



eHum and Multi-dimensional Vibratory Healing

by Earl Cook

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My Objectives in this Presentation

1. Provide an Overview and Background of eHum
 - a. The Challenges – a search for a solution
 - b. Connecting the Dots – the Law of Attraction and Synchronicity at work
2. Present and overview of the variations of the *eHum* technique at work
 - a. Active and Passive client participation
 - b. Natural and External Sound sources
3. Provide an overview of how *eHum* is used in a balancing session
 - a. Balance-as-you-go
 - b. One-point balance
4. Present evidence of the effectiveness of the technique
 - a. Locking muscles
 - b. Absence of over-energy after its use
 - c. Enhanced Feelings of Bliss and Wellness from those that experience the technique
5. Examine the science and theory behind how and why it works
6. Present the results of a research project using *eHum* as the primary balancing technique

The Challenges:

1. One day, I received a phone call from a group of friends that were interested in learning Touch for Health. They wanted to learn TFH so that they could use it while on their rafting trip down the Colorado River. "Great!", I then asked how much time they had for training? Their reply, "Two hours!"
2. A TFH 1 student asked me, "I am a flight attendant and often could use the benefits of TFH but I am often by myself and don't have anyone to do TFH to me. Is there a way I can use TFH on myself?"
3. I always ask our previous students whenever I see them if they are still using the TFH techniques? They are always enthusiastic in class but often they will respond, "I didn't keep practicing and I forgot what we learned."

In addition to these challenges, part of my own quest as a TFH Instructor has been to find ways of simplifying TFH so that the modality is easier to learn and use. In Touch for Health, we have a one-point balancing system that once the location of the one-point is found the correction is simplified. But learning how to determine the location of the one-point can become fairly complex. Add to the number of different points for the muscles and then the one-point balancing technique can become even more complex.

What if the location of the one-point was the same all the time and the location of the one-point did not have to be identified? That would truly be a one-point balancing technique.

Connecting the Dots

As a young boy, if I could not sleep, my mother would press her forehead against my forehead and then she would hum. Next, I would hum until our hums began to resonate together while we felt the vibrations in our forehead. After a minute of this, I would lie down and fall peacefully asleep.

Many years later, I read the book *Molecules of Emotion* by Candace Pert, PhD. She was at the U.S. Institutes of Health on the team that discovered the opiate receptors and neurotransmitters. In her research of natural techniques that could trigger the production and secretion of these substances she stated, "When people chant, it causes reverberations in their sinus cavities which causes endorphins to flood the body."

Endorphins are the body's natural pain relievers. When reading this statement, I wondered, "Is this why I would fall asleep so peacefully after my mother and I had hummed with our foreheads together?" And, then I wondered, "Can this be used in Touch for Health as a correction technique?" It was at this time that I began my tests.

First, I tested my wife Gail and I found that I could correct a single unlocking muscle using eHum when we put our foreheads together and hummed. Next, I did a 'one-point balance'. Rather than identifying the Meridian where the high energy and energetic blockage was located, we simply put our foreheads together and hummed. Amazingly, all the unlocking muscles returned to their normal locking state and no over-energy state was detected afterwards when using the standard Touch for Health techniques.

Next, I began testing with others and continued getting positive results. I could test and find almost all muscles unlocking and then use ‘*eHum*’ as a correction technique and it worked! The results were similar to when using the standard TFH one-point balance. Sometimes, there were one or two muscles that needed additional techniques used.

Next, I began replacing the simple humming (which works) with the mantra ‘Om’. This simple but powerful mantra has many powerful and symbolic means in addition to being a sound that produces vibrations and reverberations in the sinus cavities. Usually, when we are using *eHum* these days, we use Om for its simplicity, intention and power.

The technique does have one drawback. It is very personal when you put your forehead against another person’s forehead! I think this use of *eHum* is appropriate for anyone that you feel comfortable hugging or kissing. I don’t think someone in a clinical environment would want to be doing this all day with clients. With family and friends, yes, with clients, no. And, there are the normal health hygiene issues present. If either person has a cold or is sick, additional precautions such as sterile mask, etc. would be needed.

