel** that **physical tension**.

(Pause...)

Now, *with that chord still blaring*, imagine I lift my baton... and with a subtle shift of my hands, I guide that orchestra to *resolve* that chord. The *tension melts* into harmony. A harmony so perfect, so clear, that you can physically feel the release in your body. You take your *first full breath*. Your *shoulders* drop. The *knot* in your stomach dissolves.

(Pause...)

What you just experienced was **not a metaphor**. It wasn't just psychology. It was **physics**. It was the physical, measurable movement of *feeling*, sculpted by frequencies you felt, yet never actually heard...

For over 50 years, as a classical music conductor, I have lived my life on the podium, sculpting these very forces. My entire career has been dedicated to understanding how to create and resolve vibrational tension to evoke a predictable, communal, emotional response.

At the same time, for nearly 40 years I have been a Certified SHEN Therapist, personally mentored by its developer, the American scientist Richard R. Pavek. In *that* life, my hands-on work has been to engage the *internal* expression of these same forces: the dissonant, unresolved, unheard chords of human suffering... the grief, the fear, the shame... that get trapped in the human body.

I have spent my life standing at the precise intersection of ***external*** frequency and ***internal*** frequency.

And I am here tonight to tell you: **They are the same thing.**

And your understanding that one, single fact could fundamentally change how you view your **health**, your **healing**, and **your entire reality**.

[The Great Misunderstanding: Tuning the Wrong Instrument]

This entire talk was stimulated by a post I saw on LinkedIn recently. It was a perfect example of how our modern, well-meaning, and incredibly intelligent scientific and mental health industry has drawn, in my view,

increasingly unsupportable conclusions.

The post—in referencing the brain and its response to sound—said this: "Now if sound can be used for healing [*a huge assumption in itself*], it could also be used for harm... Do we consider background noise or the digital music we are surrounded by and how that affects our health?".

It's a good question. It's an important question. But it's a question rooted in a paradigm that is, I believe, *fundamentally limited*.

It's rooted in what I call the "reductionist, brain-centric" model.

This is the model we've all been taught. It's the one that *dominates* our world. It tells us that we are our brains. That the brain is a vastly *complex biological computer*. Our thoughts, our *feelings*, our very 'Consciousness' and sense of self, are just the result of a hundred billion neurons firing in a predictable, machine-like way.

In this model we've assumed to be accurate, all sights, smells, tastes, and all sound is *input*. So, along with the rest of it, Music is incoming data. The sound wave hits your ear, the ear sends an electrical signal to the brain, the brain "computer" processes this data, and then ***It - The BRAIN - creates a feeling***.

Sound... leads to... Brain... Brain creates... a Feeling.

In this long-held model, the brain is the source of the feeling. The brain is, so to speak, the '*composer*' and '*orchestrator*' of that feeling.

And, accordingly, if we're suffering—if we're anxious, or depressed, or traumatized — Something is amiss 'upstairs' – it's because the machine is off kilter, maybe 'broken.'. We have "faulty wiring" or a "chemical imbalance". *The computer has a bug.*

This model has led us down a very specific path. It has given us an entire world of management, suppression, understanding and control... We even use sound to manage the broken computer.

This brings us to our first, big question.

(Question #1)

I want you to be honest with yourself. How many of you use music to manage your feeling state? To calm down after a stressful day? To get energized for a workout? To focus at your desk?

(Pause... show of hands)

Right. Most of us. Now, *how many of you have gone deeper*? You've tried 'sound healing'? A '**sound bath**' with gongs or crystal bowls, designed to "**re-tune**" your frequencies? Feels **Wonderful**, right?

(Pause...)

Now, the *real* question.

Why doesn't it *last*?

Why, after a 'deeply relaxing session,' a session where you felt "restored,"

WHY does that *familiar anxiety*, that specific *knot* in your stomach, return a day later? Or even just an hour later?

Why does the ache of grief in your chest—which seemed to dissolve under the sound of the bowls—creep right back in when you're driving home in **traffic**?

If it's music & sound in, and the brain adjusts its frequencies and our responses..., Why can't we just **listen** our way to permanent health?

(Pause...)

Because we have been trying to tune the **wrong instrument**.

We've been focusing all our scientific and therapeutic genius on the *brain*, believing it's the source of our internal music.

