

**Maggie Jacobus**  
**Sound Healing Sidebar—Planetary Healing**  
**The Outpost *Exchange***  
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Jonathan Goldman has spent more than 20 years researching, writing about and using sound for healing. He is a musician, composer, teacher, authority on the use of sound for healing, a pioneer in the field of harmonics and the author of the book, “Healing Sounds: The Power of Harmonics.” He is also the director of the Sound Healers Association in Boulder, CO. His top-selling New Age recordings include the award-winning “Chakra Chants” and “Holy Harmony” as well as the soon-to-be-released “Chakra Dance.”

After a couple of decades of working with and teaching sound healing on a personal level, he asked for guidance as to what was his next mission. The answer he received was to take sound healing to the planetary level. Following are excerpts from a recent telephone interview conducted with him on the subject.

“This is a pivotal time for the survival of the planet. The way this can be achieved is by working with sound; in particular, sacred sound—single syllable mantras—that have been encoded with the energies of peace, love and a feeling of compassion being generated from the heart.”

To that end, Goldman has led a number of World Sound Healing Days, which are global chant sessions held via the Internet. **His next one is Saturday, February 14.** “Everyone will project the ‘Ah’ sound, sending a big Valentine to the planet. We’re going to do this for at least five minutes, at noon Eastern Time!” For more information on this subject, visit [www.healingsounds.com](http://www.healingsounds.com). To participate, log on to [www.worldpuja.org](http://www.worldpuja.org)

Goldman teaches people to use vowel sounds and mantras such as “Ah” to resonate the charkas and put the part of the body that’s out of alignment back into balance. He favors the ready accessibility of the voice over using instruments or recorded music. “I like using the voice. It doesn’t require electricity or batteries, it’s relatively free and the owner’s manual is fairly easy.” He points out that you don’t need to be a trained singer or have what would be considered a good voice to use your own sounds as a healing modality. “A lot of people are wounded singers. Some well-meaning person in our youth put a lock on our throat charka [by implying we couldn’t sing] and on our own power to use sound as a vibratory shifting power.”

Through such vocalizations and chanting we “can achieve extremely powerful meditative states and experience transformation beyond healing, to higher awareness and consciousness to the Divine. The more we wake up, the more we outgrow our current consciousness that doesn’t seem to be beneficial for ourselves as a species or for the planet. Carl Sagan talks about the fact that we’re in our technological adolescence. We have this technology, but we’re not conscious enough and awake enough to use it without destroying ourselves or the planet.

“The Internet allows the global mind to occur. Through the Internet we are able to connect; it’s the neural net of the planet. That’s great, except for all the spam and stuff. That’s a good indication of where our mind is at.

“We need to activate the global heart, which will have the balance and awareness that allows us to use our technology at a level beyond our adolescence so we’re not on the brink of doing destructive things but on the level of indigenous people like the Native Americans who think of how their actions will impact the next seven generations.

“The global mind doesn’t care if it *should* do something, just if it *can*. The global heart asks if it *should*.

“How can we activate the global heart using the Internet? Through sound. Buddhism talks about the body and mind and that the link between them is sound. By working with sound over the Internet we are able to activate the global heart, which in my mind may be a key salvation for the continual survival of the planet. I think it’s pretty mandatory that the species be continued.

“Through the World Sound Healing Days people gather at the same time to make the same sound, with the same intent. This will have a synergistic  $1+1 = 3$  effect. My vision is to unite the planet with sound because once you start sounding with someone, you get in resonance with them. When you get in resonance, you realize you are one. You realize that religion and politics and color, etc. is all illusion and that we’re really all one being. If we can unite through the ethers—and the Internet—it just might be the answer.”

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