



# The Intuitive Healing Voice Course

with Dominique Oyston

## THE ENDOCRINE SYSTEM AND SOUNDS

The endocrine or glandular system carries a highly tuned and very fine vibrational resonance that sings throughout each individual gland and the system as a whole. **As we discussed last week...**

*“The energy centres were seen in Egypt as sites for tuning the glandular system. Fertility was highly prized in Egypt and an intimate knowledge of the hormonal system was a vital part of their medicine and sacred knowing. The ancient Egyptian understanding of the endocrine or glandular system was very holistic and their central role in reproduction and consciousness was intimately perceived. The sacredness of procreation is obvious through the symbols in ancient Egyptian art.*

*Focus was also given to the thymus (the gland associated with the heart chakra) which is most active when a baby is in utero and up until puberty where it begins to shrink. It atrophies after fertility ceases. It was also a critical activator of consciousness.”* (see Module 3 Egyptian Toning document)

When using Sound Healing for the glands, I think we can respect this ancient wisdom and not pursue big emotional sound-based healings on the glands. You can use your intuition with this of course, but the opportunity exists here for you to develop your intuitive sensing into the finer vibrational levels of healing, and your connection to the higher vibrational beings or Source for guidance also.

I was taught to tone the glands with pure Source connection, the Christ Light, Mother Mary or the Buddha and Krishna. Kwan Yin also carries a resonance that is highly compatible with the glandular system.

I also think we can call on the support from the angelic realm and the Neteru Isis and Osiris. In pre-flood culture Egypt (very, very ancient times), it was said that Isis and Osiris guided the formation of the human form in accordance with the divine mathematical and starry principles of the cosmos and the rhythms of the earth.

Creating the human form was a work of galactic proportion and they, as high masculine and feminine divinities, were key builders from Sun and Moon wisdom here on Earth. So, I like to think we can call on them too. For the Endocrine system, focus on the highest vibrational energies, not astral or earthly energies in your healing.

It is of the highest order, to work with the endocrine system and shall only be done with cautiousness and respect.

### The Endocrine System

The Glands chemically control each part of the body.

The nervous system, originating in your spine, and the endocrine system constantly collaborate in controlling the various activities of the body. The nervous system



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stimulates the hormone producing glands which frees the energy components we call hormones.

The endocrine system is *SACRED*. Coordinated with the chakras they are the glands that govern the chakras.

The endocrine glands provide highly specialised chemicals (the hormones), which are released into the body at precise times and for precise reasons. The glands release the hormones directly into the blood vessels and from there, they influence our whole well-being. The pituitary gland is the master-gland, overseeing the entire glandular system.

The manner in which we approach the endocrine system through sound healing, is from the belief that the whole human system has a self-healing, regulating function. It is our job to step aside and tune deeply into that reality, as we listen to, and further awaken that intelligence. We stay humble and as connected to the highest vibration and guidance as possible.

**Here is an overview of the functions and traditional meanings of the glands.**

## The Glands

### **Adrenals**

Size 5 cm by 2.5 cm.

Adrenals are related to our instincts and our life-urges. They influence gravity in the body and regulate the balance between being active and being passive. Using our instincts awakens and pushes our 'fight/flight/freeze syndrome'. Adrenals are also related to survival issues as well as money and health issues.

The adrenals regulate sexual drive and activate sexual urge. Our basic sexuality for our evolutionary process has its foundation in the sacrum area (Kundalini energy). The Adrenals influence masculine/feminine balance as well as help us to balance rhythm. Our metabolism is indirectly regulated from the Adrenals.

The Adrenals support kidney function. The main tasks for kidneys are cleansing of the blood, water-balance and alkaline-acid balance. They produce adrenaline which stimulates heart, thymus, liver, spleen and pancreas. They also support the functions of the spine and nervous system, brain and bones.

- Root Chakra related.

*Note; if a person only has one gland as opposed to two you may still work in the area on the etheric print of the gland. However, the Pituitary will take over the function of the gland missing on an energetic and spiritual level.*



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## Ovaries and Testicles

Ovaries weigh only 30 g.

These are the body's self-regulating healing antennae, which means that they get activated when it is necessary. Energetically they give new life to the body, and deliver a regenerative function to balance the flow, the rhythm and the pace of the body.

Their vibration goes to any area of the body needed to support and to regulate any functions or processes to move more quickly or more slowly, to be stronger or weaker, more intense or less intense.

The Ovaries and the Testicles are the seed essence of life, the root of our existence. Physically, as well as energetically, they represent fertility. Their reproductive function enables the human race and evolution to continue.

*Note; for women at menopause the function of the Ovaries slows down and it is my understanding that the Adrenals then take more over that function.*

*Therefore, it is highly important not to stress the Adrenals by overeating or exercising less during menopause, as well as when past that stage.*

*Men however, continue to produce sperm their entire life.*

- Sacral Chakra related.

## Pancreas

The main function of the Pancreas is to activate and increase, as well as diminish, the processes of fire in the body on a cellular level. This fire-keeper gland keeps the fire going and knows 'how many logs to put on or not to put on' to balance the fire energy of the body. The pancreas regulates the digestion of fat.

