



Spirit Whistles

A Suite For Overtone Whistles

John Beaulieu

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The compositions of Spirit Whistles are played with specially designed whistles tuned to a progression of tones called the overtone series. In musical terms overtones are a series of tones starting from a fundamental tone and ascending infinitely in pitch.

Playing, singing, and listening to overtones has long been a method of spiritual awakening. Buddhist chanters in Mongolia and Tibet sing overtones embedded with sacred mantras. They resonate the overtone sounds in different sinus cavities and spaces within their cranium while chanting. The result is both beautiful and powerful in its healing and spiritual effect.

Many cultures have produced bowls that when they are tapped or rubbed produce different overtones. The most well known bowls are the Tibetan Singing Bowls. These bowls come in different sizes and are made from seven different metals. When the bowls are played they produce overtones that vibrate the different metals. The effect

of overtones resonating with different metals creates a pulsation between Heaven and Earth.

The image of Jacob's Ladder is often associated with the ascension of overtones. Jacob's Ladder begins on Earth and rises to Heaven. Earth is a metaphor for the fundamental tone and each step of the ladder represents a different overtone ascending to Heaven. The ancient scholars of the Kabbala believed that angels lived in the spaces, known as intervals, between the ascending overtones. These intervallic spaces between overtones were known by the ancient Taoists as the Mysterious Mountain Passageways leading to angelic kingdoms. The Russian Composer Alexander Scriabine in the early 1900's believed that sounding overtones would bring forth a new era and unite Heaven and Earth. His last composition, *Mysterium*, was to be very high pitched overtones like wind chimes. Scriabine visualized himself sitting on Earth listening to overtone voices of Devas or Spirit Angels that would bring forth a new era of enlightenment.

Overtones, Transformation, and Healing

When overtones are sounded they create thousands of pulsations within pulsations and the listener is sonically massaged by an ever changing environment of sound waves. The pulsating quality of upper overtones resonates our cranium like the

sounding board of a piano. This resonance creates a deep internal resonance in our cranial membranes. When we listen to the overtones a cascade of structural and physiological events occur in our body. The sound waves spread through our brain causing millions of neural synaptic junctions to seek out resonance with the different intervallic overtones relationships.

When we listen to the overtones it is common for us to experience increased inner heat in our bodies. When investigating the high pitched overtone sounds of Peruvian Whistling Vessels physiologists at the Franklyn Institute in Germany reported definitive bodily changes in heart rate, blood pressure, respiration, and basal metabolism. These changes can be explained due to increased cranial movement which directly effects our centers of metabolism and increase our blood flow.

In mystical terms the inner heat we experience when we listen to the overtone whistles has been called the fire of transformation. It is also known as Tumo, The Fire of Shiva, and the Alchemic Furnace. It is believed that this inner heat has the ability to burn away our karma and transmute our physical form into pure spirit. The Himalayan Saints sit in the high cold mountains of India dressed only in loin cloths. The Tumo heat from their bodies, caused by the burning of karma and upholding the Darma of the universe, melts the snow and ice around them into puddles of clear water.

From an energy medicine perspective each overtone and combination of overtones are bands of frequencies. These frequency bands are resonant with different areas of our mind, emotions, and bodies. It is my belief that we need access to all of our resources on a vibrational level. If we delete a range of frequencies this can show up in many ways in our daily life.

It may appear as a repeating behavior pattern, disease, depression, or a general lack of wellness. A radio station is a good example of the effects of frequencies. A radio station broadcasts lots of information over a frequency band. If that band is compromised then the information is corrupted with static and/or is not available.

Spirit Whistles covers a broad range of frequencies and their relationships with other frequencies we can increase and enhance our range of perceptions. This will lead to greater levels of creativity, health, and well-being.

Peruvian Whistles



Listening Instructions

Overtone sounds are the “hidden” sounds of music. Normally we think of a sound made by a musical instrument as “one note.” For example if you play C on the flute and the same C on the violin; they are both the same note C. Our ears know that the two C’s sound different even though they are the same note. It is the sounding of different overtones above the note C that gives each instrument its distinct sound or tonal color.

Spirit Whistles gives equal value to each overtone in contrast to traditional instruments which focus on one pitch and create different overtones, some louder than others. Giving equal value to each overtone gives us the opportunity to explore the sound of each overtone and the intervallic spaces between the overtones.