We're like a radio technician who, hearing static, spends all his time polishing the radio's dials, rewiring the speakers, and maybe even changing the antenna... all while *ignoring* the fact that the *problem* isn't in the radio at all.

The *problem* is the **broadcast signal**.

This is the great 300-year-old error we've inherited from the 18th-century '**Age of Reason**', the '**Age of Enlightenment**', and what I now call the "**Age of the Great Detour**". From that period onward, believing that mankind was not just *the pinnacle of all creation*, but also fully capable and self-sufficient, Western science and philosophy has been dissecting and

analysing our brains & bodies..., certain that the ‘source of all things’ - the grand ‘raison d’etre’ (reason for being) - is somehow centered in our ‘*cranial super computer*’ and the *body* it commands.

So, *in believing* that our brains and thoughts are *initiating* our felt *responses* to music & art, we are asking the gifted ‘arts therapist in our head’ to override its own defensive responses to life. We’re asking the ‘security guard in our skull’ to sound the “All Clear!” signal. “Stand Down! The *threat* has all been *washed away* by the Tibetan temple gongs, the Mozart adagios, and the beauty of Van Gogh's ‘Starry Night.’ Really? So, when, exactly, did all this “feel good” ‘*symptom management*’ *become the cure?*

It seems like a recipe for *endless numbing and suppression*, not *curative root cause healing at all*. *How is it* that my ‘Super Computer,’ the authoritative voice in my head, *could be fooled* so easily? Is that really ‘Me’ up there?

[The Physics of the Soul: A "Field Precedence" Paradigm]

So, if I am not the voice in my head, who am I?.

This is where the ‘Age of *Reason*’ gets **confused**; where the ‘Age of *Enlightenment*’ stumbles over its own **arrogance**. This is where the new paradigm begins. And it’s a paradigm that, as many of you in the Tao community know, is actually the oldest wisdom on Earth.

Here is the reality - a truth known & accepted by ancient cultures & indigenous peoples around the globe for millennia, and is now finally emerging as a core tenant of contemporary Quantum Physics: **You are not a machine.** To use the actual language of contemporary physics, **You are a conscious and aware vibrational field of energy and information.**

This isn't 'woo-woo.' Neither is it self-engrandisement or merely wishful thinking. Whether it's been

the **Taoist “Qi”** (Chi) of China,

the Hindu **“Prana”** of India,

the **“Pneuma”** of Greece,

the Sufi's **“Ruh”** from Persia,

the **“Mana”** of Polynesia,

the **“Chi”** of the African Igbo traditions, or

the **“Ase”** of the Yoruba peoples of West Africa.., these are all simply different cultural names for the **same basic understanding of life itself**.

We are conscious energy-based beings, here to learn, grow, and to transcend the illusion that we are limited physical beings.

In 1992, a group of scientists at the U.S. National Institutes of Health finally gave this field a formal name: the **biofield**. They defined it, in their quiet, revolutionary way, as a "massless field... that surrounds and permeates living bodies and affects the body." A vibrational field of energy.., that affects our biology.., Thus, the **‘Biofiled.’**

Now, That Changes Everything! It gives us *an entirely new foundational principle* for health and healing.

If you remember *nothing* else from our time together, remember this. What I'm about to tell you is the '**Rosetta Stone**' containing all the information required to fully grasp the new - yet exceedingly ancient - field-based paradigm.

Ready?

The new model is called "**Field Precedence.**"

It states that: "**Field physics frequency fluctuations precede and dictate all biological, electrochemical, mental and psychological responses, adjustments and/or changes**".

Let me say that again..., backwards: "**All biological, electrochemical, mental and psychological responses, adjustments and/or changes are preceded and dictated by field physics frequency fluctuations.**"

And now in just four words: *The field comes first.*

And as for "*frequency fluctuations*" let me also remind you that *by definition, a sound is a frequency fluctuation.*

[The Old and The New: Side by Side]

The old brain-centric model was: Sound -> Ear -> Brain -> Feeling.

In the new model, the brain *does not* produce the feeling. Actually, by the time the sound registers in the brain, the 'feeling' has already been initiated by the frequency change *sensed directly by the biofield*.

So, the new model is: Frequency -> Biofield -> Body =s > Feeling

The brain then does its defensive best to survive!

Here is a basic physical truth: when living tissue gets irritated, it contracts. This is why leaves bend towards the sun. Actually, stems don't like the sun.., the frequency of sunlight irritates them - it feels bad. So to protect themselves the stem's contract at the point of irritation.., it bends.., and the attached leaves end up facing towards the sun.

