

HEALING MUSIC

THE MIRACULOUS POWER OF POSITIVE MUSIC
to UPLIFT, RELAX, TRANSFORM, AWAKEN *and*
REJUVENATE



DR. JOE VITALE

A STAR IN "THE SECRET"

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To the people who were first to believe in me as a self-help singer-songwriting musician: Daniel Barrett, Mathew Dixon, Sarah Marie McSweeney, Guy Monroe, Kevin Welch, Ray Wylie Hubbard, and, of course, Nerissa.

Undeniably, there is a biology of music. There is no question that there is specialization within the human brain for the processing of music. Music is biologically part of human life, just as music is aesthetically part of human life.

Mark Jude Tramo, Neurobiologist, Harvard University Medical School

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Foreword

The Power of Music Now

In 1969, The Rolling Stones told us, “You can’t always get what you want.”

Great music, but what’s it doing to your thinking?

That’s the question I’ve been researching and studying for a few years now...and exactly why I’m creating my own music filled with positive messages.

I love music – but unless you are aware, it can program you for lack and limitation. So I set out to change that. I challenged myself and decided to record my own original and unique music, specifically written to heal the mind, body and soul. It's part of what I'm calling *Healing Music*.

Imagine if you will that your entire being is a set of tightly bound guitar strings on a guitar. A perfectly played chord represents the harmony and positive energy in your life, while the rhythm of the music is your body. Imagine the music, as a whole, representing your mind because of the thoughts, emotions, or ideas that the music evokes. A faster rhythm raises your awareness and energy levels, while a slower rhythm has hypnotic-like relaxing effects.

If you were to play your life guitar with random unmatched cords and unpredictable rhythms, the sound (vibration) created would be unpleasant. You’d be out of sync and out of tune, yet, sadly, this is how millions of people live their lives. Modern society has become complicated, noisy, and, at times, overwhelming.

Recent scientific research has shown that living in areas with a lot of noise has a negative impact on our health – places like noisy cities, highways, and airports. Daily, people live their lives with an out-of-tune guitar being their life’s soundtrack, without even realizing it.

How can you spot these people?

It's easy and odds are you know at least one of these types of people. Here are some of the signs:

- They often feel overwhelmed.
- They have battles in and out of various levels of depression.
- Their creative juices that once flowed like a river have run dry.
- They can be moody and switch moods fairly quickly with high-highs and low-lows. Their overall energy and level of happiness about themselves has dropped.
- It takes them longer to bounce back after a setback such as a divorce, bad breakup, job loss, or loss of a friend or family member.
- They have a harder time than most making big decisions such as switching to new career, a new job, buying a new car, or buying a house.
- They may often bounce around from idea to idea, project to project, thing to thing without realizing it.
- Projects or household duties get 90% completed quickly, but the remaining 10% takes days or weeks to complete (think of clean, folded laundry on the table instead of in the closet...or a growing pile of boxes in their garage).

Thankfully, there are people who live in areas with a lot of background noise (think of this noise as a bad chord on a guitar or negative energy) who understand how important it is to become grounded as often as they can.

They simply re-tune their inner guitar.

What's amazing about this is that re-tuning your internal guitar to keep perfect rhythm and harmony is fast, easy, and painless...*if you know exactly what you should be listening to.*

People achieve this “re-tuning” through meditation, yoga, and the most popular choice – music. Many people are self-medicating themselves to bring back the internal rhythm and harmony they have either lost or become out of touch with.

The rise in popularity and the number of iPhone and Android apps for music that relaxes, hypnotizes, and aids in meditation shows people are finding their way back to ancient methods to evoke happiness, health, energy, and creativity – which of course, is all connected to *harmony, rhythm, and music*.

Music fuels emotions and can create or dilute your energy levels. An untuned guitar that plays a chord off-key releases not only a bad sound, but also negative vibrations, or negative energy. After some fine-tuning of the strings, chords that are played in harmony release positive vibrations, or positive energy.

Through the power of Healing Music, I’m going to show you exactly how you can:

Become and stay grounded

Heal current or past pain

Resolve internal conflicts

Become clear

Spark creative genius

Improve your mood

Improve your “bounce back” ability

Improve brain elasticity providing increased ability of neural pathway restructuring (improve your ability to learn new things and your memory)

Feel better about yourself and outlook on life

That’s quite a list...and all doable.

