

GUIDE

TERMS

EVENTS

ARTICLES

MULTIMEDIA

Healing Sounds - Healing Mus

The first moment of consciousness in a human being is fetus first hears its mother's heartbeat, the internal sou voice. Long before it is born, it will respond to the nois throughout its tiny body reacting to sound in utero. So calming to the unborn child, while sounds that are upso causing increased heart rate, jerking movements, and c Chopra M.D. (1.)

Dr. Alfred Tomatis, Ear, Nose and Throat surgeon and conducted many research studies about hearing. "For were the sounds of our mother's heartbeat (approx. 50 sound of our mother's breath in and out, much like the going out (approx. 12-15 cycles/minute); the tone of our resembling the sound of a dolphin. These were the first and the world around us."

Music affects us physically, psychologically, emotionally are far more complex, subtle and far-reaching than car science has measured observable physical effects, such fingertips or the speed of muscle reactions to sound. N blood chemistry show the connection between the bod peptides and changes in emotion.

Music Therapy is an established healthcare profession t

emotional, cognitive, and social needs of individuals of quality of life for persons who are well and meets the n Music therapy interventions can be designed to:

- ✦ promote wellness
- ✦ manage stress
- ✦ alleviate pain
- ✦ express feelings
- ✦ enhance memory
- ✦ improve communication
- ✦ promote physical rehabilitation.

Research in music therapy supports its effectiveness in educational settings. (3.)

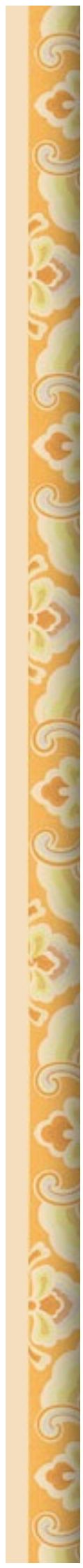
Healing sounds focus on the ability of harmonics to cre Amrita Cottrell, Founder and Director of the Healing M may occur in the physical body, or in the mind, emotio changes occur, they initiate transformation and healing

From the dawn of civilization music was used to heal. I god of music and medicine. In ancient Egypt, the profe physicians were combined. From the Bible we learn ho

Today, allopathic medical hospitals all over the United sound within the hospital environment. Music is being complications of surgical procedures for patients, and lowered blood pressure, heart, and respiratory rate of

Don Campbell, in his book *The Mozart Effect* (5), notes Massachusetts Medical Center in Worcester are using painkillers for cancer and other seriously ill patients. H visiting professor at Kingston University in Ontario, Ca to fifteen minutes of soothing music require only one h anesthetic drugs and sedatives for painful operations. E forego general anesthesia in place of country-western r operation.

Sound, in the form of chant, tone, music, and nature sc healthcare arena for the enhancement of health, vitality psychological and behavioral conditions, and stress red psycho-immunology, which they published in 1993 in t revealed that nerve fibers are contained in every organ biological communication between the nerve endings a that there is a direct link between a person's thoughts, a the health of the immune system.



Quantum physicist, David Bohm, wrote in Wholeness a
"the essence of non-obstructed, indivisible, flowing mo
transcribed into the external world. When the internal :
dissonant-- the result is disease or a break in harmony.'

Our body is a powerful, self-healing instrument with th
music vibrate us into a state of resonance with our natu
health. When we surrender ourselves to healing sound
more receptive to healing, but are also the means by wh
our body is a sound resonator and lives in a rhythmic p
and its musical note. Every system has its cycle and its j
in our body respond to sound vibrations as do our mer
consciousness.

Studies show that music helps to increase the serotonin
decrease the ACTH or stress hormones. Music can tran
state to Alpha (deep meditative) brain state while remai
pressure, pulse rate, circulation, brain wave activity, m
and emotional responses. It is also during the theta stat
healing.

MUSIC THERAPY

According to the American Music Therapy Association,
service similar to occupational therapy and physical the
therapeutically to address physical, psychological, cogn
patients of all ages. Because music therapy is a powerfu
outcomes are possible. In addition to its applications w
used successfully with persons of all ages and disabilitie

Music therapy has been shown to be an effective and v
with a variety of diagnoses. Research results and clinica
music therapy even in those patients resistant to other
sensory stimulation, which provokes responses due to
of security associated with it.

