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SPEAKERS

Geo Cesare, Larissa Voiceover



Larissa Voiceover 00:05

Welcome to sound medicine mantras music Podcast, where you will hear from various healers, musicians, visionaries, and educators. Get ready to experience transformational and inspiring storytelling, songs, chants and interviews that will uplift your spirits, mood and health.



Geo Cesare 00:30

Welcome back to sound medicine mantras and music. I am your host Geo. And today we have an incredible guest, John Bulow, who is a natural Pathak doctor, as well as a psychologist, board certified polarity therapist, composer, pianist and sound therapist and his career spans over 40 years and the creative arts, the healing arts and the martial arts, is a world leader in the use of integrated energy medicine for healing. Dr. Bulow is the author of four books, including human tuning, and music and sound and the healing arts. He's an instructor of sound science and sound therapy at the California Institute of Integral Studies. I took a three day course with John last year and was blown away with his wisdom on the subject of sound medicine, and also his refreshing approach. He's a master of making the complex, easier to understand, practical and fun. I'm so excited for what is in store for you in this episode. I hope you enjoy. Okay, John. So can you tell us a little bit about your journey with sound from a bird's eye view and what brought you here now to be an expert in sound medicine and healing?



01:48

Well, I think my journey began when I was probably two years, two or three years old, I started playing the piano, and by immersion in the piano and the sounds of the channel were outright mystical as far as I'm concerned. And I would just play and play and play. And my, my aunt, who was a graduate of Chicago music conservatory at the time, said I shouldn't have lessons until I was nine or 10, I should just immerse myself in improvising, making sound and not playing to play normal music. So I would just, I became head of relationship with sound that began there, supported by this the right people showed up with my family, I got a normal musical education, I have a degree in general performance. Now also, that I did that along with my my doctoral work in psychology. So people don't quite understand that. But those days, that's what you could do. You could actually study psychology, have an insight, minor in music, and creative, whatever it was allowed. So I graduated from Indiana University with a degree in psychology, a doctorate in psychology and a master's in piano performance. And so I've always combined the healing arts and music in my work. Fascinating. How has your work changed over over time, as you've worked with sound from let's say, in your earlier years, and now how you work with sound, my earlier years, I actually made a pretty good living, playing 60s, music. Got me through college, it did all kinds of good stuff. And I at the same time, what really changed my whole approach to sound was my listening to john cage who so john cage is that avant garde composer, and I fell in love with what he calls his music changes. And I immediately realized that's really what my musical calling was just in terms of music. And then simultaneously, I began in the healing arts, looking into music therapy and things like that. And that is the lead to my understanding, through K to sound proceeded, all. Every sound has the potential to be music, it's how you listen and not how it's defined as music but love music.



Geo Cesare 04:03

Tell me a little bit more about that and how that influenced you?



04:07

Well, I think it said, I always had a, this sense of, of Wonder was sound. And early on. Even when I was little, I wasn't bound by the notes on the piano. I wasn't bound by music theory, I was bound by anything like that. And I would just listen to the wind and try to imitate it on the canto I listened to look at something and try to play it and I always had this sense of sound permeating everything. And when I got to john cage music music to me was more like you, you learn this rigid thing of their 702. There's eight notes that they combine

in so many different ways. And during my studies, I studied like Schoenberg through the permutations of different he did all the permutations hospitals because I'm concerned, that's not what's left. And then I came across both like Harry parts and John Cage. I can recall And all of this attracted me because they were just saying that everything has potential to be music. It's a matter of how you listen. And then I realized that so true because some people say that rock and roll is the devil's music or blues is a devil's music, but show pads God's music or something like that, you know, our Rob is it like when I went to India to be better, and they said they hated the pedal, they thought it was the devil since from it, I mean, and I'm thinking, why also is beautiful, it's just a matter of how you relate to it. And it's all vibration. And if you if you mindfully Listen, it could take you places. So I began to basically just listen to everything is with the possibility of becoming music, it takes me places, like, I like to tell people I like it, the airport does use now I don't fly a lot. But before Cobra used to fly a lot, and you besides sit there and meditate, and I'd love to listen to the sound to people talking around me. And in the airport and stuff. It was like a mantra surrounding me. And every now and then does, trucks would come by with people going, he can go like this. And I invite I would jump and buy my entire cash myself and go Wait a minute, I'm safe, because it's really meant to activate your amygdala. So I wake up to make sure that truck wasn't gonna run over me, even though it's 100 feet away, you know, but it's still the sound carries. It's a warning zone. And I said, Wait a minute, let me just meditate and the sound and included instead of fighting to get into arguments, but it's terrible, the airport, the sound, meditate and the beep beep beep sound that I could feel it vibrating my pineal gland, I could feel it opened up spaces in my brain that I could use, I could use my all my knowledge of anatomy and neuro psychology to figure out what was happening simultaneously to meditating on it. So I would find that that sound was absolutely enlightening for me, versus the person next to me, who was just sitting there tightening their body, and basically stressing out



Geo Cesare 06:56

over the sound. That's fascinating. So we're talking about a sound that for most people could be irritating or chaotic, or creating this fight or flight response yet, what you seem to be saying is that, depending on how you listen to the sound, you can experience it completely differently.



07:14

Exactly, you have control. That's what I like to tell my patients also you have control, it's your relationship, I define consciousness as your relationship with the word consciousness actually means your relationship. So how you you have control of how you choose to

relate to the sound, and you can make it bad, you can tell a story about it, whatever you want, I mean, and you say, Oh, we got what my favorite is the scientist, I got research showing that it's always on a bell curve. And I say, Well, what about the people on the other side of the bell curve? They don't seem to be affected by what's different. So you could quantify it and do whatever you want. But your relationship with it is something you can control. How do you take somebody from one side of the bell curve of let's say, a trauma or an irritant and shift? What is that? What's that? Like? Take me walk me through that? That's a great question. That's, that's what I spend my life doing. It's figuring that out? Oh, that's a clinical question, really, when you think about it, and because I work a lot with people with extreme trauma. And basically, I would start I start with the simplest sound they could deal with, it could be just a simple something like that, that has no meaning to sound, take it home, and I use tuning forks to do it. But the simpler, the better. As long as it's not activating their amygdala, they're not having to fear response. That's where I start and I compare it to doing Hatha Yoga, is somebody could stretch touch their knees, you don't want to shove them down to their feet, just like your hair. And your ears. Actually, when you look at the anatomy of your ears, they have like joints in the ear with the hammer, the anvil, and so on. And if you some of those sounds, if you push too hard, too quick, it's strange people. So you have to. So it's hard for someone to bleed, but I look at someone doing yoga and doing all those back, then I go, how can they do it? It's like, if somebody says to me, well, john, how could you listen to that beep his music, it's the same thing. I've just been myself over the years stretch by years. And in India, they don't call they call that nada. Yoga means the yoga sound. So it's the same thing. It's the same principle. If somebody is really, really sick, I wouldn't go in there and play harcourts for them, I mean, just wouldn't do it. I would play something really, really simple, melodic, something easy for them to get into and relate with. And then I would build from there depending on the person and challenged them a little bit, a little bit, dislike spreadsheet a little more, a little more, and so on.



