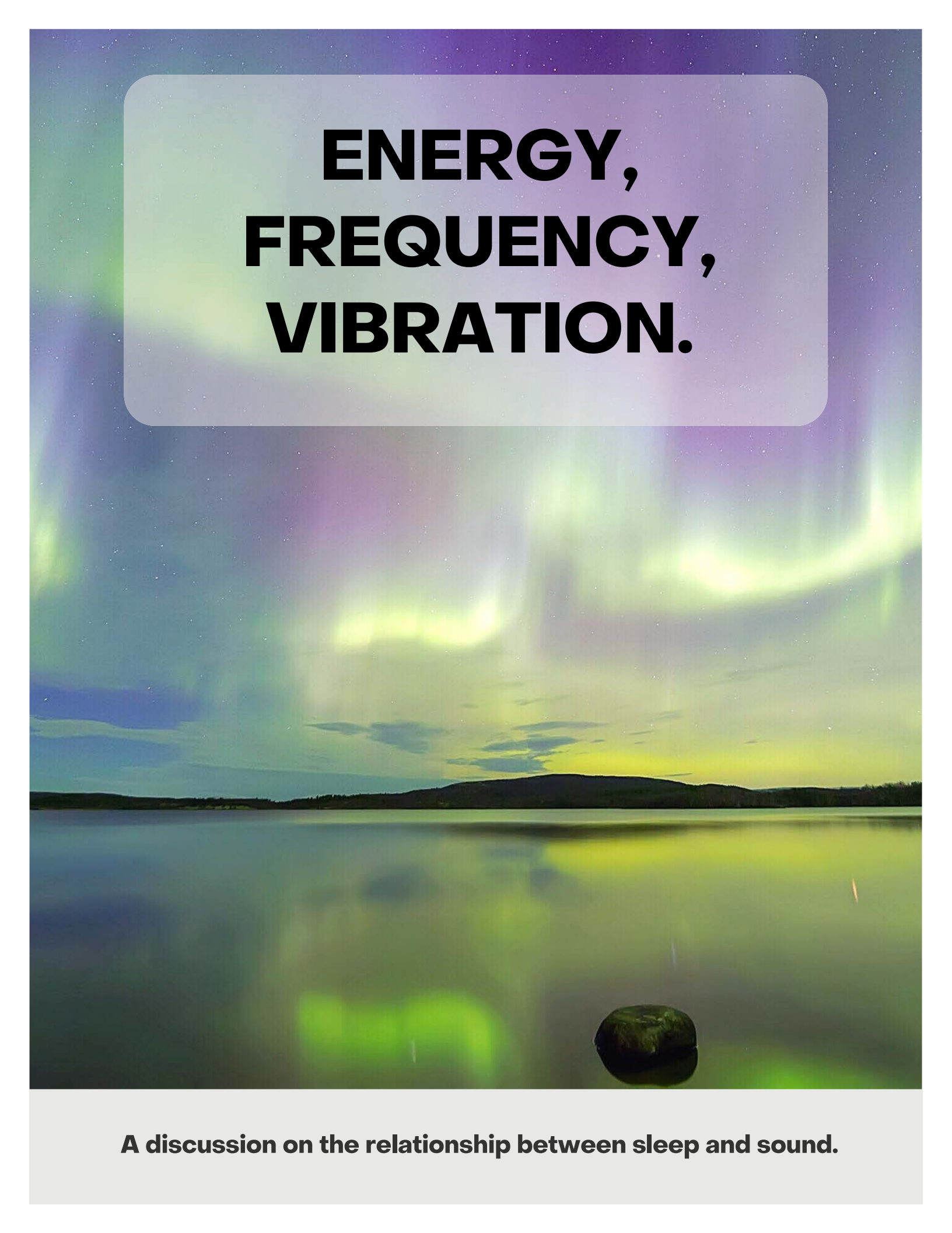


ENERGY, FREQUENCY, VIBRATION.

A discussion on the
relationship between sleep
and sound.

