



CALENDULA

JOHN BEAULIEU

CALENDULA

Calendula Calendula officinalis



I cultivate true listening.

I am nourished and healed by what others speak to me.

I am a Golden Cup, filled with the healing word.

– Flower Essence Society

Our body is like a musical scale. When it is properly tuned we have a sense of well-being and perfect self expression. In Calendula we use a revolutionary system of creating healing sounds with specially designed tuning forks to help tune and align the body.

I discovered the healing effect of tuning forks while sitting in an anechoic chamber at New York University. The chamber is a completely soundproof room which resembles a sensory deprivation chamber. I had read about the experiences of the composer-philosopher John Cage and decided to conduct a similar experiment. While in the chamber, Cage heard two sounds, one high-pitched sound and the other low-pitched. The engineer he was working with informed him that the high sound was his nervous system and the low sound was his blood circulating.

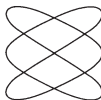
Inspired by John Cage's experience, I sat in an anechoic chamber for five hundred hours over a period of two years and listened to the sounds of my own body. I began to correlate different states of consciousness with the different sounds of my nervous system. Being a trained musician, I noticed that the high pitched sounds of my nervous system consisted of several sounds in different intervals. Then one day I brought two tuning forks and tapped them. Immediately, I observed that the sound of my nervous system realigned itself to the sound of the tuning forks. I knew that many auditory nerves pass from left to right and right to left within the human brain. I also knew that musical intervals, when viewed on an oscilloscope, present crisscrossing patterns similar to those of the auditory nerves. **It was then that I realized that people can be tuned like musical instruments!**

UNISON



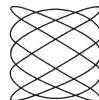
Low C and Low C

FIFTH



C and G

MAJOR SIXTH



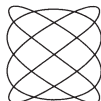
C and A

OCTAVE



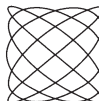
Low C and High C

FOURTH



C and F

MAJOR THIRD



C and E

To better understand this process, think about how you feel when you are sitting quietly by yourself or when you are just about to fall asleep. During this time you may be aware of a high pitched sound in your head. This is the sound of your nervous system. When you experience stress this sound can get louder and can sometimes even be heard as a ringing in your ears. For most of us this sound is subtle and we only hear it when we focus on it.

You can tune into and meditate with the sound of your own nervous system. Find a quiet place, sit or lie down, close your eyes and focus your awareness on the sounds inside your head. Listen for the high sound. When you listen closely you will discover that the sound consists of two distinct pitches. These pitches originate from your left and right brain hemispheres. These pitches change in frequency, volume, and tone depending on your states of consciousness.

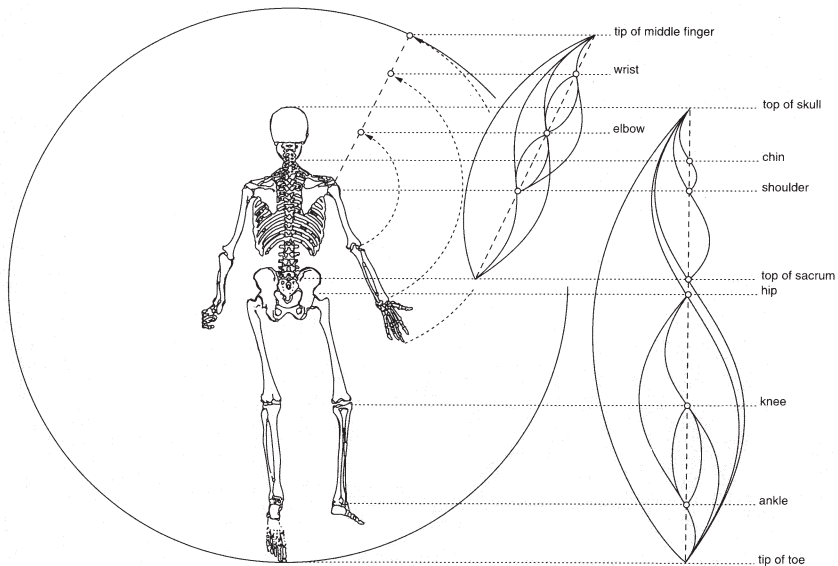
TUNING IN TO INTERVALS

We can tune and heal ourselves by listening to musical intervals. An interval is the relationship between two tones. For example, the space between the tones of the scale doe, re, me, fa, so, la, ti, and doe are all intervals. When we sing an interval, our voice moves from one tone to the other. You can try this by making a low tone first and then following it with a high tone. You can hear and experience an interval by listening to two or more tones simultaneously. The space between the tones is the interval.

