

Karen Newell Transcript

0:00:01 - Anncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Karen Newell with us on the show today. Karen, along with her husband Dr Edmund Alexander, is an innovator in the field of brainwave audio meditation. We all know how music can affect our moods and I'm fascinated to explore how and why that happens. In addition, I'll be asking Karen for some simple ways. We can all benefit from listening to different sounds. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Karen. Karen, I'm so excited to have you join us today. Thanks for making the time for us.

0:01:34 - Karen

Well, Julie, thank you for inviting me to have this opportunity.

0:01:38 - Julie

You bet the late Indian philosopher and professor of musicology that's a new vocabulary word for me Hazrat Khan said quote the knower of the mystery of sound knows the mystery of the whole universe. End quote. What did he mean by that?

0:01:58 - Karen

Isn't that intriguing. Well, we can only kind of guess what he meant. He's a Sufi mystic, and so Sufi mystics are very expert at meditating, letting go of the physical world and sort of becoming one with that non-physical world. And so once you're in that non-physical world, everything is more like a vibration than a sound. It kind of speaks of string theory and physics, but if you think of everything as a vibration, then you know that everything to the universe, if you understand how that vibration works and of course vibrations are sounds, that's what we hear with our ears.

0:02:36 - Julie

Right, and we all, all of us in this woo-woo space, I like to say that everything has its own frequency. I say that all the time. Every spirit has a frequency they keep throughout all their lifetimes. Every plant, every animal, every desk, every whatever has a vibrational frequency to it. So I hadn't thought of it that way. I saw that quote on your website. I'm like, okay, I got to find out what's behind all of that, because I'd never considered it. I know what's behind all of that because I'd never considered it, but wow, what a wise word.

0:03:07 - Karen

Well, I think you're right to just swap the word frequency for vibration, because it means the same thing. Right and I think we get hung up in our language sometimes when we're really just talking about the same thing. So nice to make that clarification.

0:03:19 - Julie

I agree, I agree. So how'd you get interested in all of this frequency, vibration, all this jazz?

0:03:26 - Karen

Well, I was interested, like many children and adults, about knowing the answers to those questions why are we here? What is our purpose? I was very dissatisfied with those answers. You know from secular school, from my religious Christian upbringing, they didn't have the kind of answers that satisfied me, and so I began a search as a young adult really as a teenager, but it grew into my young adulthood. You know where do those answers lie.

And I turned to many, many spiritual texts, and science wasn't really expansive enough for me. It was very limited to what I wanted to talk about. So spiritual texts are what you know I was drawn to, and what I learned through those spiritual texts is that you can find those answers to those questions yourself by going within, by meditating. And this was new to me, this idea of meditation, and I think it wasn't until around the year 2000. That's, I think, when the United States, those of us in the West, started taking meditation seriously. And when you look back you see that it was right around that time that the Dalai Lama was interacting with scientists from the West and he inspired them to actually study Buddhist meditators. And I think that's when we started realizing all the benefits to meditation, like stress response, better immunity. But my motivation was to go within and find those answers within, find out what do I know? Deep within Some of us, we learn things as children and we kind of question really, is that really how it works? And the adults don't really know how to satisfy us and those questions can kind of linger. And that's what led me to learning how to meditate, and that was a huge challenge in and of itself, because I was one of those people who, like many of us in the Western world, you sit down to meditate and all you have is this running stream of consciousness going through your head and I'm thinking how is this productive? I was a busy project manager. I wanted you know tasks and goal-oriented kind of achievements, and that's not what was happening. It was very frustrating. And it was sound finding different types of sound that helped me learn to quiet the mind. So things like gongs, tuning forks, brass bowls, crystal bowls these are often tools that are used by mystics who are wanting to meditate, and it's because they help bring the brain into a calmer state. What I realized later is that these bowls and gongs are actually emitting something called binaural beats, and binaural beats can be created very precisely with computer digital frequencies. And when I started listening to recordings with binaural beats in them, that's when I started to have a turning point with meditation beats in them, that's when I started to have a turning point with meditation. And this is when I started to realize yes, we can find the answers within.

It's not necessarily easy, it's simple. It just requires lots and lots of practice. There's a reason why they call meditation a practice. It's like piano or football. You need to, you know, rinse and repeat, do it again and again in order to do it right. And when I first started I thought it would just immediately send me to some blissful state like the Eastern mystics teach. And no, that's not the case at all. It does take practice, it takes work, it takes dedication, but the rewards are tremendous. And so that's how I got into sound as a support for getting into meditative states, and from there it just took me into all kinds of adventure.

0:07:11 - Julie

I think you bring up a really good point about children, because they haven't been taught that something isn't possible, like we adults in most instances have, and so I find that some of the most brilliant questions are asked by little children. To your point of, you had all those questions when you were little. I'm sure you're just as brilliant now, probably more so than you were as a child, but it's a great example, I believe, of how we need to pay attention to these little kids, because they can communicate with spirit, they can see spirit, they have experiences that they haven't been taught yet aren't natural. They are natural. We all come in with the ability and then we have an adult tell us oh honey, that's just your imagination, that's

not really true. And we shut it down, and then those of us that are led on a spiritual path are trying to regain the abilities that we had in childhood, that have always been there, but it's just a matter of developing and enhancing. That might completely agree with you on the practice thing.

0:08:24 - Karen

Yeah, can I just share a story about my own daughter. She's now in her 30s, but when she was a little girl she at one point told me that she had a spirit guide, a lady. She didn't call it a spirit guide. There was a lady who was following her all the time in this beautiful green gown and she told me about this lady who followed her around and I had some knowledge of this. So I didn't immediately say, oh, you're just imagining that, but I kind of just oh, isn't that interesting? I didn't want to get too excited and I just kind of let it go.

But then a couple of years later, I asked her about the lady and she said, oh, I haven't seen her since I told you about her. And then, when I asked her about it now, she does not even remember having this conversation and so kids forget, they forget, just like you said, she could see this lady following her around. She talked about energy balls, you know, moving through the house and I'm like, wow, but I didn't want to, you know, get too excited to make it go away. But it's really hard to find that balance of taking them seriously without getting, you know, too worked up that they think oh my gosh, what, what?