**BASED ON AN
INTERVIEW WITH
MICHAEL TYRRELL
- BY LLOYD BURRELL**

A photograph of the Aurora Borealis (Northern Lights) over a calm lake at night. The sky is dark with vibrant green and yellow light streaks from the aurora. The lights are reflected in the still water. A dark, rounded rock is visible in the foreground on the right side of the lake. The overall mood is serene and mysterious.

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Dedicated to those trying to live their highest lives,
at the highest vibration, with the highest health.

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INTRODUCTION



"Music is so grandiose, so majestic, so beautiful. It's the soundtrack of every human life. It's attached to our limbic system, memory, every part of us."

-Michael Tyrrell

INTRODUCTION:

Sound is everywhere. It surrounds you, traveling throughout the atmosphere in waves. Humans and other creatures alike can use these sound waves for communication and to perform various tasks in their lives.

Sound is vibration. And vibration can be healing.

In fact, one of the greatest benefits of healing through the vibration of sound, or sound therapy, is relief from stress. It is suggested that soothing sounds can help to re-tune your brain which may help you cope better with stress by recharging your brain energy with high-frequency sound.

Another very important use that may be less well-known – is the powerful improvement it offers for sleep.

Michael Tyrrell is an accomplished author, speaker and well-known musician who developed “Wholetones: The Healing Frequency Music Project” which has been such a beneficial discovery for thousands of people around the world.

His incredible story of how he came to create a device that can heal using sound therapy, is both intriguing and humbling.

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Music is a Real Job

"There is no organ or system of the body that isn't affected by music and vibration." -Mitch Gaynor, MD

What if you were to one day notice that something was wrong with light? Or with feeling? Or with your sleep pattern? What about if you noticed that something was wrong with music? Something just so wrong that you couldn't get past it, and you kept digging and digging year after year just hoping for that AHA moment.

If you are a musician, or musically inclined in any way, you may be familiar with calibrating a tuner to 440 Hz. But have you ever asked yourself, or anyone else, why? Why 440 Hz? It's such an obscure number, and idea, yet we do it mindlessly - never thinking to question it. Until finally someone did. And yet nobody had the answer.

For Michael Tyrrell, that simply was not good enough, it wasn't the answer that he was looking for. Instead, he was searching for substantiation and reason. Which is a challenge, but remember that any question that remains unanswered in your life, that nobody seems to have the answer for. You have to keep pushing. Keep pushing because you might find that once you find the answer to that question, it changes your life entirely.

It could even be genetically linked to your actual destiny - what you are put here to do.

Without good health, however - you may not be able to accomplish the goals and aspirations that you set for yourself. Optimal healing and health requires a variety of critical factors - but let's begin with the vibrational healing of sound, and the impacts it has on sleep - which is perhaps one of the most important elements for healing...



The Study of Sleep: An All-Too-Familiar Sleep Scenario

Are you one of the millions of people affected by poor sleep? Whether it's insomnia, poor sleep patterns, work, stress...whatever the reason, poor sleep can - and will - affect your overall health.

Imagine yourself trying to get a good night's rest, but you can't seem to fall asleep. For some, this is a nightly occurrence. Among feeling frustrated, depleted and exhausted - you likely are unable to focus the next morning, feel sluggish, you are more prone to illness because your immune system hasn't had time to reset.

there are a lot of different methods that we use these days to try and improve our sleep - many include supplements or over the counter sleeping pills - but what happens when nothing seems to work? It leaves you wondering what is actually happening when you are unable to get a good night's rest...

Sleep is unequivocally crucial to our physical, mental, and emotional health. It's essential for living, for your body to perform at it's best, and to your overall well-being.

The Study of Sleep: An All-Too-Familiar Sleep Scenario

Sleep is vital to the body; without sleep you are putting yourself at risk for the some very serious potential health problems, including - but not limited to - the following:

- Weakened Immune System
- Frequent Mental Stress
- High Blood Pressure
- Memory Recall
- Lowered Sex Drive
- Weight Gain or Obesity
- Increased risk of certain cancers and diabetes
- Heart Attack, Heart Failure, or Stroke
- Symptoms of Depression
- Seizures
- Migraines

It should come as no surprise that sleep deprivation is among one of the most common disorders of our time. In fact, approximately thirty-seven percent of adults between the ages of 20 and 39, and forty percent of adults between the ages of 40 and 59 have reported shortened sleep cycle duration - not to mention, it's suggested that as many as fifty percent of children will experience a sleep problem at some point during their childhood.