At the end of the day, healing music is for everyone, no matter who they are. Humans, just as any great guitar in the world, need fine tuning from time to time.

And don't be surprised if you find the results *stunning*.

For example, my massage therapist was working on me recently and said, "I think your body is somehow realigning itself." I asked her to explain. She said, "I don't know what it is, but I can see the changes in your body. It's like you realigned your entire spine and structure." She had no idea I had been listening to a new album I'd recorded (*Aligning to Zero*) for two weeks!

Of course, I can't predict what wonderful things will occur for you. All I can say is, with healing music, *you just might get what you want* – and much, much more.

This is more than music...

This is *transformation* that will make your brain light up in joy.

Love,

Joe

Introduction

The Universal Language of Music

Music can heal maladies that resist conventional therapies. Music can kick us into gear, and it can soothe and relax us. And, as music therapists have long observed, it can help people heal.

Concetta Tomaino, Music Therapist

Music is a universal language. It's something that, regardless of your ethnicity, background, or job in life, you can easily hear and understand. Yet music is not, in itself, simple, as modern day health providers are finding out.

Music has *power*.

Tapping into our innermost feelings, it can adjust our negative energy into a powerful and positive tool for healing. Specific tempos and melodies trigger our emotions to act and react in harmony with the sounds we hear. When coupled with our mood and frame of mind, these sounds offer the potential to take away stress that hinders our ability to overcome pain and tragedy. With positive thought and a desire to heal, music can cure ailments and strengthen our body's ability to repair past damage, even those caused by emotional stress.

Music takes us out of the actual and whispers to us dim secrets that startle our wonder as to who we are, and for what, whence, and whereto.

Ralph Waldo Emerson

Music reaches us in a way that no other outside influence has the ability to do. Its effect on the mind and the body can heal ailments and sickness, resolve emotional trauma and enlighten the spirit.

Modern science has defined healing music as a benefit to a multitude of therapies related to better health. In the hospital, benefits of healing music therapy include treating heart disease patients, as well as neurological disorders including schizophrenia, dementia and Alzheimer's disease, amnesia, depression, and Aphasia.

Hospitals aside, just listening to healing music in your own home offers a personal therapy session you can apply at any time. It's a daily tool for easing stress, reducing high blood pressure, aiding in sleep, and unwinding tension in the body.

For example, a driving beat can boost our energy and help us stand and perform at our best, overcoming shortness of breath and fatigue. Our heartbeat, stride, and breathing pattern can tune into a repeating rhythm and work in unison to reach peak ability. When relaxing our muscles and unwinding from a long day of trials, a soothing melody can release strain and stress, calm our heart, and relax our breathing to increase blood flow and remove tension.

And this is just a glimpse into the many functions that music can influence on a daily basis.

Years ago Pat O'Bryan and I created a series of "clearing audios" that use subliminal statements recorded by me and original music recorded by him to help people "get clear." These have been very popular. Our first one, [The Clearing Audio](#), is a hands-down all-time bestseller. It's only 10 minutes long, is easy to listen to, and does a great job of kicking out the limitations in the unconscious.

But I didn't want to stop there.

I wondered if full-length, inspired original music, with audible chants or lyrics, could do an even better job at healing.

As the world's first self-help singer/songwriter, I've discovered a myriad of ways healing music benefits the mind, body, and spirit, such as:

1. Healing music can energize the body.

Featuring rhythms and tempos familiar to the natural functions of the body the energy healing music offers, can stimulate a strong and consistent heart rate, as well as provide uplifting energy when you're feeling fatigued or worn down. Healing music can help you catch your "second wind" when you need that extra push.

2. Healing music can stimulate the brain.

Gentle melodies have a power to eradicate clouded thoughts and encourage clear thinking when the mind is overloaded. The consistency of the music keeps the mind from wandering thought to thought and helps to focus on matters at hand, keeping you in tune with the things your mind is processing.

Even as background music, science has proven that healing music can enhance the ability to absorb text, and increase critical thinking and problem solving.

3. Healing music awakens our inner feelings.

When listening to music written with positive intentions, we are often reminded of happy memories and times passed listening to music. We are driven to remember those things that lightened our spirit in days gone by and the resulting warmth and happiness gets reflected in the actions we take today.

