

# CFS and Pure Sound

CFS, Chronic Fatigue Syndrome, as I understand it (and I have come to understand it from experience, through having been a sufferer), is a dysfunction of the Hypothalamic-Pituitary-Adrenal axis: that is your entire endocrine system, that collection of ductless glands which have their energetic counterpart (to practitioners of alternative or vibrational healing anyway) in the chakras of the subtle body. The endocrine system or HPA axis itself then can't be separated from either the voluntary or involuntary nervous system, or the immune system, as defined by Candace Pert, hence her term for this combination as the PNI or Psycho-Neuro-Immuno system.

It has taken Western medicine about 30 years to come up with even an adequate definition of this problem, previously labelled 'ME'<sup>1</sup>, which affects millions of lives in the West every year, and yet was dismissed as 'all in the mind' or 'yuppy 'flu' for years even by supposed health-care 'professionals'. It wasn't until the publication of a Government Green paper in 2006 that legally doctors were bound to then recognise the existence of the problem as an actual condition, although the medical profession largely still has no 'cure' for it, only a number of containment and management strategies.

Even CFS as a definition is, I feel, inadequate. While the condition is certainly 'Chronic', that is 'continuing for a long time', 'lingering' 'persistent', (from the Greek root relating to Time in general, as in 'chronological', the God of Time being Kronos) to say its main symptom is mere 'fatigue' is misleading. 'Fatigue' actually means 'weariness from bodily or physical exertion' (OED), yet, as any sufferer can tell you, the point is that one feels exhausted *without* having had any physical or mental exertion.

And mere weariness isn't an adequate description either. The feeling of tiredness or weariness experienced is entirely unlike the 'healthy' feeling of fatigue one would expect after exertion or exercise. It is a sense of being *poisoned*, a terrible internal toxic feeling, quite unlike anything else.

Another presenting factor is that rest doesn't restore a feeling of energy or health, including sleep. The dysfunction of the HPA Axis or PNI system means that CFS sufferers fail during sleep to attain the dreamless, restorative deep-level of sleep, characterised by brainwaves in the Delta range of 0.5-3Hz. Not

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<sup>1</sup> 'Myalgic Encephalitis', a condition involving a compromising of the myelin sheath around the nerves, was erroneously used to describe what we now call CFS for many years, indicating the extreme confusion of the medical establishment when it came to the arising of this ongoing health crisis. A deeply inadequate response, highlighting the deeply inadequate nature of the allopathic medical paradigm, the term still persists.

only does this mean that there is no feeling of even having had any sleep and being rested but, as I learned from healer Jan de Vries, *it is only during deep-level sleep that the lymphatic system activates and functions*. Therefore if they do not reach this level, CFS sufferers are not having lymphatic drainage and balancing taking place in the lymphatic system and bloodstream. This crucial link when it comes to CFS between lymphatic functioning and delta-wave is something few doctors even now actually understand or acknowledge.

How does CFS develop? The profile of CFS sufferers tends to be that they are ‘200% people’: extremely active, one might even say over active, super-hard working, therefore putting themselves under a great deal of stress, and therefore giving the adrenals a constant overload of ‘fight-or-flight’. ‘Fight-or-flight’ response is the biological/chemical survival mechanism that should last 30 seconds or so by which an animal either eats or is eaten, but which in humans can be sustained for hours, days, months, years, creating overload not only on the adrenals but on the entire HPA, and on every receptor cell in the body.

Officially now a CFS diagnosis is given when, (assuming the complaint is verified as Chronic, i.e. if symptoms persist for a minimum of 6 months), boxes can be ticked in one column for ‘stress’ and even ‘trauma’, and in another for ‘viral infection/damage’. Sustained stress, being in sustained ‘fight or flight’ as described above, *suppresses the immune system* of course, making the viral infection or damage inevitable.