I described my technique to Gary Craig, founder and innovator of the Emotional Freedom Technique (EFT). His response, “That’s great, but the people who usually use EFT can not touch their clients. Try it without touching and see what happens.” Our next tests involved using *eHum* while our foreheads were within three inches of each other. As we hummed or chanted Om, we could still hear and feel the reverberations of the sound. We retested and it worked! Thank you, Gary Craig for that suggestion!

During this time of discovery, I also talked with Richard Utt, founder and author of Applied Physiology (AP), and another of the masters and innovators in the field of energy kinesiology. In one of his techniques in AP, Richard used tuning forks as the instrument for correcting an energy imbalance. When I told Richard about *eHum* and how it worked, he replied, “What you are doing is using the body’s own internal tuning forks!”

I then contacted James Oschman, PhD, research scientist, speaker and author of *Energy Medicine – the Scientific Basis* and explained *eHum* to him. He replied, “Brilliant project!”

As the youngest of seven children, I was curious where my mother had picked up the technique of forehead-to-forehead humming? I asked my older brothers and sisters about this since my mother had already passed at the time of my discoveries. She had not done it with any of them and I was the only one and no one had an answer for me. Interestingly, at the time of my birth, we lived only several miles from where Dr. George Goodheart would discover Applied Kinesiology about 12 years after my birth. Plus, our home was only about 10 minutes from John Thie and his family had lived until he was 12 and before his family had moved to southern California. Maybe, there was something in the water!

After all of these successes, I was still looking for a way that the technique could be used without the necessary close proximity of two individuals. Over the past several years, I’ve thought about it and then in November, 2013, I had a dream about the solution. I awoke and told Gail about my dream and we tried it and it worked!

Basically, I recorded myself chanting/humming Om and then used a small handheld speaker to deliver the sound to the forehead. It worked.

But, once again, I knew I was close but not quite there. My 'Om' was working but it was far from perfect. It was at this time that another light bulb went off. I remembered that Atlanta has a monastery of Tibetan Monks that is academically associated with Emory University. I knew *eHum* would be difficult to explain through either an email or a phone call, so I went and knocked on the door of the Drepung Loseling Monastery. I then explained and demonstrated what I had discovered and asked if I could record several monks chanting? The answer was yes. Next, I needed to figure out the best way to record the monks!

I gave our nephew, Thom 'TK' Kidd, owner of Silent Sound recording studio here in Atlanta a call and he replied, "Yes". 278 million records have been sold over the years that were recorded in the studio where we recorded and the day after we recorded, Elton John used the same studio.



Neil Cook

Earl

When Earl was a young boy and could not sleep, his mother, Neil, would press her forehead against Earl's and they would hum together in resonance. Shortly afterwards, Earl would fall peacefully asleep.



Matthew Thio

John Thio

Gail Cook

Earl Cook

Carrie Thio



Earl Cook

John Thio

George Goodheart

"When we help people discover who they are and their purpose in life, then we are truly helping people." John Thio



Candace Pert

"When people chant, it causes endorphines to be released that flood the body."



with Tibetan Monks from Drepung Loseling Monastery

Multi-Dimensional Vibratory Healing



Dalai Lama

"Happiness is not something ready made. It comes from your own actions."



James Oschman

"Virtually all that we know about living systems is based on the analysis of vibrations. Life is too rapid and subtle to be explained by slow moving chemical reactions and nerve impulses. The human living matrix is the largest organ of the body. Cells and intra-cellular cellular elements are capable of vibrating in a dynamic manner with complex harmonics. Collagen - liquid crystal triple helix, most abundant protein in the world, a semiconductor and the basic building block of the body - it is the Living Matrix."



Dawson Church

"The dominant brainwave frequency of sensitives, such as shamans and healers, comes close to 7.83 Hz and may, at times, beat in phase with the Earth's signal, thereby causing harmonic resonance."



