A Radical Approach to Healing Tinnitus Accelerating Pathways of Light to Shift the Belief System and Trigger the Self-Healing Mechanism

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ABSTRACT

This paper identifies key factors that enabled clients to eradicate their symptoms of Tinnitus when medical science states there is no known cure. Clinical research identifying stress or trauma as the primary cause, provides evidence that in humans, the cilia in the inner ear which pick up individual sound frequencies and monitor sound volume blast, are able to recover after damage. Three case studies with successful outcomes demonstrate a successful holistic online consultancy program with the Living Memory Research Trust.

Keywords: Animals, belief system, bone conduction, cells, Cilia, cochlea, cognition, emotional, energy alignment, energy field, epigenetics, healing, inner ear, light emission, middle ear, neuro transmitter, physical, psychoacoustics, regeneration, self-healing mechanism, sound, spiritual, stapedius muscle, subtle energy system, Tinnitus, toning, trauma, vibration.

I. INTRODUCTION

Tinnitus is seen as an intractable condition because many of those who suffer from this debilitating condition have been told by their doctors or audiologists that nothing can be done to alleviate their suffering and they must learn to live with it. The life changing effects on employment, relationships and mental health can be profound. Tinnitus is the sensation of hearing a noise in your ear or head when there is no external cause, the sounds or noises can be mild and only noticeable in a quiet room or may become extremely loud, which renders isolating a voice in a group discussion and hearing external sounds extremely difficult. This hearing disturbance can range from a ringing or whirring sound to a high-pitched whistle, repetitive click, bleep or whooshing.

Examining the mechanics of the ear will allow us to fully appreciate the fine tuning required for it to operate at its optimum level. The ear is the auditory sense organ of the body. It has the capacity to change energy from one form to another through a process of transduction. This occurs when the mechanical stimulus of a sound pressure wave is turned into a nerve impulse, an electrical signal. Our ears sense and interpret vibrations of sound. We have two ways of picking up sound, via the outer ear canal and also through bone conduction. In the first instance, when sound pressure waves are received by the outer ear canal they vibrate the ear drum which causes the three tiny bones in the middle ear, namely the incus (anvil), the malleus (hammer) and the stapes (stirrup) to work with each other in a push, pull action to regulate and amplify sound waves received.

The proper functioning of the middle ear ossicles (bones) is also dependent on the healthy functioning of the stapedius muscle, the smallest striated muscle in the body. A millimeter in length, it is also the most active muscle and its function is to stabilize the stapes (stirrup), the smallest bone. This inner most bone of the middle ear rests against the oval window and conveys vibration to the fluid filled inner ear. The stapedius muscle contracts when exposed to intense sound and its action is to muffle excessive vibrational energy and to regulate the pressure.

When all is working well, this protective process equalizes the pressure within the middle ear before transmitting the vibrations via the oval window to the fluid within the inner ear. The inner ear houses the organ of corti thus named after damage. Three case studies with successful outcomes demonstrate a successful holistic online consultancy program with the Living Memory Research Trust.

II. CILIA

Within the cochlea are thousands of bundles of cilia or hair cells. Within each bundle, the inner cilia are finely tuned to detect sounds of different frequencies which are transmitted
to the brain for decoding via the auditory nerve (8th cranial nerve). The outer cilia have a different function and adjust in length in response to the volume and blast of sound received, and increase the sensitivity of the hearing apparatus. Inner cilia act as receivers of messages from the control center (brain). In response to loud noise, the neurotransmitter, acetylcholine, the chief neurotransmitter of the parasympathetic nervous system, binds receptors to the outer hair cells to inhibit and reduce their ability to change in length. This action prevents amplification of the pressure waves (sound waves) received, thus lessening any damage to the hearing apparatus which would interfere with the organization of the decoding process. Sound blast damage could cause distorted patterns of sound which the brain would have difficulty decoding and this could manifest as tinnitus.

III. PSYCHOACOUSTICS

Sound is also transmitted through the bones of the skull via bone conduction. Professor Alfred Tomatis, a world-renowned pioneer in the field of neurology and psychoacoustics believed that the temporal bone in the skull receives sound directly from the eardrum. His work demonstrated that sound waves vibrate against the bones of the skull, travelling through the bone, bypassing the middle ear and bathing the cells in their path with sound on their way to the inner ear cochlea. The sound waves eventually reach the base of the organ of Corti within the cochlea, containing the sensory receptors (cilia) for hearing.