To give myself as an example, I, like most hominid bipedal carbon-based life-forms existing in this present age, encountered or created a great deal of stress in my life, and started to encounter major viral problems first of all in my mid twenties, while trying to both support myself via the ‘day job’ while working at a furiously punishing pace, attempting to achieve success as a musician. Initially I had two winters where I had so-called ‘flu for three months which left me effectively non-functioning (a precursor of the CFS) for three months. I now think this was undiagnosed ‘glandular fever’.

The CFS proper kicked in after five years of sustained activity in the 90s with a schedule like this: three hours commuting to the day-long day job, which was teaching, (acknowledged as one of the most stressful professions), then evenings either rehearsing, recording or gigging with weekends fully on gigs/music work. The first symptoms I’d identify as full CFS came in 1997 while on a walking holiday in the Lake District--a holiday, but lots of activity still. I basically collapsed with a weird feeling and, (I was alone) didn’t think I’d be able to get up and walk back to where I was staying. After a while I ‘came to’ and was able to get back, but it gave me a scare--it’s not healthy being non-functional alone up a mountain.

Attacks like this became the norm in the autumn of that year until they became a semi-permanent state. A vocabulary has grown up around CFS to describe these attacks and states, which include phrases like ‘sensory overload’ and ‘brain fog’. Semi-adequate again: no-one seems to include the ‘poisoned’ feeling that I know now to be part of the picture due to non-functioning lymphatic system, or the rapidity with which the ‘fog’ can come down: it is effectively a complete loss of awareness and functioning, leaving one insensate and in a prone posture, collapsed on the floor, unconscious of surroundings or of others present.

A trained psychologist friend of mine could see the effects quite clearly and their rapidity: one minute one can be in a conversation and apparently perfectly functional, then in mid-sentence *speech becomes slurred, eyes defocused, memory impaired*. My own response as well as collapsing to the floor would include involuntary yawning reflex with accompanying streaming ‘tears’ or eyes watering.

With symptoms as obvious as these it’s astonishing that doctors for years pronounced the condition a myth, yet I have experienced many an attack after which I would ‘come to’ to find the person I had previously been engaged in the conversation with carrying on as if nothing had happened!

I should get better friends, as well as better doctors...

It took me until 2001, that is 5 years, to get a diagnosis. During those years I was consistently told by doctors and hospitals that there was nothing wrong with me, and given the worst possible advice, to ‘push through the symptoms’, advice which nearly cost me my life when I ‘pushed through’ on one occasion when driving. When I came to that time I was going through a hedge at high speed. It was miraculous that I walked away from what should have been by all the odds a fatal write-off without a physical scratch on me. Thanks for the advice Doc! Brilliant!

CFS symptoms it should be obvious from what has been said above ought more to be seen not as mere ‘fatigue’ but as a sort of very fast-acting loss of consciousness, something more like a fit or a seizure. That is when they reach their highest pitch, coming on the heels of the generally-present ‘poisoned’ feeling which, as already pointed out, isn’t mere ‘fatigue’ in the proper sense, but which becomes habitual: a habitual feeling of dis-ease, discomfort, of toxic overload, which is exactly what it is.

Because CFS isn’t a terminal condition it is also downscaled in terms of interest, support, understanding, tolerance, sympathy, or research monies.

But most people in its throes experience a life of no quality, and there were times when death would have been a welcome alternative. To be thought of as malingering, completely misunderstood, and given no support or help is the norm of CFS sufferers, people who were previously the most hard-working and active--they are then castigated as 'lazy', as 'acting', and so on, often by those who make crucial decisions affecting their lives, decisions usually made from a viewpoint of entire ignorance. While writing this I don't want to be reminded of the long run of ignoramus 'representatives' of the system (being paid how much I wonder?) to make decisions designed to save the state from the financial burden of a CFS sufferer such as myself. I'm remembering the long battles I had with the DLA trying to gain a little more financial support, battles that cost me a great deal of valuable time and energy, plus the sort of stress that generated the health problem in the first place and was therefore calculated to make the already chronic nature of the condition even more chronic. Oh yes, and, I forgot to say, battles that I lost, through I believe sustained and deliberate ignorance of the condition, its symptoms, its nature, on the part of the state's decision-makers.