.....

"If you want to find the
secrets of the universe,
think in terms of energy,
frequency and vibration."
-Nikola Tesla

According to the American Academy of Sleep Medicine (AASM), this could be the year of severe change in sleep for many people. The AASM recommends that adults get a minimum of 7 hours of sleep nightly, and as you probably have guessed - that is rarely happening for many people. In fact, a recent survey showed that 85% of adults in the United States are getting less than the recommended amount.

The Study of Sleep: An All-Too-Familiar Sleep Scenario

In turn, the survey also found that 34% of Americans sleep seven hours or longer only two nights each week.

Dr. Kannan Ramar - the president of the academy - showed concern in the results, "Our survey findings show a worrying trend of national sleep deprivation." And in an academy news release he goes on to say, "Insufficient sleep contributes to the risk for several of today's public health epidemics, including cardiovascular disease, diabetes and obesity. As such, it is critical that we incorporate healthy sleep habits and routines into our daily lives..."

Statistics and Facts:

- Sleeping 60 to 90 minutes more per night can make you happier and healthier.
- We dream 4-6 times per night but forget 95-99% of our dreams the next morning.
- Our body temperature drops by 1-2 degrees during the night so it's perfectly normal to feel a bit chilly.
- Falling asleep takes on average 10-15 minutes. If you pass out within a few minutes, it might mean you are sleep deprived.
- 35% of adults don't get enough sleep (7 hours per day) according to the CDC. In fact, 40% of people age 40 to 59 reported that they are getting less than recommended amounts of sleep. While 37% of people between 20 and 39 years-old reported short sleep duration.
- According to the Harvard School of Public Health, 3-5% of obesity in adults could be caused by lack of sleep.
- 30% of the adult U.S. population suffer from Insomnia and 10% from chronic Insomnia, making it the most common sleep disorder.
- 75 to 90% of insomnia sufferers have an increased risk of medical disorders such as hypoxemia, GSD, and pain conditions.
- Over 4% of U.S. adults (age 20 and over) said they took some sort of medications or sleep aids in the last 30 days.
- 9 Million Americans take prescription drugs to help them fall asleep. And Sleep medication use was higher among women (5%) compared to men (3.1%).
- Those using sleep pills have a 35% higher chance of developing cancer.

The Colors of Sound

So where do you turn when you feel like you've exhausted all options and still can't seem to get a good night's rest?

You may already be familiar with the popular theory of the relationship between "White Noise" and "Better Sleep", but is there really any proof behind the colors of sound being able to lull you to bed at night?

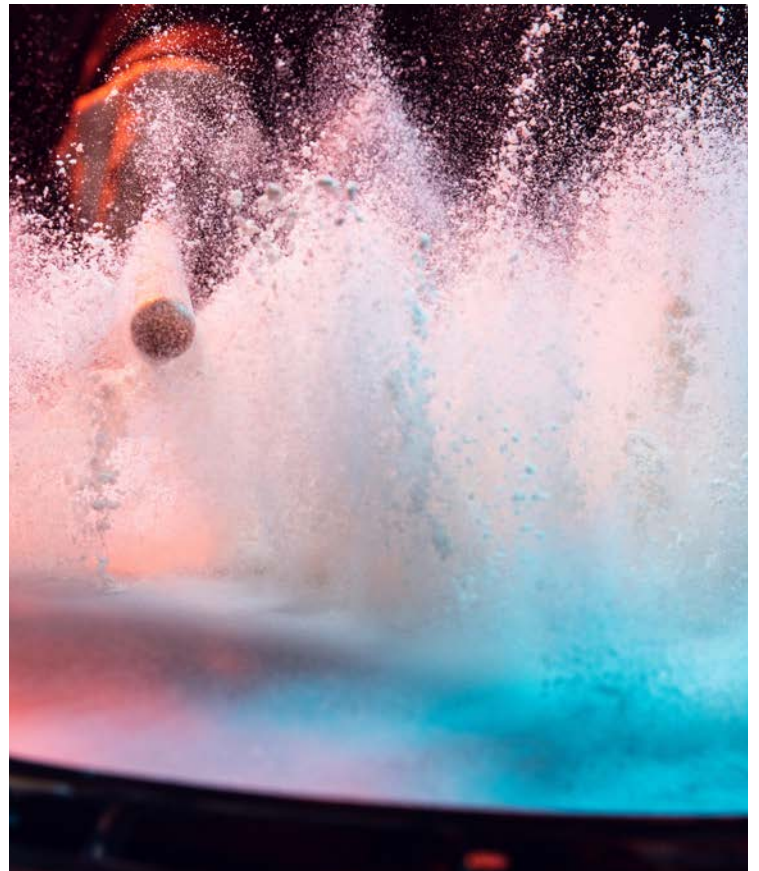
The legacy of sleep sounds - white noise has lulled people to sleep for ages. Because white noise encompasses all of the frequencies any person can possibly hear (about 20 Hertz to 20 thousand Hertz), it holds the potential to block out any outside sound.