IV. HUMAN ENERGY FIELD

Orthodox medicine focuses on the physical body and views the causes of disease as either genetic, ageing or external. An alternative, holistic approach recognizes the multidimensional nature of consciousness and endeavors to integrate both the physical and the subtle energy systems to restore wholeness.

In Eastern tradition the source of this energy is known as the life force, the universal energy or chi. It originates in the non-physical dimension of higher consciousness. Our physical health is dependent on positive subtle energy flow within this field of electromagnetism. The human energy field or subtle energy system more recently known as the biofield is comprised of organized pathways of information viewed as overlapping layers of vibratory frequencies which are stepped down as the frequencies systematically decrease from highest to lowest, through a process of downward causation [1]. The anatomy of the human energy field mirrors the anatomical structure of the physical body. This interlinking, mutually dependent network of energetically charged systems reflects the spiritual, mental, emotional and physical aspects which allow us to be fully functioning human beings of spiritual origin, enveloped within an electromagnetic field of subtle energy. Electric energetic frequencies are emitted from the electromagnetic field which trigger physical responses.

Energy healing seeks to correct imbalances within the electromagnetic field and this flow of energy links to the physical body through a highly complex network of chakras and meridian channels, invisible to the naked eye. The meridians are responsible for disseminating the energy throughout the body and are assisted by protein-based microtubules, a structural component of human cells, which act like conveyor belts within the cells, carrying quantum information and constantly communicating. This quantum information relates to the nature of particles that make up matter and the forces with which they interact, which is stored at the sub atomic level [2]. These electrical and magnetic fields are complex and dynamic and are associated with heart and brain function, blood and lymph flow, ion transportation across cell membranes and other biological processes.

Waking consciousness relates to the four denser layers of vibration or energy bodies which interface with one another and through which we function in the material world. These energy bodies correlate with the physical body: the sensory body which is the vehicle of emotional connection to past and present experience, the mental body where the frequencies resonate with our cognitive, reasoning faculties of logic and intellect and the etheric ‘astral body’ bridging the gap between our personal electromagnetic field and intuitive higher frequencies beyond [1]. This energetic interface allows the higher faculties to operate, whereas the physical body is the vehicle of action in the world. We can therefore imagine the body working as a giant antenna, constantly sending and receiving messages. Lack of coherence in any of these vibratory fields, impacts negatively on our biological processes.
Addressing emotional, mental and spiritual health, enhancements recovery from dis-order and dis-ease. This understanding is founded in ancient wisdom handed down from practitioners of traditional Chinese medicine and eastern Ayurveda, the traditional Hindu system of medicine. With intention and focus we are able to download higher, accelerated frequencies to enhance and deepen our own spiritual awareness. The mind is immaterial and the subtle energy directs and maintains health and well-being in our physical life. Scientific research is now beginning to prove what the ancients have known for thousands of years, that ‘all living biological systems have the exact blueprint of our physical body stored in a field of light.’ [3].

Current scientific evidence can now demonstrate that everything within our body is in a state of motion and each organ, type of body tissue, atom and molecule vibrates at a different vibratory frequency and can align according to their designated frequency. Oscillations of the same frequency are said to be mutually coherent. However, physical symptoms cannot be eradicated without healing the underlying emotions and resolving the negative thoughts and control patterns that interrupt this flow of energy.

Anxiety and a negative attitude of blaming, resentment, frustration and impatience etc. register at a denser frequency, while positive loving thoughts and harmonious feelings resonate at an increased vibratory rate. Cumulative negative frequencies impact upon the organs and systems of the body, resulting in disorder and eventual symptom patterns. The resonance created by positive balanced thoughts and emotions strengthen the immune system activating the self-healing mechanism as organs of the body radiate in sympathetic resonance.

V. LIGHT EMISSION

The work of Fritz Popp in the 1970s has shown that cells are light dependent, transforming our understanding of biophotons and the role they play. Biophotons are particles of light generated within the body which rhythmically emanate from the body surface. In health, biophotons are emitted from the cells as highly coherent energy patterns. Russian scientist, Sergey Mayburov, refers to coherence as ‘highly structured and organized frequencies. Since all energy carries information, scientific research now suggests that biophotons may be responsible for the functioning of our biological systems and biophotons are known to carry information crucial for both intra and intercellular communication as well as for interaction and communication across organisms [4]. The light from the body is very faint and invisible to the naked eye and can only be measured by powerful scientific instruments. Light detection technology improved in the 1950s and 1960s and ultra-weak emission from organisms, could, in fact, be measured. In related experiments, subjects were asked to increase their light emission and the nature of biophoton emission was associated with specific psychological states relating to intention and imagining. An increase in the signal was found to be significant over controls.