[Expanded from the talk]

Well, that's the physical side of it. But, *if all physical adjustments and changes are preceded by frequency fluctuations*, what's the real 'behind the scenes' sequence?

- 1) The frequency of sunlight is incoherent/dissonant for the frequency field of the stem's skin-like outer surface.
- 2) Stem's disrupted field has become agitated, irritated, at risk of losing its 'field integrity.'
- 3) The cells of the stem's exterior surface instantly sense the distress in its sustaining 'parent field,' without which the 'child cell' could not survive, or even exist.
- 4) In response to the threatening, chaotic fluctuation—i.e., the 'static'—

within its ‘parent field,’ the physical cell wall rigidifies, causing the cell to contract in on itself. This same process is occurring in all the cells whose ‘parent fields’ are currently being disrupted by the sun’s irritating frequencies.

- 5) With all of these physical cells simultaneously contracting, that portion of the stem’s outer surface facing the sun contracts.., it shrinks, causing the entire stem to bend in that direction.
- 6) As a result, the stem’s leaves more fully face the sun, thus allowing for increased photosynthesis.
- 7) Summary: a) The sun’s frequencies are ‘static’ to the stem’s vibrational field. b) The now-disrupted field of the stem is ‘static’ to its own physical nature - the cells. c) The now-disturbed cells rigidify causing them individually to contract. d) With the entire community of sun-facing cells contracting, the entire stem bends—in effect, is ‘pulled’—toward the sun.

Field Precedence: The fluctuation in the stem’s vibrational field preceded and dictated all biophysical cellular responses, adjustments and changes. The **field** comes **first**: **All else follows**.

So, that’s plants & stems..., What about **our** bodies?

Instead of sunlight, let’s look at the body’s response to emotions.

- If the incoming emotional frequency is disruptive, incongruent, incoherent in any way, the area of one’s vibrational field (biofield) sensitive to that incoming incoherence gets disrupted. The physical soft tissue in that specific emotion-related region - let’s say the mid-chest - sensing *its*

own field's incongruence, rigidifies and contracts, and we are all aware of **that** specific feeling of contractive sadness & grief.

- If the frequency is congruent and coherent, any held field incongruence and cellular contractions in an associated emotionally-specific area - like the heart - relaxes allowing for a sensed pleasant & more expansive feeling there, and for the heart this would be *Joy.., Love.., Exultation*.

Before our brain has made sense of this incoming frequency, and prior to the body's automatic cellular response, our conscious awareness has already perceived these field changes because it itself IS the field.

And, Therefore.., when you listen to music, and you feel something deep inside, **your brain is not** the *source* of those internal responses you feel. **Nor** is the brain the **source** of that expansive 'Inner Awareness' you experience. **Fluxive changes in your biofield have preceded and initiated all of these feel states and awarenesses.**

What your brain is, then, is an exquisitely designed *transponder*.

It is, without a doubt, the *most sophisticated antenna* ever created, and its primary job is to 1) receive information that is already present in your own vibrational field, 2) interpret it, *and if necessary* 3) immediately broadcast instructions to the body on **how** to respond (like 'fight' or 'flight') .., and then 4) come up with justifiable **reasons Why**.

Contrary to current mental health theory, training and practice, your suffering—your anxiety, your grief—is not "faulty wiring" up in the antenna.

It is **'static'** coming from within your own internal *broadcast*.⁴

It is the *irritating, frequency-based static* that somehow has gotten *lodged in your field*. And your body – just like the stem – is contracting around it.

Just as quantum physicists and all of humanity's wisdom traditions tell us, we are actually dynamic vibrational fields of energy, and changes within our field create changes in our physical bodies, and in the physical world around us.

This "new" idea is, in fact, ancient.

For our friends here from the Tao community, this is foundational.

Contemporary **Tao Science**, as articulated by visionaries like Drs. Rulin Xiu and Zhi Gang Sha, translates this ancient wisdom into the language of modern physics.

Tao Science says that *the Tao*—the ultimate source—expresses itself as a **"quantum vibrational field"**. *Everything* in existence is an expression of this field, composed of three elements: **"information, energy, and matter"**.

