

THE SOUNDS OF SCIENCE

David Hulse on Healing With Good Vibrations

by Deena Kloss

For centuries, people around the world have used sound as a tool to stimulate feelings and provide cultural enrichment. Today, complimentary health practitioners use sound therapy to help reduce and eliminate stress and emotional or physical pain, as well as to transform consciousness.

David Hulse is a Certified Vibrational Sound Master Teacher (CVSMT) and the founder of SomaEnergetics, a series of sound therapy techniques built on the frequencies of the solfeggio, a system of assigning a specific syllable to each note of a musical scale. He uses specialized tuning forks designed to release energy blockages and promote innate healing.

Hulse wanted to come back to the Midwest, where he first started his work, and recently returned to Columbus from Charlotte, North Carolina, where he served as Minister of Education for over four years at Unity of Charlotte. *Natural Awakenings* spoke with Hulse to learn more about the system.

How is sound healing effective?

Sound patterning is a repatterning of physiology by using sound waves. It's based on the science of cymatics, which explores how sound can produce changes in the physical form. Sound can release surplus energy beyond what the body is using at the basic survival level. This additional energy allows for positive progress, whether physically, mentally or emotionally. It brings the body into balance and provides the right environment for self-healing to take place.

What is self-healing?

Each of us has an innate wisdom within to heal, whether on the physical, mental or emotional level. Sometimes we just need the right amount of ener-



gy to do it. A simple analogy could be that we can only spend as much money as we have in the bank, so if we do not have enough money in the bank we are limited in what we can buy or manifest. I feel the same way about energy. If we are energy depleted and using it for negative emotions such as fear or worry, then the body does not have the adequate amount of energy to heal or manifest at any level.

How do tuning forks work?

I'm attracted to tuning forks because I believe they are a very ancient tool. They don't have to be plugged into "the grid." They are pure vibration. The core concept is the essence of what everything is in this three-dimensional world is that all matter at the molecular level is simply energy vibrating.

How were the frequencies used in SomaEnergetics chosen?

I developed SomaEnergetics in 2000. I felt humbled and honored to be a part of the shifting into a new century. I started by thinking about DNA at the cellular level. From there, I incorporated the frequency 528Hz, responsible for the vibration in water molecules. Our bodies are made up of more than 80 percent water, and sound moves four times faster through water than air. That's why tuning forks are so powerful. I wanted a frequency that was not found anywhere in western

instruments or the 12-tone temperament – do, re, mi, that type of thing. So that's when I found out about frequencies that had been lost several times through history, all the way back from King David writing the Psalms, to Gregorian chants in the Catholic Church and finally being rediscovered in 1974 by Dr. Joseph Puleo. Nobody was doing anything with the solfeggio forks as far as teaching a technique at that time, so it was through reading a book about Dr. Puleo's experience that I began to get guidance on how to use them. We now have several phases that people can go through on their way to be sound healers, sound coaches, or even an instructor of SomaEnergetics.

What is the assessment process in a sound healing session?

Behind every diagnosis is some form of an energy blockage. Something is not getting to the cells. Energy is a cause, whereas illness is an effect. The goal is to obtain the right amount of energy and balance. The thing I notice first about anyone who walks into a session is how energy depleted they are. They are giving more than they are receiving, which creates an imbalance. I can determine this because the sound will be absorbed into the energy of the person, as a dry sponge would soak up water.

How might someone feel after a sound healing session?

People leave with more energy available to them than before starting a session. Also, what's interesting is once I do a tuning and I get into the chakras, which are like energetic databases that hold information and misinformation, if a person is in a place to let go of something, I can retrieve that information or misinformation for them. It's not like a psychic reading, but something totally different. It happens when I hold the forks in my hands and begin to get impressions from a person. The tuning forks are about providing information to help get the energy flow to move naturally.

Location: 1550 Old Henderson Rd, Ste N160, Columbus. For more information, call 614-928-3102, email Info@SomaEnergetics.com or visit SomaEnergetics.com. See ad, page 19.