

7-How we can use music for our own self-hearing Article Briefs

Using Music for Transformation & Healing. 11 Free Tips.

By Howard Richman

11 helpful free tips show how to listen to music for transformation and healing. This free information reveals secrets to support recovery, meditation and spiritual growth through music healing. All music can be healing especially when it is played in sequence using the [entrainment principle](#).

The following information gives you guidelines on creating your own healing music sequence, even if you do not play an instrument!

http://soundfeelings.com/free/music_healing.htm

Therapeutic Music Music for Increased Well Being

There are at least three neuro-physical healing processes which may be triggered by music. 1. Music is nonverbal so can move through the brain's auditory cortex directly to the center of the limbic system. This system governs emotional experiences and basic metabolic responses such as body temperature, blood pressure and heart rate. It can help create new neuropathways in the brain, as well. 2. Music can activate the flow of stored memory and imagined material across the corpus collosum (bridge between left and right hemispheres of the brain) helping the two work in harmony. This stimulates the immune system...

<http://www.incrediblehorizons.com/psychoacoustics.html>

Sound & Heat Thermography

By Jonathan Goldman

Much of my research, work and training involves the use of the human voice for healing and transformation. In particular, I focus upon vowel sounds and the power of their corresponding vocal harmonics to effect these changes. Vocal harmonics have been utilized by many sacred and spiritual practitioners since ancient times, including Tibetan Monks and Mongolian Shaman. (view thermal photographs)

This is the first time they have been made available to the public. These four photographs are heat thermography photographs of me creating vocal harmonics. Dr. Elizabeth Philips who was conducting tests on the effects of music to create relaxation took them. (snip) Heat thermography measures changes in skin temperature —when a subject is relaxed, their skin temperature is raised. There seems to be a major relationship between changes in skin temperature and shifts in the organs behind or below the skin—with regard to these photographs, it would indicate changes in the brain. This change in skin temperature could also indicate changes in the energetics of the chakra associated with an area. These photos may show how self created sound was able to influence the brow or ajna chakra...

http://www.healingsounds.com/research/heat_thermography.asp

OOMS AND AHHMMS

The human body is capable of two intones which reflect exactly the action of induction and discharge. The first intone is OMM-EEN, which resonates your Cancer center below Taurus, inducing induction. The other is AUM-EEN which stimulates Aries above Taurus, aiding discharge. Both intones are projected through the vocal action of Taurus to help clear out the conditions in Taurus. OMM is a female inductive resonance felt in your chest. AUM is a male projective resonance felt in your forehead. EEN is male and female combined. Eastern religionists who sit cross legged in frozen stultification moaning OOMS, are missing the point completely. Western religionists who quietly sigh AHH-MEN after every prayer, also miss the point completely.

For more see: <http://www.revelatorium.com>

Specifically, Chapter 29 - <http://www.revelatorium.com/Chapt29.htm>

World Sound Healing Day

© 2004 Jonathan Goldman

...The Importance of Intent

In my book HEALING SOUNDS, I present the formula " FREQUENCY + INTENT = HEALING " . In the book is an additional formula: " VOCALIZATION + VISUALIZATION = MANIFESTATION " . This means that the sound coupled with the energy behind the sound creates the effect of the sound. This energy is best manifested as a heart felt intention of love. There are specific ways of utilizing this energy in order to assist the process of prayer. (Please see the article, " Projecting Intent " on this website for more information on this subject). The more I work with sound, the more I realize that the higher the level of consciousness we achieve, the more the importance of the intent of the sound. Thus, from my perspective, too much emphasis on which frequency (or frequencies) are needed is missing a main aspect of the formula—particularly for those working from a high level of consciousness.

http://www.healingsounds.com/sounds/healing_day_article.asp

Introduction to The Chakras

Written by StarStuffs

The energy of the body is a very dynamic system. The oriental system of medicine is the most common form of energy healing. The Chinese revealed energy patterns in the human body. These patterns or regions of the skin became sensitized when there was impairment in the organ's functions. Organ function and skin points were mapped very diligently by the ancient culture. Only in our modern world have scientists been able to actually detect the subtle energies the body emanates. Japanese hospitals are using a sophisticated diagnostic tools premised on the energy flow within the body.

