

## **On the Harmonics of Thought** - by Kay Grace, CAEH

Is there such a thing as harmonic thought? In music, a harmonic is defined as the additional notes created with the fundamental tone. Also known as an overtone – it's something added, making a sound more complex, in the study of sound and music.

Even though our ears cannot hear thoughts in a conventional way, they are still made up of sound: energy in a specific frequency which communicates to our whole system whether we are aware of it or not.

So how is a thought multi-layered, as a sound is? A thought can start as a feeling, picture, or word based recognition in the mind or brain. It becomes a full blown perception as memory, emotion and conditioning or mental programming is layered onto it. A stimulus can start off a thought, which leads to an emotion, or reinforces a belief, which leads to an action or response, which leads to results in your life.

There is another layer, perhaps the most important of all, because it affects everything else. It even has the power to unhook the emotion or memory from a thought or the stimulus before the thought; this layer represents the harmonics of thought – intention.

How do we make intention effective? Can we just will something into being when we are caught up in a powerful pattern or emotional response? And like fast food, it feels good to feel bad, for a little while. It's a release, and a letting go of responsibility.

Intention which changes our lives comes from learning one thing – awareness. Between thought and action scientists who study the brain say we have about a quarter of a second, to catch that thought, and change our course. That quarter of a second is worth a hundred years!

**Fundamental of thought** – this is the first, unedited version, in words or picture, arising in direct response to something either inside or outside of oneself.

**Harmonics of thought** are made up of these layers:

- physical sensations created and sustained by the thought, whether we are aware of them or not
- emotional response to fundamental thought
- mental programming, what we think about the fundamental thought
- chorus of sub-personalities, parts of ourselves who respond, reinforce, rebel or direct more thoughts & emotions after the fundamental thought
- chorus of group mind, the family of origin, teachers, peers, the culture we live in, churches, mass consciousness, etc weigh in
- imagination and assumptions
- spiritual connections with God or Universal Love
- Higher Self and inner wisdom
- INTENTION and AWARENESS

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With the intention to become more aware of the layers or harmonics of thought that arise in you, you can direct your energy and your life toward greater love, harmony and happiness. What would you like to bring about this year?

**Sound Healing Exercise:** Take a minute to get quiet, taking several deep, long, slow breaths. Bring to mind the state of being you want to be in right now; peaceful, confident, relaxed, masterful, focused, happy or capable. Allow yourself to feel that way as best you can. Notice your body posture and how you feel when you try on the intention you want. Does capable feel different than happy?

Now use your voice to anchor this feeling. Pick a vowel sound like OH or AH, and just sing it on a note that's comfortable for you, while holding in mind the state of being, the intention you chose. Imagine your whole system moving into harmony with the sound of your voice – the sound you have created to anchor your intention. Continue toning this sound for at least 1-3 minutes. Notice the difference in the way you feel now, as compared to when you started; that's how powerful you are!