In another reported study, eight volunteers were placed in a darkened room and asked to visualize a bright light. The participants were monitored with light detectors that picked up an aura of light particles coming from the right side of their brains. In a sense they were enhancing light. It therefore appears that we have the ability to influence the light coming from our bodies. [3]. Nonlocal communication between systems suggests that the light emitted from our cells carries information and that the cells in our bodies send and receive messages faster than the speed of light. This means that the pace of this interaction is a quantum phenomenon. The fact that biophotons in our cells are responding to our energy field underpins energy medicine but is still being investigated scientifically.

Light stimulation generates a biophoton cascade which bathes the neural fibers of the brain to promote neural communication signals. The brain in turn secretes dopamine and other brain chemicals to consolidate neural connection. Coherent light energy has a positive impact on our physical and mental health. We therefore have the ability to challenge ourselves by enhancing our light. ‘When atoms and molecules absorb light, this light energy excites quantized particles to higher energy levels.’ [5]. With this understanding, we can aspire to excite cellular light emission to harmonize internal vibrations in the eradication of tinnitus.

Quantum physics suggests that all matter contains potential energy released in small quantities as electrons spin off. While scientists are still in heated debates about what exactly consciousness is, latest research now concludes that it is information stored at a sub atomic (quantum) level.

VI. MICROTBULLES

Quantum coherence takes place in microtubules, the tubular structures inside eukaryotic cells, a cell which has a nuclear membrane that surrounds the nucleus. Microtubules determine the cell’s shape, as well as its movements, which includes cell division. In neurons, microtubules help control the strength of synaptic connections. Microtubules have multi-scale resonance in megahertz wave frequencies. Further investigative research by Hameroff and Penrose indicates that low intensity, non-invasive ultra sound could stimulate microtubule megahertz resonance to improve mental and neurological states in the brain. We now know that within inner ear hair cells, tracks of microtubules are observed transporting neurotransmitter vesicles, a structure which helps to move materials, such as proteins and other molecules, from one part of a cell to another. Therefore, by aligning to accelerated frequencies beyond our cognitive faculties, we can greatly enhance this process. The clinical methodology of positive sound vibration (vocal toning) to enhance neurological processes and improve mental health, is a practice which has long been recognized within indigenous communities throughout the world.

Dr Candace Pert, an internationally recognized neuroscientist and pharmacologist, visualized the mind as the flow of information as it moves among the cells, organs and systems of the body. Neuropeptides, a family of neurotransmitters secreted by the brain, are information carrier, multi-functioning messenger molecules which move from one system to another, to influence brain, body and behavior. Candace Pert recognized the strong relationship between emotional response and the biochemical changes which produce structural changes in neuropeptides. These
play various roles in the formation, transmission, modulation, and perception of different types of pain. Emotional response impacting on neuropeptides therefore plays a significant role in immune competence.

To change ourselves we have to dispel self-doubt and believe in our ability to change. We have been conditioned to believe in a hierarchy of self-proclaimed experts rather than maintaining an open mind. According to the American developmental biologist, Bruce Lipton, belief is an important part of medicine. He states that every live cell is a battery, every cell has about 1.4 volts. There are 50 trillion cells in the human body and that number times 1.4 volts, is 700 trillion volts of electricity in our body at any given moment [6]. Therefore, if we can harness this energy, we can use it for self-healing in the clear understanding that energy follows thought.

VII. EPIGENETICS (EPI MEANS PRIOR OR BEFORE AND GENETICS REFERS TO THE GENE)

A gene is a blueprint because it contains the instructions needed for an organism to grow, develop, survive and reproduce. However, genes do not control our perception which is dependent on our beliefs and this is what controls the signal (instruction) to our cells. Our 50 trillion cells, don’t respond individually but respond as a collective community to a central voice i.e. the mind and in our daily life, we are constantly responding to both internal and external signals. The brain’s function is to interpret these signals and send information to the cells which in turn control our behavior and our genes. The brain is influenced by our perception based on our beliefs. If we can change our perception, we can change the reading of our genes. Our thoughts originate in a non-physical dimension and are programmed by our belief system. 90% of our behavior is a printout of subconscious behavior downloaded as memory of earlier experience or models of behavior we have observed. Our perception is influenced by our emotional response to our experiences which in turn determines our actions. In healthy individuals, key parts of the brain work together to produce coherent patterns of filtering, focus and analysis. The brain is required to organize incoming information in a synchronized pattern. If we can change our mind or thoughts, we can change our biology.