Richard Utt

"What you are doing is using the body's own internal tuning forks!"

The monastery in Atlanta was founded in 1998 as the North American seat of Drepung Loseling Monastery, a 600-year old monastic college that His Holiness the Dalai Lama has described as “the top academic institution” within the Tibetan tradition. This “Little Tibet” seeks to provide a sanctuary for the nurturance of inner peace and kindness, community, understanding, and global healing. I explained in my presentation to the monastery staff the goals of Touch for Health healing and how our goals are similar and parallel in purpose.

As many in Touch for Health know, Dr. John Thie, founder and author of Touch for Health, was a devout and pious Christian. He and his wife, Carrie, had studied closely with the famed psychotherapist, Virginia Satir. As a result, goal-setting and creative dialogue for helping people to realize their true self and their purpose in life is at the core of Dr. Thie’s beliefs and efforts in shaping Touch for Health.

Some people may find it unusual that a protocol founded by a devout Christian can be merged with the Tibetan tradition and techniques. I see it as a perfect match. I heard the Dalai Lama speak here in Atlanta where he said, “We are all trying to get to the same place. We may call it different names and we may take different paths, but we are all attempting to get to the same place.”

Options in the Technique:

1. **Active** – this is when the client hums and/or chants during the correction
2. **Passive** – this is when the client remains silent during the correction
3. **Natural** – this is when the facilitator and client generate the sound themselves
4. **External** – this is when an external sound and device such as *eHum with the Tibetan Monks* is used

Overview of *eHum* at work in an Energetic Balancing Session:

eHum can be used in both the Balance-as-you-go and the One-point balancing method of energetic balancing. Goal-setting can be added as in a normal TFH balance and/or specific issues of pain and stress addressed. Both the Active and Passive methods of client participation work while my hunch is that if the client actively participates, the effects will be stronger and more profound.

I am hoping that our research project will provide the empirical evidence to determine if one way (Active vs. Passive) is more effective than the other. Also, both the Natural and External source of the sound will work. Once again, we are hoping that the effectiveness of each of these methods will become



clear once our research project is completed. These results will be presented at the 2014 TFHKA Conference in Austin, Texas during my presentation.

Most of the time, your decisions will be based upon the context in which the balance is being performed. If you are in the middle of the forest without a speaker and sound source, the natural option will be the only choice. But, of course, you may prefer to use the natural option at all times.



No medical advice is being offered and no claims are being made for the ability of eHum and/or



Touch for Health to diagnose, treat or cure disease. For all serious and life-threatening issues or for continuing and worsening symptoms, always see professional healthcare providers.

***eHum* Balancing Steps:**

1. Establish Accurate Indicator Muscle
2. Set Goal if it is a goal-setting session or identify issues with pain, range of motion and/or stress levels
3. Set beginning values for stress and discomfort
4. Perform Pretests as normal in Touch for Health
5. Test muscles as normal
6. To correct unlocking muscles using ***eHum***
 - a. **Balance-As-You-Go** – use either the Tibetan Monk or Natural eHum Method each time you find unlocking muscle(s)
 - b. **One-Point Balance** – after testing all muscles and recording their condition
 - i. Check for over-energy
 - ii. Note: it is not necessary to look for an energetic pattern nor circuit locate to identify the energy blockage
 - iii. Use either the Tibetan Monk or Natural eHum Method



- iv. Check the previously unlocking muscles and check for over-energy
- 7. Retest the previously unlocking muscle(s).
- 8. Check for over-energy (there should be none. If there is, repeat steps 5 & 6 or using standard



TFH balancing techniques)