Geo Cesare 09:37

What are the indicators when you're working with somebody that it's going in a direction of harmony versus disharmony?



09:43

Well, my indicators are always I observed the physical body if I see a tightening in the face, I see a tightening in tissues. I have my hands on by feel a tightening the tissues, whenever someone tightens, that's usually an indicator. They may not even recognize it. But it but it's usually an indicator that is too much. Yeah, I also compare that to you young

trainers who push people too hard, they don't really see, when they push them past the point, they start observing how far that person can go. They don't understand it because they go further. So as a clinical practitioner, I like to watch my patients very closely, I want to be with them, I don't want to have what I can do the math on to them, it's just the goal. I want to find out where they're at what they're doing. So it comes down to listening to your patient and observing patiently, patiently, and this intuitively to feel it as well.



Geo Cesare 10:38

So what is the goal of when you work with individuals? In other words, if I can rephrase that, what does it mean this this podcast called sound sound medicine, when we say some to heal? What How do you define healing? And from your lens?



10:53

Well, I actually, this is what I write a lot of, I'm actually writing articles for books for therapists and doctors and stuff. And these are the questions that are being asked. And I would say, of sound mind and sound body, you know, it's also I tend to, I generally refer to this idea that quantum in the sense that the word quantum means to quantify vibration. So what I do in my work is I quantify vibration with tuning forks, for example. And of course, there's this thought that the quantum is separate from reality that we know and that's, that's absurd. There's a test. That was something when the original quantum physicists discovered the vibrational world, they had no concept of vibration, really, the experience of it, they were intellectuals, they were quantifying numbers and probabilities. And Niels Bohr said, you have to be shocked by this, it has no relationship to the rest of the world. And how could you say that when you say the whole world is vibration, you see that you just think about vibration is what's inside what's outside what's above what's below. It's a, it's a universal vibrational field. But Western medicine comes from a very, very limited form of thinking about that, and music and sound weren't included, whereas in Eastern medicine they were. And I'm doing my best to change that. And I think if you see Siri interesting that hameroff and Primrose who were two leaders in the field of consciousness, and the concept of the quantum fluctuation in microtubules in the brain, and the vibration of that Hello steps down into reality, for example, they stopped talking about Sabrina's computer, they talk about the brain as an orchestra sounding and multi level octaves and scales and things like that other words, they all have gone to a vibrational model, and they will all start expressing it not necessarily both quantitatively and qualitatively. In other words, they are not afraid to experience that of what they're talking about quantitative with. So that's my, my approach is ultimately how you can use sound therapeutically. But not the sound that you hear with your ears with vibration. So

for example, if somebody has a Trump trauma, one of the things we do in body psychotherapy, for example, is you have that person and you say, What are you what, what sensations are you feeling in your body right now? And you keep them out of the story, you keep them out of their emotions, you keep these say, what is the vibration? through what you're asking? What is the vibration of that, and that vibration has no meaning whatsoever, it's just vibration. And then when do they can just get it without stories without meanings without quantifying it, it's vibrating their body, they're shaking with it in a way. It's a psychology we call a feeling tone. When that feeling tone, screams to the body neutrally, they can go back to their story, the story doesn't change. But now they're able to be with it in a different way, because they're not stopping the vibration of the story move into the body. That's the basis of the of how nonverbal therapies work so well, well, that yes, and



Geo Cesare 14:02

and when, in my younger years, I would do a lot of Vipassana meditation and shizzen. Young was one of the pioneers with with working with pain and trying to feel your edges and really being fully mindful of, of that, call it the energy and vibration of what we label as pain in the body. What in your mind, what what keeps something stored there, because it's not a conscious choice to keep pain in the body or trauma in the body? How do we relate to that in a way that can move towards this state of ease and that you're talking about?



14:37

Well, we just have to first of all, the hippocampus in the brain is filled with all the stories of Sure. And we relate to those stories, his relationship with those stories or consciousness of those stories. You know, it's you can't watch something's happened. It's happened to you. You can tell yourself Oh, don't you want to tell yourself about it or what? But ultimately, everything story has beneath it a vibration, it leads to a vibratory experience frequency. So therefore you're telling yourself this to get to a frequency. You could fantasize anything you want. The moment you fantasize something you also, you think it's not real, but it is real. Because what's real is the frequency of that which is streaming to your body. You just activated the fantasy. But so you, everything's vibration. So no matter what you think, no matter what you do, you're created vibration. So if we depend on a story that you are telling yourself, and how what's happening to you, whether you're, something's happening for you, or something's happening to you, there's no good and bad by the way. Yeah, yes, I agree. I agree. This is gonna come down to the frequency.



Geo Cesare 15:47

Is that frequency secondary to the story that we tell ourselves? But in other words, the story is seeking the frequency, the story seeking to frequency?



15:56

Absolutely. Absolutely. Yeah. As your stuff that you're getting from that vibration is a pattern within it. There's other words, as a wave, it's a wave or a particle simultaneously. It's a, an addiction, it's a ritual, but a story creates the ritual patterns and others. I never thought people would drugs are addicted to vibration, certain fields of vibration they want to stay in, and they don't know how to get out of it.



Geo Cesare 16:20

Well, what can we do as human beings to stay in tune as it were?