And according to Tao Science what is the "Soul", ***Your Soul*** in this rigorously scientific model? The soul is given a precise definition: it is the **"content of the information"** carried within your unique vibrational field. Your health or illness is a direct reflection of the *information*—the *coherence or incoherence* you carry in your field.

This is the *exact same concept* from the other side of the world, that has

been hidden in plain sight here in the West due to a series of tragically inaccurate translations of early Christian texts.

When the master teacher Jesus of Nazareth spoke of the '**Kingdom of Heaven**' in his native Aramaic, he didn't speak of a "kingdom" in the sky - *Somewhere out there*. He spoke the words '**Malkuta dashmaya**.'

For reasons both linguistic and political, this was, sadly, mistranslated. '*Malkuta*' (in English translated as 'kingdom') doesn't mean a place; it means a "**reigning principle,**" an **active process**.

And '*dashmaya*'... its root, '*shm*,' actually means "**light, sound, and vibration**".

So, the "*Kingdom of Heaven*" is, and always was, a first-century, physics-based description of "**the reigning principle of cosmic vibration**". And where is this *Reigning Cosmic Vibration* to be found? "***The Kingdom of Heaven*** [this *Malkuta Dashmaya*] **is within.**" It IS Who & What we actually are, the very core of our being.

To grasp this is potentially the "**End of the Detour**", a "**Restoration of Clarity**", the "**Grand Coming Together**". The ancient Taoist mystics, Persian Sufis, the Polynesian Elders, the West African Igbo, countless native American tribes, the Aramaic Jesus, and modern quantum physicists are all describing the same reality.

Your "**Self**" - The **Real YOU** - **is not** a physical object. It is a conscious vibrational pattern, a field of energy holding varied frequencies both

coherent, expansive, healthy & harmonious.., and *incoherent*, contractive, disruptive & dissonant, all surrounding and permeating your body.

And therefore..,

... To change your physical health, your relationships, your Earth-bound life **and the world around you**, rather than managing your dense, outer symptoms, you must **change your core vibrational pattern**.

[The Sledgehammer and the Tuning Fork: Incoherent vs. Coherent Fields]

So, if we are a vibrational field, that field can exist in one of two states.

Coherent: Orderly, unified, harmonious. The waves are in phase. This is the state of a healthy field.²

Incoherent: This is a disorganized, disruptive, chaotic static. The waves are inharmonious, conflicting, disarranging, out of phase and can cancel each other out, otherwise known as 'clinical depression' - We feel so much, we *end up being able to feel **nothing at all***. This is the state of a field in distress.⁸

Sound, then, is simply a tool. It is a powerful vibrational force that can either *induce* coherence, or *induce* incoherence.

Let's look at the "harm" part of that LinkedIn post first. Let's look at "**Field**

Precedence" in its *most brutal, yet undeniable* form.

Case Study : Incoherence as a Weapon (The Sledgehammer)

You've possibly seen these on the news, used in crowd control. They are called "sound cannons".⁴ The proper name is **LRAD—Long Range Acoustic Device**.⁵

This is *not* just a "loud speaker." A loudspeaker scatters sound. The LRAD uses an array of *sound-emitting* ('*piezoelectric*') *transducers* to fire a *focused, directional beam* of sound, like a laser.⁵

It has two functions. The first is a "voice" function, to send clear auditory commands over a long distance.

The second is an "alert" function. This function emits a "loud, irritating, potentially painful noise".⁵ Its *express purpose* is to cause "sharp ear pain, disorientation, and panic".⁸

Now think about this from a "**Field Precedence**" model.

That beam of *incoherent, disorganizing* frequency hits your body. It doesn't politely ask your *brain* to "disorient itself." It doesn't wait for your 'chemical balance' to change.

It *directly and violently* attacks your energy field, your biofield. It *instantly*

disrupts the "reigning principle of your cosmic vibration."

Your field is thrown into a state of *incoherence*, and your body and brain *instantly **respond*** with a state of panic, disorientation, and pain. Quite dramatically, **your now disrupted field is dictating your physiological and psychological reality.**⁶

But here is even more terrifying... and an *even more **profound** proof*.

I'm talking about what has become known as "**Havana Syndrome**".⁹

Starting in 2016, U.S. Embassy staff in Cuba began reporting a bizarre and debilitating set of symptoms: "disabling cognitive problems, balance, dizziness, insomnia, headaches".⁹ Medical scans later confirmed what the victims already knew: they had "widespread brain network dysfunction".⁰ They had *measurable, physical brain damage*.