0:09:37 - Julie

So anyway, well, and I've written four children's books because of that, because over the years I've had so many mothers and grandmothers in particular, say my child at the age of three was saying something similar to your daughter. How old was your daughter when she was seeing the lady?

0:09:54 - Karen

Yeah, like four or five six.

0:09:56 - Julie

Yeah, and they have information about Grandpa Joe who comes to visit them, and Grandpa Joe was dead 20 years before this child was born and they know all of this information that's valid about Grandpa Joe, or they talk about past lives, and it's mind-boggling that these little people can do this, and most of the time they can't even read yet. And so where would they come up with that? Why would they move that up?

0:10:27 - Karen

What would the purpose, and not only do they have good questions, like you pointed out, they have good answers.

0:10:32 - Julie

Exactly, exactly, and it's been my experience that each generation comes in more developed, more it's like they're, more they're smarter, they're, more developed they're. Every one-year-old knows how to use an iPhone better than I do.

0:10:49 - Karen

I have two grandchildren now for my daughter. One is seven, the other one is one, and you are correct, she knows how to swipe on an iPhone. She knows how to move around just because we're holding them and she reaches over and it's amazing.

0:11:02 - Julie

It's amazing and I want to think okay, let me ask my favorite three-year-old how to work my iPhone, because they know better than I do.

0:11:10 - Karen

My seven-year-old has to the seven-year-old grandson. He helps me with getting around in rooms and things. You know in video games you can move around.

0:11:21 - Julie

So yeah, oh, I love it. It seems that music, in particular, has been present in every culture since the beginning of time. Do you see common patterns that are showing up in most cultures, whether it be music through drums or gongs or Gregorian chants or whatever? Are you finding nuances that seem to be the same, or are there commonalities in that?

0:11:55 - Karen

I love that you're asking this. It is a little challenging to know precisely what you know ancient cultures were up to because I don't have recordings of those times. But fortunately we have research from the Princeton Engineering Anomalies Research Lab that actually looked at chambers the HypoGM chamber in Malta, for instance, I think, New Grange, the Great Pyramid. They've measured the resonance, the frequency inside of these chambers and they found that it's somewhere around 100 hertz. Even on all these different locations around the world, around 100 hertz is roughly what a nail ohm might sound like. So if someone is going ohm as a man, it's going to be deep, it's going to be somewhere around that 100 hertz. So I find it very interesting and they did too that these man-made chambers seem to be tuned to this particular frequency. So I just imagine men, maybe women too, sitting in this chamber making this sound and using that to go into these sort of altered states of consciousness. So that's one way that I think we can find some consistencies from cultures around the world is going back to those ancient roots.

0:13:16 - Julie

I never heard that, but that makes total sense that they would be using it, because so many of them had these ceremonies, ceremonial practices, if you will, that almost all of them used at least drumming.

0:13:31 - Karen

Drumming substances, anything to kind of get you out of the physical here and now. Some people will even say those initiation ceremonies were something of an intentional near-death experience that would kind of propel you into that spiritual realm and find those answers you know. So those are theories. We don't know if that's what was going on, but it makes a lot of sense it does.

0:13:56 - Julie

And the NDEs and the ayahuasca and the you know all that other stuff that people are doing. Meditation certainly people can reach other frequencies and other dimensions with that are all, I believe, intended to give us like a little sneak peek of these other worlds. And people get so wound up about no, this is only this way and this is only that way, and I think they're all the same thing. They're all intended to do the same thing. They're all intended to show us there's way more to the story than what meets our human eye and our human perspective. Would you agree with that?

0:14:36 - Karen

Absolutely, and you know we can talk about these subjects all we want. I read about them for years before I really understood them, by having a direct experience of what we're talking about. And until you have you know, it's like my apple may not be the same as your apple, but it's still an apple, right? So we all are going to have unique experiences, kind of tailored to our particular frequency.

0:15:05 - Julie

Well, and you don't have to have an NDE, you don't have to go on an ayahuasca retreat in order to access these states. I teach them, you teach them. It's instant. I can be there in a nanosecond. But to your point, with practice, I've been doing it for 30 years. So it's like driving a car, Speaking of which that's the example I like to use a lot. You can watch a video, you can read a book, you can ride in a car with somebody, but until you're behind the wheel for many times, you don't really feel comfortable and you know and confident in your ability to drive.

0:15:41 - Karen

That is an excellent example. I hope you don't mind if I use that one day, especially if you're learning to drive a stick shift. An excellent example. I hope you don't mind if I use that one day especially if you're learning to drive a stick shift right Because you have to. I do so. I know it involves a lot more coordination and, yeah, until you actually sit down and do it, you do not get it until you do it.

0:15:59 - Julie

Tell me, if I'm in my 60s I still don't know how to drive a stick shift and I always think, okay, if there's an emergency and I need to know how to do it, I'll figure it out, but so far I haven't.

0:16:09 - Karen

Yeah, I learned very young. I just happened to have a stepmother who had a cool little sports car that was a five speed, so that was so much fun. But back to frequency. You know when you say you can get into these states very easily. Another useful analogy is to tune to another frequency on your radio dial. For those of us who remember radio dials, you can just you know you turn to a different frequency, a different number on the dial and you're listening to completely different music. So when you can tune your consciousness to these different states, that can be your doorway into opening up into different realms.

0:16:49 - Julie

What I teach is our heads are like big satellite dishes, and whenever we want to talk with a spirit, whether it's attached to a body or not is irrelevant, because every spirit has a frequency of their own and they keep throughout all their lifetimes. So I say, think of Elvis. Whether you know him or not, that's going to tune your satellite dish head to his frequency. Whether he is reincarnated many times or not also is irrelevant, because we're connecting in with his spirit and then it opens up like a two-way radio communication and we can do that. And so I use the same analogy. I always knew you were brilliant. See, we're using the same analogies.

