

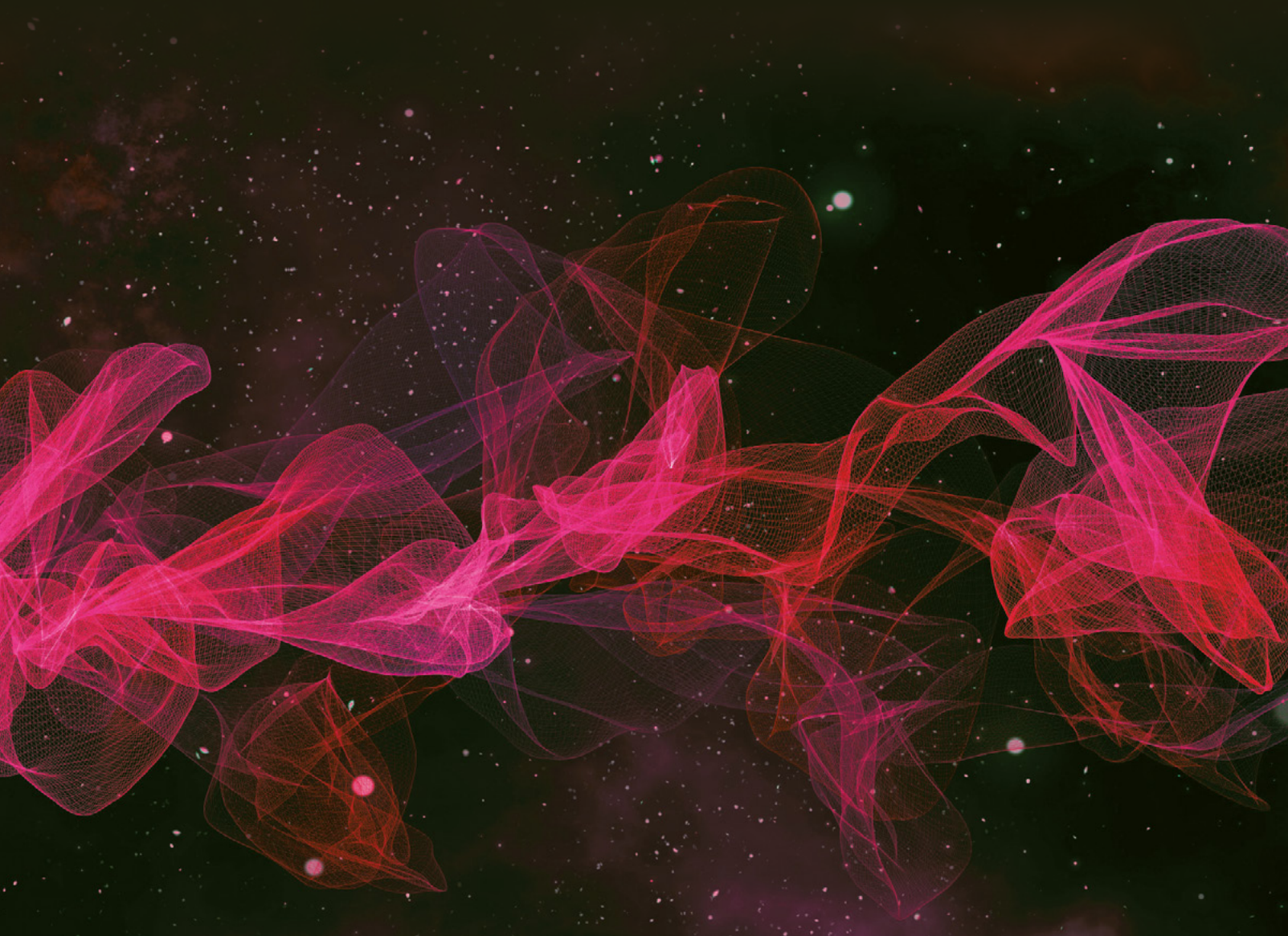


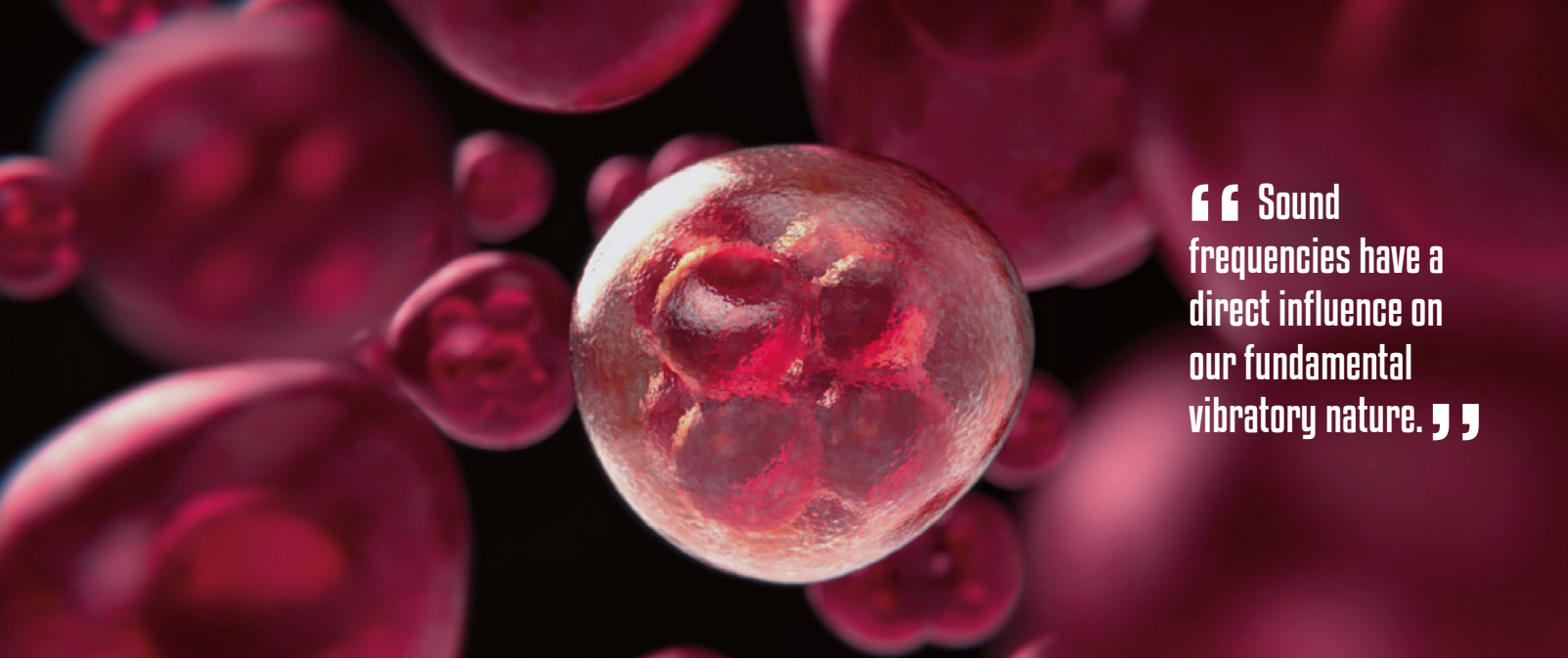
TNSO AND SOUND BALMS®

THE HEALING POWER OF SOUND

BY ERIN KANN

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” In one sentence, Nikola Tesla, the brilliant inventor who never received a university degree but patented more than 300 inventions, brilliantly summarized the fundamental nature of the universe. One of his contemporaries, Max Planck, a German physicist and the father of quantum physics, hit the proverbial nail on the head in a revolutionary discourse in 1944. He claimed that matter as such does not exist and that it is actually related to the consciousness of the observer. This completely upended the paradigm of the times, shaking the classic and purely objective approach of the physical world. The vision of matter as an inert and apparently solid state was abandoned as a new reality unfolded: atomic particles vibrating at high speeds, maintained in an energy field and “vacuum”. Eight decades later, this understanding has continued to open new avenues in people’s minds, pushing the strictly scientific framework to expand into the depths of consciousness.