The listener has to be prepared for the overtone sounds of the Spirit Whistles because the sounding of equal overtones is not harmonic in our normal musical sense. Listening will require that you let go of your traditional musical tastes. For some of us this may come naturally and for others this may be a challenge. To prepare yourself to listen and meet potential musical challenges we suggest you relax in a safe listening place and have an attitude of adventure and allow yourself to open to new sonic experience.

If you find the sounds difficult to be with just remember this is good. The sounds are challenging you to change and become more flexible. Do not get caught up in your judgments or making the sounds bad because they are different. Sometimes your ears, like a yoga stretch, need to gradually work into the required flexibility. Try one or all of the following suggestions and learn to enjoy and benefit from your overtone experience.

- 1.** Take some deep breaths and relax your jaw and the inner muscles of your ears. The muscles in your head need to relax in order to allow the bones to resonate in your cranium. Especially notice and relax your jaw because it will sometimes tighten, causing increased interference which may feel like pressure.
- 2.** Instead of sitting still and listening let your body move and/or go into different positions with the sounds. The overtone sounds are repatterning your nervous system and body. Moving and reposturing allows you to set up resonance between the sounds, your nervous system, and the muscle tone of your body.
- 3.** If the sounds are too high and you have trouble with the high pitches then turn down the volume. As you learn to be with the high pitches gradually turn the volume up.

4. If turning down the volume does not work then turn off the music and imagine the sounds. Give it some time. When you go to sleep at night ask for guidance with the sounds and help in integrating them into your life. When the time is right you will be drawn back to the music.

5. If your judgmental voice gets loud, then work with the following inner dialogue: “Thank you, judgmental voice, I know you are coming forward to help me in some way. I want you to know that I am safe and you can step back and give me the space to listen. I am prepared for these sounds and ask that you find new ways to help me integrate these sounds into my life and truly enjoy the new places they take me.”

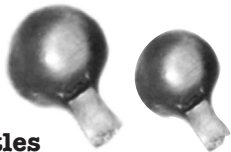
Compositions

Each composition of Spirit Whistles is a complete experience, a journey, a transformation, and a realignment of your being. Let your imagination go and allow yourself to enter a dreamtime reality of angels, magical beings, enchanted forests, and mystical initiations. Listen to the thousands of overtone pulsations and hear the whispers of wise and ancient voices. Allow your inner heat to rise and walk through the ancient voices. Allow your inner heat to rise and walk through the Mysterious Mountain Passageways and let go of what you need to burn in the Alchemic Fires of Spirit.

Whistling Angel Winds

Whistling Angel Winds is the premier composition of Spirit Whistles. It is played with a set of forty overtone whistles, specially designed to my tunings by Kathy Tighe. Kathy is a master whistle maker who specializes in doubled chambered and high pitched whistles.

The composition method of Whistling Angel Winds is based on the technique of overtone dowsing. Dowsing is an ancient method of communication sometimes referred to as divination which uses pendulums to contact our higher self and receive information. The overtone whistles and sounding durations in Whistling Angel Winds are “dowsed” with a quartz crystal pendulum. Each overtone whistle is assigned a number and a gem stone ie: ruby, coral, pear, emerald, moonstone, sapphire, diamond, onyx, etc... Gem stones act like the metals in the Tibetan Singing Bowls, creating a resonance between heaven and earth with the sound of each overtone whistle. The quartz crystal pendulum is constantly moved over each gem stone and indicates by its movements when and how long an overtone whistle is to be sounded.



Overtone Whistles

Angelic Conversations 1 (8:04 min)

Angelic Conversations uses sixty sine wave overtones tuned to the natural overtone series. The composition is played on Yamaha DX7 Synthesizer and each key is assigned to a different overtone. During the conversation I am “chanting questions” and allowing my hands to channel angelic answers on the keyboard. The questions are chanted in tongues and based on universal healing. I have dedicated this conversation to Marcus Daniels, a truly inspired healer and creative artist. Angelic Conversations is the featured music in his video Journey To Tibet.

Peruvian Initiation (15 min)

Peruvian Initiation is played with a set of seven pre-Columbian double-chambered Peruvian Whistling Vessels made by master whistle maker Don Wright. I received my set from Don while teaching in Boston in 1983. When we sounded the whistles in my Music and Sound Healing class I felt as though I were transported through a dimensional portal into a far away rain forest. I received a sacred initiation from very special beings who were the designers of the Whistles. On that day my relationship with high pitched sounds changed and my journey into the sounds of overtones began.