9. Assess ending values, record comments and end session

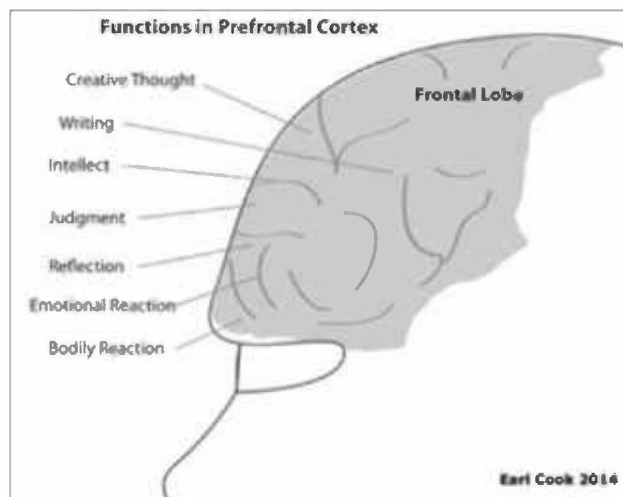
***eHum* Balancing Options**

1. eHum with Tibetan Monks (see below)

- a. Place the speaker in the center of the forehead (Third Eye) of the person being balanced. Do not touch and keep about ½ inch from the forehead
- b. Play the 20 second Tibetan Monks chanting Om
 - i. Active – the person being balanced joins in and repeats the sound
 - ii. Passive – the person being balanced remains quiet

2. Natural sound Generation

- a. Stand comfortably facing each other approximately 1.5 ft. apart with legs split about shoulder width apart
- b. Place hands on each other's shoulders
- c. Take a deep breath (recommended to turn to the side to inhale fresh air)
- d. Hold breath and slowly lean forward:



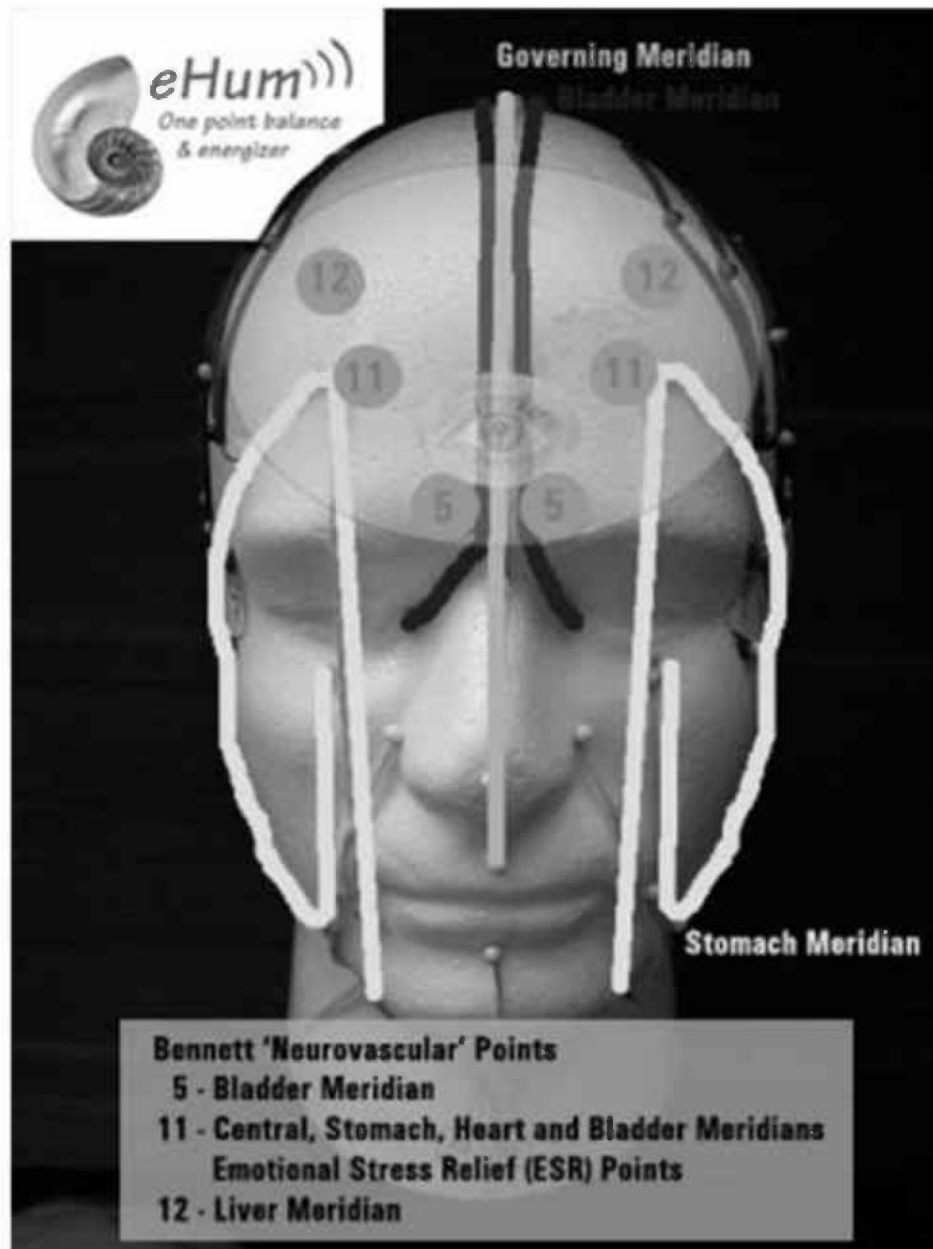
- i. **Touching method** – let foreheads touch each other so that they meet together with as much surface area touching, as possible
 - ii. **Non-touching method** – keep 1-2 inches between foreheads
- e. Create sound – deep hum or slowly chant Om