16:25

Well, for me to, I call that statement to I call it neuro coherence. But it's so be coherent. But also I stick to stay in tune is impossible. You're always gonna be going in and out of two phases, basically. So what's more important for me is to build new neural coherence in your system. And there's many ways of doing that I use like cng tuning forks, you could use yoga, you could use all these Tai Chi, other words meditative practices, all these mindful practices are ways of integrating neural coherence. So that you it's integrated into your nervous system, so that you know when you're not coherent, but you know, and then your relationship with not being coherent, is what's when you you're not afraid of that, because you know how to get back to coherence. So you have to have, like, you know, how to get home, you can go out, do all kinds of stuff, and not be afraid of getting lost. But and so neural coherence is basically what we want to get back. I think in athletics, I take, I play a lot of golf. So I played a very high level, if I and I see the people at different levels, they'll hit a bad shot. And they're, they have to lose coherence all day. Right, you know, all day long. Whereas if I hit a bad shot, I take a deep breath, and I go back to coherence. I'm fine. You're savoring music, you're playing a piece of music. If you make a mistake, when you lose an amateur will lose their coherence. If I make a mistake, there is no mistake. Right? Right. Right. So quickly, I catch it so fast, I just stay coherent. And I just keep going. And so the idea would be that you want to demonstrate examples with airplay I was talking if you're if you want an airplane go into Europe, how often is that airplane on course, and most people, right? It's only Of course, like about point 00 1% of

the time in Atlanta, because it's constantly raising, of course, nothing. You're encrypting. But we as people will we get off course we solve a bad person, what's wrong with me, I've screwed up, they don't like me. So we keep getting further further off course. And we get so far off course it becomes a crisis and a crisis, lead to trauma and so on. is of course a crisis. If it goes too far as to say with people people say it, like crushed,



Geo Cesare 18:42

for sure. And especially right now and the era that we're in with social distancing, and a lot of fear based news, and we have this COVID we're dealing with on a collective level, you see so many people responding in various ways, it'd be very interesting, from your perspective to to see how to work with these energies of disk coherence.



19:05

Well, the point is that these people were doing the political time. And for me, I know, I'm a child of the Vietnam era and all that so and I know this polarization, I've been in it before. And it just takes time. And you know, nobody talks about coherence. Nobody talks about what you can do for yourself other than take a drug. And that's it. There's not I've never seen hardly anything on TV, but how you can increase your immunity how you could be better, better off okay, use this as an opportunity to be a better person mentally and physically. That's what this what I call the politics of healing.



Geo Cesare 19:42

Let's talk about it. What can we do Oh, if you had if you are on TV, two minds of people right now and you had this a slot to give your thoughts and now your experience and research and instead of reaching for a drug or a vaccine Well, something to boost your immune system. What would You What, what is it? What are your recommendations?



20:03

My recommendation, I actually sent out a whole protocol for this. Which I'll send you. I don't know if you have it, but I'll be happy to send it to you. Yeah, it's so I put it, I put it everywhere, you know, and they use it with tuning forks, that people don't have 24 so recorded something to listen to for free. My interest in people getting better. That's it. Absolutely. No. And so, that was my approach to sound. But as we did talk about this earlier, but also a naturopathic physician that came second because I always consider

myself more psychologist first, um, how I licensed as a naturopathic physician. And so therefore, naturopathic medicine is really what's called for, oh, yes, great sound with a good Thank you, right sinking, that'd be psychology, right relationship and integrated with how you're eating, eating on a regular schedule, having a rhythm to your life, learning how to take, like cold showers, and so on all of these things, and learning how to meditate and you sound, all these practices are pretty well known. And the science is off the charts now about how good they are for you, and you never hear about it. Now, I just hear about the drugs, you just hear about drugs, you know, or taking hydroxychloroquine or shooting light up or whatever, you know, there's always a new drug everybody wants, they don't want to change their life. They just want a new drug. Right? And it is something that just drives me nuts. Sometimes I actually had patients come in watching drug commercials on TV, and they were taking these drugs that they did need to go from their doctor. So what are you taking them for this? Because all the people were happy that we're taking them? They wouldn't be happy. You know, and then we see also people taking opiates, I mean, for emotional reasons. I mean, how crazy can you get? How many people would you kill? That's killed more people than COVID? Yeah. So, again, just but that's the politics that we're in. And that's quite honestly, that that politics is both Republican and Democratic. It's bipartisan.



Geo Cesare 22:06

Sure, yeah. Which is why it's so important to have these types of conversations and, and show that there is another way to look at this, there is another way to, to hone our and harmonize our minds and our bodies. And not just through taking a pill or a now like you said, it's a it's a lifestyle choice. And really, from what you seem to be saying, it's the stories that we tell ourselves play a vital role. And in terms of how we, how if we're in tune or out of tune, and if we're out of tune, then it's a matter of not harping on being out of tune, it's constantly re shifting, we're always getting out of tune and kind of coming back into them and I play guitar. And I have to tune it every single time. You know, I see with



22:52

us as human beings, we go to that we have to let in by I do. I actually posted a whole segment neuro coherence and self regulation. And on Facebook for everybody who half hour show PVD by could watch it. Because I thought it was so important. Because we have to learn, you have a practice that daily, you just don't have, oh, I'm coherent. You have to have a daily practice to ingrain it in your nervous system. Every day, you have to practice it is so nice thing about sound is it could be a two minute practice. And it's very, very good. I've always said a two minute practice today is better than no practice today. But I

guarantee you a pill is not going to bring you coherence.



23:37

Some other good stuff,



Geo Cesare 23:39

right?



23:41

I'm not against Phil's



23:45

was not going to bring you what we're talking about.



Geo Cesare 23:48

No, I agree that that regular practice is so so key to integrate in something to bring us back to a steel point or to a grounding point on a regular basis. And I was hoping you'd speak a little bit. You mentioned a lot of different tools here. But tuning forks is something you're really well known for. Can you talk a little bit about about tuning forks in the process of how to tune ourselves through tuning forks? You know,



24:15

I that's actually, again, my main thing that I push it away or talk about, I did research on, only I liked it because it's such a quick practice. And when I was working with it by private practice that I realized that people needed to practice that I always thought sessions were magic, you know, they weren't working on themselves and then I was this appeal for them in a way. All right, you know, so I actually in the beginning that give my patients tuning forks, because I noticed that you have to do it once in the morning once at night, all I want this a minute to a minute and a half. You tap tooting force together and you miss them with a good thought. And that's your practice. Can you do it? And I realized that if people say I'm going to meditate for half hour a day, they do it for a week and it's fine.

feel a bit depressed. And Joseph goes for not doing it next week. So I can I want something that was simple and sound as unbelievably effective I did about chemistry and what happens in a minute. It will change you. It's like instant change in your body. So I basically got into tuning forks. I see if I could see, I think you'll come to my mic. Okay.



25:26

I use this tuning fork.