Music therapists use music activities, both instrumenta
that are non-musical in nature. Music therapy program
treatment planning, and ongoing program evaluation. I
interdisciplinary team, music therapists implement pro
addressing a vast continuum of outcomes, including re
management, communication, and emotional expressi

Music therapy utilized in a medical setting complies wit
inherent in the medical model of treatment. Profession
utilize individualized music experiences to assess, treat,

patient objectives are specific and relevant to medical care and discharge timeline. Benefits are described in medical, a

Through a planned and systematic use of music and music therapy opportunities for:

- Anxiety and stress reduction

- Non-pharmacological management of pain

- Positive changes in mood and emotional well-being

- Active and positive patient participation

- Decreased length of stay

In addition, music therapy may allow for:

- Emotional intimacy with families and friends

- Relaxation for the entire family

- Meaningful time spent together in a peaceful environment

BRAINWAVES

Music and Sound Transport the Listener from Beta to Theta


Researchers believe that the brain either contains specific frequencies or when touched by the sound of music, come alive in a way that these changes are measured utilizing a variety of imaging techniques (magnetic resonance imaging) and EEG's (electro-encephalogram) to measure brain waves. The music we listen to will resonate inside our heads and create emotional and physical sensations such as peacefulness or excitement or irritation.

MUSIC AND SPECIFIC ILLNESSES

Cancer:

Fabien Maman, French composer, acupuncturist and biologist, has documented the influence of sound waves on the cells of the body. He has used energetic healing techniques, and wondered how we are affected by sound, so, how deeply does sound travel into our bodies? He has worked with a biologist and musician, at the French National Center for Scientific Research, they studied the effect of low volume (30-40 decibels) sound on cells.

Mounting a camera on a microscope with slides of human cells, he observed various acoustical instruments (guitar, gong, xylophone) and their duration, while they observed the affect on the cells. The sound that came from the human voice, when Maman sang a series of notes, the cells quickly disorganized. The human voice carries something more powerful than any musical instrument: consciousness. The human voice is able to support a progressive accumulation of vibrators.



Maman continued his study, but this time with two breasts committed to tone for three-and-a-half hours per day, the tumor vanished completely. The second woman under the surgeon's care reported that the tumor had reduced in size and she recovered fully from the surgery and remains healthy. This phenomenon was substantiated by the photographs he says, "the cancer cells show evidence of cell nuclei incapable of withstanding sound wave frequencies attack the cytoplasmic and nuclear structure. Sound literally transforms the cell structure. As the voice breaks in sound, the vibratory rate becomes too powerful for the cells to sustain themselves. Therefore, the cell dies because it is not able to synchronize with the collection of sound."

According to Mitchell Gaynor, M.D., Medical Oncologist and Integrative Medicine at the Strang-Cornell Cancer Prevention and author of Sounds of Healing: A Physician Reveals the Power of Sound and Music (9), "Sound enters the healing equation from the cellular level; it may entrain biological functions through energetic effects; it may entrain biological functions homeostatically; it may calm the mind and therefore the body, which influence neurotransmitters and neuropeptides, and the immune system--the healer within."

Dr. Walter Quan, Jr., Oncologist-Hematologist of St. Luke's Hospital, attests that: "The mind/body relationship is particularly important in the immune system to treat cancer. We believe that patients with a brighter mood, appear to do better in terms of their response to therapy and imaging and immune therapy of cancer all taken in conjunction with biologic therapy for cancer. A recent study of approximately three quarters of cancer patients that had the additional music therapy experienced less pain than those who did not. Patients relax, could possibly be beneficial in raising the therapeutic implications for cancer."

Music therapy is quantifiable and qualitative. Dr. Quan says, "You only use those things that you can measure or that you can observe. There are a number of disciplines, and music therapy is one of them. The effect which can give a lot of benefit for patients."

Cancer patients specifically started listening to music for relief in 1985, when a music therapy program was started at the University of Ireland Cancer Center.

"Music therapy is one of the newest and most encouraging developments," said Martha Osborne, nurse educator at Pomona Valley Hospital. "How powerful, healing, and overwhelming music can be for patients and families get through the challenge of cancer. Music releases

patients have and gives them a chance to work through

"Having cancer is like being dumped from a helicopter
"Listening to music and allowing it to take over the body
physical and emotional relief."

