



New Trends  
in Psychology

## Regaining Control Over our Genes: Energy, Vibration, and Tibetan Singing Bowl Therapy

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**Abstract:** Our thought systems, positive intentions, and vibrations expressed through sound, writing, and other forms, along with an individual's will to shape their life, constitute key elements in their micro-universe and consciousness. Changes at this level offer a holistic understanding of the individual and their experiences, influencing life quality emotionally, socially, economically, and spiritually. This bidirectional interaction between the biological system and human capacity for transformation through consciousness and belief remains a mystery for researchers and cognitive psychology. The paper explores how our thoughts' vibrations can cause radical changes in the human body, thus improving or not improving life quality. Although this hypothesis cannot be statistically quantified due to limited resources, I will use my own experimental observation gained from providing sound healing treatments in analyzing the hypothesis. Based on my clients' responses and specialized literature, an improvement in the emotional and biological state of individuals who underwent the procedure was observed.

**Keywords:** consciousness; belief; mental health; energy; vibration

### 1. How Do We Influence Genes?

How many of us have not heard the phrase “and mother (or any family member) had the same illness” when diagnosed with various autoimmune diseases, cancer, or other biological conditions? We were raised to believe that genes cause diseases, and the individual is merely the unfortunate result of them; although many epigenetic studies demonstrate that the environment in which we develop - including our

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consciousness environment (i.e., what we consume at an emotional and mental level) - programs genes to create different biological dysfunctions (Weinhold, 2006, pp. 160-167). Another complementary perspective pushing modern medicine towards a new approach, considering alternative treatments or understanding holistic treatments (such as Reiki, Sacral Therapy, etc.), is provided by Dr. Bruce Lipton. He argues that our thoughts and perceptions directly influence our cells and genes, shaping our physical health. Both Lipton and Dr. Joe Dispenza explain that everything starts with how we react to an event, leading to the production of an emotion whose consequence at the gene level is represented by the on or off signal it transmits to the regulatory system (Dispenza, 2017, p. 41). So, when we change our emotions, we can change gene expression, which essentially remains the same; only the signal transmitted to our DNA differs.

Let's take my individual case - genetically, I have a predisposition to problematic blood circulation in the lower part of the trunk, but so far, I have not developed any dysfunction of the vascular system or possible symptoms. Instead, what I have frequently and instinctively done is to block any assertion from family members like "oh, wait until you grow up because you'll have the same problems as your mother" or "take care of your legs because at a certain age, your veins will show too" or similar assertions. Furthermore, I have been treated with an unwavering conviction that this biological problem is not mine and have given the intention to chain it to my energetic field. Essentially, I instinctively did what the authors above state: I offered a positive genetic expression to my predisposition. Lipton explains this biological process very clearly:

Genes do not control their own activity. Effector proteins of the membrane, acting in response to environmental signals taken by the membrane receptors, are the ones that control the information displayed by genes, so that worn proteins are replaced or new proteins are created (Lipton, 2017, p. 121).

He also explains in depth the concept of epigenetics, emphasizing how environmental factors and personal beliefs can override genetic determinism. Lipton suggests that understanding the power of consciousness and positive beliefs can lead to transformative changes in our health and lives. Understanding that both energy and matter (the body) are not two independent elements (Lipton, 2017, p. 147), we are moving closer to a more accurate understanding of the role of vibration in our physical and emotional health. More precisely, we know that the body is composed of energy, and the latter vibrates at different frequencies.

So, what is frequency? The term "energy frequency" refers to the frequency associated with the energy level or vibration of a system, not necessarily in the context of sound. In various disciplines, including spirituality, esotericism, and alternative medicine, people use the term to describe the energy or vibration levels associated with the body, mind, or surroundings. In this sense, energy frequency can

indicate the general energy state of a being or system. Sound and vibration, alike, are expressed in waves and described in cycles per second, i.e., measured in Hertz.

Simply put, this can be seen through brain waves, which can be classified as: gamma, delta, theta, alpha, and beta (Lipton, 2017, p. 53). Dispenza demonstrates that an individual emitting beta brainwave in a higher range emits emotions and thoughts associated with depression, anger, agitation, etc.; whereas when we meditate or sleep deeply and the brain processes high-energy amplitudes associated with delta or gamma frequency, the individual can access deep mystical experiences where they vibrational connect with the universe and positive emotions that help change the genetic profile (beneficially) (Lipton, 2017). In his study, "Resonance in Bioenergy," biophysicist C.W.F McClare (Lipton, 2017) shows that the easiest and most efficient way to transmit this information from the external environment to the internal one (such as hormones, cells, etc.) is through energy signaling mechanisms.

Buddhist monks who can create gamma waves, as explained above, are so experienced in coordinating the conversation between the brain and the heart (emotion) that they can transmit messages to the brain for modifying and controlling bodily states (Longdon, 2020, p. 19). Another common example is that of informing water memory, illustrating how our thoughts and intentions influence matter. In his book, "The Hidden Messages in Water," Masaru Emoto has proven through various studies that simple intentions expressed through thoughts, emotions, words, and sounds can alter the way water crystallizes. Therefore, it is crucial to actively realize how we speak to ourselves, to others, or react to different situations. The power of words through the frequency wave energetically transmitted, whether to ourselves or to the external environment, can have a significant impact even on the moment we step into non-being, as elaborated by Pema Chodron in her book, "How we live is how we die." If the vibrational frequency can modify the physical and chemical properties of an atom, how could we doubt the validity of Emoto's studies, especially considering that the human body is composed of water - about 70%.

