

Matter In the Atom: The Anatomy and Physics of Sound Healing
 Shawn Marie Higgins, DO
 NYIT-COM May 10-12, 2024

TENTATIVE SYLLABUS

DAY 1 - May 10, 2024

TIME	Duration	CME Hrs.		
9:00 - 9:30	30 min	0.5	LECTURE	Introduction – The Sound of Osteopathy
9:30 - 10:00	30 min	0.5	LECTURE	Sound: The Bridge Between Matter And Spirit
10:00 – 10:30	30 min	0.5	LECTURE	Music – The Language of Vibration
10:30 – 11:00	30 min	0.5	LAB	Tuning to Nature’s Alphabet: creating new neurological pathways for sacred frequencies
11:00 – 11:15	15 min	0.25	DSG	Discussion in Small Groups
11:15-11:45	30 min	0.5	LECTURE	Cell Consciousness and The Field
11:45 – 12:30	45 min	0.75	LAB	Closing the Gap Between Matter and Spirit - Sound Immersion Overtones
12:30 - 1:45	75 min	N/A	LUNCH	NOURISHMENT OF BODY, MIND AND SPIRIT
1:45 – 2:15	30 min	0.5	LECTURE	The Cell Body – Cellular Cooperation
2:15 -2 :30	15 min	0.25	LAB	Cell Communion Technique/Meditation With Musical Intervals
2:30 – 3:30	60 min	1.0	LAB	Sensing The Fluid Body And Cell Body - Osteopathic Cranial Techniques
3:30 – 3:45	15 min	0.25	DSG	Discussion in Small Groups
3:45 – 4:15	30 min	0.5	LECTURE	Introduction to tuning forks on the body
4:15 – 4:45	30 min	0.5	LAB	How to use the tuning forks w/OMM
4:45 – 5:00	15 min	0.25	Q&A	Questions and hands on practice
TOTAL CME		6.75		

DAY 2
May 11, 2024

9:00 - 10:00	60 min	1.0	LECTURE	Matter in the Atom – The Quantum Nature of Osteopathy
10:00 – 10:30	30 min	0.5	LECTURE	Musical Yoga for Body, Mind and Spirit - Water, Neurons, Cell Structure and Consciousness
10:30 - 11:00	45 min	0.75	LAB	Tuning to the Fundamental Musical Intervals – Yoga for your cells
11:15 - 11:30	15 min	0.25	DSG	Discussion in small groups
11:30 – 12:30	60 min	1.0	LECTURE	Journey of a Sound Wave – The Ear
12:30 – 1:45	75 min	N/A	LUNCH	NOURISHMENT OF BODY, MIND AND SPIRIT
1:45 – 2:30	45 min	0.75	LECTURE	Journey of a Sound Wave - Sympathetic Resonance, Entrainment and Nitric Oxide
2:30 - 3:30	60 min	1.0	LAB	Bone Tissue Fluid- Sensing tuning fork vibrations through the various elements and densities of the body
3:30 – 3:45	15 min	0.25	DSG	Discussion in small groups
3:45 – 4:15	30 min	0.5	LECTURE	Journey of a Sound Wave: Water – the Carrier of Vibration
4:15 – 5:00	45 min	0.75	LAB	Balancing Water Element in the Body – Cranial Points with Weighted Tuning Forks
5:00 – 5:15	15 min	0.25	Q&A	Questions and practice
Total CME		7.0		

