

From the 2012 **Preface** to *Sonotherapy:
Healing with Light, Color, Sound, Water & Subtle Energy*
by
James L. Oschman, Ph.D.

This book, *Sonotherapy*TM, may very well be the best source of vibrational healing arts, technologies, and sciences to be found anywhere. I have been researching this subject for years, especially as I gather information for the second edition of my book, *Energy Medicine: the scientific basis*. *Sonotherapy*TM is thus a vital resource to me.

Gary Robert Buchanan has obviously been inspired by the healings he has witnessed over the years, and by the profound spiritual and religious revelations that lie at the foundation of the CosolargyTM tradition. While many are inspired by remarkable experiences, few possess the talent and determination required to document their observations as Gary has done. His previous tome, *Sona: Healing with Wave Front BIOresonance*TM, is now being offered in a third edition, a testament to the world-wide interest in the subject and the productivity of the continuing basic and clinical research of the author at the historic Steamboat Hot Springs near Reno, Nevada.

In his masterful applications of energy to the human body, Gary combines sound with light, color, water, and subtle energies where appropriate. This multi-modal approach takes into account the fact that every patient is different, and will respond maximally to a specific kind of energy input or to a particular combination of energies.

Due to his close apprenticeship with the distinguished physician, the late Sir Dr. Peter Guy Manners, who had already explored the application of sound to healing for some 50-60 years, Dr. Buchanan is convinced that sound is the central energy medium within the human body, and that the other forms of energy have their effects by inducing the movement of sounds, which are the prime movers in the healing response.

He has found that the application of certain frequencies of a suitable form of energy to a particular part of the body will cause the emission of visible or palpable colors or vibrations that the practitioner can easily sense in the space around the patient's body. With this and the other tools Gary has developed a wide range of health issues can be addressed in a way that eliminates the causes of problems rather than treating the symptoms. This is, of course, the highest kind of medicine, as it can prevent or resolve chronic issues that defy treatment by other methods. This is the good news that is enabling *Sonotherapy*TM to take its proper place in the medicine of the future.

An internationally celebrated lecturer and writer of medical articles, James L. Oschman, Ph.D. is the author of *Energy Medicine: the scientific basis* and *Energy Medicine in therapeutics and human performance*; Distinguished Service Award from the Rolf Institute; Founder's Award, National Foundation for Alternative Medicine (NFAM).

Web Site: <https://www.energyresearch.us/>