<http://www.starstuffs.com/chakras/introduction.html>

The Spiritual Chakra 8 to 12 The Pathwork Healing Series

This article is from the Hermes Reality Creator Series Books and or upcoming books.

It is © copyright by Tom DeLiso / Hermes Trismegistus.
Advanced Spiritual Chakra System Chakra 12 - Connection to the Monadic level of divinity, advanced spiritual skills, ascension, connection to the cosmos and beyond Chakra 11 - Pathwork to the Soul, the individual's ability to acquire advanced spiritual skills (travel beyond the limits of time...
<http://www.wisdomsdoor.com/hb/hhb-20.shtml>

Breathing Techniques

Basic Breathing Techniques

...The basic foundational breaths to master are Abdominal Breathing, Dirgha Pranayama, Ujjayi Pranayama and Nadi Shodhana. Until you master these techniques, do not try the other, more esoteric practices. These four lay the groundwork for the others, and are the most commonly used breaths in yoga. They are also very powerful breathing techniques, so gradually build your practice and follow the common sense guidelines below before trying these techniques. Basic Guidelines 1. Blow your nose, clearing your nostrils as much as possible before beginning. 2. Begin practicing pranayama in a room-temperature (68 degrees Fahrenheit) environment. Extremely cold or hot air can affect your health adversely. Also, please do this in FRESH air – no...

<http://www.focalpointyoga.com/Breathtechniqu.htm>

BREATHING TECHNIQUES

During stressful situations we rarely stop to think about what is happening within our bodies. Indeed, the pressures of the moment keep our minds occupied on almost everything but our physiological functions. Consequently those functions often become irregular, leaving us in an unhealthy state of being. When we are in this state we have fewer chances to succeed in whatever we try to accomplish. Among the many physiological functions adversely affected by stress is our breathing. Even when stress is minimal few people retain a habit of natural, full breathing which is required for maintaining a good mental and physical state.

http://www.coedu.usf.edu/zalaquett/Help_Screens/breath.htm

Breathing Techniques - Diaphragmatic Breathing

The diaphragm is a major muscle used in breathing and is located beneath the lowest two ribs. At rest, the diaphragm muscle is bell shaped. During inspiration, it lowers and flattens out. Optimizing the use of the diaphragm is beneficial because it pulls air into the lower lobes of the lungs where more gas exchange takes place. Not only is the diaphragm the most efficient of all respiratory muscles, but using it tends to be very relaxing and calming.

<http://www.nationaljewish.org/disease-info/wellness/breathing.aspx>

Breathing and Relaxation

Breathing often reflects our state of relaxation or excitation. When at rest, breathing is usually slow and rhythmic, (such as when asleep). When tense, breathing may be erratic, or we may hold our breath. Controlling breathing may

help you become aware of your state so you can stay relaxed. Breathing techniques are helpful to many women in labor. The theory behind childbirth breathing patterns is based on the concentration required to focus on your breathing. During a contraction,...

http://www.babies.sutterhealth.org/laboranddelivery/labor/ld_breathe.html

Breathing Exercises Breathing for Singers

...One of the cornerstones of learning to sing is knowing how to breathe correctly and learn to control your breathing so that it is used to optimum effect when you sing. When we are born our breathing is naturally correct, babies can breathe, yell and scream with optimum effect because they use their lungs without conscious thought. As we grow older, some people become lazy in their habits only using the upper part of the lungs, taking a shallow breath instead of a normal one. To understand how correct breathing and breath control works, first you need to understand the process that it uses to operate...

http://www.vocalist.org.uk/breathing_exercises.html

Harmonics and the Human

Lost Chord: Chapter 15

by Jonathan Goldman

"The world was created through sound!" Shamael said. I nodded my head and watched as he waved his hand. I saw the creation of the earth and the planets, of suns and galaxies and universes. "It is not sound as you would think of in human terms. You think of sound as that which you perceive through your sense of hearing. Everything in the universe is in a state of vibration and has its own natural frequency. Everything in the universe was created from these frequencies which are unique and natural to themselves," the angel continued. "From the spinning of your electrons as they revolve around the nucleus in your atom, to the rotation of the planets around your sun, all these create vibrations which may be understood as being sound. They produce the sound and they are the result of the sound..."