i. Active method – both people do this until the sounds merge and begin to reverberate.

ii. Passive method – the balancer does this while the other person remains silent

f. At the end of the sound, straighten up by slowly pushing away from each other

g. Take a fresh breath of air and then retest



eHum with the Tibetan Monks from the Drepung Loseling Monastery

Om / Aum

"Om is a mantra – a sound (the mother of all sounds?)" - Doug Reynolds, PhD, Professor of Asian Studies, Georgia State University
It is composed of three syllables combined into one, hence OM is representatively written as AUM

Mystic Symbolism of Om/Aum



Even Christianity uses it. In the Bible, Jesus says, "I am the alpha and omega" ... AOm.

"When people chant, it causes endorphines to be released that flood the body." - Candace Pert, PhD

"In addition to decreased feelings of pain, secretion of endorphins leads to feelings of euphoria, modulation of appetite, release of sex hormones, and enhancement of the immune response. With high endorphin levels, we feel less pain and fewer negative effects of stress."
- www.medicinenet.com

"AUM consists of three curves (curves 1, 2, and 3), one semicircle (curve 4), and a dot.

The large lower curve 1 symbolizes the waking state (jagrat), in this state the consciousness is turned outwards through the gates of the senses. The larger size signifies that this is the most common (majority) state of the human consciousness.

The upper curve 2 denotes the state of deep sleep (sushupti) or the unconscious state. This is a state where the sleeper desires nothing nor beholds any dream.

The middle curve 3 (which lies between deep sleep and the waking state) signifies the dream state (swapna). In this state the consciousness of the individual is turned inwards, and the dreaming self beholds an enthralling view of the world behind the lids of the eyes.

These are the three states of an individual's consciousness, and since Indian mystic thought believes the entire manifested reality to spring from this consciousness, these three curves therefore represent the entire physical phenomenon.

The dot signifies the fourth state of consciousness, known in Sanskrit as turiya. In this state the consciousness looks neither outwards nor inwards, nor the two together. It signifies the coming to rest of all differentiated, relative existence. This utterly quiet, peaceful and blissful state is the ultimate aim of all spiritual activity. This Absolute (non-relative) state illuminates the other three states.