25:30

You can hear this, okay? Yes, yeah. And I use this tool for when you put them together.



26:08

Yes, that was in the morning, once at night, watch when you wake up and watch when you go to sleep. That's the practice. It's simple. And I even tell I tell people, it's what's more important as you do it regular, because that's what it gives your body that constant ability to know where it's at, in transit and change your nervous system, but also the science on it. We were talking about it despite nitric oxide and neuronal cinturato. system, a creates an identified molecules, which are really a form of cannabinoids in a way your body and a non damage listen to that also really brings on a state of neural coherence. That is now you own it at that point. And it's instant. So that's it. I like it. Because it's easy to do. It's, it's been around for thousands of years. It's nothing new. I've just want to find it with tuning forks. Again, I've quantified consciousness. That would be the modern word for what's happening here. So that's basically that's the tuning forks. No, I have other tuning forks as a cmd. Yes, yeah, this is a C and A G. It's a little little different than normal piano tuning this to the middle lower, and so on for certain reasons. But it's the space between that does the tuning not in this particular case? Can you can you speak to that a little bit, the space between the desert and I think you have a C tuning for it is 256 cycles per second, the GTA four was really four cycles per second. It's like two people in a way. In fact, in India, those two people we called Shiva and Shakti, Yin and Yang, and when they relate to each other, they create a vortex they create a special energy but the vortex energy and and that is that coherence that one receives of the relationship. But so you're looking for the right relationship with consciousness his relationship with but so now all of a sudden, you merge with the sound. And then you have within it a steel vortex of steel point, basically. And when your system surrenders to that, which it will, that's what's called is science, the relaxation response is a really simple thing. So the relaxation response, and you see all the look at the research, you can see everything that happens for you in the

relaxation response when you're there. And it's quite a bit different to that being upset about your story and tightening your body is the opposite. But can you tell me some stories of people that you've worked with with this tuning fork just to to give life to what you're saying? Well, actually, I gotta tell you one of my favorite stories. I was in New York City. I was at 911 at the FEMA test, prep centers came down and I was working with firemen and everybody was tuning forks, and of course, doggies. I worked with doggy stuff. And you know, but that was a very tense time. And afterwards, I needed to fly out to Europe, from basically New York to Switzerland. One week after that I was a bit working with all these people and stuff and I did I put the tuning forks in my my bag by flight bag and out of my suitcase and I got stopped at the airport is only like 10 people flying I was one of them. And I got stopped for my tuning forks. And so they brought me into the customs officer brought me and he had to 24 so his desk and he says What are these? Taking hobeika he's got a 357 Magnum you don't know for whatever gun looking at me with these eyes that are definitely not neuro coherent. And I was definitely I was trying to face back coherence daily train coherence wasn't gonna happen. So fortunately I had a brochure for my business they said these are tuning forks. I'm a doctor I used them for for healthy What do they do? And I said, Well, can I show you? And he said, Yes. And I tap the forks brought him to his ears. It's like you heard now. And he just sat there. He just had a relaxation response. And I felt we were so it's hard to describe the tension level. And the contrast between in that tension level, we didn't have any relaxation response, because I had what simultaneously



30:25

I felt like



30:27

the heavens have opened up and I was ascending. And he came back. I think the whole thing was like, probably two or three minutes, but but it felt like forever. And then he said, okay, there's no problem here. And then I left tuning forks on the desk, and I said, so could you hold on a second, he says, oh, come in here. And he called in another customs officer for me to tune them. And then I just as a gift, they said they couldn't take gifts, but I left them on the desk, and nobody said, they'll keep me.



Geo Cesare 31:01

Wonderful.



31:02

That is a wonderful story. That's my favorite story. But in that story, though, is the clarity of the contrast between high level neural dissonance and high level coherence. It was just like to enjoy the amazing Milton the coheres? Oh, yes.



Geo Cesare 31:18

And as a customs officer, I think a lot of people can relate maybe not to that specific job, but to a job that you have to be hyper focused, very stressful, have a lot of tension in your body. And then to take something like you said, as simple as tuning forks, and within a minute to go into that relaxation response. That's really incredible. You know, this is one of those experiences you just lifelong. Remember, this is actually propelled me forward in my work, really. Now, I have a background as a physical therapist, licensed physical therapist. So I see people with a lot of tension in this in the spine, and the suboccipital sciatica is this with the CG be appropriate. And that situation is something else to think about when you're working with like the musculoskeletal system, specifically,



32:09

you I have a dog to him for I use three tuning forks, for sound healing, I used to see in G, I used that as a regular coherent practice. And if you take the other one, you put weights on the end of it, and it makes a lower sound, I sound that you can hear it. So this is a single cell.



32:33

And I could take this, but I could take this if this stem of the 24 and place it directly on the body. Right. And when I do that, is that people think it's one sound going in, but I actually have it set for overtone. So C and G is built into the one sound as a harmonics. But so now you're getting a harmonic spectrum of sound is entering into an acupuncture point directly on bones, trigger points, reflex points, whatever it may be. And I use the three C and G and that if I do sessions, and I've lost, like like you, I think I'm trained in new osteopathic manipulation, chiropractic, medical, things like that. So I've always been integrated. But I don't do it the way you would do it as a PT, I do it more as a psych psychologist by first the body differently, but I use the same methods, and so on. And so I would then take and put somebody in a counter straight position on the 24. It's just amazing what happens. So again, when it comes to those kind of things, I always tell people, integrate it into what you do best chair exactly, because and also make sure

you're trained to do. Yeah, there's no magic, you can't just say that there's certain protocols like give like for COVID and stuff, but that's different that you can do as a practice to prevent. But if you really have something going on, you go to see someone you make sure they know what they're doing.



Geo Cesare 33:58

Of course, you've got the odo tuners with a weighted n. And what's the what hertz or frequency for let's say musculoskeletal one tension 128.



34:08

Okay, that's it, I just use 128. Like I said, the three tuning forks I use or the 128 with the weights on the end that's directly in the body. I used to see the G we disturb what we call fiber acoustic. That's the the auto for that fiber is Steelers vibration on the body, and the other is psycho acoustic, you tap them together. You could also do this way and move them around your body. Or you can tap them on your knees and use them drugs in your ears. So with those three tuning forks, I could put them in my pocket. I can carry them around, I can do sessions. I've done sessions on airplanes and my dentist office. I've trimmed everybody in my dentist office. I've tuned I actually I have little, I just did PRP shot in my head so they wouldn't do they would do hip surgery. I said no, I'll take the PRP, I saw my own X ray And they got upset then we do surgery. I said, No, no, no, the PRP will be just fine for me. So I did PRP and lasers, I did my tuning forks and there I'm walking fine playing golf. No. But basically, the doctor who did the PRP was doing covid. And he was all upset. So I turned to my to his nurse, because they have nothing to do. I was the only person in there I tuned everybody in the whole office. It was my pocket.