“ Sound frequencies have a direct influence on our fundamental vibratory nature. ”

Contemporary science has since largely confirmed the vibratory nature of the universe. String theory, being explored by quantum physicists, proposes a model in which all the particles and fundamental forces of nature could be tiny strings or strands of energy in vibration. For its part, astrophysics has revealed a background noise in the universe, vibrating silently through cosmic space, while NASA has captured and recorded the sound frequencies emitted by the planets. According to the Hungarian philosopher and theorist Ervin Lazlo, whole stars and galaxies vibrate in unison at the scale of the cosmos.

“In the depths of cosmic space, a universal symphony is playing: the music of the spheres, described by Pythagoras.”

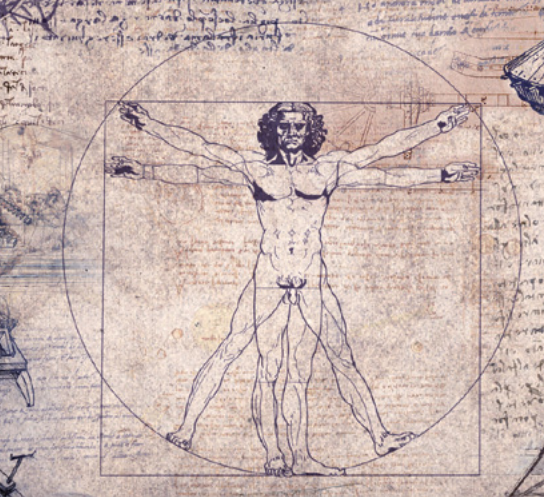
Whether they explore the universe of the infinitely small or the infinitely large, these scientific advances have a considerable impact. By sweeping away old patterns of thought that have become obsolete, they are revolutionizing the way we look not only at the world around us, but at ourselves. Faced with this new

consciousness of matter in which everything is vibrating, what about our relationship to this material entity that we call “body”? After all, if we accept that we are not separate from the universe, Tesla’s statement transposed to the scale of humanity could look like this: “If you want to find the secrets of man, think in terms of energy, frequency and vibration.”

In this perspective, a human being as a whole can be considered in a completely different way: we are no longer just this prodigious and extraordinarily complex “machine” composed of flesh and blood, but rather, we’re a vibratory unit interacting with our environment (which is also vibrating!). By this thinking, we can better understand the impact of sound frequencies on humans as the body naturally recognizes the vibratory language. Following the principle of resonance, the contact of sound frequencies is immediate and the catch is direct.

“Sound frequencies have a direct influence on our fundamental vibratory nature.”

If sound produces varied impressions and effects on people, they are nevertheless objective because sound is still subject to fundamental laws. Musically, this means that regardless of our personal preferences, a hard rock song does not impact the body in the same way as Mozart’s work. Significant experiments have demonstrated the effects of sound on matter, such as the famous Chladni Figures. German physicist and founder of modern acoustics, Ernst Chladni, deposited sand on a metal plate whose edge was then vertically rubbed with a bow. Under the effect of the bow’s vibration, and according to the frequencies produced, the grains of sand moved to form regular—and almost perfect—geometric figures. The same conclusion was reached for Masaru Emoto, a Japanese researcher who observed distilled water ice crystals under the microscope. These crystals were exposed to various styles of music and once again, the crystals revealed extraordinary geometric shapes that were harmonious with the music. It is here that we can relate elements of what we call “sacred geometry”. Since our bodies are comprised of seventy percent water, it is easy to imagine the impact of sound frequencies on our physical existence.



“If sound impacts matter, it is above all the architect who models and organizes it.”