I have shared the Peruvian Whistles with thousands of people throughout America and Europe. When we play them during my classes we sit in a circle around seven candles. I instruct people on how to sound the whistles and ask that a light guide us for our highest good during experience. The whistles are passed around and different people sound them as they sit or walk around the room. Afterwards we sit in silence and then share our experience. When you listen find a safe place, light a candle, and be open to the sounds. Afterwards feel free to write down your experience and anything that you have learned.



Peruvian Whistling Vessels

Insect Whispers (11 min)

I have always enjoyed listening to the summer sounds of insects surrounding me with a concert of high pitched chirps. The sounds remind me of the hundreds of hours I spent sitting in an anechoic chamber, which is a room of total silence, where I listened to the sounds of my body. I discovered that the sounds of our nervous system are very high pitched and resemble the sounds of thousands of insects on a summer night.

The composition of Insect Whispers is based on eleven 8th and 9th octave overtone whistles. The whistles repeat in patterned numerical bursts that are panned from left to right ear. The effect is one of intelligent communication in a mass of sound: Insects whispering secrets.

About the Composer

John Beaulieu, N.D., Ph.D. is a composer, pianist, music therapist, and naturopath. After completing advanced degrees at Purdue and Indiana Universities, where he studied music and activity therapy, he went on to study Eastern and Western healing disciplines. Formerly Supervisor of Music Therapy at Bellevue Psychiatric Hospital and a Professor at City University of New York, he is the current founder and Director of BioSonic Enterprises, Ltd.

The Composer's Work

CDs

Beaulieu, John, Calendula "A Suite For Pythagorean Tuning Forks," BioSonic Enterprises, High Falls, New York, 1998.

Our body is like a musical scale. When it is properly tuned we have a sense of well-being and perfect self-expression. In Calendula, we use a revolutionary system of creating healing sounds with specially designed BioSonic tuning forks to help tune and align the body.

Beaulieu, John, Streetch and Ziedler "Piano Adventures," BioSonic Enterprises, Stone Ridge, New York, 1999.

Streetch and Ziedler is a retrospective of experimental piano compositions composed by John Beaulieu which includes Orgone Fantasy; inspired by the concept of Orgone Energy and Winding and Unwinding; based on the body work technique of "Unwinding."

Publications

Beaulieu, John, Human Tuning, BioSonic Enterprises, Stone Ridge, NY, 2008.

Human Tuning is the first book to fully explore the science and art of tuning the human nervous system for healing and increased consciousness. Special exercises and protocols help the reader learn the art of using tuning forks. Human Tuning is for doctors, therapists, healers, and anyone interested in how sound effects the mind, emotion, body, and consciousness.

Beaulieu, John, Music And Sound In The Healing Arts,
Station Hill Press, Barrytown, NY, 1989.

This is the first book to fully explore the role of sound and music in healing, from historical, educational and therapeutic perspectives. It is a handbook for healing and self-healing, for students, teachers, musicians and those interested in learning how music affects mind and body.

Beaulieu, John, Polarity Therapy Workbook
BioSonic Enterprises, New York 1995.

The Polarity Therapy Workbook organizes Polarity Therapy into 16 learning protocols beginning with fundamental skills and systematically progresses to the advanced levels of practice. You can use the five hundred annotated photographs and illustrations to learn Polarity bodywork, exercise, theory and evaluation.

BioSonic DVDs

The BioSonic DVD series includes Sacred Sound, Five Element Evaluation, Sound Healing With Tuning Forks, Toning, Voice Energetics, Bija Mantras, Sound and Consciousness: Fibonacci Tuning, and Planet Tuning: The Music of the Spheres.

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Recording and Mixing: Sound Forms, Inc.
Editing: Thea Keats Beaulieu
Photo of John Beaulieu: Georgio Palmisano
Whistle Makers: Kathy Tighe, Don Wright

1. Whistling Angelic Winds.....28:24
2. Angelic Conversation..... 8:04
3. Peruvian Initiation..... 16:00
4. Insect Whispers..... 9:13

**I dedicate Spirit Whistlers to my Mother,
Jane Everet Beaulieu for her love, guidance, and caring.**

For more information on Spirit Whistles upcoming performances, classes, and other BioSonic Products including CDs, books, DVDs, and tuning forks, please visit our website at:

www.BioSonics.com

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