Finally, the semi circle symbolizes maya and separates the dot from the other three curves. Thus it is the illusion of maya that prevents us from the realization of this highest state of bliss. The semi circle is open at the top, and does not touch the dot. This means that this highest state is not affected by maya. Maya only affects the manifested phenomenon. This effect is that of preventing the seeker from reaching his ultimate goal, the realization of the One, all-pervading, unmanifest, Absolute principle. In this manner, the form of OM represents both the unmanifest and the manifest, the noumenon and the phenomenon." by Being Human

Source: <http://answers.yahoo.com/question/index?qid=20110219180657AAmKxpT>

Pronunciation of Om/Aum and the Physiological Connection

"As a sacred sound also, the pronunciation of the three-syllabled AUM is open to a rich logical analysis.

The first alphabet A is regarded as the primal sound, independent of cultural contexts. It is produced at the back of the open mouth, and is therefore said to include, and to be included in, every other sound produced by the human vocal organs. Indeed A is the first letter of the Sanskrit alphabet.

The open mouth of A moves toward the closure of M. Between is U, formed of the openness of A but shaped by the closing lips. Here it must be recalled that as interpreted in relation to the three curves, the three syllables making up AUM are susceptible to the same metaphorical decipherment. The dream state (symbolized by U), lies between the waking state (A) and the state of deep sleep (M). Indeed a dream is but the compound of the consciousness of waking life shaped by the unconsciousness of sleep.

AUM thus also encompasses within itself the complete alphabet, since its utterance proceeds from the back of the mouth (A), travelling in between (U), and finally reaching the lips (M). Now all alphabets can be classified under various heads depending upon the area of the mouth from which they are uttered. The two ends between which the complete alphabet oscillates are the back of the mouth to the lips; both embraced in the simple act of uttering of AUM.

The last part of the sound AUM (the M) known as ma or makar, when pronounced makes the lips close. This is like locking the door to the outside world and instead reaching deep inside our own selves, in search for the Ultimate truth.

But over and above the threefold nature of OM as a sacred sound is the invisible fourth dimension which cannot be distinguished by our sense organs restricted as they are to material observations. This fourth state is the unutterable, soundless silence that follows the uttering of OM. A quieting down of all the differentiated manifestations, i.e. a peaceful-blissful and non-dual state. Indeed this is the state symbolized by the dot in the traditional iconography of AUM." by Being Human

Source: <http://answers.yahoo.com/activity/show=2JWKE7XRC53K32ND6HEMRNAPU&t=g>

Earl Cook - April 2014

We are fortunate, grateful for the opportunity to share this technique together. 50% of all profits made in the sale of eHum with the Tibetan Monks from the Drepung Loseling Monastery go to the monastery for its support. The monastery was created to preserve and share the rich Tibetan traditions and culture. His

Holiness the Dalai Lama periodically visits, speaks and teaches at the nearby Emory University where he is recognized as Presidential Distinguished Professor.

The recording was produced November 25, 2013 at Silent Sound Studios, Atlanta. The monks had just returned from a trip to Pennsylvania and Washington, DC which included a visit to the White House. Several weeks after the recording, these two monks returned to Tibet at the end of their work visa. The interpreter for the day, told us after the recording, "I hope you realize that you got the two superstar monks. These distinguished monks were selected to be in Atlanta and here today because they know all the Tibetan and Buddhist traditions and are the ones who create the sand mandalas and perform around the country." We are extremely honored, grateful and blessed.

eHum with the Monks from the Drepung Loseling Monastery will be available for purchase from www.etchforhealth.com in mid-Spring, 2014. It will be a downloadable product and will run on Windows, Macintosh and all smart phones and tablets. Any type of portable speaker will work but we chose and like the rechargeable iHome iDM8 with Bluetooth connectivity (as shown in the photograph). 50% of all profits from these sales goes to the support of the monastery.

Why does *eHum* Work?

