

# Pickin' Up Good Vibrations!

Amy Camie

**M**usic is a powerful tool that can be used to bring balance back into our lives. Music is a language to which every part of our body responds, with or without our conscious awareness. Music can soothe, calm, irritate, motivate, console, inspire and relax. The more we understand how and why music affects us, the more we can effectively use music in our daily lives.

The fundamental reason music has such an impact on us is because everything in the universe is vibrating; everything in the universe has a "sound;" everything in the universe is made up of atoms that are constantly spinning and radiating energy. These atoms emit their own frequency at levels that are inaudible to the human ear, yet they exist. Everything has its own resonant frequency, or frequency at which it most naturally vibrates. Even you and I each have our own resonant frequency, and it changes. I like to think of every human being as a harp; we have all of these wonderful strings

frequency. In fact, most of the time it's completely unconscious. Yet, this example illustrates how sensitive we are to outside vibrations.


As you become aware of your resonant frequency, or where you vibrationally feel most comfortable, you become more responsible and aware of your choices. For example, when you are in a room with someone who's had a rough morning, you now have options:

Lower your vibrational frequency to match the other person. (We've all heard the old saying, "misery loves company.")

Hold your vibrational frequency high by staying in a good mood, which may help the other person shift their frequency through the concept of forced resonance;

Leave the room, if possible, which is an act of "vibrational self-care" and not rudeness.

These are all choices you have once you become aware of how you are impacted by outside vibrations. It's important to remember



*Everything in the universe is vibrating; everything in the universe has a "sound," even you and I.*

that resonate or sound at different frequencies. These vibrational strings include our thoughts, emotions, memories, cells, organs, blood — everything that exists inside of us. Some days we sing, or resonate, in the middle of the instrument; some days we resonate more in the lower register; some days we resonate in the upper register, but all the strings, all the frequencies, make us who we are.

How can you tell at what frequency you are resonating? Our feelings are good indications. Are you feeling happy or are you feeling down? Happy feelings carry a higher vibration than low feelings. It's just like a harp where the upper strings sound lighter and the lower strings sound deep and heavy. Have you ever noticed what happens when you're in a great mood and someone walks into the room after having a rough morning? You can literally feel the energy change in the room. That's because the person who had a rough morning is resonating at a lower vibrational frequency and you felt it. They came into the room playing their instrument in the lower register and all those bass notes tended to overpower your upper or higher notes. This concept is called forced resonance, which happens when an outside frequency changes or alters the resonant frequency of an object or person to match its frequency. The outside frequency literally "forces" the frequency of the object or person to change. For us, it's usually not a conscious choice to shift out of our resonant

that you cannot change someone else's frequency; they must to choose to change. What you can do is to be responsible for your own vibrational frequency and make conscious choices.

Here's where music can help. When you feel you are shifting out of your resonant frequency, make a conscious choice to be responsible for what you are experiencing and then choose music that will support what you desire to experience. If you're feeling low and you want more energy, then play something that's fun and upbeat. If you want to relax, play something that will help you slow down. Your body is simply responding to the outside vibrations of the music and shifting its frequency, along with your mood. When used in this conscious way, any genre of music can help bring balance back into our lives. It's all about vibrations and it starts from within.



*Amy Camie is a professional harpist, recording artist, speaker on "Vibrational Awareness" and the Founder/Executive Director of the Scientific Arts Foundation. Research has shown that her solo harp CDs relax the body, reduce pain, distress and anxiety levels and support brainwave and immune system function. [www.amycamie.com](http://www.amycamie.com)*