We realize that these multiple discoveries, in their desire to enlighten our understanding of the world around us, actually only verified and confirmed what the great spiritual traditions have always known: sound creates. In Hinduism as in Buddhism, the AUM, Sanskrit syllable also called “pranava mantra” (the word *prāṇa* means “vital vibration”) known as the primordial mantra, represents the original sound from which the Universe would have been structured. In India, the Brahman is the one who, through the practice of the Holy Sound, allows communication between the manifested world—that of men—and the invisible world of the Absolute. The Hebrew language also refers to this science of the Sacred Word. For its part, Christian tradition tells us: “In the beginning was the Word.” Whether sacred word or primordial sound, everything seems to be born of vibration.

“If this powerful vibration of the origins carries with it the genesis of the world, it is also the thread that weaves the web of the fundamental essence of being.”

If sound is creator, as we have just seen, then it is also a healer. Indeed, the use of sound in a therapeutic manner is an ancient practice. Since the dawn of time, it has been used by many peoples and traditions, including shamanic, to relieve, appease, release, and heal. In the practice of Mantra Yoga, the vibration produced by the repetition of sounds (mantras) is used to directly act on the chakras and nadis. These energy centers and channels govern the circulation of vital energies in the body in order to harmonize the being and to foster spiritual awakening. It is also interesting to note that the Sanskrit term “nadis” means movement; vibration. The action of sound on these subtle centers causes a change in their vibrational frequency, thus activating their energy potential.

Because it is the very essence of all magical practices, the sound associated with the power of intention can also turn into a formidable weapon in the hands of wizards and malicious magicians. One sound can thus lead man to the heights of enlightenment or to the hell of the ego. The intention of the one who emits it is the only thing that makes the difference.

“The power lies in the sounds, not in the words. This explains why, in some tantric yoga schools, the adept is asked to express the mantras taught with the right intonation, without necessarily understanding the meaning.”

A question now arises: how can this science of sound fit into our contemporary lives? How can we reconnect with this tremendous transformational power of sound to accelerate our physical, emotional, and spiritual development? What tools do we need? This is where sound healers and their mastery of

the science of sound come in. With the help of their instruments or their voice, they project the vibrations into our energetic field in order to trigger the subtle harmonization processes that raise our frequency, open our consciousness, and, if necessary, effect healing.

However, alternative methods exist that do not require the physical presence of a sound healer. The TNSO brand and Sound Balms® in particular, provides an innovative and relevant answer to all those who wish to undertake this journey at the heart of the power of sound. This first range of vibratory care was born in France in 2018 with the intention of disseminating this transformative force. Adapted to the modern way of life, Sound Balms® are available online and allow everyone to experience unique and profound vibratory care that promotes harmony and the opening of consciousness. Sound Balms® are audio sequences of varying duration, composed solely of vocal vibrations and breath. In this manner, the voice is pure, omnipresent, and without any instrumentation. This type of sound is produced closed-mouth and unfolds around a fundamental note and a harmonic palette, which is modulated using tongue movements. The silence that follows the sound—because it bears the vibratory trace—is an essential component of the balm. Experiencing this inner silence automatically puts us in touch with our deep nature. Over the course of listening for a period of a week or more, harmonization processes are set in motion that promote the change in frequency.

“Sound Balms® change your vibratory frequency, operating where necessary and even beyond, with almost surgical precision.”