When measuring sound waves, frequency refers to how quickly the waves are vibrating per second while amplitude - or power - refers to the size of the waves.

Frequency is measured in hertz while amplitude is typically measured in decibels. Thus, the relationship between the amplitude and frequency of a sound wave is used to define different "colors" of sound, or noise - which share structural properties with corresponding light waves of the same name.

To produce white noise, every frequency that the human ear can hear is being played in a randomized order at the same amplitude - resulting in a "shhh" sound that many people associate with television or radio static. And just as white light is thought to be composed of every visible wavelength on the color spectrum, white noise consists of every audible frequency.

Fittingly, black noise refers to the literal sound of silence.





THE COLORS OF SOUND

Many people associate “white noise” with specific ambient, and familiar sounds, such as the whirring of a fan or air conditioner. But technically, they are not the same - granted, the effect may be similar on your ears, but by actual definition, white noise must consist of every and all audible frequencies being played at the same amplitude randomly.

Fascinatingly enough, some sounds are confused with white noise that are actually different colors of noise. For example, pink noise. Keeping in mind that white noise is defined by equal amplitude across all frequencies - the amplitude with pink noise, on the other hand, is decreased by half every time the frequency doubles. Resulting in a blend of more intense low-frequency tones and softer high-frequency tones.

It should be noted that the human ear is particularly sensitive to high frequencies, resulting in many people preferring pink noise to white noise. And - pink noise may also have other sleep benefits too! It is suggested in studies that pink noise may actually reduce your brain wave activity, meaning that pink noise can decrease sleep onset, extend sleep duration, and improve the quality of sleep overall. Amazing, right?

Moreso, those who prefer pink noise may also be drawn to red noise which also decreases in intensity as it increases in frequency - but to an even more dramatic extent. It produces a low, rumbling sound. Alternatively, blue noise increases the intensity as the frequency rises which results in more emphasis on the high tones and less for the low. Actually, blue noise can be compared to a fine spray of water.

But, wait - it goes even further beyond simply noting the different colors of sound..

THE STUDY OF SOUND

Sounds have more of an impact on us than we know. When you think about it, you are immersed in sound constantly throughout your day, so constant that we have grown accustomed to tuning it out. But regardless of whether or not you are consciously listening to the sounds, they are affecting you.

Understanding the science behind relaxing and distracting sounds allows you to appreciate why you should care about the sounds occurring around you.

Sounds affect the human body and mind in a variety of ways, your hormone secretion, heart rate, breathing and brain waves. Unpleasant sounds, for instance, may result in an increased secretion of cortisol, otherwise referred to as the stress hormone.

On the contrary, studies have linked listening to ambient, natural sounds such as rippling water, to lowered cortisol levels.

Music has been recognized as the most powerful form of sound that affects our emotional state.

Two Reasons Why:

- We recognize it quickly.
- We associate it very powerfully

"Sound will be the
medicine of the future."
-Edgar Cayce

THE STUDY OF SOUND

Even more, many scientific studies have linked music to significant mental and physical health benefits - especially for reducing or relieving stress. More specifically, classical music - or music of your choice - have been shown to reduce anxiety and anger while increasing relaxation. A study from December 2018 that was published in *Complementary Therapies in Medicine* found that in particular, pentatonic music can help to decrease stress - and of course, let's not forget about the natural sounds that also have been shown to help us relax.

