



Harmonic Notes Newsletter

Your "New Edge" Source for Sound and Music in the Healing Arts

September, 2007

Volume 2, Issue 1



Healing Sonic Greetings:

So many wonderful things have happened for The Healing Music Organization, and for the field of sound healing in general, since our last newsletter. In the last twelve months we've seen an increasing number of conferences and gatherings of sound healers all over the world. I think we would all agree that the rest of the world is waking up to the amazing work that we are doing with sound, music and vibrational healing. What an exciting time it is to be alive and working in this field.

To that end, we continue to update our website and add new information on a regular basis. If you know of information you think would be appropriate for our site, make sure you send us an email and let us know. If you look on the left column of the site you will see a question that asks "Who Are You?" Each one of the categories listed has a different focus and offers information that relates to each category.

I have just created a very exciting video for myself. If you have seen the movie "*The Secret*" you have heard about the power of intention, and how important our words are in creating what shows up in our life. Even more important than just the words we think or say is to engage your emotions into the creation process. There is a new process called the "Mind Movie" that helps put this creative juice into your wish lists.

I've been an entrepreneur my whole life, so when I see someone who develops something really creative, I find myself getting excited and inspired. Ryan Higgins, from Australia, has created the Mind Movie System. He is currently offering a promotional contest, and I've decided that I'm going to win the \$5000 prize. [Click here](#) to view my Mind Movie on You Tube. You can rate the movie, leave me comments, link to my movie, and send it on to others. If you do nothing else after viewing the movie, please pass it along to others. Let's help to spread the word. I've also created an Affiliate Program that gives us all an opportunity to support each other while realizing our own dreams. [Learn more....](#)

I'm really happy to say that my friend and fellow HMO member, Susie Nelson-Smith, has invited me to experience her Crystal Sound Therapy training in Hawaii in October and November. Susie has been holding the crystal bowl energy "down under" for many years. Please come join us for what promises to be a beautiful and informative ten days. [Learn more...](#)

We encourage you to share this newsletter with your friends, clients, and colleagues. We also would love to receive your [feedback](#). Feel free to contact us anytime.

I send you great blessings for all that you envision your life to be.

In deep gratitude, I AM.... *Amrita*

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A Quote to Remember

"Do you know that our soul is composed of harmony?"
—Leonardo daVinci

In the News

Results of 'Community Of Soundscapes' Project to be Presented by CU-Boulder Researchers

Researchers at CU-Boulder's Center for LifeLong Learning and Design developed the tools for creating a Community of Soundscapes as part of a long-term project they call "The Silence of the Lands." The researchers enlisted the help of 20 community volunteers, who recorded natural and urban sounds around the community using the center's digital recording devices or "sound cameras" outfitted with GPS mapping software. The software allows the recorded sounds to be annotated and placed on a map, which can be accessed online at www.thesilence.org. [Learn more...](#) www.colorado.edu/news/releases/2007/340.html

Ocean's Music Presented by San Francisco Audio Artist - "The Wave Organ is both a place and, I guess you can say, a phenomenon," says artist Peter Richards.

"This place is on the edge between the city and the wilderness of the San Francisco Bay. As a phenomenon, it's a series of 25 pipes that extend down into the water. Richards is a senior artist at San Francisco's Exploratorium science museum. He and stonemason George Gonzales were behind the project. "They create music when waves move in and out of them," explains the artist. [Read on...](#) www.voanews.com/english/2007-09-04-voa34.cfm



The Science of Music: Why does music affect us like no other art? An American scientist thinks he can explain these 'glorious illusions' - Daniel Levitin is a musician, producer and recording engineer – he has worked with the Grateful Dead, Stevie Wonder, the Carpenters, Eric Clapton, Blue Oyster Cult and others – turned cognitive neuroscientist. He runs the Laboratory for Music Perception, Cognition and Expertise at McGill University, in Montreal. He has now written a book – This Is Your Brain on Music: Understanding a Human Obsession – that both describes what music is and explains the current state of the science of music. All his research is directed at understanding his goose bumps. "There is this view that if you understand something, it will no longer be interesting or pleasurable. I just haven't found

that to be true in my life. It's why I became a producer: to understand how things are put together to produce these glorious illusions." **Learn more**...http://entertainment.timesonline.co.uk/tol/arts_and_entertainment/music/article2350325.ece