Music Therapy is effective in the following areas:

- Pain
- Depression
- Nausea/vomiting
- Anger
- Fatigue
- Worry
- Loneliness
- Appetite
- Stress
- Tiredness

- Fear

Uses for Chemotherapy and/or Radiation Therapy Patients:

- re-develop cognition skills
- lessen or alleviate nausea/vomiting
- reduce fatigue/infection
- increase appetite
- lessen skin changes (dry, flaky/weepy/blistering)

Music Therapy in support of Immunotherapy:


- reduce flu-like symptoms
- lessen incidents of rash
- reduce blood pressure
- increase ability to breathe easily

Music Therapy in support of Cancer in general:

- cognition function
- lighten mood
- improve quality of life
- increase appetite so healthy diet can strengthen immune system

Surgery

Helen Bonny, Ph.D., has been one of the pioneers in Music Therapy and Music has become a mainstay in the therapeutic use of music since the 1960's at the Maryland Psychiatric Research Center at J



"Music Therapy is essentially non-musical in nature. It is used to help patients cope with psycho-physiologic stress, pain, anxiety or isolation. It helps with relaxation, develop self-awareness and creativity, improve coping skills, and help patients cope with a wide variety of psycho-physiologic dysfunction. In a one-on-one private psychological practice utilizing classical music, the therapist can elicit symbols and deep feelings from within the patient's unconscious mind. This is done merely to keep the flow of images and expression going. The music allows the patient to organically access their deeper consciousness and address longstanding questions about themselves.

In the medical setting, Bonny feels music plays an important role for the patient. "Hearing is the last sense lost before sleep and anesthesia. Traditionally, the speaking voice and human touch provide reassurance in hospital settings, but personnel cannot always be present. Music, or the "touch of sound," may be a good substitute.

Bonny was involved in a study at Jefferson General Hospital where patients undergoing surgery with either regional or general anesthesia reported that she feels that multi-dimensional, non-verbal characteristics (such as brain functioning) help to cross through linear, verbal communication.

BONES

Long believed to be relaxing or stress reducing, a cat's purr can create vibrations or frequencies that cause bone fractures to heal and begin to strengthen and rebuild.

Researcher Elizabeth von Muggenthaler of the Fauna Conservation Society, North Carolina, a specialist in the field of bioacoustics, found that 20 Hz and 50 Hz, the optimum frequencies that induce increased bone growth.

A National Geographic report in January, 2001 (p.11) reported that a rabbit's plate for 20 minutes daily resulted in stronger bone growth. A study in Surgery, [32 (4), 217-219] presented in "The Effects of Frequency on Experimental Fracture Healing" that rabbits exposed to 20 Hz showed a strength by 20%.

PAIN MANAGEMENT / STRESS REDUCTION

One type of psycho-physiologic response happens when a person enters a state of consciousness. When an individual uses music for relaxation, they enter a state of consciousness as they remain in a normal waking state. As they enter a state of consciousness, the individual moves through the remainder of the six states of consciousness: threshold, daydreaming, trance, meditative states, and deep trance.

In these states of consciousness, time takes on a different quality.

during music therapy sessions, the individual will lose t
in turn helps them to reduce feelings of anxiety, fear, a

Scientific studies have shown that music therapy helps
anxiety for the patient, resulting in physiological change

Improved respiration
Lowered blood pressure
Improved cardiac output
Reduced heart rate
Relaxed muscle tension

Music therapy has been shown to have a significant effe
of treatment, pain reduction, relaxation, slowed respira
overall increased sense of well-being.

CYMATICS

Cymatics is the science of how sound waves translate in
that sound is formative. This fascinating science is the f
Sir Peter Guy Manners (10.) about the applications and

Elizabeth Colorio (11.), doctor of bioenergetic medicine
International, talks about the relationship of sound/vib
within our bodies.


“Human tissue in itself is an energy system. Impedance
predecessor to tissue dysfunction, and dysfunction in ti
resonant characteristics.

Certain precisely-specified frequencies, amplitudes, an
electrically balanced (homeostatic) functioning of the b
Certain other frequencies, amplitudes, and waveforms
imbalanced disruptions or serve as early warning signal

Cymatics research shows a correlation with the auditor
inundated with strident sounds of an urban environme
or unhealthy than a person who is surrounded by natu

Dr. Colorio believes that “the auditory environment tha
impacts the balance of our innate resonant frequencies
able to tune in to healthy or unhealthy vibrations in our
bad frequencies impacts us physiologically as it does all

”As human beings, we attempt by nature to avoid noxi



consider harmful or 'out of tune' with our own. Think of a screeching siren, or even to a musical style we do not playing music that we do not like or consider annoying, one whose musical style we prefer or feel more comfort

Cymatics confirms what we already feel — that certain our physiological balance.

According to Dr. Colorio, "the Einsteinian view of vibration a multidimensional organism composed of physical/cell complex regulatory energy fields. Cymatic therapies, with medicine, target these energy fields, directing sound energy the balance of the resonance frequencies within.