I call them universal truths, exactly Because we all find them eventually Exactly, and I think it's fun to hear your examples and others' examples, because then we meld them all together and come up with our own examples and use those.

0:17:49 - Karen

It's called collaboration.

0:17:51 - Julie

Exactly, exactly. Back to the hearing thing. Hearing is, they say they, the experts say, is the last thing to go when a person is at the end of their lives and they're dying. And I have several stories about one in particular a friend of mine's grandmother was dying and the family was around her and this woman had Alzheimer's and she wasn't able to communicate for many, many years. And so I was talking with her telepathically and I said I always ask what do you need? Well, she wanted them to go get her red missile, like prayer book. She told us where it was. It was in her end table, next to her bed, her nightstand. It was in the drawer. She wanted them to bring it and she wanted them to sing songs out of it with her.

Telepathically, she's telling me, I believe she hadn't spoken in maybe seven years. So they all started singing Amazing Grace. She sang it with them and then passed within, I don't know, maybe an hour Perfect. And back to your comments about we hear these songs from our childhood and we think, okay, I haven't heard that song in 40 years, but I know the song and I know the lyrics. And, furthermore, little children, what do we do? We teach them their ABCs and we put it to music or we teach them some other of the nursery rhyme songs that we all remember. So it's fascinating to me that here's a woman with memory loss and then, to your point, that we remember those songs and those lyrics. She hadn't spoken in all those years, but she remembered that song and the lyrics and sang along with them, and that's what she asked for.

0:19:41 - Karen

And she was also creating a vibration, a frequency with all of you in the room.

And that, from what we know about hospice studies, deceased relatives who left before you are showing up to greet you before you pass, and so that song just seemed like a beautiful way to bring it all together. Bring it all together. But I have another story, speaking of being able to hear. There's a woman who was she was giving birth and she had an emergency and she was bleeding out on the table and the surgeon this was a surgeon, I believe, in Houston, I know it was in Texas, I think Houston, Texas, I think Houston this surgeon was willing to pray. She was religious, but she was respectful of all religions, and so she would always ask her patients if she wanted them to pray for her. They would, which is unusual in a physician, but this doctor, as her patient was lying there bleeding out, basically on the table, she decided to ask the other people in the room to pray with her, the other medical professionals, so they started to pray for this woman.

Well, the woman survived, she came back to this world. Her baby survived, she had another child she came back to be with, but she told this amazing story of feeling as if she had died, you know, feeling like she was in the presence of another, being feeling this beautiful love and connection. But then she heard the prayers. She heard the prayers of the people in the room and that's what drew her back. And so when we have someone who's dying or in a coma, or then maybe they're just very sick, they're ill, they can hear you and they may not remember that they heard you and be able to articulate it. But this woman eventually did remember what went on and mentioned it to her doctor, and her doctor confirmed oh my gosh, I was praying for you. Now who would think a surgeon would be praying for them in an operating room? It's just not something we would normally think. And so this woman, you know, was able to hear the prayers, and yet her body was not available. That she heard the prayers Pretty amazing.

0:21:56 - Julie

Well, and I want to stay in that rabbit hole for a second, because my book, angelic Attendance my first book, talks about how we're surrounded by the spirits of deceased loved ones and pets and university-based research, as you know, shows 90% of people can see their loved ones and angels are there and all that and they can see that and the research corroborates that.

But furthermore, what happens in the operating room? I have a chapter in the book about that and the spirit surgeons are over the head of the actual surgeon, the patient's guardian angels over the head of anesthesia, and there are deceased loved ones, spirits that form kind of an amphitheater in rows of horseshoe shapes at the foot of the OR table. And there is always a hundred percent of the time and I've done this tens of thousands of times scan people in the operating room, either in there on my own, because I'm an inventor and former manufacturer of surgical devices sold throughout the world or telepathically. There is always a correlation, Karen, about how much prayer is being said for the person and how many spirits are in the room with them to support them. 100% of the time.

0:23:08 - Karen

Interesting because you know there's work by Larry Dossey studying the effects of prayer and it does have an effect. His most interesting study was retroactive prayer, where people were praying after the person. Anyway, they were doing it afterwards and then they would go back and see. It was just amazing that they could have an effect even if they weren't praying at the same time.

0:23:31 - Julie

Yeah, Well, that goes back to time, doesn't exist in a spirit world, exactly you know. So that's why I tell people that are watching my call-in show focus on them when you're. If it's real time, focus on them. If it's five years down the road, it doesn't matter, it's all the same thing. Okay, let's change directions for a second. What's brainwave entrainment technology?

0:23:58 - Karen

Brainwave and tick train, and technology is audio recordings that incorporate binaural beats. So these binaural beats are associated with the different brainwave states that we're all in every day, as we, you know, wake up, go through our day and then fall back asleep again. So at night we're in the delta stage. When we're sleeping, we're emitting delta frequencies of zero to four hertz. Between four to seven hertz is the theta state. This is what we're in when we're meditating we're in very deep focus. Or when we're almost asleep but not quite. It also can be called the hypnagogic state, the state between awake and asleep. Now, 7 to 12 hertz is the alpha state. This state is a little more active, but still very focused. This is the state we would be in if we're very focused, reading something or studying or taking a test, and beta is 12 to 30 hertz. That's what we're in right now. We're walking, we're talking. Maybe when we close our eyes to meditate, we remain in that beta state and the mind keeps racing. But when we can calm our minds down to the theta range especially, that's where we can start to have some interesting effects. So because the regular state of meditation just watching my breath, I was a little impatient to want quicker results and I realize now I could have had the same results if I had just practiced for a much longer period. But it seems to be that these binaural beats can serve as what can be called training wheels. They can help you to get into these states, but it doesn't mean that you have to use them for the rest of your life. They actually just help you recognize what those states are. They can be very subtle. You probably know that when you go into your state you know it doesn't feel that different from you know when you're in a regular, normal state. So you have to learn to recognize what's different.