To put it simply, we naturally move away from unpleasant sounds and towards more pleasant sounds. Actually, being unable to escape from unpleasant sounds can be increasingly damaging to our health, especially if the unpleasant sounds are heard at night - physiological and psychological effects of insomnia can be absolutely devastating to our health and well-being.

Science shows us that sound affects us in a very profound way - no matter if you realize it or not - what you are hearing, is making a difference in your life.

Both sleep and sound are very intricate, complex things that we simply overlook, ignore or maybe even unknowingly - take for granted...

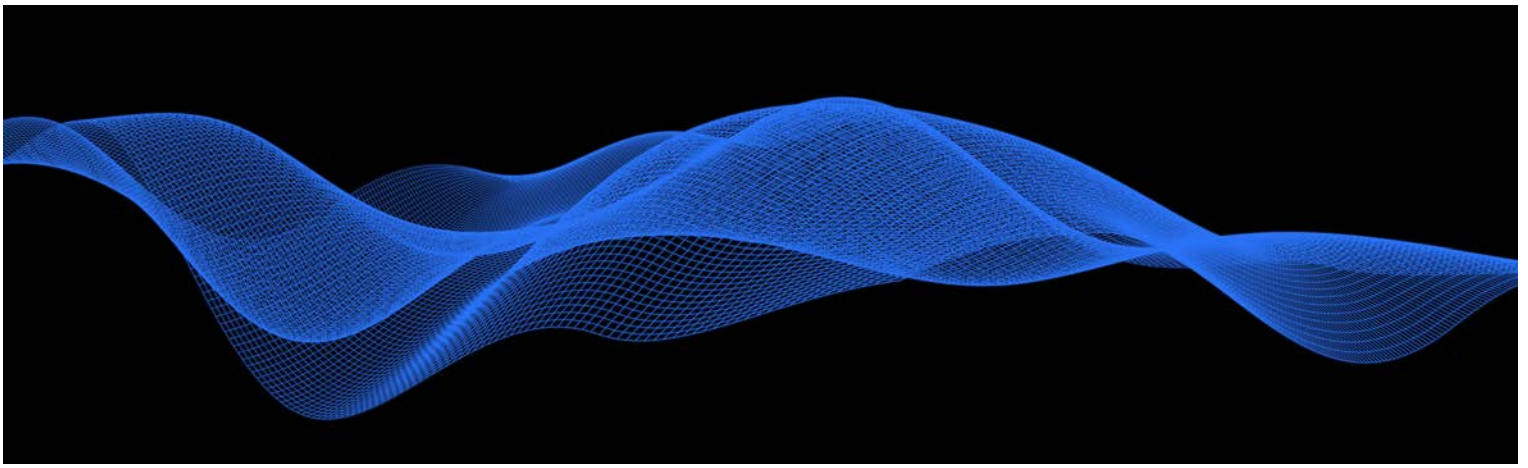
And the way that they can work together is just shy of miraculous. As mentioned before, natural and calming sounds such as rippling water, the rainforest or even peaceful music, tend to soothe and transport us. The soft sounds are capable of easing our minds away from stressors and any unhealthy thought patterns, while inducing calm feelings of relaxation - which are all very important components of restorative rest.



It's partly due to these reasons why music and sound therapy play such a crucial part of a suite of recommendations for healthy sleep. And there are studies and research that support it!

First - research performed among patients averaging around 70 years of age who had sleep difficulty found that listening to music before going to bed was associated with many signs of improved sleep health, including long sleep duration. Also, research with post-operative patients found that listening to music was associated not only with improved sleep, but also lower pain than in patients who did not listen to music.

Sound is intimately related to the quality of our rest, as well as the quantity of our rest. But it's a double-edged sword - while it can be used to your advantage to help you sleep at times, it can also be the culprit of disrupting the quality of your sleep - it's a very specific balance.



Let's Talk Science!

I'm sure you are familiar with the term, "sound asleep", but never has it been more meaningful.