### **How might sound, especially Pure Sound, help?**

At one point in my years of suffering the condition, long after my diagnosis, and while in the double-bind of living under the stress then of extreme poverty on top of everything else ( I was actually living *below* the state poverty line, but due to the sort of bureaucratic technicality one comes to expect not able to do anything about it)...I took out a Tibetan bowl I had hanging around in a cupboard that I'd bought years before. I just hit the rim of the bowl with the accompanying wooden wand (I couldn't get a decent sound from trying to play it 'properly' having seen them once being 'wanded'). The sound had an immediate positively relaxing effect, I felt a little better than my habitual poisoned awfulness. I repeated the process. I actually felt better physically, and also mentally calmer...good! And, while most forms of activity, however slight, seemed then to add to the poisoned feeling, the more I did this, the better I felt.

I now know that the Pure Sound overtones generated by the bowl promote the deeper brainwave states we associate with meditation and relaxation, taking you down into the alpha, then theta, then, if you're lucky even the delta-wave state: all while staying conscious. Now sound as a form of meditation isn't the only one that promotes this: I would say all forms of meditation and conscious body work, yes as per yoga as we know it and t'ai ch'i, promote these deeper brainwave states. However the simplest of yoga postures were beyond me in those days other than lying prone, the tiniest t'ai ch'i movements were agony, already being too poisoned to function. But sitting and gently tapping a bowl with a stick--this much I could do.

Typically we alternate between beta-waves and alpha-waves in our usual waking state. It is the higher frequency beta waves above 18-22 Hz that typify flight-or fight. These frequencies mean you are worrying, and by being in fight-or-flight with sustained adrenalin-production you are ageing, killing yourself. Schizophrenics get no respite and stay in beta-waves all the time.

In sleep alpha represents often drowsiness and borderline of sleep, then theta waves 4-7 Hz is the frequency associated with dream-level and REM sleep. But these brainwave states can be, and actively should be, also accessed while conscious, and meditation, whatever form it takes, is just that, accessing the deeper, creative brainwave states while conscious. On top of that if de Vries is right, and he seems to be, it is only in delta-waves, whether experienced consciously or unconsciously, that the lymphatic system operates, and so the detoxification of one's bloodstream is activated and even possible.

As I experimented with the bowl I found my positive experiences and feelings were lasting for greater amounts of time, and that the activity = 'fatigue' (that is the poisoned CFS feeling leading eventually to sensory overload and complete unconsciousness) equation in this instance could be overcome, as this one activity seemed to stimulate the production of energy, simply because I was now functioning at a healthy level. I was then reminded of my previous positive experiences of meditation that had effectively come about through using *overtone singing* technique: the Pure Sound overtones generated and made audible then had the same effect as bowl overtones. The only problem with overtone singing is one needs enough energy to be able stand and sing and produce the tones oneself, and since the onset of the CFS I had certainly seldom felt well enough to do so!

All observers and sufferers seem to agree that the symptoms of CFS though chronic are as it were 'tidal' and there are phases in which one gets enough positive feeling and energy to be superficially functioning again for short bursts. Unfortunately this then leads to the poor observation problems outlined above, 'these people are malingering, supposed to be ill but not in a wheelchair', etc: but then at some point the debilitating symptoms will come on again. That being the case, I reasoned that when already feeling well enough to stand and sing, i.e. not when already at the worst point in an attack, I could use overtone singing in the same way to promote the deeper brainwave states and energise and detoxify myself.

I then became interested in the use of crystal bowls as another Pure Sound instrument, and sure enough found that it too had the same healing properties and effects. I developed both a 121 technique for using these three Pure Sound

modalities, and group healings, 'soundbaths' in which any number of people can participate.

For about 10 years for me all 'normal' life stopped, I was house and bedbound, I didn't watch a movie, go to a restaurant, etc. etc....but 'only having CFS' and sometimes then being able to walk to the shops (there was no-one else, I had no carer and no care) one was in a double-bind. However, I improved with use of the sound, and my clear/functioning times increased, gradually.

