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The Ancestral Science Podcast explores scientific topics through conversations between Knowledge Keepers and Scientists, while *experiencing* the origins and depth of science on and with “the Land”. Join us as science COMES ALIVE when knowledges are shared alongside ancestor plants, rocks, animals, and rivers, creating connections between personal, Indigenous, and global science. The Ancestral Science podcast is a place for *everyone* to see themselves in science, to be inspired by the SCIENCE that is all around them and expand the definitions of both *ancestor* and *science*.

SEASON 2: Episode 19 ([audio](#)/[video](#)) with **Walter McDonald White Bear, Sharon Foster, & Emil Starlight** “Music is a Universal Language of Frequency”

We were grateful to speak with **JUNO NONIMATED** musician [WALTER McDONALD WHITE BEAR](#), alongside musician friends SHARON FOSTER and EMIL STARLIGHT from Mohkinstsis, Treaty 7 about embodying music, spirit as an additional voice/instrument, connections between goosebumps and music, frequencies, songs, & language of the Land, the suppressed Native American Influence on Rock n Roll, Rhythm and Poetry, and the connection between snagging blankets and flutes.

Remember, you can support the pod and *rock* some unique Indigenous Science merch at www.relationalsciencecircle.com/shop, all proceeds go towards Knowledge Keeper honoraria, following protocols, and keeping the pod going.

Please like, share, follow, and rate the pod, it goes a long way to share this knowledge.

Hand to Heart to [Indigenous Screen Office](#) and [Bespoke Productions Hub](#).

SHOWNOTES:

JUNO nomination:

“Classical Album of the year” for the album “*Ispiciwin*” with [Luminous Voices](#) and artists Jessica McMann and [Walter McDonald White Bear](#).

[Article](#): Leaf Music celebrates 5 JUNO nominations.

Send Bear positive energy on March 29th!!

Singing and culture:

Sharon: “have to sing everyday”

-to release and work through energy

Walter: loved how everyone sang (and sang well) in New Zealand (Aotearoa)

Ihirangaranga: Source Vibrations and Indigenous Women ([article](#))

Sharon: it’s not even about singing well, but just singing.

-and its just about playing music, however we can, like making instruments out of anything we could.

-I always hear a melody, I am always singing, I need to get that energy out

Emil: his dad said “homeless people should be respected because they are closed to Creator, they have a foot in both worlds.”

Walter: I hear music all around me, everything is music, everything is a frequency.

-you can hear more music/frequencies at night, like when your senses are heightened.

-when you are making music and Spirit/Creator comes in, its like an additional being an additional harmony.

Psychotropics effects on Human Gifts:

Sharon-effects of psychotropics and being able to *hear the music, hear these frequencies*. “I couldn’t hear it anymore. It made me disconnect from myself, from my gifts.” With doctors overprescribing medication disproportionately to Indigenous peoples, and history of trauma and disconnection through colonization, this results in increased rates of addiction.

-“Decolonizing Substance Use & Addition” Len Pierre ([TEDx Talks](#))

- “First Nations, Inuit and Métis Peoples Living in Urban Areas of Canada and Their Access to Healthcare: A Systematic Review” by Simon Graham ([article](#))

-medication subdues your healing

Sharon-“if you don’t sing, you get sick” is what Sharon’s Aunt would say.

Neck Hair/Goosebumps & Music:

Walter -when you hear a certain song, have you every experienced the hairs on the back or your neck stand up?

Philosopher Susanne Langer stated “music sounds the way emotions feel”

-music is beyond a language, feeling in the spaces with personal emotion and memories.

-“Laboratory for Feeling and Time: Pioneering Philosopher Susanne Langer on What Gives Music its Power” by Maria Popova ([here](#))

-this reinforces what Walter said about the presence of Spirit/Creator within the frequencies of music.

Goosebumps and Music: it is an emotional response, connecting our history, our knowings, our emotions, our spirit with the frequencies.

Sharon/Kori: the emotion that comes with hearing a big drum. It is visceral. I can feel the vibrations beyond my heart/spirit.

-these connections would be different based on YOUR history, memories, familiar frequencies/tones/chords/semitones within your culture.