Therefore, thoughts consume energy, and the energetic frequency imprints the genetic message transmitted to proteins, which in turn help us to (re)program the material body. What's more interesting is that in 2008, it was proven that sound can destroy viruses, according to a study from 2008 in which Russian researchers established the frequencies necessary for this process (Longdon, 2020, pp. 96-97). So, through the reverse process, it also can heal.

## **2. Experimental Observations**

As we have seen before, the frequency at which we vibrate is called resonance. Each organ vibrates or resonates with different sounds. We call "resonance" the situation

where two waves in contact meet the necessary conditions to allow maximum transfer of energy between them.

*Since ancient times, spirituality has maintained that the human being contains within it a reflection on a natural scale of the entire creation. Thus, man has in his structure specific resonant focal points, capable of vibrating at any frequency of existing energies. This refers not only to the physical body but also to the subtle structures that make up the human being. Similar to a tuning fork that resonates when we emit a specific musical note, these resonant focal points respond when they come into contact with energy at their specific frequency. (Iolanda Barbu, year unknown) (Barbu, n.d.).*

Healing through sound, which is the subject of these experimental observations, operates on the principle that our universe is vibrating energy (Barbu, n.d.). Sound has a direct effect on our biological systems, as scientifically proven in the previous chapter. Thus, when an organ of the body is not functioning at its maximum and beneficial capacity, its sound pattern will be distorted and out of balance with the complete harmonious sound. Therefore, we can investigate through medical analyses if disease has set in that organ. However, through the sound vibrations emitted by Tibetan singing bowls, the appropriate sound pattern can be reintroduced, supporting its realignment to a gamma frequency (of health and harmony).

Organul din corp	Frecvență (Hz)	Nota
Sânge	321,9	Mi
Giande suprarenale	492,8	Si
Rinichi	319,88	Mi♭
Ficat	317,83	Mi♭
Vezița urinară	352	Fa
Intestine	281	Do#
Colon	176	Fa
Plămâni	220	La
Vezița biliară	164,3	Mi
Stomac	110	La
Pancreas	117,3	Do#
Mușchi	324	Mi
Os	418,3	La
Creier	315,8	Mi♭
Celule adipoase	295,8	Do#

According to Tibetan oral tradition, the existence of Tibetan singing bowls dates to the historical period of Buddha Shakyamuni (560 - 480 BCE). The tradition was brought from India to Tibet, along with the teachings of Buddha, by the great tantric master Padmasambhava in the 8th century CE. Tibetan singing bowls produce sounds that invoke a profound state of relaxation, naturally assisting someone to enter meditation, ultimately aiming for enlightenment<sup>1</sup>. They are handmade and crafted from seven metals, or sometimes even eight – copper, tin, iron, silver, gold, nickel, and bronze. Although they vary in size, they contain a multitude of harmonics

<sup>1</sup> Extracted from <https://www.bodhisattva.com/history-of-tibetan-singing-bowls/>. Accessed on 30<sup>th</sup> January 2023.

used in sound healing treatments equal to the number of metals they contain, or some group them according to the number of chakras used in Eastern or esoteric practices.



**Figures 1 and 2: Example of the Association between the Placement of Tibetan Singing Bowls and the 7-Chakra System**

In sound healing therapies, either individual bowls or sets of bowls can be used, depending on specific objectives and the preferences of the therapist or the person receiving the therapy. Using a single bowl allows for a concentrated sound experience, with a clear and distinct resonance that can be directed towards certain areas of the body or chakras. Various bowls can be selected based on size, material, and the specific sound frequencies they emit, each having distinct therapeutic properties. On the other hand, using multiple bowls provides a more complex sound landscape, with each bowl generating different tones and frequencies, thereby creating a rich variety of harmonies and vibrations. This approach allows for a broader and more captivating healing experience, with the possibility of placing the bowls around the body to influence various energy centers and promote overall balance.

Regarding how to play the bowls, they can be struck repeatedly with a mallet to sustain the sound. The duration of the sound produced from a single strike depends on several factors such as the size, thickness of the bowl, the force applied, and the therapist's technique. Generally, the sound can persist between a few seconds and a few minutes, gradually diminishing as the vibrations dissipate. The duration of playing the bowls and the number of strikes can be adjusted based on the specific intention of the session and the individual's response to the sound. Therapists can use various techniques, including striking the bowl once and allowing the sound to naturally fade or repeatedly striking to maintain a continuous sound.

