

Basis of the Blackbird method

I have been researching and testing sound frequencies for the past ten years. During this time, I developed a specific methodology of creating sound therapies that have shown to be very effective with my clients.

I call it the Blackbird method, and it is a combination of the 'frequency cocktail' specific sound masking, intention, and state of consciousness.

The frequency cocktail

Frequencies that I use in my method are both digital and analog.

I use them as single frequencies and for creating binaural beats, isochronic tones, and scalar waves.

When using digital frequencies, they are linear sinus or square frequencies tuned to a specific region or body part, commonly utilized in protocols for sound therapy¹.

¹ **Frequencies, tunings, and pitches used in sound therapy**

Dr. John Beaulieu is a renowned naturopathic doctor and sound healing specialist. In his book, Human Tuning, he brilliantly outlines the basics of sound healing with tuning forks. For the tuning forks to be audible, the fundamental frequency is multiplied until it is in the range of our hearing. In essence, we are tuning to the natural frequencies measured on our planet. The Pythagorean-based tuning fork system is called the Solar Harmonic Series. The Pythagorean tuning is based on the intervals and harmonics found in nature. It is very different than the equal-tempered tuning we use today.

The second tuning is based on the frequencies that come from what is commonly referred to as the ancient Solfeggio scale, widely used in therapy with sound frequencies. This frequency and scale were researched by Harvard-trained Science Scholar Dr. Leonard G. Horowitz, who wrote The Book of 528, which provides the science, math, discussions, and instructions proving the benefits of the solfeggio frequencies.

All used frequencies are standard in sound healing procedures and protocols, used in vibrational therapies created by sound frequencies, and approved by Sound Healing Academy(Great Britain), an approved training provider with the International Institute for Complementary Therapists (IICT). The integral Sound Healing process by Sound Healing Academy is proven as a highly effective form of vibrational sound medicine and is practiced in most countries worldwide.

All the used frequencies are also approved and used by America's Sound Healers Association.

Resources:

<https://biosonics.com>

Beaulieu, John. Human Tuning. BioSonic Enterprises, Ltd., High Falls, New York 12440, Copyright c 2010 by John Beaulieu

<https://www.britannica.com/art/Pythagorean-tuning>

<https://www.healingfrequenciesmusic.com/pythagorean-tuning-in-a444-and-a432/>

<https://biosonics.com/product/solar-harmonic-spectrum-set-of-8/>

<https://www.gaia.com/article/healing-frequencies-of-the-ancient-solfeggio-scale>

<https://www.prnewswire.com/news-releases/miracles-in-medicine-explained-by-sound-science-300872016.html>

<https://www.amazon.com/Book-528-Prosperity-Key-Love/dp/092355078X>

<https://www.academyofsoundhealing.com>

<https://myiict.com>

<https://www.soundhealersassociation.org>

When digital frequencies are used to create binaural beats,² the base frequency is fundamental. It is tuned to a body part depending on what is being treated. If I use digital frequencies to create scalar waves* and isochronic tones*³, then the base tone is tuned to a body part, and the rhythm of the isochronic tone to a specific brainwave state. The base frequency and the state depends on what is being treated.

When recording analog frequencies, I use specialized instruments - Tuning Forks, calibrated to a specific frequency. There are many combinations and protocols on how Tuning Forks can be beneficial for treating various conditions.

Example of a protocol: for digestive balance; C-E, C-F, low C-high C, C-G.

When implementing them in the frequency cocktail, each is recorded stereo with two microphones (I use Neuman M147 and Rhode NT2) so that as many properties of the analog wave as possible are being obtained. While recording the analog frequencies, the level of consciousness and intention of the therapist is essential. Analog frequencies are used to create binaural beats and scalar waves as well as digital ones.

In both digital and analog forms I often use white, brown, or pink noise.

The protocols and combinations of sound frequencies used in frequency cocktails depend on what is being treated.

Music masking

Music masking is the composition in which the frequency cocktail is blended in. It makes the sonic healing journey pleasant for listening and creates a specific atmosphere for shifting the state of consciousness.

The music masking is tuned to A-444Hz or A-432Hz.

The therapy is a minimum of 5.20 min long.

It can contain natural sounds from various instruments, artificial sounds, self-created sounds (humming, chanted vowels, and mantras), rhythms (from 70BPM to 120BPM), and lots of different sounds recorded in nature for creating natural white, brown or pink noise.

² Binaural beats are created using two different signals in each ear, which when set 180' apart, affect the brain in a way that the brain creates a third phantom frequency. This frequency can be heard as a rhythm and that is why it is called the binaural beat.

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*Scalar waves are also called standing waves; they are a rediscovery of Nikola Tesla. Their characteristic is that they are non-Hertzian waves and can be created with sound using two of the same frequencies in an angle of 180' apart.

*Isochronic tone is a single frequency switched on and off in a rhythm pattern that is characteristic for a specific brainwave state - they are used to entrain the brain's modus operandi when listening in open space, without headphones.

Intention ⁴

Sound+intention=healing

Jonathan Goldman's famous formula. Mr. Goldman is the pioneer of sound healing and one of the most significant authorities in the field. Sound is a carrier of the frequency and the thought behind it. That thought behind it is the intention. The intention is the purpose of the therapy. It should have these features; it is generated in the moment of creating the treatment, it should contain a positive outcome - as if it is a fact, and it should be in the present moment.

It is essential to bring full awareness to the present moment and create the therapy mindfully.

Consciousness can be encoded upon sound waves, and that is a significant phenomenon of sound healing. The intent has always been an important part of different alternative energy practices, and nowadays, sound therapists know the importance of using intent to empower sound. Scientifically, it has been found that the energy of emotions generated by the heart creates a coherent resonant electromagnetic field between the heart and the brain. This field is much greater than the field generated by the brain itself. The emotions behind the action may be one of the major keys to assisting prayer and meditation and enhancing the power of consciously created sacred sound. Our thoughts, prayers, visualizations, and feelings can travel on the wave of the sound we're creating.

The state of consciousness

Every therapy I've ever made, I made it in the highest state of consciousness that I could be. Since I was a child, I had this talent to bring myself fast in the zero-field, in the space without thought. Being in that space gave me the gift of creativity and direct connection to my subconscious mind and the superconsciousness. Being in this field of nothing and everything simultaneously gave me the awareness of how important the state of mind is. When taking responsibility for being a therapist, the therapist must constantly work on her/himself because she/he is the dominant beat - the vibration brought in the therapy. That vibration needs to be neutral to bring balance and harmony to the treated person.

That is why before creating sonic therapy, I bring myself to the zero state, and from there, I create everything.

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<https://www.balance-festival.com/Journal/February-2019/The-Powerful-Science-Behind-Setting-Intentions>

No Intentions in the Brain: A Wittgensteinian Perspective on the Science of Intention

<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00946/full>

Predicting implementation: comparing validated measures of intention and assessing the role of motivation when designing behavioral interventions

<https://implementationsciencecomms.biomedcentral.com/articles/10.1186/s43058-020-00050-4>

Resources:

The Intention Experiment: Using Your Thoughts to Change Your Life and the World

Lynne McTarggart