<http://www.healingsounds.com/articles/lost-chord-15.asp>

Nine Insights Into Sound Healing

by Jonathan Goldman

Sound and music have been used since ancient times for healing and transformation. Yet there is today a growing re-emergence of interest in this field of sound healing with many different thoughts and ideas about the effects of sonics and their use as a transformative energy. Many of the major questions about sound healing are still unanswered. The following thoughts are just my own and may not be based upon the reality of anyone else. They may, however, prove to be useful insights and considerations for others.

One: We are all unique vibratory beings...

<http://www.healingsounds.com/articles/9-insights.asp>

Stress increases , reduces brain size in children

By David Liu - foodconsumer.org Mar 4, 2007

Children should not be stressed as a new study shows that stress a child experienced may cause shrinkage of a key part of the , affecting his or her memory and emotion. The study linked the shrinkage with high levels of the stress hormone cortisol, which was found high in those who experienced high levels of . Stanford University researchers tracked changes in the volume of the hippocampus - responsible for memory and emotional control - in traumatized children and found the association between stress and the size of the key part of the brain.

Sacred Sounds - Healing Sounds

by Jonathan Goldman

Sound is among the most transformative and healing energies on the planet. It can relax us and make us calm, or move us to great heights of emotion. Sound can restore balance and harmony to our lives and make us healthy and well. Conversely, sound also has the ability to adversely affect us and bring our already stressed-out vibratory rates to new levels of imbalance and disharmony. Why and how? What is the difference in the sounds that make us healthy and those that distress us? Sound can affect us on all levels - physical, emotional, mental, and spiritual. Beneficial sounds for us are often sounds that we consider "sacred." These sounds seem to have the ability to charge and harmonize us. There are reasons for this...

<http://www.healingsounds.com/articles/sacred-sounds.asp>

Planetary Healing Sounds

by Jonathan Goldman

The following article contains information about three short and powerful mantras—sacred sounds that may effectively be used individually or in groups for transformation: “ OM ” , “ AH ” and “ HU ” . These mantras are particularly useful sounds for projecting specific intentions. Please note that it does not seem to matter what pitch, frequency or keynote the mantra is chanted with regard to the effect of the mantra. The intention of the chanter, however, does seem to affect the power of the mantra and can amplify the energy even more. For this reason, you may find the article on “ Intention ” of interest...

<http://www.healingsounds.com/articles/planetaryHS.asp>

The 'AH' Sound To Generate Peace and Compassion

by Jonathan Goldman

I would like to suggest that you have people use the "AH" sound, in whatever key or tone feels comfortable for them. This is an extremely powerful sound-- particularly useful for generating peace and compassion. I know you will agree that peace and compassion are truly keys to transformation of consciousness on this planet. As you may know, the "AH" sound is a sacred seed syllable. It is found in most of the God and Goddess names on the planet (Tara, Buddha,

Krishna, Yah, Astara), as well as many of the sacred words (Amen, Alleluia, Aum). Most mystical traditions worldwide also find it to be the sound of the heart chakra. Yet, as a vowel sound, it defies denomination or description as a mantra and is acceptable by everyone...

<http://www.healingsounds.com/articles/ah.asp>

D 'n A Tuning Forks Sacred Ration of 8:13

by Jonathan Goldman

These aluminum tuning forks create the ratio of 8 to 13--a new sonic relationship to be found on the planet. These tuning forks express the phi ratio, which some believe to be the ratio of love. They represent an outer octave of the sacred spiral. When sounded together they have a most unique effect: some hear angels singing, others become aware of light being encoded in the physical and etheric. Others feel their consciousness spiraling. Still others feel a gateway opening. Health professionals who have experimented with these tuning forks have found they balance the left and right hemispheres of the brain and induce deep states of tranquility. Other professionals indicate they can balance and align the chakras. Still others believe that they actually create balance on a sub-atomic levels and can actual activate new aspects of the DNA helix...