Why talking to plants may not make you such a Charlie after all - When Prince Charles suggested plants responded to his words of endearment, it was dismissed by many as eccentric nonsense. But now researchers in South Korea claim to have discovered evidence that the heir to the throne may have been right all along. The scientists said they had found "a set of sound-responsive genes in plants" in what other experts said would be an astonishing finding. Plants are known to respond to light, temperature, touch and vibration, and the South Korean team, led by Dr Mi-Jeong Jeong, decided to investigate whether they could also respond to sound in some way. **Read on**... <http://news.scotsman.com/uk.cfm?id=1376042007>

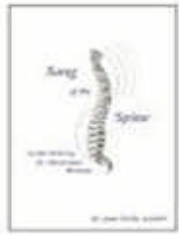


Website Feature

Would you like to receive a twice-monthly newsletter that contains many articles ones listed above? We offer the **"Sound Healing News"** as a subscription service. **Learn more** about how to subscribe to this service by visiting www.healingmusic.org/Library/Newsroom/index.asp#soundnews

New HMO Members (at www.healingmusic.org/Practitioners)

			
Annalia Florida, USA	Geoff Byrd Virginia, USA	Damaris Drewry Arizona, USA	Sally Fletcher California, USA
			
Eliana Gilad Galilee, Israel	Jules Hamland California, USA	Pamela Harris New Mexico, USA	Janiece Jaffe Indiana, USA
			
Suzanne Jonas Tennessee, USA	Kate Munger California, USA	Music for Healing & Transition Program New York, USA	Molly Scott Massachusetts, USA



Song of the Spine: Sound Healing and Vibrational Therapies

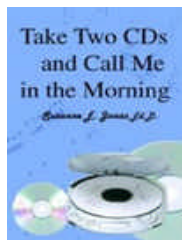
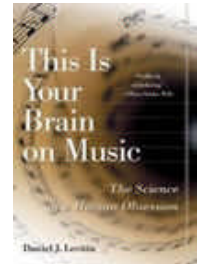
by HMO member **Dr. June Leslie Wieder**

Is it possible, asks the author, that energy echoes like a standing wave between these curves in order to maintain the structural and neural integrity of the spine and nervous system? That question led Dr. Wieder into research on the resonance of the spine. Her studies reveal that each bone of the spine has its own tone and frequency, and that applying specific vibrational frequencies directly to the vertebrae generates a sympathetic response that activates the the embedded harmonics that help maintain healthy functioning.

This is Your Brain on Music

by **Daniel J. Levitin**

Whether you load your iPod with Bach or Bono, music has a significant role in your life—even if you never realized it. Why does music evoke such powerful moods? The answers are at last becoming clear, thanks to revolutionary neuroscience and the emerging field of evolutionary psychology. Both a cutting-edge study and a tribute to the beauty of music itself, *This Is Your Brain on Music* unravels a host of mysteries that affect everything from pop culture to our understanding of human nature.



Take Two CDs and Call Me in the Morning

by HMO member **Dr. Susanne Jonas**

For 20 years Dr. Jonas has worked with clients in healthcare, business, and education. In this book, you can learn how music and sound affect us and how they can heal and improve us, no matter the symptom, occupation, place of work, or time of day. The appendix is filled with specific music recommendations for whatever you would like sound to enhance, i.e., surgery, creativity, relaxation, digestion, grades, etc.

Classical Favorites for the Harp

by HMO member **Sally Fletcher**

These timeless classics, arranged for harp, are favorites because we intuitively know they bring healing, harmony, peace, joy and inspiration. Scientific research is now telling us what we have known all along. The vibrations, pulse, harmony and energy of certain music can be a powerful healing force, especially when combined with the soothing resonance of the pure harp strings. Sally Fletcher's CDs are used in spas, health clubs, hospitals and private homes.



