

LIVING MEMORY RESEARCH TRUST

www.lightvoice.org.uk
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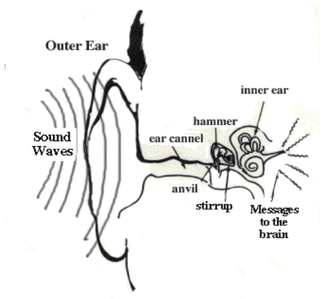
Light Voice

TINNITUS - MEDICAL APPROACH

Tinnitus is often described as a noise in the head. According to The British Tinnitus Association, Tinnitus affects 10% of the population of the United Kingdom permanently and increasingly affects millions across the world.

The condition can arise from a wide range of underlying causes, triggered by noise pollution, technology, diagnostic scanners, mental stress or emotional conflict. Onset may be gradual or sudden with intermittent or constant disturbance.

Medical research using technology to mask the noise has shown limited and variable response. Current medical opinion states that there is no known cure and sufferers are advised to learn to live with what is often a crippling disorder.



Jennifer Warters BSc MA IPHM

As a Speech and Language therapist Jennifer has had extensive experience as a clinician working in hospitals, schools and community settings over a thirty year period. Employed as a generic specialist within the UK National Health Service (NHS) Trust she coordinated and delivered an area wide service to adults with learning disabilities and children with special needs.

Disillusionment with the limitations of orthodox practice led Jennifer to seek alternative methods of healing. With an MA in Counselling and a life long interest in drama, story telling and creative expression she began post graduate training in metaphysics and the first principles of healing.

Jennifer has an international clinic specialising in Tinnitus and Vocal therapy. Her current research focus is sacred sound and the links between consciousness, communication and hearing impairment through The Living Memory Research Trust.

TINNITUS HOLISTIC APPROACH

Exploring the etiology of tinnitus and a successful alternative self-help approach, which combines the human voice (toning) with subtle energy alignment.



'Chanting and toning have the ability to affect the body and the mind more efficiently than any other form of sound.'

Alfred Tomatis

Clinical case studies illustrate outcome. The clinician researcher evaluates the methodology of the approach and cause of symptoms from both physiological and metaphysical perspectives.

HOW TONING WORKS

Vocal Toning triggers an actual anatomical process, releasing inner tension and invigorating energetic flow within the physical body.



Neurological
Toning stimulates the neural pathways, harmonising the frequencies within the auditory cortex of the brain, reducing or eradicating disturbance.

Mental clarity
Toning allows adjustment and attunement to higher frequencies, clarifying perception, assisting positive choices effecting a change in behaviour.

The anatomical ear: Toning causes ripples of focused sound vibration which exercise and strengthen the tiny muscles linking the three ossicles (bones) in the middle ear. The ossicles need to function harmoniously to equalise any build up of pressure in this area.

BOUND BY OUR BELIEFS



Toning impacts Memory via the Limbic system. Memory is based in experience which forges Belief systems.

The new science of Epigenetics demonstrates the link between Belief, Intention and Biological processes.

Attunement to higher frequencies, clarifies perception, assisting positive choices and facilitating behavioural change.

PATTERNS OF RESISTANCE

Toning is non invasive and safe but powerful in its action.

- Toning impacts at both the physical and the subtle energy levels and may ignite subconscious patterns of resistance.
- Cognitive neurological processes involved in interpreting experience can conflict with the intuitive process which resonates at a higher frequency. An over analytical mind can be an initial impediment to progress.
- Intuition is not connected to thinking or rationalising, an analytical mind cannot help where there is mental conflict. There is a need to let go of mental control and trust the process in order to achieve optimum results. Sustaining the programme is an act of faith.

Safeguarding
Where there is a history of mental health issues, abuse or addiction it may be advisable to begin with energy field alignment only, to strengthen the subtle energy field in preparation for the Toning programme.

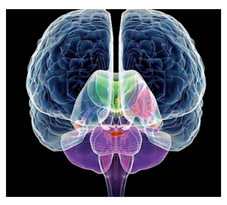
ENERGY FIELD ALIGNMENT

Converting Subtle energies into Biochemical formulas to heal and regenerate.

Toning is more effective when combined with energy alignment. The Emerald Alignment is more than a visualisation it is based on the principle that-

Energy Follows Thought

The energy alignment process promotes overall health, by boosting the function of the immune system. Through repeated practice of this alignment, healing emerald light is absorbed into the auric field.

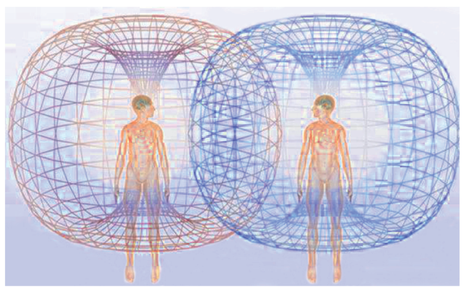






THE HUMAN ENERGY FIELD

The human body emits a multidimensional electromagnetic field composed of vibrational waves or frequencies. These correspond to the cognitive thought process and to sensory perception each of which influence physiology and anatomical function.



