

# CALENDULA

*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.

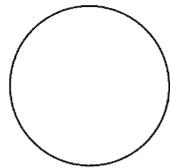
– Flower Essence Society

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.

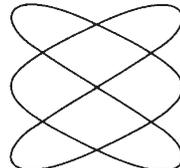
Inspired by John Cage's experience, I sat in an anechoic chamber for five hundred hours over a period of two years and listened to the sounds of my own body. I began to correlate different states of consciousness with the different sounds of my nervous system. Being a trained musician, I noticed that 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!**

UNISON



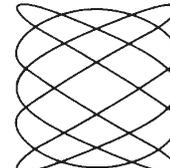
Low C and Low C

FIFTH



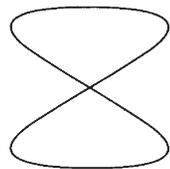
C and G

MAJOR SIXTH



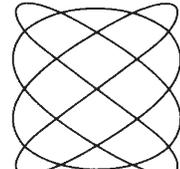
C and A

OCTAVE



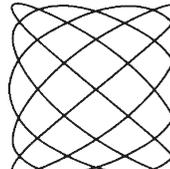
Low C and High C

FOURTH



C and F

MAJOR THIRD



C and E

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 the 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 states of consciousness.

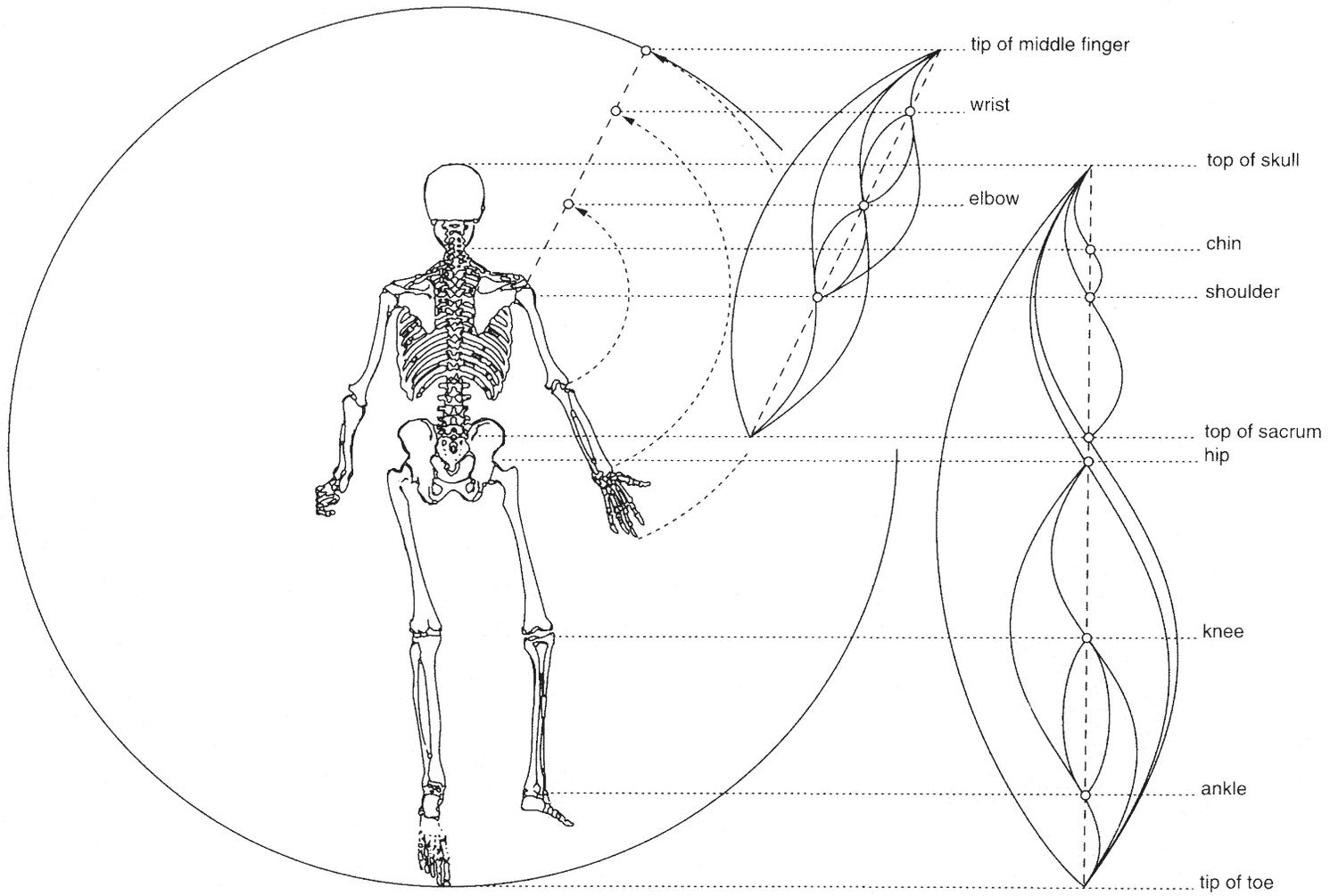
## **TUNING IN TO INTERVALS**

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 doe, re, me, fa, so, la, ti, and doe are all intervals. When we sing and 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=256 cps. 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.





**The 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 alignment - 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 music intervals. For example, the following diagram shows the temple of Athena related to musical intervals. Notice the similarities between the diagram of human intervals and the construction of the temple.

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