"There are literally hundreds of 'signature vibrations' of commutation, or harmonious combination, of frequencies is designed to bring into resonant balance. All of these signature resonant frequencies of the tissue to be targeted in its c

Dr. Manners's study of the frequencies of healthy tissue record the frequencies of tissue with the help of instruments those frequencies. In the 1950s, Professor Gaveau of the Germany, Dr. Harold S. Burr from Yale University, and involved in research into these phenomena. Dr. Manne concluded that, "every part of the body — the heart, the the bones, the nerves — possesses a harmonic. These harmon what they are, and they can be played back into the str

TESTIMONIALS

FROM www.soundfeelings.com:

"I laughed. I cried. I met demons who chased me, fought became my friends. I danced through a shower of light. gratefulness. And all these things happened to me as I l especially for people with cancer."—**Name withheld by**

"I was laying on the bed and I could smell three distinct a long time, which were pleasant odors to me. And then in time with the rhythm in small short contractions an off and on since July, — it was releasing the tension in i done listening the pain was gone in that knee. It just rel amazed! If that's all it ever does for me it's well worth t much more ways as I continue to use it. Thank you very I'll continue to let you know of good things that happen recovering from brain injury, South Jordan, UT

“While recuperating from surgery last year I played the beautiful and reflects so many wonderful things in life. stressed due to my very busy schedule. I have also found to sleep after being called to the emergency room at three Stressed tape is the most effective music that I have heard recommend it to my friends, colleagues, and especially

M.D., Encino, CA

“I would strongly recommend it as a standard item for pain complicate a medical condition. No other tape has

Psychologist, Quest Management Consultants, Fallb

“Once I had finished listening to the music I felt more relaxed this while the music was playing. However, I did feel that it was over. The guided imagery gave my body a sense of calm with the mind and gaining a greater sense of awareness: negative and restore new energy and hope. I felt like I took

Andrea Wasserman, Physical Therapist, PT, PhD, We

Music / Sound Glossary

Sound:

- Transmitted vibrations of any frequency including the
- The sensation stimulated in the organs of hearing by sound medium.
- A distinctive noise.

Music:

- Transmitted vibrations of any frequency including the
- The sensation stimulated in the organs of hearing by sound medium.
- A distinctive noise.

Harmony:

- Simultaneous combination of notes
- The study of the structure, progression and relation of
- Combination of sounds considered pleasing to the ear

Harmonics:

- Of or relating to harmony.
- Integrated in nature.
- Series of overtones produced as an integral multiple of
- The theory or study of the physical properties and character

Vibration:

- A rapid back and forth motion or oscillation.
- To shake or move with or as if with a slight quivering
- To produce sound; resonate.

Resonant:

- Strong and deep in tone, resounding.
- Continuing to sound in the ears or memory; echoing.
- Having a prolonged subtle or stimulating effect beyond

Dissonant:

- Discordant
- A clashing musical interval

Consonant:

- Harmony or agreement among components.
- Correspondence or re-occurrence of sounds; repetition
- An agreeable combination of sounds or musical notes


Coherency:

- The action or fact of stitching together, cohesion
- Logical connection, congruity, consistency
- Harmonious connection of the several parts of a discourse or work so that they work together

FOOTNOTES AND REFERENCES

1. Deepak Chopra, M.D. Educational Director of the Chopra Center for Consciousness Studies. He was formerly chief of staff at New England Memorial Hospital, Boston Univ. School of Medicine. Acknowledged as one of the leading authorities in the field of mind body medicine, he continues to transform the way we view health. Through his creation of The Chopra Center for Consciousness Studies, he established a formal vehicle for the expansion of his health care philosophy. Through the best of western medicine with natural healing traditions, he has created the Chopra Center, he leads and develops training programs for health care professionals. The University of California, San Diego School of Medicine has granted a license to this program, which satisfies requirements for the American Medical Association Recognition Award. Through his partnership with David Bohm, he has transformed the way the world views physical, mental, emotional, spiritual and energetic health.

Dr. Chopra is known as the prolific author of over 42 books and has produced over 100 audio ROM titles which have been translated into 35 languages and are available worldwide. As the keynote speaker, he appeared at the World Peace Forum, hosted by Mikhail Gorbachev and the Peace and



by the former president of Costa Rica and Nobel Peace Award as an Adjunct Professor at Kellogg School of Management through Albert Einstein College of Medicine in Psychotherapy. Along with Nobel Peace Laureates Oscar Deepak Chopra is a founding director of the Alliance for creating a critical mass of consciousness in the world for ecological balance and conflict resolution.

2. Dr. Alfred A. Tomatis, 1/1/1920 – 12/26/2001. Famous started studying the impact of occupational noise after a new multi-disciplinary science called Audio-Psychology "the way we listen" has a profound impact on almost all aspects of a whole new area of research, discoveries for which he won the Grand Prix in France in 1951 and the gold medal for Scientific Research in 1952. He has written 14 books and numerous articles.