DAY 3
May 12, 2024

9:00 – 10:00	60 min	1.0	LECTURE	The Musical Scale – Octaves, Intervals and Overtones
10:00 – 11:00	60 min	1.0	LAB	Creating Intervals, Overtones and Harmonics – Learning how to use the psychoacoustic tuning forks
11:00 - 11:15	15 min	0.25	DSG	Discussion in small groups
11:15 – 11:45	30 min	0.5	LECTURE	The Music of Life: The Pythagorean Musical Scale
11:45 – 12:30	45 min	0.75	LAB	IMMERSION OF FIFTHS – Everyone Participates in interval healing with perfect fifths
12:30 – 1:45	75 min	N/A	LUNCH	NOURISHMENT OF BODY, MIND AND SPIRIT
1:45 – 2:15	30 min	0.5	LECTURE	The Creative Forces of Sound
2:15 – 2:45	30 min	0.5	LECTURE	The Mathematics of Life: The Fibonacci Frequencies
2:45 – 3:00	15 min	0.25	LAB	Tune to the Fibonacci Frequencies
3:00 – 3:30	30 min	0.5	LECTURE	Working with the elements of the body – earth, air, fire, water – bone, breath, nerve conduction, and cerebrospinal fluid
3:30 – 3:45	15 min	0.25	DSG	Discussion in small groups
3:45 – 4:30	45 min	0.75	LAB	Balancing the Falx and the Tent with Weighted Tuning Forks
4:30 – 5:00	30 min	0.5	LECTURE & LAB	Matching pitch with nature – working with voice, mantra and vocal toning
5:00 – 5:15	15 min	0.25	Q&A	Questions and practice
Total CME		7.0		

MAIN CONCEPTS WE WILL EXPLORE:

The Experiential sessions that go with these and are not listed here (see syllabus above)

Descriptions of the experiential sessions will be fine-tuned and updated here

Each *Matter In the Atom* class is updated and experiential sessions are improved

Cell Consciousness and the Field

The cells of your body are self-actualized, intelligent beings. They communicate with each other, with you, and with all things through an invisible universal field of energy. It is through this field that sound and *all* vibration travels. We will explore early research that demonstrated the undisputable presence of cellular intelligence and the universal energy field. You will learn the basic physics and structure of sound waves and why sound is used as a healing modality. In an experiential demonstration of sound sequence immersion with tuning forks, you will learn how to perform this powerful sound healing technique and you will have the opportunity to feel for yourselves your own cells' response to specific sound sequences and intervals as they travel through this universal energy field.

The Quantum Nature of Osteopathy: “The Vibrational Nature of Reality” (manuscript by Higgins, 2018)

We explore the quantum nature of reality and of Osteopathy. We discuss the profound role that quantum physics plays in health and healing on physical, mental, emotional and spiritual levels of wellbeing. You will understand that at the quantum level of existence, rests a platform from which all species, beings and even different phases of matter can communicate effortlessly. This is where healing and change happens. This is the level at which sound healing works! This will broaden your definition of “sound healing” by realizing that it applies to everything – everything from material objects to thoughts, attitudes and states of consciousness

The various journeys that sound takes through the human body, the human sensory fields and the human energy fields.

Vibration takes many journeys through the human body (and all bodies for that matter). Sound is perceived and interpreted by the body in many ways. We explore several ways in which a sound wave or a vibration actually gets into and has an effect on the body. Hearing is the main sensory field through which sound vibration is picked up by the human body. The human body is wired to thrive by both producing (voicing) and receiving (hearing) sound.

In part one we explore the journey of a sound wave through its most obvious journey, the outer, middle and inner ear, and how this affects the body on all levels of being - emotional, mental, spiritual and physical.

In part two we explore other ways that soundwaves and vibrations get into and change the human body. Our body is constantly, moment to moment, responding to vibration from both internal and external sources. We sense these through all physical and intuitive sensory fields. We will use the weighted tuning forks to physically vibrate on specific body points and to feel various tissue layers in the body from both physical and intuitive perspectives and from the perspective of earth elements as they represent themselves as part of the human body.

The Music of Life

Music and rhythm has been used by cultures since ancient times for communing and healing. You will learn the origin and significance of two sacred musical scales and why they are used in sound healing. You will learn the significance of intervals and overtones and how to create each in order to attain a deliberate healing effect. You will experience these interval ratios yourself to feel how each one of these intervals resonates through and expands within you. From this awareness of how sound works *through you*, you can take that forward to heal others.

You will learn about the creative forces of sound and vibration in geometry, shape, and pattern, as well as in the **form and function of living organisms**.

We will dive deeper into the creative mathematical forces of the Fibonacci sequence and golden ratio in terms of **life experience and consciousness**.