Geo Cesare 35:25

like everyone's favorite person, like, you know, should we be paying you for coming to visit.



35:36

But you know, the thing is, is so easy to carry. And it's Yeah, and I'm all for all sound helia. Like with Chris, I have my studio, I have crisp, I have everything you've imagined here. But the thing is, I can't carry it around, I need something simple, you know, that I could use. And I have other tuning forks, but they're primarily for neuroplasticity, they're the big. Other words, like you're gonna make you change and move and you're in different

directions, different. Whenever you add a sound, you know, it's stretching like I can, I can help you whenever you push a little further, every sound stretches you in different directions. And I call that into a plasticity. Basically, neural coherence is very, very simple. So for individuals with that, say, you know,



Geo Cesare 36:15

anxiety so prevalent right now, and I know a number of people that are would tend to be depressed. Imagine they'd respond well to sound, or I guess Let me ask it this way. What is somebody that responded to sound versus somebody who didn't with tuning for particularly that was really anxious? What? What are those factors? What would? How well, do they have to listen or tune themselves? And how much do they have to want it? What's the intention? What are the factors that play into somebody with that level of challenge mentally or physically to see success? Well,



36:50

that's also me, but you got to know what you're doing. That's the integration part. Like if somebody comes and sees me, I bet 50 years experience work with depression. And oh, and there's not much I said, therapist, that they'll be psychiatric for five years. So I'm used to trauma, depression, whatever it may be. So I have a transferring log on to that I can, I can really be with it with confidence. And then right, then I've worked with so many people, and I want to approach them where they're at. So and I don't want to just say I've had a magic formula for you. I wonder who who exactly are you here and I once I get into their world and their reality, I can create a context that they listen to, and use it correctly. So a lot of it is not magic. Some people most everybody will like be intuitive, you know, but not everybody will as some people may you have to watch their body, you get, say it's gonna work with everybody be crazy. But most people and if you have difficult patients with depression, and things like that they made that cheating. Sometimes they just need other approaches until they're ready for the 24. All right, you I want to make sure that a I'm not against psychiatric drugs, either. If they're used correctly, they're overused. But when they're used ever, there's a place for everything. So, so therefore, I want to make sure those patients are stable. And then I would gradually maybe integrated music therapy, or perhaps the tuning forks, if appropriate. Yes, but for the average person does to do a normal tuning for practice is no problem. But again, you and I are both trained in the healing arts. So we see people who were outside the average. And that's what we'd like to do. But at the same time, you can't, you can't just say what we do to be mapped on to everybody you use, you use a trainer, you know, to put your hand to do certain things. So but you when you integrate the tuning forks to do that the editor dimension, that's

what I'd like to say. Absolutely. Oh, and what you're alluding to is kind of the art form of healing. Yeah. Yeah. Absolutely. The healing art and science but yeah, right. inside. Yeah. It's rooted. So it's an art. And we clinicians know the difference between the people that do this the qualification and the science, because you can have all the light people have a very misunderstanding the science, it doesn't prove anything. It says it all it does is give you ways of looking if you had to read a study to figure out what are they saying? What's the topic goes on and on and on. But people want to see approves of it.



39:24

I wish it did.



39:27

Yeah,



39:28

yeah.



Geo Cesare 39:29

So I'm just curious, can you share your personal view of the energy systems of the body there's various cultures have chakras or not these meridians that these types of things and these are things that are that I know that are easily measurable, per se, but you can kind of peek into that world a little bit. I'm just curious what your thoughts are like experiences?



39:51

Well, I very much have studied the systems. I've studied a lot of Acupuncture and Oriental medicine I've studied are you painting In India, natural naturopathic medicine in the West, so on. And I think it's, I've come to conclusion that these systems are preferred vibrationally based, they're based on a much bigger concept than the body is separate for the mind. And secondly, the language of these systems is cultural. So you have to look at the behaviors they're talking about, versus the words they're using. For example, we have in organic medicine in West also ether, air, fire, water, earth, but in Chinese medicine, you have metal and wood. And my interest there is what would be the behaviors of metta was the behaviors the word what were the words? What are the quantifiable behaviors that

one can observe and talk about with somebody else? That's very different than saying, Oh, well, I could defy or something like that, obviously, what? Well, how do you know that you got one of the boom bust patterns? What is the skin look like? It's so on. And so the physicians were trained in really, really good observation, but their smell with their touch with their ears, and so on, to define what those words meant. And what we do is we try to we take them out of the cultural context, and they missed a system out. And I've never really been for that. It's too vague for me, I, as much as I said, about science, I have to I am the scientist. It's a and I know the difference between if I'm going to work in someone, I'm going to be accountable. If I say the word chakra, for example, I want to say to someone, these are the behaviors of observing, and this is what it means to be just how interpreted and you could call it something else. And this is the biochemistry I think that might go with these behaviors and so on. Mm hmm. Yep. So you know, I, by the way, my energy system, my life is primarily ether, air, fire, water, earth, and it comes out of alchemy. And, and a little bit out of beta. It was, I think, developed by Dr. Randolph stones, flirty therapist. And I liked that system, only because it's inclusive, and integrates any other systems. And it's it.



Geo Cesare 42:02

Yeah, I'm really familiar with Ayurvedic system as well. And it's, it's fascinating to see how some of these holistic systems of healing, do truly integrate in the physical, with the mental with what I would label spiritual as well. And we've lost a little bit of that in western medicine, I think we've really segregated things out quite a bit. And some, in some ways, really, it's positive and helpful in other ways. Maybe not so much.



42:32

Absolutely. That's why I say you have to everything has its, its goodness, and it's not good to so it's a surgery we got our surgery, or surgery is unbelievable compared to some other cultures. But our know and our use of drugs or antibiotics and saw us correctly is amazing. So it's just a matter of being inclusive. And being humble about my favorites. I don't understand why a doctor can't figure out that for 2000 years other doctors have been around.