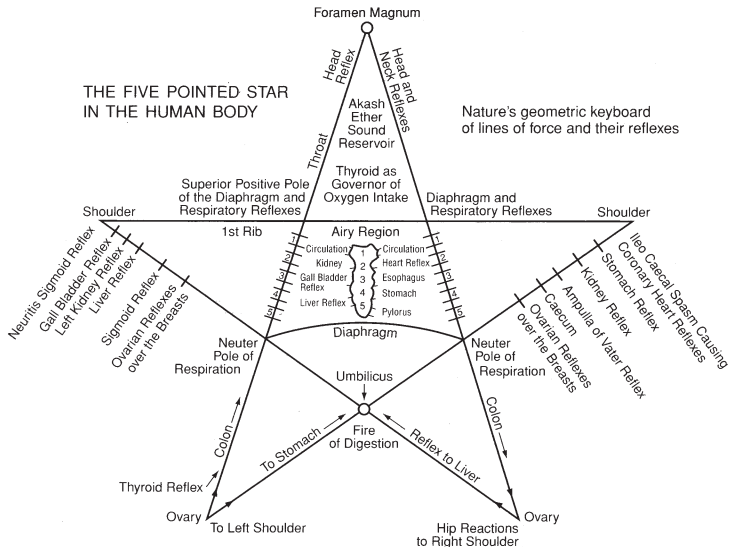
Listening to musical intervals can have a healing effect on our body. When we hear an interval our nervous system and body posture resonate with and entrain to it. Intervals have been used this way for thousands of years. The ancient Chinese philosopher Lao Tzu referred to “the perfect fifth,” (the interval created by the tones C and G) as the sound of Universal harmony, balancing the forces of Yin and Yang. In India, the fifth is believed to create a sound through which Shiva calls Shakti to the dance of life.

In examining the human body it is found that anatomical proportions resemble the waveform expression of musical intervals. The two tones of a musical interval relate to each other in a very specific ratio. You can hear the interval of a perfect fifth by listening to the notes G=384 cps (cycles per second) and C=256 cps. You can also hear a perfect fifth by listening to the notes B=480 cps and E=320 cps. In both cases the ratio between the two tones that make up the interval is 3::2.

Measurements of anatomical proportions demonstrate these same ratios. For example, the distance between your extended toe to the top of your sacrum relative to the distance from the top of your sacrum to the top of your head is also 3::2. This is the same ratio as the interval the fifth. These musical ratios exist throughout your body.



Dr. Randolph Stone, D.C., D.O., N.D., the founder of Polarity Therapy uses the model of a five pointed star, which he calls “Nature’s Geometric Keyboard” to show the relationship between the human body and musical intervals.



The five pointed star pattern represents our body in perfect harmony.

The top of the star is the head, the shoulders are the two side points and the hips are the bottom two points. According to this model, someone whose shoulders are very high is out of alignment - the five pointed star pattern is distorted. In *Calendula*, the intervals created by the sounds of multiple tuning forks resonate with the body, causing it to realign itself. As the proportions of the body normalize a perfect

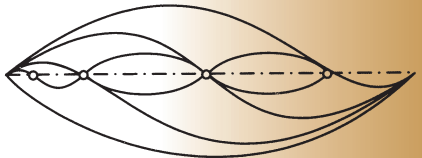
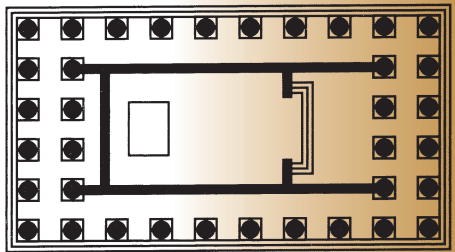
five pointed star pattern is created. As the star pattern of our body becomes more symmetrical we experience a greater sense of well-being and self expression.