But here is the single most important fact of this entire event.

The victims *heard nothing*.

The weapon was silent.

Experts and intelligence agencies investigating this concluded it was a *directed-energy weapon*, firing **directed ultrasonic frequencies**. These are sound frequencies *above 20,000 Hz*, completely outside the range of human hearing.

Let's put this together. A sound... that no one could hear...

...caused measurable, physical brain damage.⁰

This is the ultimate, terrifying proof that the brain is a **downstream responder**.

The "brain-centric" model is *impossible* here. The sound-to-ear-to-brain pathway wasn't even *used*.

The *incoherent ultrasonic field* directly attacked the *biofield*. It was a direct, informational assault on the "content of the information" in the victims' fields.

The "transponder" — the brain — was damaged as a *consequence* of the field - even *its field* - being thrown into chaos.

This proves, unequivocally, "**field precedence**."

Case Study 2: Coherence as Influence (The Tuning Fork)

Now, let's look at the other side of the coin: the "healing" side. Let's look at *coherence* as a tool of *influence*.

This is happening to you every single day.

You walk into a busy, fast-food restaurant. The music is loud, upbeat, and

has a fast tempo. Why? Because *fast-tempo* music causes you to "**feel more hurried**".² It *speeds up the rate at which you eat.*² The shop is using a *stimulating* frequency to get you to *eat faster and leave*. They are 'coherently influencing' your field for a *higher table turnover*.

Now, you walk out of that restaurant and into a high-end retail mall. You find yourself wandering into a luxury boutique.

What do you hear?

(Pause...)

Silence. Or, very quiet, slow, ambient or classical music.³

Why?

Because decades of research have proven that *slow-tempo music* makes you *shop slower* and *stay longer* in the store.²

But *why*? Let's look at this through the lens of "field precedence."

The slow, *coherent*, stable frequencies of the music begin to *entrain* your biofield. Your field, which was just agitated by the fast-food joint, starts to calm down.

This new, calm field sends a new signal to your transponding brain: "I am safe here. I am relaxed. There is no rush."

And here is the key: this calm, coherent state *changes your perception of time*.

Studies show that "hearing pleasant music seems to divert attention away from time processing".²

This is *exactly* what I wrote years ago in my "**Why Art?**" statement: "To experience... a clarity within which **time stands still**... we are freed from our personal history & **concerns**".

The retail store is using a coherent frequency to *free you from your concern* of "what time it is."

And what is the behavioral result? A person who is not rushed and feels relaxed browses more,²³ stays longer, and buys more.²⁵ They have **coherently influenced your field** to produce a *financial* result in **their favor**... And You're feeling GOOD about it!

This isn't just "mood alteration," This is **also** deeply organizing one's physiology.

When fMRI studies are done on people listening to, for example, Mozart's great Sonata for Two Pianos, K.448, they find something astonishing.

It doesn't just activate the auditory cortex (the "hearing" part of the brain). It increases the synchrony and coherence of the firing patterns across the entire brain.⁶ It "tunes" the whole brain, activating areas crucial for *spatial-temporal reasoning*.⁸

Studies on the music of my *personal favorite*, **Bach**, show his music creates measurable positive effects on **cardiovascular parameters**²⁰ and

cerebral blood flow.²

Mozart and Bach are **not** just "nice sounds." They are **field coherence generators**. In the vibrational presence of 'most' Mozart & Bach, portions of our *semi-incoherent field* entrains to coherence,,,, our *reactive tense soft tissue* relaxes inside our newly relaxed field,,,, our brain also senses the positive frequency modulation, and transmits the "All clear - You can relax now" signal to the rest of the body.

Bach's & Mozart's music is a form of highly organized, complex and perfected **vibrational information**.

And this coherent *information*... organizes the "quantum vibrational field" of the listener... which *then* coherently organizes the "**transponder**" (the brain) *and all the body's **downstream systems***.

Music is *active, organizing information*.

[Why Art? The "Resonant Shapes" of Emotion]

This brings me back to my life on the podium.

If all we need is *coherence*, if all we need is "organization," why don't we just listen to a pure 432 Hz tuning fork all day?.²² It's very organizing.

Why did we get Bach? Why did we get Mozart? Why did we get the profound, agonizing, yet ecstatic longing of Richard Wagner?