43:02

They look at them like they're stupid, you don't like



43:08

it. It's the same thing as we go into the culture, we mess it up, you know, it's somehow it's India might be in the American psyche, or I don't know what a Europe so it's very different. When I go to Europe. I work at Rudolf Steiner clinics, and oh, yeah, I've worked quite a long medical doctor, we call ourselves of course, those biologic doctors, and we all interview late. And they have a tradition going back a long way that we don't have in in America, but many of these doctors for homeopaths, they're saying, oh, f anthroposophic doctors, they're all trained medically and natural passer. They all merge. And so there's an I, when I practice there, I felt a relaxation about my practice, I never felt in America. No respect. And so we just don't have a strong tradition of that they would have in Europe or India or China or places like that. I'd like to take



Geo Cesare 43:58

a quote from your book, I think it's human tuning it is a fundamental principle and sound healing is that physical, emotional and mental symptoms are being generated by an underlying energy field. But that's a change the energy field and the physical, emotional, mental behavioral patterns will also change. Can you explain a little bit how we see this in action? Like how, how this plays out? Well, if you



44:25

Oh, my favorite is if you if we go to the student body work for a moment. And what are the patterns is the high high shoulders, high hips, rotate his hips, and so yeah, so we lift their shoulders, and now a person walks around like that all day. They're going to see the world through that pattern. So therefore, if you just put hands on and the shoulders, drop the hips, drop the coxy, the sacrum loosens up, the spine loosens up, they're gonna see the world differently. There is change. You could also do the same thing with the voice to someone to it. Yeah. A girl like this that you tune the A lot of times you do a little butterbur for them that, hey, Oh, hi, how are you? The Voice drops or resident. And you have to assume that the moment that happens, they have their experiences a little differently, not to say personally. But yeah, so you now are more open to different possibilities. But I give the example of changing the field and that you live up here in the north, and it's the middle of the winter. And you go to Bahamas with all your coats. And you're thinking in terms of winter thoughts, the moment you get into a different field that's nice and warm in the Caribbean to the ocean, all those thoughts go away.



45:42

When it was



45:44

in the Bahamas, I was talking to Joshua, move over to club Atlantis, like I talked with the guy over there. It I wouldn't this room, it was filled with coats and stuff. This is what it does is it people leave them here. When they leave, they forget. They had piles and piles of winter coats. They wear them down and forget all about them. So the field changes. Yeah. And of course, you go all the time to Phoenix, Arizona for allergies. Right? Does it change the field?



Geo Cesare 46:15

That's a great example. Yeah, absolutely. So when we feel out of balance, if we would be we would be good to go. There's that book those physician Know thyself. And it's just I just love that's just a title that sums it up, right? As we all as we get to know ourselves better. And then we can recognize when we are out of tune or out of alignment or holding on to tension that maybe we weren't able to recognize, prior to that I had a friend that that just got back from a long retreat and meditation retreat. And one of his comments was, you know what, I had no idea how much tension and strain I was holding on to until I was in a place of no tension and no strain. And so we get so used to like living these lies of like foot on the pedal or putting on the gas and fun and just go go go 10th. So we have no idea. And I think this idea of reflecting back on ourselves and being able to cultivate these ability to feel and sense and tune into ourselves deeper. So we can kind of observe that and then give ourselves feedback. It's maybe not easy. But do you have any suggestions on that?



47:25

When I think of tension in the body, I think there's an ideal tension for coherence, right. In other words, when you have no tension, it's not good. Like, in your strings in your guitar, for example, right? You have a right tension, right to make music. So we have different tensions that we need to do different things. So I mean, it'd be fine have to have more tension for one activity less for another, I'm constantly going through different notes in a way in my life, but they have to be two together in order to shift from one note to another. The coherence is what that's about, and what and living requires that we know life, life has changed. And stress science is how you adapt to change. Basically, if you can adapt

to change, you need coherence. And when you have coherence, you know, you're you're changing, changing, changing your coherence is like neutral on a car. And everything else is like gears, you got a high pitch gear, you have a lot of you here, if you have an old car, we can shift gears, you can hear the sound higher and lower even. So for me, it's all about shifting, and being able to shift with coherence being neutral, and building that in. And there's no importance given to neutral. And yeah, very little like how important is neutral you sit but for me neutrals, the essence of preventative medicine and preventive medicine is that you can never know that what you never had. Right? So therefore, it's hard to prove except for



Geo Cesare 48:55

Exactly,



48:56

exactly.



48:59

put myself out of business. You see.



Geo Cesare 49:02

They used to have this model, I think, where you pay a physician to keep you well then you did not pay



49:11

the good system.



49:13

Work in America



Geo Cesare 49:15

doesn't work. So you mentioned earlier about consciousness and sound. And I've always been fascinated with this idea of consciousness. And this. Quantum Physics is a Mikko Swami, I believe, talks a lot about consciousness as the foundation principle through which life emerges. And a lot of Western scientists think of consciousness as basically of your brain and unconscious is secondary to the brain you have conscious because you have a brain and you mentioned conscious earlier as a connection of how we relate to ideas, people things and I want to expand on on your idea of consciousness especially as it relates to sound it's just a fascinating topic that I think you have a probably viewpoint on it



50:01

will never sound is vibration. Okay right and quantum is vibration This is the quantification of vibration we live in a universal vibrational field and so before there was this ability to quantify certain things at a quantum level the there's something called the nada bender you punish shot in India where basically they just listen they do deep listening. But when you do when I listen to sound, what I come into its vibration, but once I get it, I start quantifying it I stopped telling stories about it. This is what's called qualia in the, in the study of content, quality, quantity, qualification, quantifying sound, I stopped, it's like a teeter totter, you can quantify it, you can qualify it back and forth, but in the middle, at the fulcrum is just vibration is vibration is everything, the moment you come into this vibrational state, the whole field becomes available to everything becomes available, you are this you're that you're just vibration. And consciousness, ultimately, is a relationship of vibration. Now, you could say we relate uniquely to vibration through our human form. Or you could say we can only relate to the brain or whatever you want. But what's the purpose even more wacko, right? What's the brain? Is it? Is it the neurons in the brain is what about the heart? What about the polar and shooting? It goes on? And on? And on? What about the biggest nerve? Where does it begin? Where does it bring in? Where does anything vibrationally begin an end, except we give it a qualification definition, I have no soul. So consciousness to me is very is the ability to relate the vibration, and how you relate to that vibration is going to be both quantitative and qualitative. And it's going to continue to totter. So people will be more qualitative, quantitative about it, some more qualitative, they're going to fight and you can have power struggles between the two. And that's what we have. Now, we have Western science with always quantitative stuff. And this concept of evidence based medicine, which I think is killing clinical work, it's like no child left behind in medicine, basically, no, you want to quantify it, it's no good unless you quantify, you got to quantify it, and anything else is useless. And so and you have 2000 years of useless as far as they're concerned, or whatever. So to me is this very simple two vibrational universe, the moment we don't know how we do it, but we relate to vibration. And within our relationship with vibration, we quantify we, if quantitative and qualitative.