Tomatis found that people who are right ear dominant and have a background in neurology, he readily understood that the place where language is processed - a fast and accurate connection to the right brain, where language cannot be connected to the left brain.

The Tomatis Listening Therapy, still highly regarded today for auditory processing problems, dyslexia, learning disabilities, and those with sensory integration and motor-skill difficulties, depression, learn foreign languages faster, develop better both creativity and on-the-job performance. Many musicians find it helpful in fine-tuning their artistic skills.

3. www.musictherapy.org

4. Amrita Cottrell - Founding Director, [The Healing Music](http://TheHealingMusic.org), www.healingmusic.org; Member, Faculty - California Institute of Music, CA; Teacher - California Institute of Psychoacoustics - Santa Cruz, CA - [Center of Harmonic Living](http://CenterofHarmonicLiving.org), Santa Cruz, CA

5. [The Mozart Effect](http://TheMozartEffect.com)®, Don Campbell - Campbell is a researcher who has shown the transformative power of music, listening, and [The Mozart Effect](http://TheMozartEffect.com)®. Music is not only a rich and rewarding aesthetic experience, it is a key to a more creative, intelligent, healthy, and joy-filled life. His research has brought it to its central place in the modern world as a resource for personal and professional celebration.

Campbell provides compelling evidence of the influence of music and rhythms on mental performance and creativity, as well as on physical health. Interweaving the riveting stories of ordinary men and women with the insights of psychologists, and music therapists, **he** shows how music can improve learning, boost productivity, soothe jangled nerves, strengthen

impulses, sound away pain, and heal the body from a h

6. Mind Body Medicine: How to Use Your Mind for Bet by Daniel Goleman (Editor), – “Written almost exclusively takes a calm and serious view of alternative med essays takes a calm and serious view of alternative med authors clearly explain how a person's thoughts and fee scientific findings on such subjects as the placebo effec system is affected by emotions. They examine techniqu to specific medical conditions. The essays are compreh the new techniques as complements to rather than rep Library Journal

7. Wholeness and the Implicate Order by David Bohm most famous physicist of the second half of the twentie figure among scientists in that though heavily influence Mysticism - late in his life he made contact with both J. both influenced his work. In this classic work David Bo which treats the totality of existence as an unbroken wh


8. Fabien Maman is a musician, composer, acupunctur “bioenergetician” and martial artist. As a musician/com compositions in the great concert halls of the world, in the Paris Olympia and the Berlin Philharmonic. He was de Composition Francaise. In 1977, Fabien became an acupunctur. He created the now famous system which acupunctur command points.

In the early 80's, Fabien conducted his revolutionary bi Jussieu in Paris, showing the impacts of acoustic sound Fabien found that through a series of acoustic sounds, energize and empower healthy ones.

Fabien has taught and lectured around the world inclu Osteopathie de Nice, Academic Hospital of Leningrad, IBRACHI, the Acupuncture College of Sao Paolo, Brazi Academy in the South of France.

In the United States, he was a key speaker for the Work of Alternative Medicine, and at the second and third So Portland College of Acupuncture, and, for five years, he He is the author of a series of four books: From Star to First Century.

9. Mitchell Gaynor, M.D., Medical Oncologist, Director Medicine at the Strang-Cornell Cancer Prevention Cent Sounds of Healing: A Physician Reveals the Therapeutic Broadway Books, June, 1999



10. Dr. Sir Peter Guy Manners - British medical doctor had been done in cymatics research and developed from using a toning device to transmit into diseased areas of healthy organs and tissues.

Dr. Manners started off in ordinary medicine but soon observing doctors in the process of treating their patients. Knowing that there had to be a better way of healing than the school, Dr. Manners traveled all over the world seeking better ways of treating patients. He studied with scientists in Germany and found that making forms and shapes with sound coincided with anatomy and physiology. Out of this observation came the use of sound to transform diseased tissue into its healthy state.

11. Elizabeth Colorio is director of research, development and education at the Center for Music and Health International. As a registered nurse, she specialized in critical care and is a lifelong learner and seeker of greater knowledge and scientific truth in research. She has worked for the World Health Organization as a doctor of cymatics and bioenergetics.

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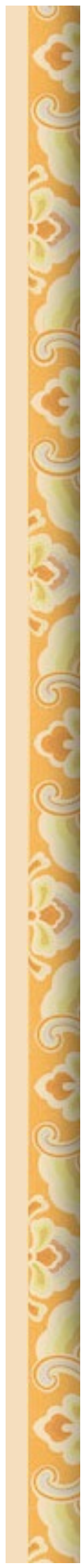
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