



Made in a spirit of peace, love and grace, for everyone, whatever you believe.

Why I Made This

My beliefs, by Craig Walker

This project is totally free of charge and always will be. No sign-up, no payment, no donations, no catch.

These are my personal beliefs and experiences, not medical advice. I share them when someone asks. I don't ask anyone else to believe them, and Voice of Creation works the same either way.

Why a voice

I'm a devout Christian, and I believe God created everything by speaking. "In the beginning was the Word." To me, a voice is where creation starts. Your voice is part of how you were made, and humming it back to yourself feels like coming home to that.

What the sounds mean to me

- **The hum.** This is the breath of life God gave each of us, and the voice He gave me.
- **Ocean, rain, birds, crickets, and dolphins.** These are the earth, the waters, and the living creatures of creation, all made from one voice.
- **Singing bowls.** These are a call to be still and listen.

- **The planets and space sounds.** These are the heavens declaring the glory of God, with the whole universe made from the same voice.
- **Light of the Sun.** The Sun's warmth and light. It's also a reminder to me of the Son, Jesus Christ, the Light of the World.
- **The heartbeat and the countdown.** The very start of life, and a lift-off into a new beginning.

Humming, and research I find meaningful

For me, humming is very relaxing. It makes you breathe out slowly and sends soft vibrations through your throat. Some researchers think it may gently involve the vagus nerve, the body's "rest and calm" nerve. These are studies I find meaningful. They are small, and they don't promise any result for anyone:

- A 2023 study of 23 people wearing heart monitors compared humming with other everyday activities. (Holter HRV study, 2023, [pmc.ncbi.nlm.nih.gov/articles/PMC10182780](https://pubmed.ncbi.nlm.nih.gov/articles/PMC10182780/))
- A 2015 study looked at 20 healthy adults after 5 minutes of humming "bee breath". (Sujan et al., 2015, *Autonomic Neuroscience*)
- A 2011 brain-scan study of 12 people chanting "Om". (Kalyani et al., *International Journal of Yoga*, 2011)
- A 2002 study measured nitric oxide in the nose during humming. (Weitzberg & Lundberg, *American Journal of Respiratory and Critical Care Medicine*, 2002)

To be fair, these are small studies, and one found heart rate actually went up during humming. Reviews call the evidence promising but still early. (Systematic review, 2017, [pmc.ncbi.nlm.nih.gov/articles/PMC5755957](https://pubmed.ncbi.nlm.nih.gov/articles/PMC5755957/))

My hope

My hope is simple: that anyone can hear something made from their own DNA and their own voice, for free.

I hope it brings peace, rest, and a sense of being connected to creation and to the One who made it. That's my belief. Yours may be different, and that's fully welcome. Use it however feels right to you.

For relaxation and creativity, not medical treatment.

Co-created with two dear friends, S.R. and A.E., whose honest listening shaped how this sounds. With thanks to T.G., whose love of the ocean inspired the waves and rain.

In loving tribute to Stuart Mitchell (composer of personal DNA music). Stuart turned people's DNA into music, and in 2015 he composed Craig Walker's DNA song. After he passed away, his method was no longer available, so this free page was made in his honour, working from Craig's own score and Stuart's published notes. It is an independent tribute and is not affiliated with Stuart Mitchell, his family or his company. It doesn't reproduce his orchestrations and makes no claim to be his process. His compositions and creative work remain entirely his own.

Free, for creativity and joy. Not a medical or health tool.

Created by Craig Walker (@AutismReadyUSA).

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