Now, when I first started listening to binaural beats, like many people, trying to maintain that hypnagogic state was challenging because I would just fall asleep. So I was kind of fighting between the racing mind and then just simply falling asleep. So the binaural beats help you get the body into a profoundly relaxed state, but then your mind is still aware and alert, which is the state of meditation, and so maybe a little deeper than meditation, because your body can get rather relaxed on these while listening to these frequencies. That's why we recommend laying down and that's why it's also easier to fall asleep.

But the whole trick is to find that happy medium and it took me, I would say, about six to eight months to find that happy medium. So it didn't just take a say about six to eight months to find that happy medium, so it didn't just take a week or two and okay, this isn't working. You know, you have to keep at it and I know some people who've listened to recordings that we produce who maybe after 12 to 18 months start to have pretty amazing effects. That may be kind of taken by surprise, but it can take some time. People need to realize because I sure by surprise, but it can take some time. People need to realize, because I sure didn't that it can take some time to become accustomed to these states and then, once you become accustomed, from there it creates a foundation for all kinds of different activities and states that you can get into states that you can get into.

0:27:26 - Julie

Well it's been. First of all, I think of your work and your recordings as training wheels on a bike. It's like training wheels for meditations. Yeah, you know to your point that you help people get into it easier until they can do it on their own and they don't need the training wheels and they can ride the bike. Well, they might like them.

0:27:40 - Karen

I know Eben, eben Alexander. He listens to them daily. He has. He finds them to be very, very helpful. I do not listen to them daily because I prefer now that I recognize the states I prefer a silent situation. But we're all unique. We're going to find the tools and techniques that work for us.

0:28:12 - Julie

And so what we do has no bearing on what anyone else does? Right frequency? When we sleep, our brain rests. Are we in theta state when that happens? Is that some other state? That happens when we sleep Because it's easier for spirit to communicate with people, oftentimes in visions and dreams, especially if they're in deep grief. Yes, you bring up an excellent point.

0:28:39 - Karen

Yes, the dream state is similar to the state that we're talking about, except that when you're dreaming, you're coming to the dream state from an asleep state, whereas when you're going, say, listening to a sound journey, you're going into that state from an awake state. That, yes, it can be very similar. And those kind of dreams you're talking about often, especially the contact dreams with loved ones, I've had them. They're different than other dreams, they're more vivid. They have different features.

Yeah, I had this sensation of falling, falling, falling and then there I was. So some kind of movement, I think, is part of it. But what's happening in the brain? When you're sleeping, your brain is in the delta state, but when you dream, alpha gets introduced. That's what happens during REM rapid eye movement. Sleep is alpha, is what is present for dream states. So it's kind of interesting You're in a delta state, you're asleep, but your brain goes into an alpha state and theta of course is in between those two.

0:29:52 - Julie

So when you and I are communicating with spirit and we turn it on and off in a nanosecond, do we immediately go into alpha state? Do we immediately go into another state? Do we immediately just go into another reality and our brain just stays in a normal state? What do you think is happening? Wouldn't?

0:30:05 - Karen

it be nice if we had very specific answers.

0:30:08 - Julie

Yeah, yeah.

0:30:09 - Karen

Because, first of all, all of our brains are as unique as fingerprints.

0:30:12 - Julie

Okay, good point, they can be identified by our brainwaves.

0:30:16 - Karen

Now, another brainwave state I didn't mention was the gamma state, that's above 30 hertz. That state is associated with the runner's high, so someone's running and then suddenly they feel like their world has just opened up into this amazing space. Gamma also shows up in very deep meditative states. We've actually measured the brainwaves of mediums and when they're making contact they're in the gamma state mediums, and when they're making contact they're in the gamma state.

Now, gamma cannot be driven by binaural beats, because binaural beats I didn't explain, but they're created by putting one frequency in one ear, a slightly different frequency in the other ear, because we can't hear a four hertz signal. We can only hear 20 hertz, up to 20,000 hertz, and so to deliver a four hertz signal to the brain in the form of a binaural beat, you would deliver, say, 100 hertz in one ear, 104 hertz in the other ear, and that's what creates this sort of wavering sound Wah, wah, wah, wah. That's what you hear from a gong or a bowl. So that's what a binaural beat sounds like. So that's kind of like a drum. That's an isochronic tone, would be like a drum beat, you know, just a steady drum beat, and those are also very powerful in helping us get into those states. Well, I got a little technical there. I hope I.

0:31:37 - Julie

Well, I wanted to dive down the technicalities for a minute too. But first we had Dr Neil Nathan on the show and he is I think he's one of the foremost experts on helping people heal from mold exposure and he talked about that early in his career. He worked on a Native American reservation and he was over the critical care department and doing stuff there. And he had this one patient that just wasn't getting better, wasn't getting better. I mean, they were losing him, basically. And so somebody from the tribe came in and said can we bring our healers in? He said yeah, bring it on whatever.

And they came in with their drums for three days Wow, with their drums for three days, wow. And during that three-day period, on the end of the third day the guy was completely healed. He left the hospital the next day and it was 24-7 drumming, and so when I was talking to him I said so it's the frequency, obviously, that they were creating with that drumming that went on for those three days. And it was interesting to me not only that it worked, I wasn't surprised in that but how did they know how long to do it and how did they know what drum pattern to use and what kind of drums and all of that. But that stuff's so ancient and it works and it ties in, I think, with what we're discussing. I thought that was fascinating it does, and I think they.

0:33:11 - Karen

you know, I actually have a former husband who was a drummer and so I got exposed to lots and lots of drums. Not a drum set with sticks. Drums you hit with your hands. So conga drums.

Irish baron, middle Eastern drums I forget what they're called. So yeah, I got exposed to all of this. Drumming absolutely plays a key role in getting into these states. So I think of the drumming as a carrier frequency. It's carrying the intention of the people who are trying to heal. That's what we call the tones that you hear in your ears, that are delivering the binaural beats. They're carrier frequencies. They're carrying a four hertz signal to you, because you can't hear a four hertz signal. And so I feel like that's what those drumming drum circles are doing, is that they're creating this sort of carrier vibration. That then, whatever intention the people who are drumming, or the healers who are there as well, put into that frequency then gets delivered. And it gets delivered because it's the resonance of the person who's being healed is drawn to, because that's what you're intending to happen, just like a prayer, right.