<http://www.healingsounds.com/articles/dna.asp>

Overview Sound Healing

by Jonathan Goldman

Sound Healing, as the name implies, is the use of sound to create balance and alignment in: the physical body, the energy centers called "chakras", and/or the etheric fields. The sound may be applied by an instrument or by the human voice. Sound Healing is a vibrational therapy and can be understand as being energy medicine. While the use of sound and music for healing is ancient and can be found in many spiritual and sacred traditions, "Sound Healing" is a relatively new modality in the traditional (allopathic) and complementary healing arts. The current field of Sound Healing is enormous in its scope. Sound encompasses virtually all aspects of the auditory phenomenon--from music to nature sounds to electronic sounds to vocal sounds. Practitioners who use sound may likewise use anything that falls within this scope; from classical music to drumming and chanting to electronically synthesized sounds to acoustic instruments. The depth and variety of a "Sound Healing" may vary extensively, from a client listening to soothing music that calms and relaxes to a client lying on a specially designed bed that projects specific sounds into their body. Some "Sound Healing" sessions may include:

<http://www.healingsounds.com/articles/overview-sound-healing.asp>

Pythagorean Tuning Forks 2/3 (256hz & 384hz)

by Jonathan Goldman

These tuning forks represent a powerful new way of using sound to resonate the body, brain and etheric fields. These tuning forks were developed by John Beaulieu, N.D., Ph.D., author of MUSIC AND SOUND IN THE HEALING ARTS.

These specific tuning forks are of C (256 cycles per second) and G (384 cycles per second). They are of the musical interval (the name given when two notes are sounded together) called "the Perfect Fifth". With these tuning forks, they are two harmonically related notes which vibrate against each other at the ratio of 2:3 (the C tuning fork vibrates two times as fast as an unstruck C of 128 cycles per second--the G tuning fork vibrates three times as fast as that unstruck C. When struck together they create the ratio of two to three, considered sacred in many traditions with an understanding of the relationship of mathematics to the cosmos. Legend tells that Pythagoras's, ancient Greek philosopher and musician believed that the ratio of 2/3 was extremely therapeutic and transformative.

<http://www.healingsounds.com/articles/pythagorean-tuning-forks.asp>

Science of Harmonics

by Jonathan Goldman

WHAT IS SOUND? The universe is alive with sound and within all sounds are harmonics. Harmonics, also known as 'overtones', are a phenomenon of sound that occurs whenever sound is created. Normally we perceive what seem like single tones when we hear a note struck on a musical instrument like a violin or a piano. However, nearly all tones that are produced by musical instruments, our voices or other sound sources are in reality not pure tones, but mixtures of pure tone frequencies called 'partials'. The lowest such frequency is called the fundamental. All partials higher in frequency than the fundamental are referred to as overtones.

<http://www.healingsounds.com/articles/science-harmonics.asp>

Shifting Frequencies: Frequency + Intent

by Jonathan Goldman From "Sedona Emergence" July 1996

This is Jonathan Goldman and Shamael talking to you about frequency shifting and the power of sound. Jonathan will deal with the psycho-acoustics of sound, as well as his own experiences. Shamael will deal with the inter-dimensional aspects of this work. We will unify as one voice for this experience with you. To start, let us say, that everything is vibration. From the chair that you may be sitting in to the paper of this magazine you are holding, everything is in a state of vibration. This is not a new idea. Your ancient mystics have known this for many a millennium, but now your scientists are beginning to understand this and agree with this. It is a wonderful start. From the electrons spinning around the nucleus of an atom, to the planets spinning around suns in the galaxy, everything is in movement. Everything is in vibration. And if it is in vibration, it is putting out a sound.

<http://www.healingsounds.com/articles/shifting-frequencies-1.asp>

Sound Medicine for the New Millennium

Dr. Jeffrey D. Thompson, D.C., B.F.A.

Human beings have been using sound to access deeper states of consciousness, expand awareness and heal the body for thousands of years.

