New Trends in Psychology

Comment on "Regaining Control Over our Genes: Energy, Vibration, and Tibetan Singing Bowl Therapy" by Alexandra Matei in New Trends in Psychology, Vol 6, Issue 1, 2024

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Dear Editor,

I am writing to share my thoughts and reflections on the article "Regaining Control Over Our Genes: Energy, Vibration, and Tibetan Singing Bowl Therapy," authored by Alexandra Matei and published in *New Trends in Psychology* (Volume 6, Issue 1, 2024). The article discusses how our emotions and thoughts can affect our genes through a process called epigenetics, underscoring the influence of environmental factors, and challenging the idea that only genes cause diseases. It highlights how energy, vibrations, and brainwaves affect our physical health, showing that positive emotions can change gene function and aid healing. Tibetan singing bowls restore balance and improve health by influencing energy frequencies.

As an academician with a background in psychology, this study aroused my intellectual curiosity, specifically, in its exploration of the link between energy, vibration, and health. Given our immersion in a highly technological environment where social media and digital personas dominate, Matei's discussion on vibrational

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therapies offers a fascinating contrast to modern society's shift from traditional to digital life. Her insights resound in an age where both our physical and virtual identities are constantly evolving.

Our educational system has also evolved considerably, with technology now playing a central role in all disciplines. In this context, exploring alternative healing methods, like energy therapies and Tibetan singing bowls, raises questions about their effectiveness based on evidence. Research is emerging on new, complex diseases and mutating viruses, leading to advanced medical breakthroughs. The emergence of vaccines and advancement in immunotherapy indicate significant responses to health crises precisely and objectively. This contrast between modern science and traditional healing approaches highlights the need for a careful evaluation of how each addresses today's health challenges.

Interestingly, the Tibetan Singing Bowls are deeply rooted in a rich healing culture from ancient Tibetan and Buddhist traditions, where the soothing sounds of these bowls promote relaxation and positive emotions. Seetharaman, Avhad & Rane (2023, 2024) reveal sounds may be associated with changes in brain waves, binaural beats, or the interaction of the vibrations of bowls with the body's biofield. Dementic patients awaiting angiography experienced reduced anxiety from listening to rhythm and music (Richards, 2020).

The concept of resonance involving each organ vibrating at specific frequencies explains that when frequencies align, energy transfer is optimized. Healing through sound, particularly using Tibetan singing bowls, influences this principle to correct imbalances in the body's natural sound patterns and restore health (paragraphs 5-8). This further explains that frequency, in the context of energy, refers to the rate of vibration or energy level associated with a system. Examples of energy frequencies are those brain waves - gamma, delta, theta, alpha, and beta which can affect emotional and mental states. Therefore, high-frequency gamma waves are linked to positive, mystical experiences, while lower frequencies, like beta waves, can be associated with negative emotions.

Matei's discussion on the role of genes is particularly intriguing. Taylor et al. (2024) study on genetic expression reveals that while populations around the world share a substantial portion of their genetic makeup, there are specific genetic variations that can influence gene expression and health outcomes. These population-specific markers provide valuable insights into the global diversity of gene expression and have implications for personalized medicine, affecting drug responses and disease

risks differently across populations. This implies that treatments and drug dosages should be tailored not only to individual genetic profiles but also to the genetic characteristics of specific populations to improve efficacy and reduce adverse effects. This approach could lead to more effective and safer medical interventions by recognizing and addressing the genetic diversity that influences health outcomes and responses to treatments.

The examination of Matei on epigenetics illustrates that while environmental factors can influence gene expression, they do not directly alter the genetic code itself. Instead, it involves modifications such as DNA methylation and histone changes that affect how genes are expressed without changing the underlying genetic sequence. This distinction underlines the complexity of understanding genetic expression, as epigenetic factors add another layer of regulation but do not modify the genetic code itself. Therefore, studying genetic expression requires an understanding of both the intricate mechanisms of gene regulation and the constraints of epigenetic influence.

Additionally, the use of energy, vibration, and Tibetan singing bowls as healing aids might not be universally applicable due to the diversity in gene expression. A thorough study examining genetic expression following their use could provide a more empirical and comprehensive explanation. A study by Bidin et al. (2016) indicated that the use of Tibetan Bowls, decreased anxiety, arousal, involuntary mental activity, and stress among metastatic cancer patients, however, it suggested larger trials for validation.

Indeed, the therapeutic potential of sound healing - Tibetan singing bowls have accumulated increasing interest, yet scientific validation remains crucial to substantiate its effects on biological systems. Research in psychoacoustics (scientific study of how individuals perceive and respond to sound) suggests that specific sound frequencies can influence physiological and psychological states by modulating brainwave activity, stress hormone levels, and autonomic functions. There is also evidence showing the role of vibrational frequencies, as utilized in ultrasound therapies and low-frequency stimulation, in supporting cellular repair, enhancing mood, and promoting relaxation. These findings suggest a biological basis for the health benefits reported by proponents of sound healing (Novotny & Korinek, 2018). However, rigorous clinical studies are imperative to fully understand its mechanisms and determine its effectiveness in disease management and overall wellness. There is a strong need to address this gap, which requires further exploration supported by detailed medical data.

In conclusion, I appreciate Alexandra Matei's contributions in shedding light on the benefits of Energy, Vibration, and Tibetan Singing Bowl Therapy on genetic expression. However, empirical data and evidence-based research are needed to support her claims. I hope my comments provide additional knowledge and motivate and inspire further discussion and exploration.

My sincere thanks for considering my thoughts on this article.

Sincerely,

Claudia Denise P. Barbadillo

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