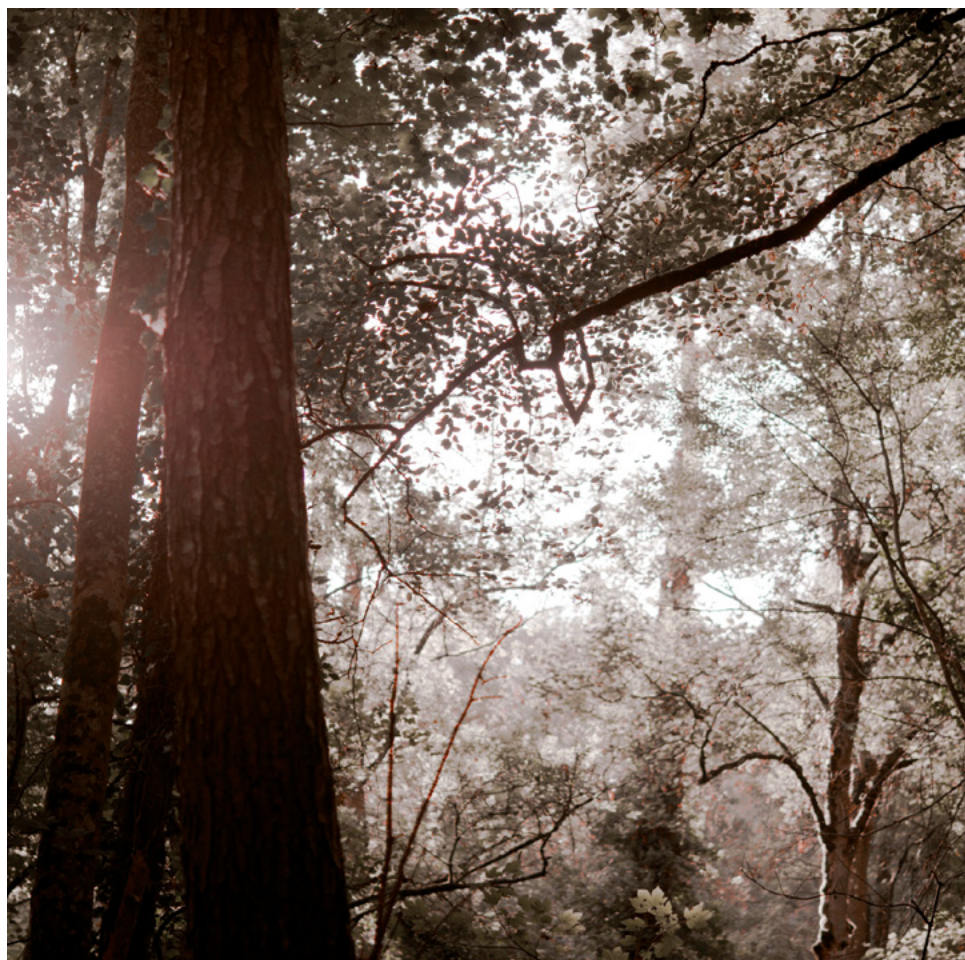
For the moment, the range consists of five Sound Balms® numbered from 01 to 05: balm 01 (tailbone), balm 02 (abdomen), balm 03 (lungs), balm 04 (pineal gland), and balm 05 (a combination of 01-04). Above all, the therapeutic dimension of the balms is based on the fact that the sound always follows the intention, which precedes it. The sound is projected in a specified area of the body via an entry point perceived by visualization (the navel for example, for the abdomen). The vibrations emitted will then have an effect on each layer of the body, moving from the densest plane (structural tissue) to the most subtle plane (cellular memory). Vibrations will also affect body fluids and body water, dissolving that which is dense, lightening that which is heavy, opening that which is closed, relaxing that which is contracted, connecting that which is disconnected, unifying that which is fragmented, setting in motion that which is fixed, cleaning that which is dirty, and purifying that which is soiled.

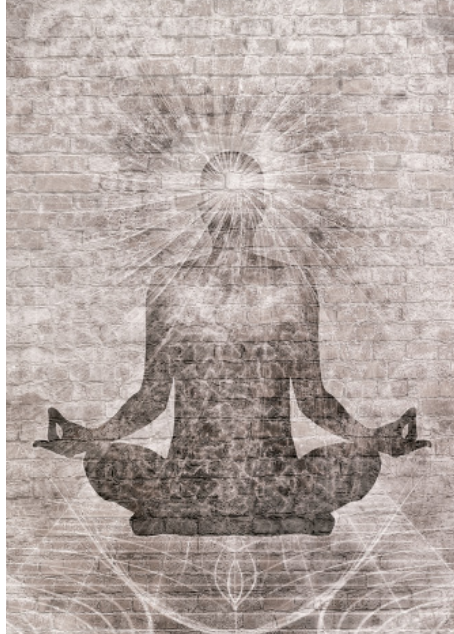
Even if a specific area is targeted, the Sound Balms® effect may extend to other areas of the body as well, operating physically, psychically, emotionally, and spiritually in a concurrent manner. Sound Balms® can thus be designed for each area of the body such as a specific organ, endocrine gland, or chakra, and also for DNA, blood, and both cerebral hemispheres. When it comes to the benefits of vibrational frequencies, the field of investigation is infinite. Testimonials of the first users are positive and conclusive, and TNSO wishes to extend its offerings with new balms dedicated to the thyroid, thymus, throat, and sacrum. The creation of customized balms that are designed to meet a user's specific needs is also in development.

