



**GORMAN**  
OPTIMAL  
HEALTH  
SOLUTIONS<sup>INC.</sup>

**Gorman Optimal Health Solutions, Inc.**  
**333 North Oxford Valley Rd.**  
**Suite 502**  
**Fairless Hills, PA 19030**  
**215-9-HEALTH (943-2584)**  
**[www.GormanOptimalHealth.com](http://www.GormanOptimalHealth.com)**

### **Sound Therapy**



Sound is a condensed form of energy. Music is humanity understanding spiritual information clearly. The whole body responds to sounds. At a cellular level, this stimulus is understood and assimilated. Sound works directly on the nervous system, radiating energy, which creates specific effects according to frequency and intensity. Every sound emits a certain color. Sound and color are just different rates of vibration.

Healing with vibration will help us to fulfill our evolutionary potential.

Existence is full of vibration. It is everywhere. The wind passing through the pines is music, the water descending from the mountains is music, the birds and animals are music. The whole existence is a kind of great orchestra. It is a symphony.



Biosonic Repatterning, is a natural method of healing, using tuning forks. When we listen to the sound of the tuning forks our nervous system attunes to the pitch in much the same way as when we find a pitch for a choir or tune a piano. The vestibular system via the semi-circular canals resets and rebalances the nervous system. During the listening process, our physical body will actually reposition itself to hold the sound correctly.

To understand this process, remember a time when you were in a quiet place or just before going to sleep. During this time you may have heard a high-pitched sound in your head. This is the sound of your nervous system. When you are under stress this sound gets louder and sometimes can become a ringing in the ears. For most of us this sound is subtle and we only hear it when we focus on it. Tuning into the sound of your nervous system is a meditation. Find a quiet place, sit or lie down, close your eyes and focus your awareness on the sounds inside your head. Listen for the high sound. When you listen closely you will discover that sounds consist of two distinct pitches. These pitches originate from your left and right brain hemispheres. These pitches change in frequency, volume, and pitch depending on your state of consciousness.

As you listen to the two different tones, your body will naturally adjust itself and come into balance, making the two sounds into one. You can hum and let your voice resonate with the sound of the interval. This humming creates a sonic anchor, which helps you recreate the experience of the tuning forks without having to use them.

Visit us today and see how you can Sound Therapy can help you.

### **Optimal Health 101-How To Stay Young The First 100 Years**

Gorman Optimal Health Solutions  
333 North Oxford Valley Rd.  
Suite 402  
Fairless Hills, PA 19030

Wednesday, October 8, 2008  
7:00 PM-8:00 PM

Wednesday, October 22, 2008  
7:00 PM-8:00 PM

Call 215-9-HEALTH (943-2584) to reserve your seat for this COMPLIMENTARY lecture!  
Seating is VERY limited.

### **How To Get The Edge In Business (And In Life)**

Lower Bucks County Chamber of Commerce  
409 Hood Blvd.  
Fairless Hills, PA 19030

Tuesday, October 7, 2008  
12:00 PM-1:30 PM  
Cost: \$25/member;\$50/non-member

Call 215-943-7400 to reserve your seat for this informative lecture!