**note: much of music “research” that is written is analyzed and studied through a Western Classical lens, but often comes to a similar conclusion of emotion/personal frequency connection.*

Goosebumps, music, & Fear: David Huron

-he calls this musical emotional response as “music frisson” and is connected to a fear response, when our hairs stand up when confronting survival, fighting, fleeing. Could connect to unexpected chord changes, music in places different than you expect.

Separation-Distress feeling & Music Goosebumps: Pankepp & Bernatzky

-response to changes like falling out of the nest, fear of being alone

-physical and emotional response

Panksepp and Bernatzky “re-emphasize that any attempt to explain music in either evolutionary or neurophysiological terms will miss the enormity of musical meaning that is constructed through diverse socio-cultural dimensions of aesthetics” (2002)

Links: “Tracking Musical Chills” by Ellan Dissanayake ([here](#))

“Chills in Music: An Integrative Review” de Fleurian, Pearce ([here](#))

Walter- “*Music is the Veil between This World and the Next*”

Synesthesia: [What is it?](#)

Sharon: certain songs have different colours

-this connects with having a deeper connection (emotionally, experientially, and spiritually) with music and frequencies.

Nature/Land Frequencies:

[Earth Frequency](#)- 432 Hz

Kori- frequencies of the land change depending on season and for communication.

Getting ready for the new season, there are frequency changes like air pressure changes with chinooks or the first thunder, or how the frequency of the leaves changes dependent upon the amount of water inside.

Sharon- Indigenous music in connection to the landscape

-Eastern Turtle Island- the music is more melodic in reflection of the land

-Western Turtle Island- music is more drum-based to reflect open spaces of plains and heartbeat

Emil- how this can also reflect language?

Kori- does Tsuut'ina Dene sounds like echoes? Like the mountains?

-do old Indigenous languages change based on seasonal changes?

Sharon- Old structures show connections through vibrations/sounds

-Reference: Graham Hancock ([youtube](#))

Our Ancestors were superheroes:

Emil- story of “Broken Knife” and how he couldn't be killed.

-our Ancestors had “superpowers” it's difficult to understand today

Kori- it's like when we don't practice or use a gift/sense we lose it

-like the [YIP](#)

Bear- Our ceremonies were too powerful

-that's why colonizers had to stop them

Changes in Frequencies- disconnect from earth:

Kori- purposeful change in tuning fork frequency of “A” from 432 to 440Hz

-disconnects humans from natural frequencies of the land, which are connected to sacred geometry and the sacred ratio of Phi.

-it just “happened” to be in 1939 when 440Hz became the standardized tuning frequency...other stuff happened around that time that had to do with control, hierarchy, disconnect...I will leave that [here](#). Regardless of what you read, think about your experiences, think critically about those that control the narrative...

[“How the Earth’s Natural Frequency Impacts Human Wellbeing”](#)

[“The Real Physics of Math of 432Hz vs 440Hz and Schumann Resonance”](#) (youtube)

“Reconciliation Science through Tipi Math & Indigenous Sound Baths” Ancestral Science Podcast [Youtube](#).

-check this out to learn about Indigenous Sound Baths.

Cymatics:

-[What is Cymatics?](#) (webpage)

-[“Roles of Cymatics & Sounds Therapy in Spirituality & Consciousness”](#) by Christiano, Sisilo, Smarandache. (article)

Bear’s Courting Flute:

Walter- I was taught the flute by Michael Auger

-it is a universal sound, connecting wind (breath) and land (wood)

-voice is our first instrument, then drum, rattle, flute

Additional Links:

[“Rumble”](#) Filmmakers go deep into the Indigenous Foundations of Rock ([article](#))

[JUNOS](#)

[Walter White Bear](#)

[Tribe Artist Society @tribeartistsociety](#)

[@cypherclubbyyc](#) [Cypher Club YYC](#) and here is a [demo](#)

Want more Indigenous Science Resources? Check out [Relational Science Circle](#).

Want to learn more about Indigenous Science, Indigenous Science/Mathematics Teacher PD sessions, or have an idea for a guest or topic for the Ancestral Science Podcast, email relational.science@gmail.com

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