0:34:27 - Julie

Interesting. I've never heard of that or thought of it before, but that's fascinating. Which leads to the question of it's going to sound sinister, but it's in my head, so I'm going to ask it. And that is you hear about the mind control stuff with intelligence agencies and whatever, and they

program people's minds. Do they use those binaural beats and the drumming? Do you think as part of that?

0:34:53 - Karen

Possibly. I couldn't tell you the exact technology.

0:34:58 - Julie

You're not a super agent on the side.

0:35:00 - Karen

No, but I do read about it like you do, and what I heard is that the people hear a high-pitched, kind of annoying sound, kind of a, you know, like nails on a chalkboard or something, and they're just like, ah, like that's what I've heard. So sound absolutely can be used just like any tool for good and for not.

0:35:23 - Ann-cr

So good For torture?

0:35:24 - Karen

Yeah, and you know, I heard about back when, you know I guess terrorists were being tortured down in Cuba. We were doing things like playing, you know, very loud music all night long, you know. So you know heavy metal music or Barney songs or whatever they chose. You know that would drive somebody crazy. I don't, I'd rather have Barney than heavy metal, exactly.

0:35:52 - Julie

Well, and you say, barney, and you know both of us are going, I love you, you love me, or clean up, clean up everybody every day, or whatever.

0:36:03 - Karen

And of course, now it's Bluey. The Bluey song is what I hear all the time. That's true.

0:36:07 - Julie

Yeah, exactly, Okay, let's do a little bit more of a dive into the mechanics of this we have. Is it binaural and monaural beats? What's the difference? Why is it important to combine the two?

0:36:27 - Karen

Well, we're one of I don't know that all binaural beat producers do this. This is something that our audio engineer figured out, innovated when we first started creating them. So you have binaural beats. That's where you have, for example, 100 hertz in one ear, 104 hertz in the other ear, but our audio engineer adds also a monaural beat using the same frequency, so you're always hearing both in each ear, but the volumes shift. It's very complicated, but he does this.

Adding the monaural beats creates sort of this holographic sense that the sound is coming from all over instead of from two sides, and so when we were only used to listening to the binaural beats without the monaural beats, it sounded a certain way. When he added the monaural beats in combination, that's what made everything change. Like whoa, this is more intense, and it felt more like surround sound than left, right, you know, stereo sound, and so it just created sort of a room, a space of experience that just felt more contained, I would say, but it also seemed to give greater effects to the people listening to them. So when we used to have well, we still do, but a different set of test listeners, 10 years ago we had 10, 12 years ago we had a whole set of listeners and we would have them listen to different recordings and when they listened to the ones that had the monaural beats included, they would go oh my God, what was that? What did you do?

And so we knew it was having a remarkable difference. Even though it doesn't sound that remarkable, the proof is in how people respond.

0:38:09 - Julie

So what I'm hearing. I get divine downloads during conversations and I'll hear. Like what I heard when we were talking about the monorail, that you added those was that it's including another area of the brain.

0:38:25 - Karen

Sure.

0:38:25 - Julie

So it's more of a to your point surround sound kind of an effect on it than before Interesting.

0:38:36 - Karen

Yeah, okay.

0:38:37 - Julie

So your partner, Dr Alexander, who we've had on the show, he's the one that told us about you. He said oh, you got to have Karen on, it just took us this long to get our calendars coordinated. Yeah, he talked about how, when he was having his near-death experience and it seemed like he kept going to higher and higher levels and the music carried him to those higher and higher levels. That carried him to those higher and higher levels. Can you tell everybody about that and what your interpretation of what was going on is with that experience that he had.

0:39:11 - Karen

Well, first he was in sort of that foreboding realm, what he called the earthworm eye view, where nothing really was happening and it was just kind of monotonous. And it was when he heard this sound. He calls it a musical melody and everyone wants to know what was the melody, Tell us, what were the notes. And we tried very much, many times, to get that melody out of his memory and he just can't bring it back because he's now in his body, the filter to the spiritual realm is back in place. He can't get that music back and so we can't know what that music is. But he said it was kind of like a child's song, like Row, row, row your Boat, or Now I Lay Me Down to Sleep. You know those little songs that we sing and that are very kind of simple, very simple. But this is what then brought him to what he calls the Gateway Valley. That's where he heard angelic choirs, as he calls them, just chanting, I think of your Gregorian chants. You know just the harmonics of all of that. And that is then what pulled him into what he calls the core realm, and that's where he heard the Aum sound, what he calls the sound of all eternity and infinity is what he was hearing, and when he tried to explain what that was, he said it was a God presence, and so he called that presence Aum. And so it's no surprise that the practitioners of the Hindu religion are quite enamored with this, because Aum is to them exactly that the sound of God, the infinite, eternal nature of the universe. And so it's interesting. Just to point out, after his experience became known to the world, pretty much every religion, someone from every religion on earth emailed him or wrote to him to tell him that his experience validated their core religious teachings. So if that doesn't tell you about universal truths among religions, I don't know what would. But at any rate we created.

We tried to recreate that Aum sound as well, and we did. We have on our website, sacredacoustics.com. We have a free 20-minute Aum recording, and Eben will tell you it is not exactly what he heard, but he will also tell you that what he heard cannot be reproduced here on Earth with our limited tools. Nor can our limited hearing hear. What he heard cannot be reproduced here on earth with our limited tools, nor can our limited hearing hear what he really heard, because we have this cochlea inside the ear that really allows us to hear all of these frequencies, and it's limited. You know we can only hear 20 hertz to 20,000 hertz, for example.

Other animals can hear much more than that and so I like to think we're probably also missing some of the in-between sounds, some of those harmonics like color.