When Michael Tyrrell realized the phenomenon he had been gifted (now referred to as Wholetones), and after being invited to QVC – a home shopping network – he discovered that the science was not substantiated enough through testimonials alone when asked to provide clinical data on the product in order to continue moving forward.

Thankfully, Michael's dear friend Dr. Oz, along with Dr. Michael who is a sleep doctor, recommended that he pay a visit to Dr. Heather Hausenblas at the University of Jacksonville. Incredibly, he was given a grandiose opportunity to have gold standard clinical research performed over a three month period – free of charge. And actually, it was her first one that dealt with sound, sparking a flame of excitement and intrigue.

One of the control groups was Mozart's Requiem – which happens to be the most popular music therapy. While the second was no music at all.

Incredibly, the clinical data was so overwhelming that Dr. Hausenbaum referred to it as "unprecedented". 100% of the participants had one part of their sleeping disorder completely rectified, simply by listening to this specific music at night.

And quite possible the most impressive part – because of the myriad of positive feedback that came from that particular clinical trial, which was doctor-supervised and electronically monitored, it is now safe – and legal – to say that Wholetones 2Sleep helps you fall asleep faster, stay asleep longer, and wake up feeling refreshed!



Let's Talk Science!

Let's say, for a moment, that someone has a laser probe and says to you, "this isn't going to hurt a bit, just lay back and relax", then proceeds to put the laser probe on your body. Now, it's important to remember that it is photonic energy so you literally wouldn't feel anything - it's just pulsed light.

Afterwards, you feel rejuvenated - refreshed - you are suddenly able to think more clearly.

It's no different than delivering it through the audio range - or in any different modality. People often mistake music as not being therapeutic simply because it's beautiful. What Michael Tyrrell did was take the beauty of music spontaneously and add it to a frequency that's both harmonic and beneficial to the human body.

Not to mention - they are now researching even deeper because it tends to make plants grow expeditiously.

Have you ever heard people say that when you talk to a plant, it grows? That's because of frequency - especially if they're positive frequencies. Take, for instance, a plant that is struggling and saying to it, "You're such a beautiful plant, I am so thankful for you," watch. It's truly incredible the impact that it will have on that plant. Better yet, take 3 potted plants and place them in separate rooms or areas of your home and only speak to one of them. That one will easily grow to be twice the size of the others - so long as you are offering positive affirmations, speaking life to it.

It's a wild concept to try and grasp, but it's honest - the power of life and death is in our tongues. It's what we say, we can speak life. If it comes from a positive place, a place of love, it can be a very powerful tool.

Pythagoras

Some of the greatest minds in our history deserve mentioning in this conversation about music and its impact on our lives.

Let's continue on discovering the science behind the music that heals...

Between Pythagoras and Nikola Tesla, there is a lot of fascinating information that we can apply to find answers that we are searching for. What is particularly fascinating about Pythagoras (one of his disciples was Plato, to give him even more credibility) is that when he spoke about mathematics, he almost always immediately spoke about music. During a deep dive into Pythagoras, you would also find that he gave all of his credit to God - or a divine being. Keeping in mind that a lot of the Greek stoics were Hellenistic and didn't give credit to God, even in their altruism, everything always came back as credit for themselves. So this was something peculiar about Pythagoras, he was completely different. He was always giving thanks to God for his knowledge that allowed him to help mankind.

Perhaps you remember being in highschool, in Geometry class, learning about the skein of Pythagoras. And, like most, probably wondered how you would ever be able to conceive it. But - when you read the deep words of Pythagoras, he doesn't talk about math. He talks about music. Unbeknownst to most, he was actually an amazing musician and created his own instrument called the monochord. It was six feet long and padded on one side like a couch - and inside of that piece of furniture was a vibrating chamber, much like a giant harp...



PYTHAGORAS

And on the bottom he had the skein of Pythagoras. The three, six and nine in harmonic music. The divine numbers, according to Nikola Tesla. As you may remember through his cryptic message, “if you knew the magnificence of 3, 6 and 9, you would have a key to the universe.” Perhaps Nikola Tesla knew the power of the numbers 3 6 9 - the golden ratio in mathematics.