The Pancreas controls digestion and assimilation, the enzyme production, the body temperature and the sugar levels.

When the Pancreas is overactive you burn yourself out. When it is under activate, you get easily overwhelmed by any form of resistance, issues and obstacles. No fire no passion!

A false stimulant for inner fire is for example to eat too much sugar.

- Solar Plexus related.

## Thymus

The Thymus strongly influences your nervous system and immune system and controls inner defense and boundary setting. It supports you to become a bigger container physically and psychically. It facilitates you being able to function on



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several dimensions of consciousness at the same time, for example, being outside yourself energetically (dream-time) and inside yourself simultaneously.

Issues related to the Thymus gland are a tendency to be too much out of the body or shrinking inwards.

The Thymus stretches our flexibility by expanding and contracting. It is acceptance and tolerance related and also related to old grief. Its process allows the whole organism to become more vulnerable.

The gland of physical and emotional rejuvenation; it relates to the lymphatic system and reaches its greatest size at puberty and diminishes thereafter. It is a transitional organ that is highly developed in the foetus.

The Thymus can reverse the aging process when properly activated and harmonized together with the Pituitary gland and the generative forces of the sexual organs.

- Heart Chakra related.

## **Thyroid** (Including the parathyroid)

2 lobes 5 cm + 2.5cm

The Thyroid is found in the throat/neck area. The Thyroid regulates the entire metabolism and regulates the balanced circulation/interaction between the different organs and systems. It is therefore one of the most important glands. It regulates the different cycles of breaking down processes and creation processes, energetic inner life and death processes and renewals. Movement and spiraling energy are connected with the Thyroid gland.

Over active Thyroid conditions may deform the body. The Thyroid controls the growth and the development of the body. People with Thyroid conditions are not able to break down things that are no longer needed in the system.

## **Parathyroid**

4 small glands each the size of a pea

The 2 higher ones and two lower ones are embedded at different depths inside the thyroid tissue.

The Parathyroid strengthens our bone structure, influences the calcium deposits in our teeth and bones. The Parathyroid influences our diet and physical balance in general.

- Throat Chakra related.



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## Pineal

The Pineal is small, nut shaped, hard in texture and situated in the center of the brain (in the center of your head going in from the third eye). The Pineal is the body's time clock and compass and has the ability to reflect light. When it is fully developed it can see the full light of creation.

It is a gland like a tight-rope-walker. It balances our dualities. It is from the Pineal gland that we restore lightness, overview and easiness in the body. The Pineal gland keeps the balance between the physical and the psychic body; between light and darkness; between right and left; between the spiritual and the material, between the Yin and the Yang.

The Pineal is sensitive to the electro-magnetic energy that streams throughout creation. It also controls the bio- rhythms in the body. It opens us up to deepening meditation and complete relaxation, letting go and seeing beyond.

The Pineal also stimulates intuition and laser beam energy, mental clarity and focus. It helps break through and cut through illusion or anything not needed. Pineal energy stimulates how we see ourselves. Either we are seeing (or choosing to see) the light side or the dark side.

Pineal energy helps us to adjust to traveling over time-zones. The hormone secreted is melatonin.

- Pineal Chakra related.

## Pituitary

The Pituitary is small, pear shaped, soft in texture and 1 cm long.

To locate it, focus your attention between your eyebrows and a little higher, then go a couple of centimetres into the base of the brain.

It regulates how the soul and spirit is feeling and how you feel in your soul essence. Spiritual energy moves through the Pituitary gland into the body to be distributed. In this way it regulates the whole body's functions. Our sound healing qualities and abilities, our silence, our meditation and our 0 point- balance all influence strongly how the Pituitary abilities develop.

The Pituitary gland is the master gland from which all other glands are activated. This gland has a wide range of effects upon growth and metabolism. It also governs intelligence, thought processing and memory.

- Crown Chakra related.



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## **Pure Sound Healing Principles for the Glands**

Allow your focus to be with the purest sound vibration that will match and resonate the gland in its utmost balanced form. Explore a soundscape that you are able to contact from the universal, collective field/Source that will touch your absolute purest guidance and divine presence.

Let your ancient remembrance in sound frequencies support you and guide you.

Surrendering a gland to sound subtly penetrates deep layers.

It is a co-creation with Source in effortless and true guidance, the all-knowing of wholeness, which is stored in our spiralling DNA cellular memory. The sound/soundscape has aspects of a clear laser-beam energy and at the same time is liquefying.

### **Learn to 'listen' to the song of the gland with the following components:**

The soundscapes for the Endocrine System have aspects of a clear laser-beam-like energy and at the same time are liquefying.

You can use the following tools to create variety in your soundscape:

1. Pure Vowels from the Eastern and Egyptian systems
2. Delicate sounds
3. Length of Tone
4. Breaks including Silence
5. Volume from 'pp' to 'ff'
6. Pulsation and rhythm
7. Include colour
8. Sound-scaping (not too emotional)
9. Integrity and grounding
10. Tuning in to Guidance
11. Listening to the Blueprint of the perfected archetypal gland