They also say near-death experiences, and maybe yourself, when you're in the other realm, there's more colors than we could possibly imagine, and you know we're limited with the light that our eyes allow us to see. When we're not in our bodies, we have exposure to much more of these vibrations. I'll call them frequencies, because color is also a frequency. Color can be matched up to sound very nicely. But I think Eben is like many other near-death experiencers who talk about the sounds that they heard, that you know the sounds seem to guide them, not in every case, but in many cases. And some people talk about hearing the same sounds that Eben know. The sounds seem to guide them, not in every case, but in many cases. And some people talk about hearing the same sounds that Eben heard. But they're in the same boat with trying to recreate them here on earth, and so we try. People get confused because they think that we are creating sounds that Eben heard.

0:42:57 - Julie

What we are creating is sounds that help you get into the states that Eben experienced and it happens to be that he heard sounds and there could be some overlap there His story just of the ones that I've heard really involved music way more than most of the ones that I've heard, either by having a guest on a show or heard on other shows or clients who've told me about it. And his was so much a part of his experience and I believe I asked him when he was on the show. I said, well, obviously you were being led because you got a company now that's doing this. So I believe that it was no coincidence that it was so profound for him and so profound in his memories of what he experienced, because he was supposed to bring this to the world with you.

Yes, and he has all that alphabet soup after his name in the form of degrees and all those fancy titles and stuff. Now other people.

0:43:58 - Karen

When I mentioned other people, hearing the sounds see titles and stuff. Now, other people when I mentioned other people hearing the sounds, usually they hear those Gateway Valley sounds, those chants, those angelic chants they call it. I don't know if that's what your clients tell you, but the ones I've heard they say that it's just this kind of continuous chant of home that makes them feel so comforted. And that's what they think Eben is describing.

0:44:22 - Julie

When he was telling me about it when he was a guest on a show. I was thinking of angels with harps and other instruments that maybe we don't have that were creating this symphony of music for him, not instruments.

Well, in my human interpretation in my mind I'm thinking okay, here's this angelic symphony that's creating this music for him so he can experience it. So when he comes back into his body, he can take that as an initiative to figure out okay, what was that? How can that help us going forward? And it helped you and him found your company.

0:45:04 - Karen

Yeah, it is actually. The co-founder of Sacred Acoustics is my audio engineer, Kevin Cossie.

0:45:09 - Julie

Okay.

0:45:10 - Karen

Eben is not any kind of owner or founder, but he is the catalyst for our existence, all right, and he is the number one promoter of our work, and we list him on our website, just so people understand the connection. So yes, he really. I had met Kevin one year before that. We together met Evan and after we met he was like you guys got to do this.

0:45:36 - Julie

So you're right, he was the catalyst. That was the catalyst for him.

0:45:41 - Karen

I did not think of it that way. It takes an outsider looking in to see it that way.

0:45:47 - Julie

He was the catalyst for you guys really to go forward. So he's been I know he's been instrumental and just kind of Absolutely instrumental yes, Pushing you guys and encouraging you guys to yeah, I would not have made these.

0:46:03 - Karen

We would not have done this if not for him. Yeah.

0:46:05 - Julie

Yeah, have you back to different animals can hear different frequencies. You know we always think of the dog whistle. We can't hear it, but the dogs can hear it miles away. In some instances have you played your sacred music with animals around and do you notice a difference? Because animals can see spirits, they can hear them, they can sense them.

0:46:34 - Karen

It's really interesting the stories that I hear. Animals are kind of like the people. They're a little bit unique in their response. I know that Kevin has I don't think they are still with us but two greyhounds were by his side always and while he was creating the tones using speakers, they were always in the room and they, they were very content. I I don't think they acted differently necessarily, but they were very content. Now I had two dogs at the time when we were very heavily developing these things and and I was listening, you know, on a daily basis, developing these things, and I was listening, you know, on a daily basis, and I remember one dog would leave the room when I started doing this and the other would cuddle up next to me, and so you just never know, and cats and dogs are going to behave differently too.

I learned something when I was. I did courses in healing touch for animals, and that's when I learned about tuning forks, and what we learned is that humans can have any number of tuning forks used on them, but because we use them on horses and dogs, because they're so sensitive, we were only instructed to use two different tuning forks with them. One was associated with the heart chakra and the other was associated with the throat chakra. So this made perfect sense to me, but at the time, and so while they have a greater hearing range, that makes them more sensitive to the sounds we listen to, and I would be careful I know that Healing Touch for Animals puts out their own sounds, that you can play for your animals or, say, in an animal shelter or something like that, and they're a little bit different than Binary Abuse, so I can't assume. Yeah, Dogs can't be yeah.

And I'm not sure dogs can get a lot of wearing headphones. So A friend who's a pilot?

0:48:25 - Julie

Yeah, has a single engine plane and his cold retriever sits in the passenger seat and he's got headphones on. My buddy Michael is talking to the dog on the headphones. The dog's just up there, he's looking around. It's hysterical. He sends me pictures of it. It's just hilarious.

0:48:45 - Karen

Well, maybe we'll have to make little doggy headphones.

0:48:48 - Julie

I don't know, yeah, how about that?

0:48:50 - Karen

Anyway, headphones are important. I haven't mentioned that Simply so that you get the stereo, the left-right signal. Some people don't know that stereo simply means a left and right difference. Some people think it just means record player. But no, stereo definitely means left-right difference in the sound. So you want that stereo effect.

0:49:12 - Julie

I want to go into that and what people can expect when they start to listen to your music. But first I have read you know I'm an inventor of surgical devices, so I'm interested in that field and actually I talked to Eben about this when he was on the show too of how sound frequencies have been used in healing and there are new devices and methodologies that are being studied to help heal cancer and other things. And certainly lithotripsy is sound waves that have been used for 20 years or longer to break up kidney stones. Are you guys involved with any of that? Have you noticed or even, maybe more appropriate, have you noticed, that people that are using your music have had healings occur in their bodies for medical or physical conditions?

0:50:05 - Karen

Well, we're not at all involved with using currently, with using frequency for specific applications, like you're pointing out, but we have had people talk about different healing effects.