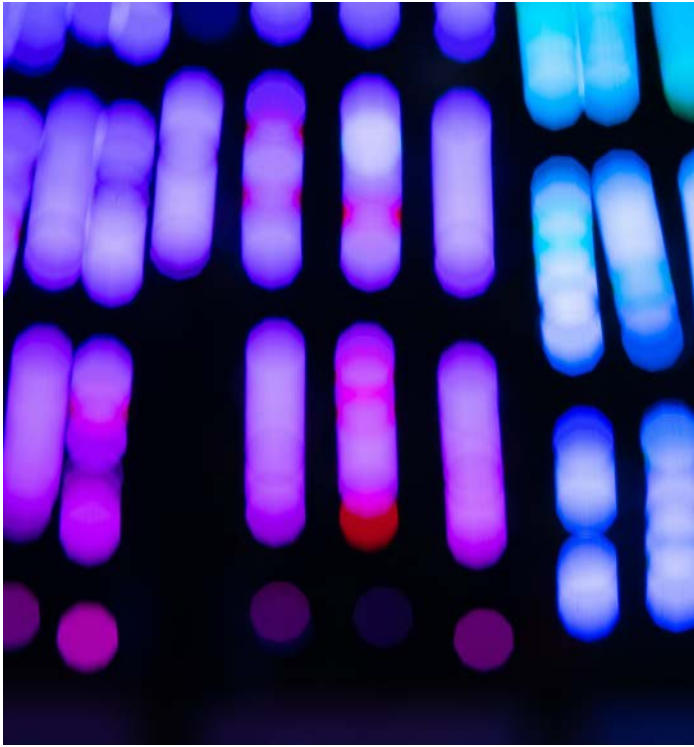
Circling back to the monochord and Pythagoras - when someone would lay on top of the monochord, the entire mechanism would begin to vibrate. He called this vibrational or soul transformation.

Inadvertently, the people who followed Pythagoras, including Plato, if they were to become sick in either mind, body or spirit, he would have them lay on the monochord and he would play the drone chords underneath their body - vibrating this table under they fell asleep. And when they would wake up the next morning, they would feel better. Stomach ache, gone. Depression, gone. Whatever the type of malaise, it would be healed by vibrational therapy - moreso, musical vibrational therapy.

Pythagoras realized the power of vibration. He understood the powerful connection between numbers, frequency and healing.

*To read and learn more about Pythagoras and his association with music, I suggest using google and searching for “Full Pythagoras music statement”. You will be enlightened by the amazing, rich research that will come up - and it’s all in a PDF that you can download for free.

Quite possibly, one of the greatest and most interesting things to consider is that Tesla, Royal Rife and Pythagoras would open the discovery of vibrational healing - none of whom ever received credit for it, until now. With Tesla, specifically, they ruined him and took all of his research - and now a lot of that research is being used by other people because they were able to purchase pieces of it.



ENERGY, FREQUENCY, VIBRATION.

Frequency is like air - or like thought - it is an undeniable absolute of our mechanism. If you were able to fully understand frequency, there would be no differentiation between taking a breath of air and frequency. It would be that much of a household understanding of the functionality of the human body. Respiration, perspiration, inspiration - it's all frequency.

Human-generated sound is exponentially the most effective carrier and delivery system of beneficial frequencies to the body.

Our brain and body are hard-wired to readily resonate and entrain with the human voice. In other words, when our cells pick up on human sound frequencies, their own energy field will naturally harmonize with those frequencies, which helps them send and receive signals from our brain, neurons, and other cells more easily.

The human voice can elicit not only a physiological response but often a powerful, transcendent and transformative emotional one as well.

Studies show that lack of sleep causes stress, irritability, weight gain, chronic health problems.. even death. But I don't need to tell you all of that. You already know how bad things can be when you don't get enough sleep.

But it gets worse: Without proper sleep, your immune system can't produce the special proteins your body needs to fight off infections and inflammation, and leaves you susceptible to all kinds of illnesses and threats.

And these days, in our increasingly electromagnetic world, this information is more important than ever!

SLEEP is your #1 ally for health.