VIII. REGENERATION OF HAIR CELLS IN ANIMALS

Acknowledging and accepting the lifestyle changes we need to make and shifting our belief system to make more positive choices is an important part of tinnitus intervention. We can often feel overwhelmed by sensations and emotions associated with the past and disciplined focus and fine tuning is required in order to rise above the denser frequencies of negative thinking and conditioned beliefs. An over analytical mind which refuses to surrender to the process and rise above the cognitive faculties can seriously hamper the healing process.

Scientists researching the cause of tinnitus claim that sound blast causes irreparable damage and loss of ear hair cells. Clinical trials are currently being developed to investigate progenitor cell activation, (a progenitor cell is often more limited than a stem cell in the kinds of cells it can become) in the hope of restoring healthy tissue within the inner ear, as a way of harnessing the body’s innate ability to heal itself. Our perception of the natural environment (nature) is dependent on our sensory function and cilia are now recognized as key to numerous fundamental biological processes e.g. hearing, olfaction and photoreception. By raising our vibration, we can accelerate light within the body to enhance protein and chemical synthesis which impacts positively on cell-to-cell communication thus improving the function of these fundamental processes.

Although the ability to regenerate hair cells within the inner ear already exists in nature, scientists believe that these sensory cells do not effectively regenerate in humans and that this leads to incurable hearing loss and balance disorders. However, many animals are able to regenerate the tiny hair cells that enable hearing. After a songbird loses its hearing due to physical trauma or loud noise, the sensory hair cells in its inner ear regenerate naturally. A study of the impact of trauma on human physiology and that of animals found that humans differ from animals in the inability to move beyond the initial shock. Although living creatures have similar nervous system responses to the threat of danger, out of all the species, only humans develop long term effects. The only time similar effects are observed in other species is when they are domesticated or when they develop acute and chronic traumatic reactions having been consistently subjected to controlled laboratory experiments [7].

An animal’s shock reactions are time limited and do not become chronic. The animal quickly moves beyond the initial shock reaction and recovers because its life may depend on it. Immobility in an animal is an imitation of death and in the animal kingdom, an inert body does not invoke aggression. My own cat, Chief, gave me an example of this behavior when he brought a live mouse into the house. On entering the room, the cat dropped the mouse on the floor and it lay on its back and froze in the face of imminent death. For a moment, Chief stared at the mouse lying there, no longer a play thing and lost interest and disappeared upstairs. With the threat removed, the mouse recovered and scurried out of the open door.

IX. HEALING

If we believe that we are multidimensional in nature we can more readily accept the need to balance the spiritual, mental, emotional and physical elements to restore equilibrium. Where one or more of these is out of alignment we experience illness in one form or another. Our highly evolved neo cortex (rational brain) responsible for perception, cognition and analysis, conditioned by our belief system, can interfere with our restorative responses and we are rendered unable to discharge the energy and move on. When under duress the mechanism for laying down memory is affected. In the event of shock or trauma the ensuing freeze response can arrest development. Imprinted negative memory is fragmented and multi-layered. Mental impressions and recollections are in fact energy frozen in time, held energetically in the electromagnetic field and also at the cellular level.

We cannot heal when we feel scared. When we feel safe,
we no longer recoil and are open to opportunity and growth. For healing to take place, we must overcome our resistance which serves to compound the chronic response. This will enable us to move beyond the brain to access higher faculties beyond the sensory world. Tinnitus is the manifestation of a stress response related to hearing and listening. Where there is surrender and a process of letting go, the frozen memory dissolves, restoring harmony, the tinnitus begins to recede and the client is able to move on.

Regular practice of energy alignment coupled with a toning component to disperse impacted energy, restores harmony where there is dissonance, rebalances the body and attunes the subtle energy system. With surrender of our own will, we are able to accelerate the light within our body and raise our vibrational frequency to access a more positive attitude. This process triggers the self-healing mechanism which enables us to make better lifestyle choices, restoring creativity, enjoyment of life and self-confidence.