Although it is both an intuitive and mathematical process, following the percentage of volume power applied to each singing bowl according to strict rules received as information following training, this form of treatment through vibration and sound frequency is both revealing and beneficial for the client. The client himself confirms

the improvement in the quality of life. As a therapist using Tibetan singing bowls, the observations listed below are a summary of at least 100 clients over a period of 2 years who have used this method to improve the quality of life, especially regarding the energies they transmit to themselves and others due to the emotions they emit. Possible explanations for the effects of meditation with sound from Tibetan singing bowls include changes in brain waves and the interaction of vibrations with the human body's energy field. Studies indicate that this practice can reduce stress, anxiety, and depression, having beneficial effects on physical and psychological well-being (Seetharaman, Avhad & Rane, 2023). Furthermore, a study (Seetharaman, Avhad & Rane, 2023) has shown that eight hours of mindful meditation are sufficient to significantly change the vital functions of genes. Part of this demonstrated hypothesis is also explained in the observations below.

Thus, we enumerate the following observations in accordance with the experiences of conducting such sound healing sessions using Tibetan singing bowls:

- The first and most obvious benefit consists of improving sleep quality. Most clients have confirmed this result, indicating that their bodies remained in a state of deep relaxation for at least three days after the session with Tibetan singing bowls. As mentioned earlier, to reach a state where the brain emits delta waves, it is necessary to be calm and relaxed, which is most easily achieved when the individual is engaged in everyday life, either in the waking state, deep sleep, or through meditation. With the help of the bowls, one can reach this state and become a co-creator of their own life, possessing the understanding and knowledge necessary. When we are rested, mental clarity is also improved, and we have a more positive attitude towards life, which helps in how we respond to external stimuli, influencing emotions and the possibility of genetic reprogramming if this becomes a regular and consistent habit.
- Identifying blockages at the organ level contributes to a better understanding of the body and the emotional state of the individual, facilitating the finding of solutions to harmonize these dissonances, thus preventing the onset of diseases. For example, a client presented a vibrational imbalance at the liver level, indicating the accumulation of grievances, nervousness, and frustrations. In Eastern knowledge, these emotions correspond to this organ. Through the intuitive process applied with the help of the bowls, we found that these emotions, predominantly fear felt following treatment, did not belong to the client but to his mother. Her fear of losing the fetus (who was now the client) following an attack by stray dogs had impregnated the organ. This blockage could be treated through the disclosure of the truth and the acceptance of the situation by the client's mother, parallel to the sessions of therapy with Tibetan singing bowls. Although Tibetan bowls are distinctive, other types of bowls or bells can be equally effective in sound healing practices. Over time, several

studies have examined the impact of meditation with sound from Tibetan singing bowls on aspects such as mood, stress, and overall well-being.

- Understanding behavioral patterns at a spiritual and/or coping defense mechanism level adopted by clients. For example, a young client with a pleasant demeanor, in a long-term relationship, could not commit to marriage, despite numerous couples and individual therapy sessions. Following these therapies, an advanced blockage surfaced at the heart level, the informational center that can influence changes in the body and beyond. The therapeutic process revealed that, due to emotional disappointments from past lives, in which the young woman had been consistently rejected and abandoned, she had adopted a mode of protection/defense against her current partner, without knowing why and against her own feelings. Thus, through a series of therapy sessions with Tibetan singing bowls and other forms of healing, the young woman managed to release this blockage and accept the reality of this life without carrying the burden of past lives into the present.

- The biological healing of minor conditions at the biological level is another aspect observed during therapy sessions. A client whose considerable menstrual pains had not been resolved with medication over the years revealed, during the sessions, that Chakra 2, responsible for the reproductive system, was functioning at a minimal level (the bowl emitted an “empty” sound and induced a sensation of screaming). Although the client denied the existence of trauma related to the reproductive system, the bowls revealed that she was storing negative energy associated with an abortion, which was now manifesting through acute, irregular menstrual pains, and abdominal discomfort. After revealing this aspect, the client adopted mantras and positive thoughts to release the pain associated with the abortion imposed by her parents. Within 6 months of healing treatments, including sound therapy, the client overcame these conditions and became pregnant, which was considered medically impossible according to the analyses.

It seems that our attachment to fears and pains is a crucial factor in generating behaviors related to chronic stress and adaptation mechanisms. Therefore, changing frequencies through opposite thoughts and emotions can be the solution to overcoming fear and associated illnesses.

### **3. Conclusion**

Although this desk research does not aim to provide a complete explanation of the correlation between the vibrations of thoughts and actions with the physical and emotional health of the individual, we must acknowledge that there is an increasingly vast literature supporting this hypothesis. By nature, humans are creators, and modern science confirms that traditional medicine requires a change in the interpretation of symptoms and biological processes, urging us to return and

reintegrate Eastern, indigenous, or “elder” knowledge that has sustained life on this planet. Sound and vibration are essential parts of this process and perfect tools to maintain or return to balance, thus avoiding diseases and suffering. As psychotherapist Louise Hay states in her book “You Can Heal Your Life,” every physical condition out of balance has an energetic trauma or blockage at its core, which can often be resolved through the same method - speaking beautiful words to ourselves. Therefore, let us give ourselves the chance to use thought and intention to raise our energetic frequency and live in harmony and balance both physically and mentally, as well as spiritually. More research in this field is needed to create a solid database as a reference point for integrating this knowledge into the scientific domain. I hope this work will be a first step in this direction.