In my worst years I was unable to listen to music of any sort at all, let alone play my instrument (guitar). Being a musician this was quite a cruel seeming aspect of the condition. Music had been my life, and now like every other aspect of my previous life, that was gone, it seemed for good. Yet the Pure Sounds generated by all three techniques, but the crystal bowls especially, are often *very* loud in terms of sheer amplitude, and I never had any problem with their volume. Other CFS sufferers looking to work with sound will have their own individual tolerance levels, I have learned. In some cases for CFS sufferers just working with our Divine Union Soundbath CD may be more appropriate than the high volumes generated 'live'.

Another very obvious feature of the Pure Sound work, as with all 'clearing' healing work, is its functioning as a physical detoxifier. Whether you go into full delta-waves and the lymphatic system is activated or not, the sound, especially given a large 'dose' volume-wise and a long-ish exposure to it (our Divine Union Soundbaths work out at present to last approx 1 ¼ hours!) definitely acts as a very strong physical detoxifier. We suggest people drink around 2-3 times as much good quality water as normal after a soundbath to flush those toxins out of the system. It is good that they are dislodged, but they then need clearing, and failure to drink enough water can result in headaches or a tight feeling in the kidneys, as per a 'hangover'. Even with these guidelines individual temperaments and levels are hard to ascertain.

While I found Pure Sound and exposure to it absolutely to be my path to healing, it wasn't a smooth ride always, and if you are in the full spate of CFS with a lack of restorative sleep and persistent 'brain fog' and 'sensory overload', plus the habitual 'poisoned' feeling I have described, you may be more amenable to smaller and gentler doses of the sound, such as I can give via 121 sessions or, as suggested already, by working with our sound healing CD. We worked hard on getting a recording which has the same effect as a live performance and, to my knowledge, it is the best recording in that sense of the crystal bowls currently available. Therefore it does definitely promote delta-wave sleep: you can also select particular tracks which 'do it' for you more and deselect the 'wake up' white noise track at the end which, as per every

soundbath we provide, is designed to bring the listener back up and out of the deep state and/or sleep they have been in. Also some people prefer the Tibetan bowls to the crystals or vice-versa. It's a question of individual temperament and taste. We are all individuals!

The 'esoteric' side to this is, if you like, that we recognise that our sound healing whatever its effect physically also crucially is a matter of *energising and balancing the chakras of the subtle body*. Through dowsing the state of functioning of the chakras before and after a Pure Sound session I can report a *100% success rate in the improvement of the functioning of these energy centres through the use of Pure Sound* in either 121s, group soundbaths, and even our voice workshops. After a soundbath the chakras are energised and can be seen to be spinning clockwise (read from the front of the body) and therefore bringing the etheric energy into the system.

Which brings us also onto the vexed question of pitch for sound healing work. When it comes to pitch I do not believe that 'C' is the root chakra note for everybody, that 'D' is the 2<sup>nd</sup> chakra, and so on, as stickers on crystal bowls will have you believe. I believe we all vibrate at individual pitches, which can be (albeit somewhat imperfectly<sup>2</sup>) summarised by using our archetypal 12 notes of the scale. Thus while there is a relationship between the Major Scale we use and the chakras, *you measure it from whatever the given individual Base Tone for the root chakra of that person*, whether it be B, C#, or any other pitch as defined by our 12-note system. Thus for example my Base Tone is B-flat! Therefore my second chakra is the next note in the B-flat scale, which is C. My third (we actually count the Tan Tien or Hara, between the 2<sup>nd</sup> and 3<sup>rd</sup> chakras, in our definition of the chakra system) is the next note, D, and so on. We establish the Hara Notes and Base Tone of each client in the first 121 session. On our longer workshops also we establish these crucial tones, and the client can then work meaningfully themselves with them, buying a bowl at their Base Tone pitch, for example, or finding it on an instrument, then singing up through the Major Scale (DoReMe): these forms of sonic self-healing and therapy than can be easily learned and established, even without using the (admittedly more powerful) overtone singing technique.