Calendula uses a set of BioSonic Solar Harmonic Spectrum™ tuning forks precisely tuned to musical intervals developed by Pythagoras, the ancient Greek mathematician and philosopher. These intervals are the basis of our modern musical scale as well as being the source of much great art and architecture.



For thousands of years architects have purposefully created buildings that were healing spaces by basing their designs on Pythagorean music intervals. For example, the following diagram shows the temple of Athena related to musical intervals. Notice the similarities between the diagram of human intervals and the construction of the temple.

These healing structures effect the human body in the same way as the intervals created by the tuning forks.



TRACK 1: HARMONIC CLOUDS

Harmonic Clouds is a sonic journey based on Pythagorean intervals and their relationship to body proportions. *Harmonic Clouds* moves through different sacred spaces placing the listener, through stereo imaging, in the center of each interval. The sound of *Harmonic Clouds* is created by tapping the tuning forks softly on my knees and bringing them to the microphones as though they were human ears. Simultaneously, the notes of each interval move from your right ear to your left ear creating a crisscross effect for balancing left and right brain hemispheres.

How to Use Harmonic Clouds

Harmonic Clouds can be used to gain flexibility in many life situations. The movement of the music through different intervals encourages our body to adjust to different harmonic proportions. You can lie down, relax, and let the pulsations of the intervals move through you like a massage. You can also stand up and allow your body to move to the music. Try humming with the intervals while letting them move through you. Enjoy the musical integration.

HARMONIC DANCES (TRACKS 2-7)

Harmonic Dances catches the swirling interaction of intervals, simulating a private healing session where the tuning forks are tapped and moved over the body and around the cranium. During *Harmonic Dances*, we move the tuning forks around special microphones designed to stimulate actual hearing. Tapping the tuning forks together creates a clear sound followed by overtones. The overtones interact with each other to create different pulsations, as well as, new tones. The result is a wonderful playful dance of sound.

TRACK 2: **HARMONIC DANCE 1** • This is a group tuning fork experience based on the interval of a perfect fifth. Twelve people are each tapping two tuning forks creating the interval of a fifth. This creates many sounds and possibilities to dance with.

TRACK 3: **HARMONIC DANCE 2** • Listen and achieve a sense of balance.

TRACK 4: **HARMONIC DANCE 3** • Listen and feel light and uplifted.

TRACK 5: **HARMONIC DANCE 4** • Listen and increase your flexibility and willingness to change.

TRACK 6: **HARMONIC DANCE 5** • Listen and stimulate your creativity.

TRACK 7: **HARMONIC DANCE 6** • Listen and be inspired to play.

How to Use Harmonic Dances

You can lie down between your stereo speakers and let the sounds move around you. The pulsations and movement of tones and overtones creates a sonic massage which stimulates your cranial bones. This is especially good for developing new ideas and letting go of old patterns. You may also choose to stand up and allow your body to move with the tones. Move fast or slow depending on how you feel the sounds.

PYTHAGOREAN MEDITATIONS (TRACKS 8-15)

Pythagorean Meditations explores each interval as a sacred space. Listening to an interval has different effects upon our body, emotions, and mind. The following chart based on Polarity Therapy and my book *Music And Sound In The Healing Arts*, outlines the qualities of different intervals and what sound track to find them on.

*Unison is the same note sounded in each ear.

** The +’s and -’s represent the pulsation qualities of each element. Plus is expanding and stimulating. Minus is contracting and sedating. For example “Fire +” may be a roaring forest fire and “Fire -” may be warm glowing embers in a fireplace.