Theories of Earl Cook:

1. *eHum* activates the centers of Wellness, Coping and Preparation in the Soul, Mind and Body
2. Causes secretion of Endorphins that flood the body, per Candace Pert, PhD
3. Generating resonance from sound vibrations that are transmitted throughout the body via the Living Matrix as theorized by James Oschman, PhD
4. Proximity to central locations of many systems of the body
 - a. Behind forehead is the brain's Prefrontal Cortex in Frontal Lobe where key functions occur:
 - i. Creative thought
 - ii. Intellect

- iii. Judgment
 - iv. Reflection
 - v. Emotional Reaction
 - vi. Body Reaction
 - b. Sinus cavities which can resonate and reverberate sound
 - c. Meridian location:
 - i. Governing Meridian passes through
 - ii. Stomach Meridian nearby
 - iii. Bladder Meridian passes through
 - iv. Gall Bladder Meridian dips down into
 - d. Neurovasculars (Bennett) Points:
 - i. Stomach / Emotional Stress Relief (ESR) points
 - ii. Bladder points (fear and anxiety)
 - e. Metaphysical
 - i. Location of the Third Eye
5. Sounding Om causes the palate of the mouth to vibrate and the Pineal Gland is located just above the palate.

Candace Pert, PhD, author of *Molecules of Emotion* and research scientist who was working at the U.S. Institutes of Health on the team that discovered the opiate receptors and neurotransmitters states, “When people chant, vibrations in the sinus cavities cause Endorphins [the body’s natural pain relievers] to flood the body.” This statement by Dr. Pert was the one that spurred me to test the relationship between the muscle test and humming. In her work, she states that the endogenous systems of the body are

capable of producing thousands of biochemical neurotransmitters, hormones and polypeptides that produce exactly what is needed by the body in the quantity that the body needs at that exact moment.

There is an international research project being conducted via the Internet at <http://www.FoldIt.com> which is attempting to solve the puzzles of how the body creates the thousands of different proteins from amino acids.

Pert's work has done much to show prove the physiology involved in the Mind-Body connection and how innovative and powerful the human body can be in producing, on-demand, the biochemicals needed to maintain wellness, balance and homeostasis.

In all of its power to produce these biochemicals, the drawback is that the speed at which these substances are distributed throughout the body has been measured at approximately 230 MPH. This is fast, but not fast enough to explain the instantaneous responses the body is capable of producing. It does though, provide one of the basic reasons for why the eHum humming and chanting technique works.

James Oschman, PhD, Researcher and author of *Energy Medicine – the scientific basis* states, "Virtually all that we know about living systems is based on the analysis of vibrations. Life is too rapid and subtle to be explained by slow moving chemical reactions and nerve impulses. The human living matrix is the largest organ of the body. Cells and intra-cellular elements are capable of vibrating in a dynamic manner with complex harmonics. Collagen - liquid crystal triple helix, most abundant protein in the world, a semiconductor and the basic building block of the body - it is the Living Matrix."

Vibrations, frequencies, harmonics and reverberations are at the heart of all living things. Even in Pert's work, she describes how a ligand (the chemical messenger) must vibrate in the presence of the receptor. If the chemical composition and the vibratory rates are correct, the receptor accepts the chemical messenger and its substance which then causes specific actions to occur.

In our existence, we basically experience life through Sound and Light which are at parallel octaves. With light, we can see the visible light spectrum with our eyes. Some animals and insects can also see light outside the limits of our spectrum. And, there are some sensitive people that have the ability to see the energy and auras of living persons. We also can feel the effects of sunlight upon our skin as it warms and, in excess, can burn our skin.

With sound, we can hear a wide range of sounds with our ears and auditory system. In addition, it is possible to feel the sounds as they resonate and vibrate through our body.

In Oschman's theories, Collagen is the most prevalent element in the body and is a crystalline structure. It can vibrate as a crystal with the result being that the collagen can both transmit information and store information. According to Oschman and his research, it is the crystalline nature of the collagen that allows the body to communicate at or near the speed of light.

Our body is approximately 70% water. Sound can easily be transmitted through water in waves and vibrations. The brain is located just behind the forehead and is also approximately 70% water, so sound can travel from the forehead into the brain using resonance.

Brain research has found the brain to be a pattern recognition system and generally prefers predictable patterns and stimuli. When these are present, the brain can relax and produce more pleasurable