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BAUMES SONORES

“ Sound Balms®
change your vibratory
frequency, operating
where necessary and
even beyond, with almost
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“Sound Balms® is an open window into a new world of care based on vocal vibration at the service of consciousness and enlightenment.”

Sound Balms® thus puts the extraordinary power of sound and voice at the service of the positive transformation of human beings. This is a transformation in which everyone is master of their own evolution and will progress at their own pace in complete autonomy. Easy to use and highly effective, Sound Balms® operate like a tuning fork, tuning the instrument—the body—according to universal principles. When the body is tuned and adjusted, it vibrates to a whole new level. As our *fundamental frequency, or essence (our Being)* plays its score flawlessly, it can radiate and take its place within the Great Universal Orchestra. In this way, the entire concert can change (*I find that the meaning is too different. What do you think of this new proposal?*).

“At the crossroads of scientific concepts and spiritual traditions, vibrating is a term that makes sense in the field of human experience.”

Science has demonstrated the vibratory nature of the universe and spiritual traditions teach us how to reach enlightenment through the use of vibration.

The term vibrate is most commonly used to describe the feeling experienced when we shudder with pleasure. It's a delightful state achieved by listening to music that touches us, and through meditation, creation, love, experiencing sacredness, or when we feel deeply connected with certain people or places. At these precise moments, our heart opens and our “vibratory matter” comes to life in full expansion. It's as if our cells themselves start to sparkle with joy and begin an inner dance. Whether it's intense or subtle in nature, we vibrate. In other words, we experience the fundamental vibratory nature that is ours, in its highest frequency.

Sound transcends the boundaries of language, cultures, beliefs, and time. It awakens in each of us this part of universality to connect us to something that is greater than our individuality and that reveals our original perfection.

more info:

Singer and sound healer living in France, Erin Kann has long been exploring the benefits of sound and vocal vibration. Her “soul-searching” temperament and creative sensitivity led her to gradually develop an original approach based on sound, vocal vibration, breath and water, and through distance sessions, workshops, guided meditations, and inspired singing concerts. It was not until June 2018, returning from a trip to Japan, that the idea of creating a range of Sound Balms® became obvious and the TNSO brand was born.

In parallel, Erin regularly lends her voice for special projects such as customized balms and inspired songs, as well as for original and authentic musical bands. She also performs on demand with her shamanic drum at inspired singing concerts, which are another opportunity for her to offer the benefits of vocal vibration to the world.

www.tnsome

www.youtube.com/watch?v=7JusOHVHBpk

www.instagram.com/tnso.soundbalms/



In Hinduism as in Buddhism, the AUM represents the original sound from which the Universe would have been structured.

TAILBONE

SOUND BALM

01

🕒 7'10"

tn'
so

“ Sound Balms® is an open window into a new world of care based on vocal vibration at the service of consciousness and enlightenment.”

ABDOMEN

SOUND BALM

02

🕒 6'47"

tn'
so

LUNGS

SOUND BALM

03

🕒 15'17"

tn'
so

PINEAL GLAND

SOUND BALM

04

🕒 8'30"

tn'
so

TAILBONE - ABDOMEN LUNGS - PINEAL GLAND

SOUND BALM

05

🕒 36'51"

tn'
so



tn'
so

BAUMES SONORES