Interval	Element	Quality	Color	Body
Track 8: Unison*	Earth	Grounding, Security	Dark Red	Waste and Elimination, Skeletal
Track 9: Fifths	Air+**	Balance, Harmonious Relationship	Light Green	Nervous Respiratory
Track 10: Fourths	Air-	Centering, Clarity of Thought,	Dark Green	“ “
Track 11: Sixths	Fire+	Reaching for Spirit, mysticism	Yellow Orange	Metabolism, Digestion
Track 12: Thirds	Fire-	Motivation, Inspiration, Warmth	Yellow	“ “
Track 13: Sevenths	Water+	Creativity, Intuition	Red Orange	Lymphatic, Reproductive, Body-Fluids
Track 14: Seconds	Water-	Flowing, Birthing, Bonding	Orange	“ “
Track 15: Octave	Ether	Space/Return to Spirit	Blue	Joints, Body Spaces

How To Use Pythagorean Meditations

You can listen to each interval in sequence or you can put your CD player on repeat in order to listen to the same interval over and over. As you listen to an interval, relax and “get inside” the sound. Feel free to hum or chant in resonance with the interval. Notice how your body responds and changes. If you are in a quiet place, listen to the changes in the sound of your nervous system. With some practice, you will be able to hum an interval and our nervous system and body will automatically align with the sound and take on the proportions of the interval.

To achieve the elemental qualities associated with an interval, ask yourself, “What is the quality that I desire to experience today? Do I need to be more fiery or motivated? Do I need to take action, or do I need to be more earthy and grounded?” Listen to the interval and visualize the element and quality of energy you want.

To enhance your dreams, you may choose to sleep between two stereo speakers with the interval on continual repeat throughout the night. Keep the volume below your audible hearing range. The interval will have a subliminal effect during the night. Keep a dream diary and notice the differences between your dreams using various intervals.

You can also play a continual subliminal interval during the day. To do so put the interval of a fifth on repeat. Keep a diary and notice any changes in your thoughts, emotions, and body sensations from interval to interval.

TRACK 16: ANGELIC CONVERSATIONS

Angelic Conversations uses a special set of BioSonic tuning forks tuned to the natural overtone pitch. The ascension of overtones has been referred to as Jacob's Ladder. The sounds of the different overtones along Jacob's Ladder were known in the Kabbala as angelic voices. *Angelic Conversations* gives equal value to all overtones. When these tones were played, thousands of listening possibilities emerge as tones appear and disappear. When you listen to *Angelic Conversations* relax and open up to the sounds. Each time you listen a different voice will speak.

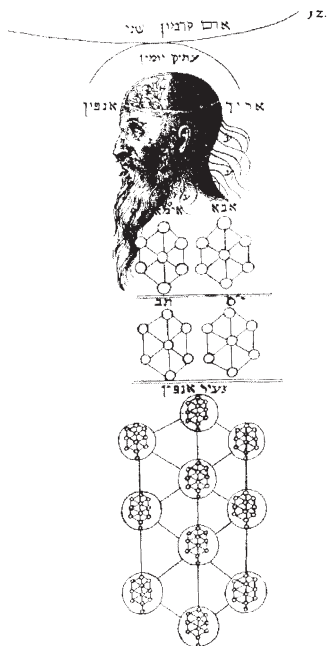
Angelic Conversations involves the conduction of sound by our skeletal system with the emphasis on our cranium. Cranial Therapy is a healing art based on the premise that the bones of our cranium must be free to expand and contract with the rhythmic flow of cerebrospinal fluid. When this process is restricted, physical and emotional problems can arise which can include headaches, depression, digestive disorders, learning disorders, visual and audio distortion and nervous disorders.

The thousands of pulsations created by the different overtones in this piece create a “sonic massage” which causes our cranial bones to vibrate like the sounding board of a piano. This vibrational movement stimulates the flow of cerebrospinal fluid and has a slight heating effect. The flow of cerebrospinal fluid is essential to good health and well-being. This is why so many people experience sensations of increased warmth and well-being when listening to the sound of the tuning forks.