Harmonic Gateways to Healing

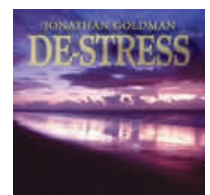
by HMO member **Patrice Morency**

The human voice is the most healing instrument on the planet. Even if you are not a singer or musician, you can enhance your health and wellbeing by using your voice. Vocal toning to balance the chakras has many benefits, including quieting the mind, increasing your energy, and relieving emotional and physical pain. Join Sound Healer, Patrice Morency and her harmonic choir as they present a variety of chakra balancing exercises.

De-Stress

by HMO member **Jonathan Goldman**

Utilizing the science of sound and the art of music, Goldman has created a powerful, beautiful experience that demonstrates the healing power of sound. *De-Stress* includes beautiful and relaxing ambient music, gentle environmental water sounds, and slow-pulsed frequencies to calm heart rate and respiration. The package includes a sixteen-page instruction booklet on how to benefit from this recording.



In the HMO Spotlight

Eliana Gilad: Voices of Eden - When Eliana isn't traveling around the world making peace tours she makes her home in The Galilee, Israel. She has made presentations at the United Nations about her work with peace and healing. Last April Eliana and I had the great pleasure of presenting together at the UN along with our colleague, Konstantin Pavladis from London.

One of the exciting elements of Eliana's work was her participation in a research study program at Meir Hospital in Israel in conjunction with Tel Aviv University. The Voices of Eden Method consciously uses voice, rhythm and music as a natural healer. The vocal healing lullaby music is wordless, bypassing the limiting language factor. It was successfully put to the test on pre-term babies of both Jewish and Arab origin.

Several years ago Eliana wrote a book called **"Quiet in the Eye of the Storm - Living Peace in a War Zone."** It is a powerful depiction of what we all experience with the wars in our own personal lives—how to live peacefully when chaos seems to be what we see around us and in us. Visit www.youtube.com/watch?v=G2aqCd67p0U to see a video clip on the power of living in peace.

Eliana's own website (www.voicesofeden.com) is full of information about her work throughout the world. If you are touched by the beauty of her work, and if you would like for her to come to your area to present, please send Eliana an email at musicpeace@voicesofeden.com.



This and That

►SOUND HEALING NETWORK (formerly known as NESHRI):

Our friends and colleagues on the East Coast have changed their name and website from NESHRI to the Sound Healer's Network. They provide really great programs for people interested in all things to do with sound healing. They offer periodic Teleconference calls and Webcasts. The majority of these calls are free, and from time-to-time they offer special calls that are members only which we are now making available to HMO members for free. Visit <http://www.soundhealingnetwork.org> to learn more.

►UPDATE ON THE ENCYCLOPEDIA OF SOUND AND THE DICTIONARY OF SOUND:

Many of you have inquired about the status of the publishing of these resource books. Last year we finished the compilation of information, which numbers more than 11,000 entries. The books are being edited now, and we intend for final publication sometime early 2008. This has taken longer than we anticipated because we have needed additional funding to pay a professional editor. If you know of any philanthropic individuals or organizations that would be interested in assisting us financially, please email us at amrita@healingmusic.org. We will inform you as soon as we have a publication date so that you can pre-order your books.

►LOOKING FOR VOLUNTEERS TO HELP WITH COMPILING DATA FOR THE HMO WEBSITE:

We are currently looking for individuals who can donate time to help us compile some information so that we can incorporate it into the HMO website. This requires the use of a computer, internet access and email skills, but no other detailed skills are necessary. If you are interested in donating some of your time to our project, please email amrita@healingmusic.org



Creative and Applied Sound Work

November 8 - 12, 2007
Santa Fe, New Mexico, USA

Conference admission includes:

- 3 Concurrent tracks over 4 full days
- Bookstore and book signings
- Networking area
- Exhibit hall
- Demonstration area for the latest technology
- 5 nights of concerts, dances and other incredible events.

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www.bizspirit.com

International Study Program in Paradise Crystal Sound Therapy Training with Quartz Crystal Singing Bowls October/November 2007 in Hawaii

A comprehensive study program in the sounds of healing, cleansing tuning and programming, yoga, meditation and breath work, the chakra system and healing strategies, awakening unique qualities and skills within, creating a sound therapy practice, the sounds of silence and so much more.



Susie Neilson-Smith an internationally recognized sound and natural therapist, performer and spiritual teacher has for more than thirty years,

karyna@crystalsoundandlight.com