"Matter of itself has no power to do, to make, or to become. It is in energy that all these potentialities reside, energy invisibly associated with the material system, and in interaction with the energies of the surrounding universe." ¬D.W. Thompson (1917)

X. CASE STUDY EXAMPLES

A. CLIENT A
- Female – mid fifties
- Married with two children
- Property Manager

Tinnitus
- Both ears- pulsing and high-pitched squeak
- Tinnitus had recently intensified, manifesting as a whoshing sound after cold water had entered ear when swimming
- Hyperacusis – hypersensitivity to sound, electronic appliances, etc.
- When young, was irritated by sister’s breathing at night.

Tinnitus Onset
- Aged 13 years after attending a rock concert.
- Onset coincided with intensified family problems.

Family History
- Parental fighting at night throughout childhood.
- Client suffers insomnia
- 17 years- client prescribed antidepressants
- Client believes her mother to be a narcissist
- Strained relationship with sister

Toning and Alignment Program
- Enjoyed energy alignment and found it calming
- Able to lower level of tinnitus with combined practice of energy alignment and toning.
- New pursuits - walking, cooking and gardening activities to take her out of her headspace.
- Feeling more grounded and balanced and able to disengage from family crises that do not concern her.
- Agreed to suggestion of a brief period of time away from technology
- Integrating energy alignment into daily life
- Using toning at stressful times to manage and reduce tinnitus if it re occurs.
- Changed belief system stating ‘I no longer believe the world to be a frightening and dangerous place. This is a belief inherited from childhood’
- Resolved relationship with sister and they became close
- At her final review she said ‘I have reached a new level of inner harmony and faith, which has meant that I am much less troubled by any noise. The last week, has been the most peaceful for me in many years.’
- Continues to use energy alignment as part of her daily practice.

B. CLIENT B
- Young male in his twenties
- Post Grad student (India)– aspiring to be an entrepreneur

Tinnitus Onset
- Right ear – constant high-pitched bleep.
- Tinnitus onset after excessive drinking and listening to loud music for 5 hours with poor quality earplugs.

Family History
- Shares house with parents and sister.
- Difficult relationship with sister.
- Overachiever, strives for perfection.
- Self-critical, oversensitive to opinions of others
- Believes tinnitus is incurable

Toning /Alignment program
- Finds the energy alignment method helpful and uses it daily.
- Sustaining energy alignment and toning practice, realizes that tinnitus is reducing in volume.
- Made lifestyle changes by adjusting living arrangements at home to live in separate flat in parents’ house
- Resolved issue with sister through his own self - empowerment.
- Reduced volume of his tinnitus from 8/10 to 1/10 with 6-week program of energy alignment and toning.
- Initially requested intermittent consultancy sessions ‘to stay on track. ‘
- Now managing his own stress levels and regulating his emotions with alignment practice.
- Promotes Light Voice program to other tinnitus sufferers on social network platforms.

C. CLIENT C
- Male mid- sixties
- Retired policeman
- 2nd marriage
- Self- professed sceptic but willing to try anything

Tinnitus
- Both ears - high pitched ringing and low frequency vibrations

Tinnitus onset
After MRI Scan for back pain.

- Client is a big man and it was a tight fit and the noise inside was loud
- Magnetic resonance imaging (MRI) is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body.
- An MRI scanner is a large tube that contains powerful magnets.
- You lie inside the tube during the scan.

**Family History**

- Away from home for long periods, involved in violent clashes during Miner’s strike 1984/5 – emotionally conflicted.
- Wife left home with the children – had to fight for access
- Client has since remarried.

**Toning/Alignment Program**

- During energy alignment practice he became warm with a tingling down both legs and afterwards felt totally relaxed.
- Within two weeks the volume of tinnitus had reduced.
- After a further two weeks, there was further reduction in volume and short periods where there was none at all.
- Client is now tinnitus free.

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J. Warters initially qualified as a speech and language therapist within the UK and became a specialist clinician in hospitals, schools and community settings with adults and children, many of whom had a history of trauma. Jennifer’s work with children with special needs, including clients with cognitive, visual and auditory impairment and mobility issues, led her to seek alternative approaches through post graduate training in metaphysics and energy healing. Senior roles as Tutor therapist and Principal of The Academy of Spiritual Sciences followed. Specialist clinical research into Tinnitus, identifying stress and trauma as underlying causative factors, led to her successful therapy programme for this intractable condition through an online consultancy with Living Memory Research Trust.