And speak to That's beautiful. And can you speak to that, from the perspective, your perspective as a musician, so as a musician, allowing this, this vibrational field to move through you, with whatever instrument you're using? Can you speak to that a little bit only that when you as a musician, you know, I work with a lot of really good musicians. And I can see what I'm more interested in it is in their own interest, and you know it because they're listening to the silence between the sounds, but they're not even involved in the sound that much. They're listening so deeply, right, that what's left is this vibration of vibrational field without right without wrong without good without bad without mistakes. If none of that exists, you know, and you go into, and you go into this field together, and you're relating, at this unbelievably beautiful place, I called out a salad jury with people going out of my way to teach non musicians how to do this. So I go through the word music to the word sound, like for instance, I've taken I took one of my channels support, so it just made a liar that stuff, right. And I have an end benefit people come in and they start making sounds on it. And as long as you know, try to make music and just get into the sound. It's amazing. So music required, it's like to be a musician we think require certain training, right, but to be the one to sound and listen does it. So I like the word sound healing a lot. So I could teach everybody how to listen to appreciate and play sound without having to make it fit a musical genre.



Geo Cesare 54:07

Absolutely beautiful. And two other things. I love a mantra as well. It's empowering. You can use your own voice you can open up and relating to various vibrations through your own instrument, the tool of your own body invoke



54:20

the best is for them the world. By the way, tuning forks are secondary to your voice and motorists are even better you can just think so. But you can you can shout it out loud you can think it because when you're humming when you're vibrating your body from inside out, it's still the tuning forks or from outside in, but we ride people home the sound oftentimes of so they integrate it with their voice as well.



Geo Cesare 54:45

Yes, I have two children that are one is 12 and one is seven. And I think a lot about how to promote this idea of of sound and music to support their lives and connect with them. And if You had to give some thoughts on helping children reconnect with the wonder you were talking about earlier? How can we as parents or as school systems, think educators start

to help our young ones? And it really could be any age connect to that sense of wonder, but I'm specifically thinking about our children.



55:21

Well, just so you know, so we have, I have twin boys. Oh, yeah, they're 24. Now, and I also have an older son who's 15. And a granddaughter who's 2024. Also, wow. In my session, he was a child of adolescent psychology basically. And, to me, the the, the operative word there is play. You make it playful for them. I used to go into the school system, had people act out the elements, tap tuning forks, and so on, jumped around the room and had play. And children have that sense, as long as adults get out of the way. Yeah. And I think sometimes, I was lucky. I said early on, that my aunt made sure I didn't want to find my music, but notes, bar lines and things like that. She and I think we're too quick to put too much emphasis on quantification of the children. It was somehow that you'd like to teeter totters have a balance there, and they're not quite ready for it, but we push it on them. So with my children, I just played this out, they all kept the forks, they all jumped around, I gave them sessions with the tuning forks, I still do. And they're 25 foot 20 or 25. But they have this end, if I built it into them. It's not you know, when they're teenagers, no matter what you do probably go to work. But anybody listening to this, as teenagers don't think it's going to help



56:52

you do before they're a teenager, it's going to be good.



56:58

To get over being teenagers things change. So don't worry.



Geo Cesare 57:03

When I got back from the work workshop with you, and I had to see an edgy tuning fork, and I shared it with, with my kids, and they they both really enjoyed it, they they touch them together, I listened to their ears close their eyes, and that was their form of meditation and even for like three or four minutes, so it was just really lovely to watch. And



57:23

you know, the way this watch the energy, they just naturally do it. Just like I naturally three years old play the coulomb the travel go, so we have to not worry about too good. They haven't quantified the world yet. Exactly.



Geo Cesare 57:37

Yeah. Now, I also really loved in your book, how you described life and learning as a school as a musical school and resolving our personal challenges wherever everyone's enrolled in the school. And it's such a beautiful perspective of talking about in this school, we learn about dissonance and resonance, whether we like it or not. Yes, thank you for sharing that. Can you talk a little about that orange?



58:02

This what we're talking about? It's about I used to work music school there. It's a vibrational school. Yeah. And we're learning we everything's frequency and every time we learn something and integrate the frequency, we've learned forever, oh, we have that frequency available to us. And so I think there's consciousness is constantly expanding. And there's more and more to learn. It's infinite. As far as I'm concerned. I, again, how I want you to relate to the world, but I don't have my body I have no idea what I will do. And so, right now, I just, that's what the school teaches us that teaches us that when, you know I did a lot of work for loofahs Kubler Ross and people like that I learned that when people were passing me I was there for me to pass things. And you could just feel the vibration, the energy as it passed, it happens it's a it's a lesson and it gives you confidence and then I'd like to say that you can't let go of a frequency now I knew that was gonna happen when you thought I mean it's all about you know, letting go frequencies know and attaining larger frequencies and giving yourself to them. And that's That's my understanding the music school. We things we like sometimes the things we think would get rid of those things we like to listen it's not a vibration is not about good and bad. It's about vibration.



Geo Cesare 59:24

Yes, I think it's it's very beautiful. And you also mentioned we need to be reminded that dissonance is a natural state and dissonance is beautiful, like a caterpillar becoming a butterfly. Absolutely this order out of chaos. order out of chaos, dismisses my friend. It was not my fruit of I don't know how to get back to here. So you see, that's the that's the problem of it's such a an incredible way of thinking about it. And because obviously if you don't know how to get back to to some balance or harmony, you will be in a state of fight

or flight because you're you're nervous. You're worried you're fighting the dissonance constantly,



1:00:02

and you're trying to get out of it. So then you start drinking or smoking something or whatever it may be taking a drug, anything, anything to relieve it. But these practices that we're talking about are help prevent, and relieve it more in balance, so to speak. Yes. Yeah. You know, like, I used a lot of my patients, you know, they worked on Wall Street, when I was in New York, they're there, their day way of relieving distress was to go to the bar after work and drink. And they finally come to me for sessions, they say this is better than the bar and drink. And guess what they just



1:00:36

that's a compliment for you.