Why bother with all that complexity?

"Why Music?" Or, as I framed it in that statement I wrote back in 2011, "***Why Art?***".

"To experience an emotional depth & clarity within which time stands still,... the world we know dissolves, and we are freed from our personal history & concerns.... We are changed, and somehow... more complete."

That's the key. "**Freed from our personal history & concerns.**"

A simple tuning fork can calm your field. But it *cannot provide **emotional clarity***.

Great art, however —a symphony by Beethoven, an opera by Puccini—can *temporarily* provide a coherent, **vibrational template** for a pure, unadulterated **human emotion**.

It allows you to experience the '**vibrational signature**' of pure grief... or pure joy... or pure reverence... completely separate from the *story of your* grief, or *your* joy..., or reverence.

It's a moment of profound, *impersonal* clarity. It is a "safe space" created by frequency, where you can feel the "**vibrational signature**" of an emotion without being **overwhelmed** by the personal history YOU attach to it.

How do composers *do* this? How do they sculpt these precise shapes?

This is where the groundbreaking work of a man named **Manfred Clynes** becomes essential.

Clynes was a dual expert. He was a celebrated concert pianist who *studied music* with the great Pablo Casals, and he was *also* a brilliant neurophysiologist.²⁴

He spent his life asking: What is an emotion, physically?

His discovery was revolutionary. He invented a little device called a 'sentograph' - looked a bit like a gamer's 'control stick' - and with it he *measured* the physical, "dynamic forms" expressed through touch for different emotions.⁴⁴ He called them '**sentic forms**'.⁴⁵ He proved, for example, that the *physical expression* of *anger* is universal, just as the physicalized expression of *joy* or *grief* is universal.⁴⁷ No matter the ethnic or cultural background of his subjects, *they all produced nearly identical results*.

But here is a crucial point of refinement. Clynes was a pioneer working from *within* the reductionist, brain-centric paradigm of his day.⁴⁹ His work *preceded* the 1992 NIH committee, and it preceded Richard Pavek's biofield physics.²

Not understanding '**Field Precedence**,' Clynes made the best assumption he could: he attributed these universal shapes to "**genetically**

programmed" biology.⁴⁶

We can now re-examine his brilliant work through the *contemporary lens* of 'Field Physics.'

Here is the key: **Everything has a vibrational frequency inherent in its very existence.** This includes not only our bodies and the physical universe we inhabit.., but **shapes, forms, and designs also inherently have associated vibrational frequencies.** And this equally applies to **'thoughts,' 'words' and 'intentions.'**

The human biofield, therefore, does not receive 'essentic *shapes*.' It receives the **associated inherent frequency-based 'vibrational signatures'** of those shapes.

The "sentic form" Clynes measured was the physicalized result. It was the physical gesture... the downstream expression... of a human biofield **already resonating** with a **specific universal frequency**. The brain, our sensitive transponder, *also detects and responds to this incoming field fluctuation*, compelling the body to **instinctually express that precise shape**.⁴²

What Clynes documented, perhaps without knowing it, was the physical echo of vibrational realities all humans carry within their biofields.

Now, ***where*** do we ***feel*** the *vibrational signatures* of these shapes?

For 35+ years now, this is the map I have used in my therapy practice.

Where in your torso do you feel a "grip of guilt or unworthiness"?

In the **Lower Belly**, which is associated with "Guilt, Shame, Devaluation".

Where do you feel that "knot" of situational fear?

In the **Solar Plexus**, associated with "Situational fear, and Inter-personal Anxiety, conflicted relationships & hierarchies".

And where do you feel that "unsettling sadness"?

Right here. In the **Mid-Chest Heart area**. The location of "Sorrow, Sadness, Grief & Mourning".

A composer like Bach, Mozart, or Wagner is a sculptor of sound-, shape-, and flow-engendered **vibrational signatures**.³⁷ Van Gough and all great painters are sculptors of light-, color-, shape-, balance- and design-engendered **vibrational signatures**.

When Wagner writes the 'Prelude' to ***Tristan*** ³⁸, he is not just writing "sad music." Using the Yin/Yang-like ***opposites*** of *hi & low* pitch, *loud & soft* volume, *fast & slow* tempo, *bright & dark* tone colors.., Wagner is ***sculpting***, with the ***physics*** of these intertwined ***shapes***, a ***grief-frequency-based vibrational field***.