Chanting, toning, Tibetan singing bowls, Chinese meditation gongs, and mantras, are just a few examples of this use of sound. Today, with highly sophisticated technological equipment, we can not only observe the functioning of the body and the brain in unprecedented detail, but also measure the changes that take place in the mind and body in different states of consciousness and different states of health. Research projects in major universities across the country have explored the neurophysiology of meditation, deep relaxation states and mind/body interactions during healing. In one study a simple meditation technique used for 20 minutes a day caused profound changes in blood pressure, stress handling ability, immune response and feelings of well being - never mind using any kind of high-tech approach which could bring consciousness to very deep levels of relaxation. Using this technology as a daily tool for mind/body integration and stress reduction can have many positive benefits. Present technology allows us to affect the body/mind in two parallel ways:

<http://www.neuroacoustic.com/registry/new-medicine.htm>

Shifting Frequencies: Compassion through Sound

by Jonathan Goldman & Shamael

This is Jonathan Goldman and Shamael talking to you about frequency shifting and the power of sound. Jonathan will deal with the psycho-acoustics of sound, as well as his own experiences. Shamael will deal with the inter-dimensional aspects of this work. We will unify as one voice for this experience with you. Last chapter, we concluded our discussion (for the time being) on fields and began to focus on the use of sound to create and influence fields. We briefly talked on the positive aspects of invoking energy forms of compassion for activation and resonance of these sacred spaces. We would like to continue this discussion. It is said that there are only two basic emotions which guide us; love and fear.

There is much truth to this. Out of the energies of love come many other emotions such as joy, ecstasy and happiness. Out of the energies of fear, come other emotions such as anger, despair and hatred. Now, this of course is an oversimplification, but you get the idea. What is most important is that our lives and the reality we create are filtered through the glasses of emotion and we tend to see things through the spectacles of either love or fear.

<http://www.healingsounds.com/articles/shifting-frequencies-9.asp>

HEALING SOUNDS

An Interview with Jonathan Goldman by Robert Mann

One of the most exciting new areas of research in healing and the transformation of consciousness involves the use of sound. Like much of the "New Age" exploration, this is in large part a rediscovery of ancient technique and practices combined with modern research in psycho-acoustics and physiology. One of the leading teachers of the healing power of sound is Jonathan Goldman. Jonathan is the director of the Sound Healers Association and the School of Sound, and is president of Spirit Music in Boulder, Colorado. He is the author of Healing Sounds: The Power Of Harmonics, one of the best new books on the subject. I

spoke with Jonathan from his office in Boulder. RM : Jonathan, how did you get involved with the healing use of sound?

<http://www.healingsounds.com/articles/sound-healing-article.asp>

DISCOVER YOUR NATURAL VOICE

By Chris James

Who likes the sound of their own voice? This is a question I ask people time and time again, when teaching them how to love their voice, or how to discover their voices. The responses is usually the same: maybe one professional singer, a handful of bathroom singers, and, whether it's a crowd of 500 or an introductory workshop of 30-40, 80-90% of people will laugh and put up their hand and say they don't like their voice, or they don't think they can sing in tune. The reasons given quite often fall into the same patterns...

You see, you really were born with a beautiful voice. You were born with the ability to sing beautifully, with total openness. I mean, the image of dancing and singing through a field of flowers with total lack of self-consciousness is potentially in each one of us. We are also born with the ability to actually heal with our voice. This healing quality of the voice can range from the communication of wonder that comes with just listening to a beautiful singing voice, to the pure quality of a tone affecting the physical and emotional body of the person to whom it is directed.

<http://www.soundhealersassociation.org/sha/chrisjames.html>

SOUND AS LIGHT WAVES

By Iasos

For any healing modality, healing is not creating something new, but merely realigning the body to its own already -existing Divine blue-print. There are innumerable ways to do this, and using sound is one potent way. How is it that Sound can Heal? Primarily thorough Physical Resonance and Emotional Resonance.

<http://www.soundhealersassociation.org/sha/iasos.html>

Chanting, Listening and the Electronic Ear

The Pioneering Work of Dr. Alfred Tomatis

by Don G. Campbell

For nearly two years, the monks of Santa Domingo in Spain have been making the top of the charts fro months and months in Europe and the U.S. The monks themselves think it is because of the marketing techniques of their producers, but it may be because of a far more interesting phenomenon predicted nearly twenty years ago by the remarkable French MD, Alfred Tomatis. Since the 1950's Dr. Tomatis has researched the effects of Gregorian chant upon the brain and body. By the early 1970's when Vatican II modified the liturgy of the Roman Catholic Church, Dr. Tomatis was being asked to visit monasteries and council the abbots and monks on their failing health and energy. He remarkably noted that until they

returned into their natural sounds of Latin singing psalmody and chant, that they would no longer feel the natural rhythms of the day.