COHERENCE

These fields or energy waves transmit information to every part of the body, reflecting what we are thinking and how we are feeling. Our thoughts and emotions affect not only our own energy system but also others around us in profound ways. By aligning to positive frequencies we correct imbalance.

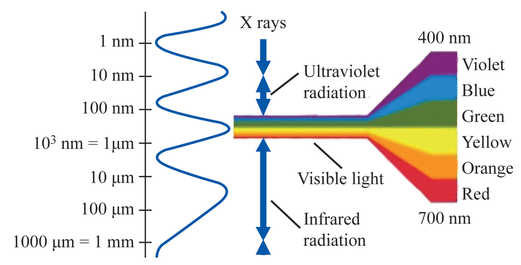
THE ACTION OF LIGHT

and its effect upon the human body

Light waves vibrate at specific frequencies, measured as nanometers (nm) resonating with effect at the cellular level.



The Chakra System

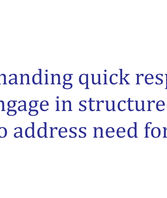


EMERALD ALIGNMENT

On the Visible colour spectrum, green corresponds to the matter element (e.g. grass) and blue to the non physical (e.g. air element).

Invisible Spectrum

On the Invisible colour spectrum, Emerald light is comprised of both green and blue rays. The action is a fusion of spirit and matter.

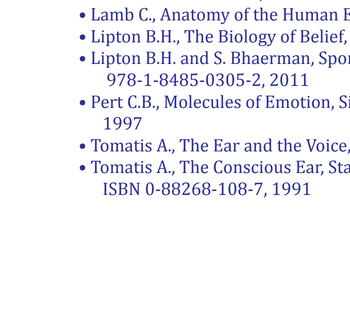




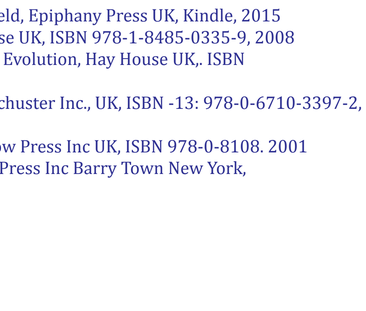
On the Invisible spectrum, blue corresponds to the non physical element of spirit; the action of the Blue Ray being to strengthen and seal the subtle energy bands. Visualisation is used in the programme.

The goal of this research programme has been to further enhance the potential for healing tinnitus by combining sound with energy alignment. The positive clinical results offer hope in what is currently perceived by the medical profession to be an incurable condition.

2015 Research Group 1:
10 Clients with Tinnitus



2016 Research Group 2:
14 Clients with Tinnitus



Evaluation of a 6 week Programme Toning and Energy Alignment to Heal Tinnitus

The programme required commitment to sustaining a disciplined toning and energy alignment practice on a daily basis and to addressing life style changes to reduce stress levels.

Contributory Factors

All clients who completed the programme experienced a sustained improvement or their symptoms were eradicated.

Indicators
- Willingness to engage in a disciplined practice
- Belief the condition could be eradicated
- Personal empowerment

Of those who failed to complete the programme, none took part for more than 7 days.

Indicators
- Impatience, demanding quick response
- Reluctance to engage in structured programme
- Unwillingness to address need for change

CONCLUSIONS

This work has demonstrated that some clients are unable to alter their negative belief i.e. that whatever methods they try, their tinnitus will remain the same as there is no known cure. Low expectations and negative thought processes inhibit success because actions follow thoughts and beliefs.

When doesn't it work?

- When the client over thinks in an effort to maintain control
- Where there is a reluctance to commit to a disciplined practice
- Where the client is not yet ready to acknowledge inherent causative factors
- Where there is a reluctance to accept personal responsibility for choice and change

For those willing to set aside conditioned beliefs, the programme offers personal empowerment through self-help, enabling the individual to take responsibility for their future health, safe in the knowledge that they have the tools to manage any recurrence with or without recourse to a therapist.

'TESTIMONIAL: 66 year old retired policeman. Six year history of Tinnitus with worsening symptoms. Sudden onset following an MRI scan.

"Within two weeks the volume of my tinnitus had reduced, not a dramatic reduction but on a scale of 1-10, ten being the worse, I was now about 8. The following weeks saw further reduction in volume and short periods where I had none at all. When doing the breathing and alignment exercise I noticed I became very warm and also felt a tingling similar to electrical impulses in my legs and hands and afterwards felt totally relaxed. The tinnitus is now down to an average of 5 sometimes as low as 2 or even zero, the trend is definitely heading towards freedom!"

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