Dr. William Gurner Sutherland, the founder of Cranial Osteopathy, refers to cerebrospinal fluid as the ocean of life and calls its movement throughout our bodies the “Great Tide.” Dr. Andrew Still, the founder of Osteopathic Medicine states “...cerebrospinal fluid is one of the highest known elements contained in the human body... this great river of life must be tapped and the withering field alchemical perspective, cerebrospinal fluid is the mead contained with the holy grain. It has been called “dew from Heaven” and “liquid light.”

How To Use Angelic Conversations

You can lie down between your stereo speakers and let the sounds move around you. Take deep breaths and allow yourself to open up to the high pitches. Allow yourself to drift and travel with the many sounds and voices.



The Great Head Of The Zohar

“In the cranium of the Most Ancient One is distilled the heavenly moisture which, dropping downward, forms the worlds. The Trees of Creation have their beginning in the Great Head. This is the first Adam, the origin of all generations.”

– from Kabbala Denudata

The Buddha gave his famous “Flower Sermon” without saying a word; he merely held up a flower to his listeners.

Within the Calendula flower, the petals spiral outward in harmonic pattern. These patterns are visual sounds which relate to each other again and again like musical intervals. From a harmonic perspective, seeing the Calendula flower is the same as hearing its music.



JOHN BEAULIEU

I dedicate this work to Lukas Keats Beaulieu and Daniel Everet Beaulieu my twin sons who create a special interval in my life.



Dr. John Beaulieu, N.D., Ph.D., is an active composer, pianist, music educator and naturopathic doctor. After completing advanced degrees at Purdue University and Indiana University, where he studied music and therapeutic systems design, he went on to study Eastern and Western healing disciplines.

Formerly Supervisor of Activity Therapy at Bellevue Psychiatric Hospital and Assistant Professor at City University of New York, he is the current founder and Director of BioSonic Enterprises, Ltd. Dr. Beaulieu is the author of *Music and Sound In The Healing Arts* and the *Polarity Therapy Workbook*.

He has lectured and performed throughout North America and Europe.

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All Compositions by John Beaulieu, © 1997 John Beaulieu
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Special Thanks: Chris Andersen of Neveva Production, Woodstock, NY
Project Director: Russell Charno, D.C.
Graphic Design: Joanna Jaeger

Publications by John Beaulieu

Beaulieu, John, *Music And Sound In The Healing Arts*, Station Hill Press, Barrytown, NY, 1989. This is the first book to fully explore the role of sound and music in healing, from historical, educational and therapeutic perspectives. It is a handbook for healing and self-healing, for students, teachers, musicians and all those interested in learning how hearing affects mind and body.

Beaulieu, John, *Polarity Therapy Workbook*, BioSonic Enterprises, New York, NY, 1995. The *Polarity Therapy Workbook* organizes Polarity Therapy into sixteen learning protocols beginning with fundamental skills and systematically progresses to the advanced levels of practice. You can use the five hundred annotated photographs and illustration to learn Polarity bodywork, exercise, theory and evaluation.

Beaulieu, John, *Human Tuning*, BioSonic Enterprises, Stone Ridge, NY, 2008. *Human Tuning* is the first book to fully explore the science and art of tuning the human nervous system for healing and increased consciousness. Special exercises and protocols help the reader learn the art of using tuning forks. *Human Tuning* is for doctors, therapists, healers, and anyone interested in how sound effects the mind, emotion, body, and consciousness.



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Track List:

1. HARMONIC CLOUDS	11:41
2. HARMONIC DANCE #1	6:06
3. HARMONIC DANCE #2	2:29
4. HARMONIC DANCE #3	1:50
5. HARMONIC DANCE #4	1:58
6. HARMONIC DANCE #5	2:24
7. HARMONIC DANCE #6	1:01
8. UNISON	1:00
9. FIFTHS	2:15
10. FOURTHS	2:15
11. SIXTHS	2:15
12. THIRDS	2:15
13. SEVENTHS	2:15
14. SECONDS	2:15
15. OCTAVES	2:15
16. ANGELIC CONVERSATIONS	18:11





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