1:00:42

Well, you know, gets this all the time. Yes, yeah. It's a meditation stuff is bullshit. And then they basically become for other reasons. And I would treat them and in, do these other practices within the treatment, and maybe get the results. And I wouldn't, I've never caught meditation for them. I just call it a session.



Geo Cesare 1:01:08

We've talked a lot about moving from dissonance to harmony or from from stress, or fight or flight into into more cohesive state, what is the potential for someone who is, let's say already, mostly in, you know, doing their practice and maintaining a really a ritual or their morning practice and living a good lifestyle? And they're feeling in tune in harmony already? We don't know what we don't know. So what is the potential for the human beings? What if we kind of get out of this idea of like, Okay, let me get out of pain and more into were more of a state of balance, what is the next? What is the potential for us as, as we move forward? that were maybe next step to tap into?



1:01:51

You know, I don't know, actually. I mean, basically, I, I'm from Indiana, you know, I just

picked a corn boy grew up in the Midwest, and I just take things that are fun to be in a deal with. Yeah, I don't have. It's not like I don't understand you can get high, you can have unbelievable spiritual experiences, you can have unbelievable downs, just like we live in a bipolar world, that's teeter totter, right? I just don't get caught up in that, per se, I was younger. And might've, is even when I play golf, for example, I'm, I don't get caught up in the highs and lows of the game, I appreciate more, my ability to move in and out of the highs and lows and appreciate them without them. And that, to me is the essence of what you want. And now because it's guaranteed, there's no way that anybody's going to find the form of your life isn't going to get messed up. And therefore, it's it's not about, it's being aware of coherence in a way that it gives you perspective on how to deal with it, you know, you'll pick out better what fits for what you need. And then that's why we need therapists that would, that's why we need people to help us and teach us to guide us into ways that we can work with ourselves and figure things out. But if you have a practice, that teaching becomes more integrated faster, you know, because there's no magic. Just sessions aren't magic, you don't go to therapists for magic, you go to therapists to get input. And then if you have a practice, it's but you're gonna you have to own it. You can't just walk away from it. But I'm all for what I call patch up sessions and things like that. Yes, I think it's, in fact, I would like to say it's necessary for us to do our work and make money because



1:03:42

you have to have your bag of tricks by for people to win.



1:03:50

But when those are integrated correctly with the bigger picture, it's much more exciting, both for you as a practitioner, and for the person seeing you know, questions empowering, it's empowering. Exactly. Otherwise, you use your bag of tricks to back over and over again. Yeah, and



Geo Cesare 1:04:08

I never hours. We don't need any more codependency in this world. I know.



1:04:15

People that could use sessions. Of course. I've never worried about that. In the beginning,

when you're building your batfish It may look like there's not enough people but there comes a point when there's too many people. That is very true.



Geo Cesare 1:04:34

So John, as we're kind of coming to our rounding out our session here is any any closing thoughts or words in terms of where, where you're at right now and things that are important to you that you may want to share before?



1:04:50

We do? I think first I want to say it's a pleasure speaking with you. I remember no speaking at the university and it is more for me I can share with practitioners too. I know you see people every day, much, even though I don't really have access to Western thousands and thousands of people over 50 years. And what makes the difference to me is everybody getting better, you know, and learning and developing. That's my dedication. I'm not a politician. I just, I'm dedicated to the heliodorus. And so the music, I've always wanted to bring that into healing arts as something to integrate and learn from. And that's my work. That's what I do. That's my calling. And it's part of my journey. I've heard lots of body work, I've been eclectic, what I've done, I guess my nature, but everybody has to then integrate as they want. Because when you become coherent, you get in touch with your nature, right? And what's what's the right way for you to do things. And then the problem that I see with people is they they think there's the ultimate right way, but there's only you're coherent, and you make a mistake, and you learn from hearing, you make mistakes, and you learn from them. And you dedicate yourself to that what you know you have to do. And when you speak about it, and you actually put your word on it, that could hurt more than ever when somebody says they don't believe you know, so but that's the kind of her that is the best in the world. And when you learn how to deal with it correctly, is this the vibration and you have that frequency, nothing can stop, you know, because it's there's no fear. So, in my life, that's basically what I do. I've just switched now from seeing from working with 5060 100 people at a time. And COVID came, I just spent two months doing nothing but rearranging my studio to reach people in another way. You know, it was a pain in the ass messed up. But that's what you do. I didn't want to do that first. That's just ridiculous. What do I want to learn zoom platform, what I've learned, he kept what I care about, like it goes on and on and on. But I did it. Even while I was doing it, I was thinking all of that.



Geo Cesare 1:06:59

Even John Mueller went through some dissonance.



1:07:03

But I still but at the same time I went through it in a way that it wasn't going to give me a heart attack to kill that kind of thing. And I looked upon as chaos order out of chaos. And it turns out to COVID one of the greatest gifts I can ever imagine. I mean, I'm reaching more people than ever, business is better than ever. My life is I'm not on airplanes all the time. I mean, basically COVID has been a gift to me. So far. This is where my life is, let me know, although I certainly went through grief about certain things I can't do anymore. But I have a good relationship with B, if you see everything's about what's my relationship with it, then right? I sold my story. I'm a bad person, because I can't do this. Like I grieve, I can't ever have this back. What's wrong? I can go off that direction. But I tended to say to be with that. I'd say also where am I at what do I need to do to manifest this my coherence comes I put things together, I put my students together and at least 40 different ways to figure out how to do it this right?



Geo Cesare 1:08:03

Yeah, beautiful. You are an incredible teacher. And I really appreciate all that you're sharing from your heart and all your years of wisdom and clinical work and shining through and thank you for taking the time to to meet with us and share with the audience. And I was also hoping you could share where where individuals can connect with you on maybe some books or your website or how to get some tuning forks what's



1:08:33

well as always the best versus buy to my website is filesonic calm. And my books, you can just look up my name, you'll find my books on Kindle. I've written a number of books, if you're a scientist, I have research published, peer reviewed research published, you can just look it up on PubMed, I'm sure under my name. And so that's basically it's if you just type my name and you love it, you will find me



1:09:00

on Facebook, a Facebook.



1:09:04

It's very easy to find me.



Geo Cesare 1:09:08

Wonderful. Thanks again, john. I really appreciate it.



Larissa Voiceover 1:09:11

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Geo Cesare 1:10:12

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