- You may have tried sleeping pills, with all of their annoying and potentially dangerous side effects.
- Maybe you've spent thousands of dollars on new mattresses, or the latest "miracle pillow" that promises a good night sleep.
- Or maybe you've tried home remedies such as drinking warm milk, or even counting sheep!

Have these tactics worked? If not, or if they work sometimes, I may have your solution that will support you all the time.

It's portable, convenient, inexpensive, has ZERO side effects, and it WORKS. Check out just three of the thousands of testimonials I've seen on this product:

"Truly a life changer. It settles my soul and promotes deep sleep." — Connie Collins

"For the first time in months, maybe longer, I slept the entire night through." — Susan Moon

What a difference it has made!!!!!!!!!! Our sleep, our love life and our health! All have been affected positively. Hope this helps someone else the way it has us" — Geri Riggs

If you want to experience deep, restful sleep... better than you've had in a long time.

MICHAEL TYRRELL'S TIPS FOR HEALING WITH VIBRATION

1. Where you live is an enormous factor.

Separation plays a big role while trying to avoid man-made electromagnetic field exposure. Finding a home that is not closely surrounded by other homes, or a big city, would be most ideal. Of course, not everyone is able to do this - but if you have the ability, it makes an enormous difference.

2. Put down your cell phone and Minimize WiFi

Your cellphone is a little radiation-magnification machine. These days, people tend to be obsessed, even addicted to their cell phones, and it's tremendously unhealthy. A good rule to live by is that whenever it is possible, put your phone on airplane mode, and keep it away from your body. Not in your pockets, or for women - not in your bras.

Just imagine the magnification you would have if you had 10 or 20 people over to your home, and everybody has their WiFi on...

Again, if your phone must be on - turn off your WiFi and be sure to place it on Airplane Mode.

Another easy and relatively inexpensive way to minimize EMF exposure at your home, if you have a smart meter, go online and purchase a smart meter shield for it (better still, replace it with an analog meter).



What's a smart meter? A smart meter saves the power company upwards of \$54 million a year because it allows them to point a scanner towards your smart reader, and it will read it from a distance. Let that sink in for a moment. If something is emitting so much radiation that they can read a meter from beyond 400ft by using another meter...are you kidding me?

Regardless, they now have designed cages that you can place around your smart meter, and you can see through them, but it cuts down almost 95% of the radiation being emitted - and can still be read at a distance because of the way that it transfers the energy. It will truly make a noticeable difference at your home.

MICHAEL TYRRELL'S TIPS FOR HEALING WITH VIBRATION

3. Sleep.

Dr. Oz once said, “It doesn’t matter what homeopathic or allopathic preparations that we take. If you aren’t sleeping a minimum of six to eight hours, your body cannot heal.’

So I suppose in this sense, it wouldn’t matter what measures you take to reduce exposure to EMFs if you are not sleeping well because your immune system is still going to be weakened. You are going to be full of cortisol among other very serious imbalances that will make it difficult to obtain optimal health.

Which is exactly where Michael Tyrrell’s incredible device fits into the picture..

[Wholetones](#) is not only scientifically backed and proven, it’s also a vital tool for people. It’s a self-contained, very small speaker – and it emits virtually no EMFs. It is battery-operated.

*Avoid using it on Bluetooth to minimize your EMF exposures..



WHOLETONES

Are you still feeling a bit skeptical?

Here is what one study showed:

- **100% of the participants reported improvements in at least one sleep quality item while listening to Wholetones ® 2Sleep Music compared to the control condition with no music.**
- **79% of study participants were in a better mood following listening to Wholetones®.**
- **69% of study participants had improved Integrated Sleep Recovery which means their sleep was more restful and they had more efficient sleep compared to control with no music (Interpretation: Participants experienced vastly improved sleep patterns, resulting in more restful and efficient sleep.)**

Wholetones® 2Sleep is clinically proven to help you fall asleep faster, stay asleep longer, and wake up refreshed!

And once you try this, you'll be amazed at its potent effects delivered through such ideal simplicity.

[CLICK HERE TO LEARN MORE](#)

Find out more about my EMF Practical Guide
The Simple Science of Protecting Yourself, Healing
Chronic Inflammation, and Living a Naturally Healthy
Life In Our Toxic Electromagnetic World

[CLICK HERE](#)