<http://www.soundhealersassociation.org/sha/doncambel.html>

Music of the Hemispheres Pt 1, Pt 2, Pt 3

"Listen to this," Daniel Levitin said. "What is it?" He hit a button on his computer keyboard and out came a half-second clip of music. It was just two notes blasted on a raspy electric guitar, but I could immediately identify it: the opening lick to the [Rolling Stones'](#) "Brown Sugar."

Then he played another, even shorter snippet: a single chord struck once on piano. Again I could instantly figure out what it was: the first note in [Elton John's](#) live version of "Benny and the Jets."

Dr. Levitin beamed. "You hear only one note, and you already know who it is," he said. "So what I want to know is: How we do this? Why are we so good at recognizing music?"

<http://www.nytimes.com/2006/12/31/arts/music/31thom.html?pagewanted=1&ei=5088&en=e00c9b67991b7b24&ex=1325221200&partner=rssnyt&emc=rss>

HOW TO CHOOSE HEALING MUSIC

by Kay Gardner

How is it that some music can lift our spirits? And how is it that other music can make us nervous and irritable, even physically ill? What is the power in music that can alter listeners on all level - body, mind and spirit? When listening to our favorite music, most of us don't break it down into its basic elements; we usually just hear and feel the total effect of the sounds. But music is subtly touching us in many ways precisely because of its different elements, and if we have some understanding of what music is made up of and how it touches us, we can more intelligently choose (or create) music with healing potential.

Eight Elements...

http://www.soundhealersassociation.org/sha/kay_gardner.html

Listening as Healing

by Pauline Oliveros

Listening is a multi-dimensional dynamic process. Ways of listening are many fold. These ways of listening are based on experience, habit and training. Two principle ways of listening are, 1) Active listening which involves interpretation, participation or meeting the stimulus with sensual, emotional, intellectual or intuitive energy. 2) Receptive listening which involves recording the stimulus in memory. Through one may experience the two principle ways of listening numerous times everyday, force of habit or special training may control and/or limit how one listens.

http://www.soundhealersassociation.org/sha/pauline_oliveros.html

Vibrational Therapy

By Dr. Peter Guy Manners

Cymatics and the use of sound in medicine and other forms of research is a very important study of the future. First, it is necessary to understand the basis of the concept. Therefore, I would like to quote a few words from a great Physicist of the past, Sir Oliver Lodge: "A particle cannot quiver or move without disturbing the medium in which it happens to be. A boat cannot move from side to side without disturbing the water on which it floats and a bell cannot vibrate without rippling the air into sound waves." Perhaps at the same moment as Sir Oliver Lodge was writing these words, DR. Abrahams of America was writing this; "As Physicians we dare not stand aloof from the recent amazing advances in physical science and segregate the human entity from other entities of the physical universe. We are, in any case, dealing with the congregation of vibrant atoms which in their combinations are the basic constituents of everything which exists.

http://www.soundhealersassociation.org/sha/peter_guy_manners.html

Good Vibrations

A new treatment under study by NASA-funded doctors could reverse bone loss experienced by astronauts in space.

"Use it or lose it." The familiar mantra of fitness buffs applies as much in space as it does on Earth -- perhaps more so. The bones and muscles of astronauts, freed from the familiar strains of gravity, can weaken alarmingly. Muscles atrophy relatively quickly, while bones lose mass during prolonged exposures to weightlessness. Reducing muscle atrophy requires exercise -- and lots of it. Astronauts in space spend about two hours each day working out with the aid of exotic devices that rely on springs, elastic, and harnesses to provide resistance and mimic body weight.

http://science.nasa.gov/headlines/y2001/ast02nov_1.htm

Music and Its Memories

Copyright © 1996 Norman M. Weinberger and the Regents of the University of California. All Rights Reserved.

