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The Sound Prescription

Therapy for Stress, Pain and Healing



and
MbMTalents.com
Musical Artists

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*Harmonious Life and Health, LLC
Home of **The Sound Prescription**
HarmoniousLifeandHealth.com
1500 Beville Rd., Ste. 606-300
Daytona Beach, FL 32114
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Harmonious Life and Health

brings opportunities, information and music to your Concert Series, Special Event or Week of Study.

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Sound, Health and Healing

Sound: How does it define itself? You might be surprised to know that all sound waves are energy. A practical use of sound energy in medicine is ultrasound. Ultrasound is a form of cyclic sound pressure above audible frequencies. With Ultrasound doctors can bounce sound waves off our internal organs to see their shapes and define abnormalities. Scientists have discovered acoustic, sonic weapons that disorient enemies and inflict nausea. We have all seen the singer who produces a sound that shatters glass. By that same principle, a perfectly calculated frequency can be used in medicine to break kidney stones. Medicine has discovered that every organ and cell in our body has a frequency: The eye having a different frequency from the liver. Science has discovered that sound frequency and color are inter-related in that a C tone reflects a red color and so on.

With all of these discoveries, why don't we take sound more seriously? Think how affected you are by sound. Sound has the ability to cause you to stress - like the squeak of chalk on a board and to cause you to relax - like a soft, gentle rain. If all we are talking about is frequencies, it is compelling to

imagine the power of musical sound and its effects on us. Music is the organization of sound within our audible range. Each musical pitch from the lowest audible sound to the highest has a defined frequency.

Music can move its listener to love or hate, to euphoria or melancholy. It can provide a space in time where the listener can, in slow motion, digest and experience emotions projected in the music's mood. Imagine the powerful psychology of this - experiencing emotions in slow motion for the length of a song or musical composition.

Knowing this, a Music Therapist gives a defined space for his patients to process their emotions. If the patient needs to express anger, the therapist allows the patient to beat on drums. He then begins to organize those beats into a musical improvisation on his instrument. The patient begins to feel another instrument in sync with his. He is no longer alone in his angry place, but someone is processing and organizing tones around it. This causes the patient to feel "heard" and brings a place for common ground which is the road to re-socialization and healing.

In Stress Management Therapies and with Therapeutic Harp Practitioners, music is also used to give patients a "safe place" to process and release emotions providing a space for healing. The therapist understands the power of positive beliefs. She knows assimilating life's events is important to the journey's outcome. To bring positive outcome, every

patient must pass t-h-r-o-u-g-h, forgive, love and transform. If, in the safe, space of music, a therapist can cause these things to be experienced; she has successfully used sound frequency to support function.

Written by Melody Long Anglin
Sound Script Therapist for
Harmonious Life and Health, LLC

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If the above article peaks your interest, please see our musical artist's web site MbMTalents.com for the rest of the story and call us for more information about:

- Lecture Performances
- Acute Stoke Rehabilitation Studies
- Weekly, Biweekly Assignment
- Research Participation
- New Music Presentations
- Transitional Work
- Concerts for Health and Healing

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