0:50:17 - Julie

I bet.

0:50:18 - Karen

And I would say the one that we can talk about most strongly, has to do with mental health. So there was a psychiatrist in New York City, dr Anna Yousum, who used our sacred acoustics recordings in a pilot study. She prescribed them to her patients who were in regular therapy and they were to listen at home according to some listening protocols that I had provided, giving them lots of flexibility on when they could listen. And after two weeks of listening she and in addition to their regular therapy she had them before and after fill out a state trait anxiety inventory, and after two weeks they filled out the form again and their anxiety had reduced by 26%.

Wow, that's significant and the control group who were just getting their regular therapy, their anxiety reduced over the same period of 7%.

0:51:11 - Julie

Wow.

0:51:12 - Karen

So that was a big difference. And so not only were they reducing anxiety that's what she measured using a very reliable form, using psychiatric studies but she had these reports from her patients. So one guy had been in a toxic relationship for years and nothing she had done had helped to resolve it. He started listening to this music and he suddenly found himself able to leave the relationship. That is pretty amazing to me that just listening to this kind of music could help you kind of shift your frequency I'll just use your language to be a different person,

and I noticed that myself when I was doing different practices. There would be certain turning points where I would do a certain weekend retreat or something and then, oh my gosh, I would feel different, and so I think these sounds are helping people to do a similar thing. It's not like our sound is the only thing that can do this for you by any means, but other people in her study. One was a medical student. She was able to sleep better. She then was able to study better and then she just all around everything was better. So somehow for many of us, just getting good sleep makes a huge difference in our day.

Now I do know people who use them for physical healing, but I'm not as ready to give good, clear examples as more of the mental health. Some people use them to reduce pain. One guy had neuropathy and he would listen. This is kind of unconventional but he would listen all day long with his earbuds in on a very low volume while he went about his day. We don't recommend this, but we do encourage people to try things out and for him this helped reduce his awareness of the pain in his body. So we had one test listener who was very tuned in and was treating her own melanoma, her own skin cancer, and she would tell us about feeling the vibrations go right to that spot, you know, and having that awareness.

And so there's all kinds of very different stories, but I hesitate to share too many because they're all so different and unique and we're all different. I don't want to kind of give too many kind of snake oil salesman expectations of what to expect, but the whole point is to try different techniques, find what works best for you. You know, don't stop if one technique doesn't work. And just so your listeners know, the same recordings used in that pilot study. The pilot study was published in February of 2020. If you recall, that was one month before the world kind of became aware of COVID and everything changed. So this the world suddenly entered. I don't know if we've left it yet, but we entered a very high anxiety phase, and so I decided to make these same recordings available to anyone. I reduced the price of them and I also made a free option because so many were, and still are, in financial distress. So anyone can go to sacredacoustics.com look for the whole mind bundle, and the same listening protocols and recordings are available as were used in that study.

0:54:29 - Julie

Intuitively, I believe that there is a correlation, because when I'm working with somebody doing an energy healing, it's a frequency being sent from spirit through me and with me to that person who's healing. And you're doing the same thing with the sacred acoustics. I believe it's all part of the healing equation.

0:54:51 - Karen

And I would just fine tune that to say the frequencies that our listeners are listening to aren't necessarily pure. But getting into that expanded state and allowing the frequency you're talking about to, come through. Yeah, because I don't think our recordings are one size fits all. I think they. Yeah. They open the person to the possibility.

0:55:14 - Julie

Excuse me, I agree, I agree. Okay, a couple more questions on the specifics about this. Somebody is listening to Sacred Acoustics and I know you have like one for hard energy and one for different types of energy. Give us an example of what they're used for, the different ones. And then, more importantly, what can somebody expect when they start to use them and then when they've used them over time, understanding that everybody's going to have a different experience, but what are the commonalities in those to have a different experience.

0:55:50 - Karen

But what are the commonalities in those? Yeah, so, generally speaking, our recordings are structured in two different ways. One way is what we would call a sound journey, where you're kind of put into this deeper state. You get into a relaxed state and then maybe we might bring

in some higher frequencies. The frequencies kind of fluctuate throughout to give you the sense of a journey, and then we bring you back and bring in beta frequencies, these high-pitched frequencies, to bring you back to a normal state. Then we have another set of recordings that can be used to support other activities. They're just the same frequencies throughout.

You can listen while you're doing your regular meditation routine, maybe while you're doing a movement practice such as qigong, or maybe you're just trying to sleep or study. They can be used in that way to just kind of monotonous sounds, the whole recording. Now, the kinds of effects that people have. Yes, we do have some recordings focused on the heart, one focused on moon cycles and such, but honestly, the recordings can be used with any intention that you have. All of the recordings that contain guidance also include versions with no guidance at all, because very often the words just getting your way. They can be very useful, especially for beginners and to understand the intention of the music, but they shouldn't hold you back. So anyone who has a regular practice no words is available to you.

The kinds of effects that people have are very wildly, but generally speaking, people will notice a profound relaxation of the body. They might notice that their thoughts lessen. They might notice different sensations in the body. Maybe their hands get really hot. They might feel a little pain suddenly in their left toe. These are just as your body is getting relaxed. These are just ways of your body kind of bringing attention to itself. But then as you kind of lose your awareness of the body and move into sort of a more mind awareness, you might have more imagery than usual.

People who are regular meditators and don't see anything might find themselves seeing things, or even just colors that they haven't seen before. Seeing colors is very common and I feel like in my experience when I see many people see the color purple or this deep kind of cobalt blue, I know when I, when I I now know when I reach that state. I know that I'm at the foundational state, that now I'm at the state where I can now use my intention to find an answer to a question, to ask for guidance, to ask you know anything, whatever it is, ask for support, and as you move along, you might find that you're starting to get interaction with spirit guides. Some people, oh my gosh, when Eben and I it was Eben who went on Dr Oz, the Dr Oz show, and it was still on they were very interested in doing a demonstration for their audience, and he wanted to do a demonstration of binaural beats, and so Kevin and I were behind the scenes we actually, before the episode was recorded, the same morning they provided a volunteer to us and I gave her some binaural beats, we measured her brainwaves as she was listening, you know and then I talked to her afterwards and what she said to me, and then we reenacted that for the audience.