Music relies on memory. What is the nature of this memory? Researchers in both cognitive science and behavioral neuroscience are actively engaged in a major debate about memory. They are particularly concerned with the growing multiplicity of forms of memory. How many are there? How do they differ from each other? Two of the generally accepted types are "declarative" and "procedural" memory. In a moment, we will consider their relevance for music. But first, some definitions are needed. "Declarative" refers to memories that can be consciously recalled and stated. The contents of declarative memory seem to be largely life episodes, i.e., recall of a specific occasion, like your first date, what you had for dinner yesterday, etc. or facts, e.g. the capital of France. Declarative memories are acquired rapidly; generally, they don't require much repetition of the experience to become fairly strong. In fact, highly emotional events need be experienced only once to leave a life-time declarative memory. Each reader can probably think of such a personal experience...

<http://www.musica.uci.edu/mrn/V3I2F96.html#sing>

SOUND, STRESS and HEALING

by Steven Halpern

I remember very clearly the first time I 'became' the music-no longer a 'me' playing the music, only 'music being played.' ... All I knew was that it felt great and I wanted to learn how to get into that state again. Thus began my period of study with the master teacher who appeared on piano and as an English professor teaching about William Blake, which included studying spiritual traditions of the East, the work of Gurdjiaff, nutrition, yoga and meditation. It ultimately led to my being ready to be opened as a channel for the meditative healing music that would flow through me when I played piano which has formed the foundation for my recording career and my sound contributions to the holistic growth movement.

The Healing Powers of Music

Although no one fully understands yet the mechanisms through which the healing powers of music operate, there is no question that certain kinds of music can assist the body in amplifying its own self-healing energies...

http://www.soundhealersassociation.org/sha/steven_halpern.html

DNA Music Soundscapes: The Next Wave of Channeled Information

(by Shapeshifter) October 2000 –

Beneath and beyond linear word structures is vibration, a vast ocean of infinite harmonics; the primal force from which the intersecting light codes that form matter and the holographic structure of our shared reality emanates. We, and all that we experience, are but dancing particle waves, scalar harmonics of frequency interacting. Music, sound, tone, modulation, frequencies and vibration are fundamental elements emerging "beyond" and through the core level subatomic of this level of reality. We are energy beings composed of various frequencies that mesh together to form the matter that we call the human body. A much larger part of who we are exists in the non-visible, etheric realm of energy. What we know to exist in the space of 3D reality also exists...

http://www.visionarymusic.com/art_wave.html

Tune in Your Antenna: Harness the Power of Emotional Energy

By Zoe Routh Article

In this article we'll look at some basic facts around energy, how it affects you and others, and how to make use of this knowledge to foster good health. The facts, as we've been told Albert Einstein's work shows us that all matter is energy.

Every single thing is made up of tiny bits of energy - bits of neutrons, protons, and a nucleus - all mostly empty space with all the little bits flying around, or vibrating. These little bits arrange themselves in particular patterns to form your body, a table, your coffee mug, and even your thoughts. All energy travels in waves and has different amplitude and frequencies. (Drew Rozell, The Magnet - Law of Attraction newsletter, May 2006 edition)...

<http://ezinearticles.com/?Tune-in-Your-Antenna:-Harness-the-Power-of-Emotional-Energy&id=339768>

Healing Music

Music is widely used for healing purposes such as stress management and surgery. You might be thinking as to how music can be used effectively for stress management. There are few basic principles that you should understand so as to tailor your favorite music for the purpose of stress management. 1. You should use your favorite category of music and in case you don't like Mozart or classical music then don't use it. Good and quality music can be found in most genre of music. 2. You should choose music that has pleasant associations for you or music that brings you cheerful memories...

<http://www.buzzle.com/editorials/6-20-2006-99788.asp>

What's the Buzz: Sound Therapy

by Stephanie Rosenbloom

CAROL HARADA lay on her back, eyes closed, on cushions strewn across the floor of a studio in Emeryville, Calif. Several people, some clutching musical instruments, quietly gathered around. It was her turn to receive a group healing. One person held her feet. Another touched her head. Someone placed a hand on her shoulder. Ms. Harada, 40, then stated that her intention was to release the dull pain in her left shoulder. "The physical touch was important, to remind me I was safe and directly connected to people doing healing work on my behalf," she wrote in an e-mail describing her experience last spring. Then, using their voices and acoustic instruments - bowls made from crystals, an Australian didgeridoo, bells and drums - the participants gently bathed Ms. Harada in sound...

<http://www.healingmusic.org/Library/Newsroom/WhatsTheBuzzSoundTherapy.aspx>