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As above, So Below

MAGAZINE

THE SCIENCE BEHIND
*Spiritual
Quantum
Healing*

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BIRTH CHART SAY
ABOUT YOU?

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JOZTAKESTHOSEE CREATES A

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CAPTURING IT'S CONNECTION WITH
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A letter from the Editor



Welcome to the Spring 2022 issue of "As Above, So Below" magazine. The theme of this latest edition is "Spirit," and I cannot think of a more apt word to associate with this remarkable publication.

It is indeed a spirit of energy, curiosity and passion for the transformative power of art & music that demo captures so well. Whether you are a long-time friend or a first-time reader, welcome.

During the dark and difficult days of the past year, as we have been separated from one another both by public decree

and out of concern for each other's safety, music and art has continued to unite our spirits, just as it always has. But beyond that, it has become our coping mechanism, our emotional salve, and an ever-present reminder of happier days spent together.

By the time the next issue of "As Above, So Below" is published, here's hoping we will all be able to gather in person to celebrate its release. In the meantime, I sincerely hope this Spring 2022 issue lifts your spirit, for that is what music and art does better than anything else I can think of.

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*Thank you for your
unwavering love and
support,*

Brinn Ohmetti

The science behind ‘Spiritual Quantum Healing’

By Leah Ferraro

Quantum Healing is a holistic and alternative medicine practice that draws on ideas from psychology, philosophy, quantum mechanics, and neurophysiology to help heal the mind and body.

Here, we break down what Quantum Healing is, as well as three of the scientific principles that are encompassed by this holistic practice: sound frequency healing, quantum physics, and microcurrent technology.

Quantum Healing Dr. Deepak Chopra, a highly respected New England endocrinologist, originally coined the term “Quantum Healing” in his book of the same name.

His search for answers began when he tried to understand the unexplained recovery of patients in his practice who had only been given little time left to live. Dr. Chopra started this journey for answers by returning to his native India to research the ancient healing practice of Ayurveda.

Ayurveda is one of the oldest holistic medicinal practices in the world, and was originally developed 3,000 years ago in India. It centers around the idea that all health and wellness rely on a very delicate balance and interplay between the mind,

body, and spirit.

Dr. Chopra then combined the study of Ayurveda with his background in Western medicine, physics, and neuroscience to write his much-acclaimed book, Quantum Healing.

His findings revealed that everybody is capable of a “network of intelligence” between the body, mind, and spirit that can explain the cause behind otherwise inexplicable medical

“You’re a spiritual being having a human experience. You’re not a human being having a spiritual experience.” -Deepak Chopra



photo from island tribe retreat



anahata holistic healing playing sound bowls

miracles. Below, we explain a few of the scientific tenants that make up Quantum Healing.

Sound Frequency Healing

One part of the holistic practice of Quantum Healing is the notion of sound frequency healing. Sound frequency healing is the use of vibrational frequencies and audio tones to help repair damage in the body— for instance with damaged tissues and cells.

The underlying science is rooted in the discovery that all matter vibrates at specific frequencies. However, matter that comprises the human body and that is constantly being affected by conditions such as depression, stress, or illness, vibrates at a lower frequency than healthy tissues and cells.

The thought is that by changing 2 the frequency, tissues and cells can be aided in repairing themselves as part of the process of overall healing. Sound healing deals with two types of energy fields.

The first involves veritable energy fields, which are measurable by today’s technology standards. Examples of veritable energy include areas such as electromagnetic forces,

vibrational energy from sound, visible light, lasers, and magnetism.

The second includes energy fields, which contrariwise cannot be measured with the types of technology that are available today. Sound healing has been utilized for many, many years, starting with ancestral traditions.

Think of examples such as Tibetan singing bowls, chanting, tuning forks, and drumming therapy. Even the very modern types of music therapy that you see in many hospitals and rehabilitation centers around the United States for part of a holistic treatment regimen of diverse issues, — from treating cancer, to healing pain stemming from abuse— utilizes sound healing as an outlet for stress, anxiety, and fear.

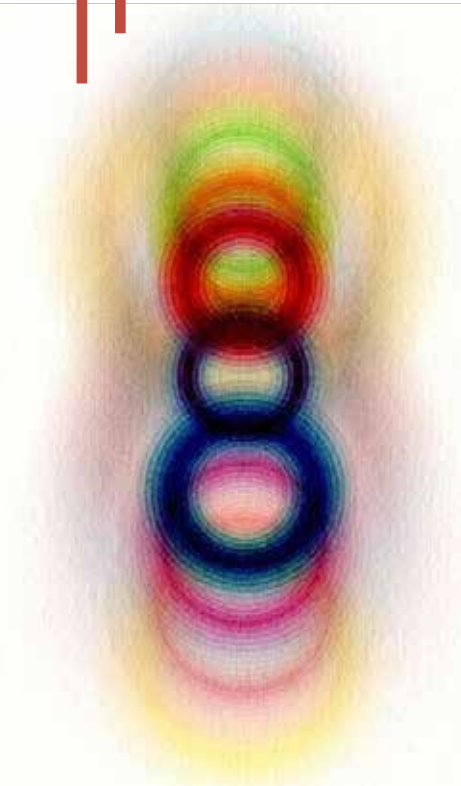
Quantum Physics

Quantum physics is another field that is used in the overall practice of Quantum Healing. On a fundamental level, quantum physics helps to explain the relationship between matter and energy.

More specifically, for example, it describes the particles that make up matter, the forces that govern the relationship between matter, and how they interact. It is a cutting-edge science that helps to underpin the basis of many different areas of study, such as chemistry, biology, and of course, atomic-level physics.

The important thing to keep in mind, however, is that there is no one underlying quantum theory. It is an umbrella term encompassed by an integration of several different theories.

To start, there’s quantum mechanics, developed in the 1920’s by the likes



Jeffrey Simmons

Visual artist, Seattle, Washington, USA.

“All matter vibrates at specific frequencies. However, matter that comprises the human body and that is constantly being affected by conditions such as depression, stress, or illness, vibrates at a lower frequency than healthy tissues and cells.”

of Erwin Schrödinger, Werner Heisenberg, and Niels Bohr, to name a few, which explores whether a particle or group of particles moves over time. But quantum mechanics does not stand alone in its explanation.

Other theories, such as Albert Einstein’s theory of relativity and the standard model of particle physics, must also be taken into account. Together, these various quantum theories help to explain the four fundamental forces (electromagnetism, strong nuclear force, weak nuclear force, and gravity) by which matter interacts, and serves as an integral part of Quantum Healing.

Microcurrent Technology

Another field that makes up the practice of Quantum Healing is that of microcurrent technology.

Traditionally, microcurrent technology works by delivering a low-level current that helps to stimulate elastin, adenosine triphosphate, collagen, and muscle tissue.

This technology is often used in treating issues such as acne, pigmentation, scars, pre-operative and post-operative healing, cellulite treatment, muscle lifting and toning, and lymphatic drainage to name a few.

On a fundamental level, microcurrent technology increases circulation of blood, thereby helping to provide muscles with the nutrients they need and to remove waste. This helps not only the muscle itself, but any attached skin as well, as is the case with facial muscles.



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