But what she said to me was oh my gosh, I'm a meditator and when I meditate I'm always talking to my mother, who died, and this is the first time she talked back.

0:59:36 - Julie
Wow.

0:59:38 - Karen
That was pretty amazing.

0:59:39 - Julie
That's amazing, and that was the first time she had listened.

0:59:42 - Karen
So that's what I mean by contact or you know kind of people might start showing up. This kind of thing frightens some people you may be aware of that and if that's the case, you're very likely not going to get to the place where you're open to that possibility anyway. So just find

what works for you. If you only want to, you know, reduce an anxiety and get some better sleep, just start there. But from there, people have had out-of-body experiences. They've been able to have better dream recall. They're able to induce lucid dreams more easily. There's just all kinds of spiritual adventures you can find yourself on if you wish, and if you don't, then you can be content with whatever it is that your spirit needs in that moment.

1:00:32 - Julie
No drugs needed.

1:00:33 - Karen
No drugs needed.

1:00:34 - Julie
No drugs needed.

1:00:36 - Karen
Learn woo-woo. No drugs needed, right? We were giving a workshop in Costa Rica some years ago and that's one of the women you know. They would lay on nets and we would play the music over speakers set up, you know, on either side of the room for that stereo connection. But I remember one of them. She kind of came up for me. She was like is this legal? So that was funny.

1:01:01 - Julie
Yeah, we have that effect too.

1:01:03 - Karen
People say, oh my gosh, this is better than any of that.

1:01:06 - Julie
Right, my gosh, this is better than any of that. Right, if somebody wanted to think about utilizing the sacred acoustics, what kind of a commitment is it? From a time standpoint, is it okay you've got to budget a half an hour or an hour a day, or you got to do it twice a week, or five times a week, or what do you recommend for that?

1:01:27 - Karen
We recommend working it into your schedule. Right, there's no pressure. But to get the best effects, daily listening is highly recommended and kind of pick the same time each day, whether it's right when you get up in the morning, maybe sometime in the middle of the day when you need a little break. You could also do it before you fall asleep, but generally speaking that's when you're getting ready to fall asleep. So you're not going to have. If that's your goal, then that's great. But to have the more richer experiences you don't want to be tired and so morning or afternoon is likely the best. We follow the transcendental meditation recommendation that 20 minutes is what's needed to have effects.

Some people I know are like don't you have a five-minute recording? I'm like, oh, come on, you barely get there, and 20 minutes for me is very short. We actually would do them for 45 minutes in all of our testing early on. We had to do them for 45 minutes in all of our testing early on. We had to make them shorter. We made them all 39 minutes so that we could fit a guided version and an unguided version both on the same CD. So that's what drove that. But yeah, most of our recordings are 39 minutes long. Some are longer and some are 20 minutes. So the Whole Mind Bundle includes 20-minute recordings and 60-minute recordings, and the free OM recording is also 20 minutes. So 20 minutes a day is highly recommended to get the most beneficial results. Longer if you can.

1:03:04 - Julie

As an aside, the 39-minute ones 3 plus 9 is 12, 1 plus 2 is 3. That's the number for divine perfection in the Bible.

1:03:14 - Karen

Okay, Then I should tell you that my birthday is December 3rd 1963, and I was born at 11.33 pm, and I was born at 111 longitude and 33 latitude. There you go, and Eben is Eben Alexander, the third so three.

1:03:40 - Julie

Divine perfection is a big number in your life. All those numbers you threw out at me, that's advanced math, Karen.

1:03:46 - Karen

I can't do all those in my head. He was born on December 11th. Just lots of 11s and 3s, yeah. Tons of 11s and 3s.

1:03:53 - Julie

Isn't that fun. Yeah, last question why do we incarnate?

1:04:01 - Karen

We incarnate because we are driven to fulfill some purpose that we may not be fully aware of while we're here, but that purpose is what unfolds as we live our lives, and that purpose is what got us here in the first place. We were driven to get into that body for some reason, even if we don't know fully what it is.

1:04:24 - Julie

Great answer. You are extraordinary, my girl. You are every bit as delightful as you are brilliant, and I am so grateful that you're doing this work and getting this information out to the masses. I will do everything I can to help to promote this for you. That's why I've been so excited to have you on the show, because I believe the work that you're doing is so, so important, and the thing that I love about it is it's ancient and it's advanced at the same time. Yes, you're tapping into ancient stuff and you're advancing it into modern day technology to make it accessible, affordable, easy to use for the masses, so bravo.

1:05:11 - Karen

Well, thank you, Julie, and I have to say it has been a delight talking to you too. You feel like a like-minded soul sister, and I can't tell you how delighted I am that you reached out to have this conversation.

1:05:23 - Julie

Absolutely Well. You can thank your honey for that. I will. I will thank you, he's my husband.

1:05:28 - Karen

now I don't know if you know that.

1:05:30 - Julie

He's your husband, okay, well, hopefully he's still your honey too, right?

1:05:33 - Karen

Yes, absolutely.

1:05:34 - Julie

Yeah, how can people learn more about you and your work?

1:05:39 - Karen

Go to sacredacoustics.com. That's where you'll find the recordings that I've been talking about and there's a contact form. If you have any questions at all, that contact form comes to me and I answer nearly all those questions.

1:05:52 - Julie

Okay, all righty, all right. Everybody, we've given you lots to think about here and lots to explore. We'll have all those in the show notes, all those addresses and everything in the meantime, sending you lots of love from Sweet Home, Alabama, and from Virginia too, where Karen is. We'll see you next time.

1:06:14 - Annncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan, to schedule an appointment or submit a question. Please visit AskJulieRyan.com or submit a question please visit AskJulieRyan.com.

1:06:29 - Disclaimer

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