And that field ***resonates precisely*** with the '***information of grief***' ***already in your biofield***... physically located in your *chest*.

That is why great art feels so piercingly *Real, True & Alive*.

It is a *physical, vibrational, resonant truth*. It bypasses the story in your head and speaks ***directly*** to the ***vibrational energetic information*** resident in your field... ***This Field which You ARE***.

[The Static in Your Field: Why Coherence Is Not a Cure]

This brings us to our final, and most important, point.

"*This is fantastic, Russ. This is **the answer**. So if I just listen to enough Bach... if I take enough 'sound baths...' if I surround myself with coherent frequencies... I'll be cured, right? My grief, my anxiety, my trauma... **it will all just 'resonate' away?**"*

No.

And this is the single most important distinction I can possibly share with you.

This is the central focus of my response to that LinkedIn post.

To 'relax' is NOT to 'resolve & release.'

This is the palliative trap... A temporary stopping of contractive & painful emotional symptoms is *not the removal* of the embedded incoherent cause.

All that beautiful, coherent music... the Bach, the Mozart, the sound bowls... is *palliative, a temporary clearing of symptoms, a pure moment outside of your soon-to-return personal history*.

As I wrote, "introducing coherent frequencies into the biofield can effectively—but only *temporarily*—'override' otherwise dissonant & disorganizing frequencies".

It's like turning up the volume on a beautiful radio station to drown out the static. The "transponding brain" – downstream from the actual biofield events – interprets this as beneficial. You *feel* "restored," You *feel* relaxed.

But the **source** of the static... *your* vibrational static... the emotional issues & baggage you've embodied in your field & soft tissues...it remains untouched.

And as soon as the music stops, as soon as "life re-introduces its disruptive cacophony... the 'loop' re-engages".

So what *is* this static?

This is the life's work of my mentor, the American scientist **Richard R. Pavek**.³ He asked: If the biofield is our true self, where does our personal suffering come from?

He identified this static as "**Incomplete Emotional Episodes**" (**IEEs**). Fritz Perls, the father of Gestalt Therapy called it 'Unfinished Business.'

These are all the painful events from your life—a rejection, a loss, a moment of shame—where you were unable to, or 'unwilling' to fully process and release the emotion.

[Expanded] But Pavek didn't just *name* it. He discovered the *physical trapping mechanism*.

He called it the **Auto-Contractile Pain Reflex (ACPR)**, a renaming of what medical science has long called the 'Splinting Reflex.'

Here is the mechanism. It is simple, elegant, and tragic.

Your body... *your physical tissue... your cells.., cannot tell the difference between intense physical pain and intense emotional pain.*

When you feel the overwhelming, incoherent frequency of terror, or grief, or shame... *your physical body instinctively contracts* around the feeling to "protect" you, just as it would instinctively splint a broken bone.

But here is the fatal problem: The emotional pain—that incoherent, dissonant *vibrational signature*—is now trapped **inside** the contraction that **it created**.

So the painful frequency keeps firing... which tells the tissues to keep contracting... which traps the frequency that continues firing... which tells the tissues to keep contracting...

This is the "**IEE-ACPR loop**".

It is a self-sustaining, trapped, dissonant frequency, locked in your physical tissue by a reflex that has *never gotten the signal to let go*. It's the ongoing *unfinished 'trauma'* of childhood. It's the 'living PTSD' that steals vitality from every present moment.

This is the "*static*."

And it is *physically located exactly where you feel it*.

That "grip" of grief in your **Mid-Chest**? That is the *ACPR* locking a *grief-frequency signature*⁵⁰ into the physical tissues of your heart and lungs.

That "knot" of anxiety in your **Solar Plexus**? That is the *ACPR* holding a *fear-frequency signature*.

That "clench" of "unworthiness" in your **Lower Belly**? That is the *ACPR* locking in the *shame-, guilt-, &/or inadequacy-frequency signature*.

Coherent music.., a sound bath.., can *calm* this static. It can temporarily "override" it, **relax** it.

But it *cannot* get inside that physical contraction. **It cannot release** the grip of the Auto-Contractile Pain Reflex sufficient to either resolve or release the fully contained 'Incomplete Emotional Episode.'

The reality is.., to 'relax' is to neither 'resolve' nor 'release.'