Also one can simply obtain a Tibetan or a crystal bowl, play it, see how you get on with it. But a knowledge of one's Base Tone and key as outlined through working with us might be advantageous for you there. On the other hand if you

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<sup>2</sup> Imperfectly because ideally we should be using the Universal Scale which recognises not 12 but 52 natural pitches in the 8ve, a much more accurate system than our current one, anyone can see. This superior and sophisticated system has esoterically been in use for 5000 years, but *we think we're now are the ones at the forward cutting edge of human evolution and knowledge*. An assumption based on the infantile level of self-knowledge and observation of our current 'civilisation' if so it can be termed.

are simply drawn to a bowl's sound, certainly go with and trust that intuition. Not knowing how to play a Tibetan bowl 'properly' puts people off, but it is rare to find a wooden playing wand that actually works with the bowl you buy, it's a matter of trial and error. These days suede covered bowls make it easier to play the Tibetan bowls, and, as I found, even just striking or 'donging' the bowl can work and sound amazing.

So: Pure Sound can be helpful for CFS, for the reasons that I hope should be apparent from the information given above, in 'doses' that can only be established slowly on an individual basis, also for the reasons given, the primary one being that every human being, every human energy-system/field/subtle body, is unique.

With CFS, the crucial first step is, I believe, establishment of some degree of restorative sleep, or other delta-brainwave state via meditation or sound, so that there is some degree of functioning again of the lymphatic system, to counter the essentially toxic chemical state which is otherwise the defining lot of the CFS sufferer.

Meanwhile what have I personally found helpful in terms of physical remedies or naturopathic support? For restorative sleep there are numerous naturopathic and herbal formulas. In conjunction with selected tracks from our sound healing CD, I use Jan de Vries' Relaxing Essence in an organic 'Sleep Easy' Clipper tea. Conversely, Jan de Vries' Vitality Essence is good to promote energy for the day, as is Co-Enzyme Q10. Dosages and amounts are, as ever, entirely individual.

See Brainwave frequencies table below:

### Brainwave Frequencies.

#### $\beta$ 13–22 Hz

Everyday waking consciousness, 'normal' mental activity, front-brain, complex mental processes. Analytical/calculating thought. Very active when in states of fear and tension.

#### $\alpha$ 8–12 Hz

Meditative states, mentally relaxed states. In 'normal people' occurring spontaneously, but not for long; in those who have trained in meditation, can be summoned by the technique and sustained. Telepathy. 'Relaxed alertness'. Creative thought and artistic work.

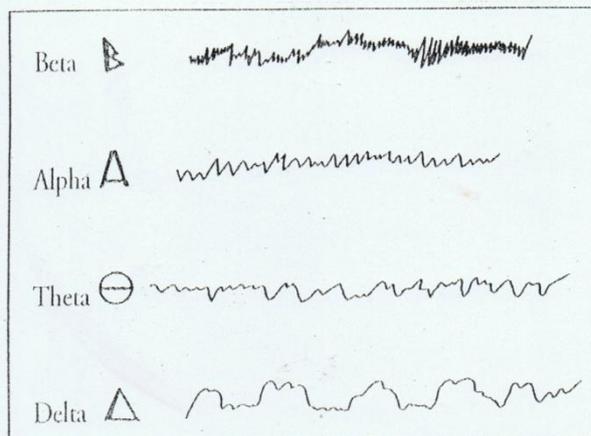
#### $\theta$ 4–7 Hz

Deep meditation, shamanic work, dreaming (active) sleep. Psychokinesis. Prominent in growing children. Related to the thalamus and emotional display—e.g. temper tantrums in children, aggression in adults, emotions in general.

#### $\delta$ .5–3 Hz

Deep dreamless sleep. Prominent in 0-3 year olds when waking. Deepest meditation and shamanic work, channelling.

Sources: Lyall Watson *Supernature*, Jonathan Goldman *Shifting Frequencies*, James d'Angelo *Healing With The Voice*.



The waveforms of the brain

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