“So..,” you may rightfully ask, “... Since it’s all just ‘temporary’.., ***what*** then is the real value of Transcendently Great Music, Painting or any of the Arts?” The ‘music & arts’ answer:

“To reveal to you the unfathomable depth & expansive richness of who you are under the contractive layers of ‘static’ ***blinding you*** to your true strengths, capabilities and potentialities.” Immortal music & art then asks..,

“Now that you know.., now that you’ve experienced the rich completeness of who and what you really are..., Why settle for anything less? ***‘Malkuta dashmya’*** – the Reigning Principle of Cosmic Vibration which You Fully Are....: Go for it!”

So **This** is the true power of Music & The Arts to transform your life: The reason why 'The Arts' are vital for your personal evolution: It is their power to dramatically remind us, and keep us focused on the prize, the pinnacle, the mountain top *of who we actually are, and always have been!*

Conducting Your Own Field: The Path Home

So, *what is* the path to true healing? *What is* the path to "Self-Realization" — the realization of your innate, true, coherent Self?

It is a two-fold path. We need *both* coherence and resolution.

First, the Role of Coherent Music.

We need coherent Music & Art. *This is not a luxury*; it is **vibrational nutrition**.

Listening to Bach, to Mozart, to the great composers, or to any music that gives you that feeling of "emotional depth & clarity" , is essential.

It "tunes" our awareness. It reminds us of our true, coherent signal.⁷

It provides the temporary "palliative" coherence we often need to navigate a chaotic world. It is 'the tuning fork' that reminds our inner orchestra what "In Tune" sounds like.

Second, the Role of Curative Work.

But to Heal.., to Resolve & Release.., we must do the work.

We must, as the Gnostic Gospel of Thomas says, "Bring forth that which is within you." Not just the good, easy, comfortable qualities you hold. But more importantly, bring forth, resolve, and release those internal limitations blinding us to who we are.

We must find a way to *gently and safely* help the body release the *physical grip* of the ACPR... to finally unlock those chronic, "karmic" contractions... and allow the "Incomplete Emotional Episodes" to finally **complete their life cycle**... To finish **your "unfinished business."**

This requires a "curative" process. This is the work a biofield-based therapy like SHEN, which is designed *specifically* to do this—to find those physical contractions, and help the body *release* that trapped, dissonant, emotional vibrational patterning, freeing us to finally live fully.

The journey to Self-Love & Self-Realization is not a journey of becoming something you are not. **Music** and all truly 'great art' is a potent reminder of who we really are beneath our protective layers.., a reminder of why we're on this journey.

It is a journey of remembering what you have always been.

You are ***not*** a broken machine that needs to be fixed.

You are a vibrant, intelligent field of consciousness.

You are a "fractal of the Tao."

You are at your core 'Shmaya' - the 'Reigning Cosmic Vibration.'

Truly a *'Child of God.'*

An *'Expression of All That Is.'*

You are, in your very essence, a perfect musical composition.

For 50 years, I have conducted orchestras and choruses in the works of masters who sculpted *universal* emotion into sound. And prior to the public concerts, the intense rehearsals were all designed to 1) remove the disonances, 2) to increase the coherences, and 3) to entrain the ensemble to faithfully embody and carry out the composer's ***'Reigning Cosmic Vibrational intentions'*** as written in the score.

For almost 40 years now, as a SHEN Therapist I have helped people release their personal unresolved emotion energies from their bodies, thus allowing them a fuller experience of their own inherent transcendent states just waiting to be uncovered & set free.

Now, to the 1) revelatory power of Music & The Arts, and 2) an exquisitely effective science-based Biofield Release Therapy, add 3) the organizing,

therapeutic power of Tao Healing Technologies..., and what do we find?

The goal of all three continues to be **identical**:

To clear the static... to resolve the dissonant chords of the past... and to allow the true, magnificent, already perfect music of your soul — your **Shmaya**, your *Reigning Cosmic Vibration...*, **Your 'True Self'** — to finally be heard.

It is the path of coming home.., to yourself..,

. . . to the unique and glorious **Music** YOU have **always** been.

Return. Watch this again. Let this new paradigm of 'Field Precedence' sink in. And also seek out the very finest of music, painting, acting, dance, film, literature, sculpture and architecture **to re-experience the YOU** that's waiting for you under the static that only you can choose to fully release.

You.., the Magnificent Soul you already are...,

You've got this –

Do a great job!

Thank you so much for joining me here.

* * * * *

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