4. Healing music relaxes the body.

Every day there are events that cause us stress which can build up as tension – resulting in body pain, headaches, and an all over poor physical disposition. Listening to healing music unwinds that tension and relaxes the muscles, letting blood flow and enabling the body to heal stress and tension.

5. Healing Music can wake you up.

Unlike many of the modern FM radio songs that spin over and over on the radio, healing music has a way to reach the body naturally. When you wake up, the sounds give a push to your daily routine, helping set the pace to get you moving.

6. Healing music can help you sleep.

In the same way the sounds of healing music can promote energy, at night its soothing, natural tempos and melodies act to remove physical stresses, bringing your body into a comfortable, calm state where you can relax and ease into your night time regimen.

7. Healing music helps restore the soul.

For those moments when you feel empty, the news brings you down, or you are inundated with other people's stress, personal reflection while listening to music can help restore faith that everything is going to be okay.

As you listen, healing music offers a power to diminish the noise of stressful thoughts and worry. It helps you focus on issues that matter, while letting go of stray thoughts lingering over situations you cannot control. As

you get a look at the big picture, you regain that oneness with your spirit and find the feeling inside that brings clarity back to what is important to you.

8. Healing music helps you *not think*.

When you've got tasks to do and your mind is running around in circles, silence is often the worst enemy. Listening to the consistent tempos and melodies of healing music helps you focus on tasks at hand. Without your mind racing, you can take one thing at a time and focus on dealing with individual thoughts, rather than the entire batch of concerns you may have.

9. Healing music can motivate your actions.

Listening to the positive content in the music enhances your desire to create and take action for all the right reasons. When you have clarity and focus, you can direct your efforts to the places where they matter most and inspire yourself to take positive action. It's simple to grasp – positive intention going in leads to positive effort coming out.

10. Healing music can heal.

When the body is cleared of inhibitors such as stress and tension, it has the ability to communicate with the brain and deliver a message of need. Pain and other illnesses need attention and when there is open communication between the body and the mind, each individual ailment in the body can be addressed by the brain.

Healing music, unlike any other kind of music, can open the pathways where our brain tells our body to heal. With time, the natural healing process

that our bodies are able to perform takes over and by listening to the healing songs, we can do just as we intend when we feel ill. We can heal. Simply put, as Oliver Sacks says, “Music is part of being human.”

In this ebook, you’ll discover more about what healing music is, along with all the areas of your life it can impact for good – whether that’s greater health, better performance, more loving relationships, or a closer connection to the Divine.

I hope to inspire a newfound interest in just what music can do for you.

Not only is it fun, it doesn’t have to take a lot of time.

And it can be as easy as a CD, iPod, or iPhone.

Healing music is a perfect companion for personal time you take daily to reflect on what is affecting your emotions and weighing on your spiritual growth. A song can inspire the power to stand against negative adversity, as well as heal the places where that adversity has caused you pain. Each daily “work-out” can build a stronger, more confident person inside.

Music is, indeed, a powerful healing tool.

Chapter One

What is Healing Music?

What better medicine than a treatment that has only positive side effects and a therapy that is actually enjoyable? That is the miracle of music when applied with intention.

Steve Toll, Founder of Prescription Music

Music's power to influence our health has been used for centuries, due in part to its ability to intimately affect your emotional state. Although the language that music speaks is unique, it's also universal, reaching every living person, regardless of where they are from, their age or background.

At the same time science is exploring historical transcripts and ancient texts to discover music's ability to change the body and promote healing, current medicine is highlighting the positive effects music has on illness and brain functionality in a variety of patients.

One of the most popular misconceptions about the benefits of healing music is that you must be a "musical person."

This is entirely untrue.

The human body is intrinsically inclined to receive positive benefits from listening to music. When properly combined, a consistent tempo, pitch, melody, and rhythm can enhance the body's ability to function naturally as it fights stress, ailments, and negative energy.

We are primitively affected by music due, in part, to rhythms and well-crafted melodies that vibrate our auditory system and trigger the brain into action.

We see the coercive power of music if it is of excessive volume, or has an overwhelming beat, at rock concerts where thousands of people, as one, may be taken over, engulfed or

entrained by the music, just as the beat of war drums can incite extreme martial excitement and solidarity.

Oliver Sacks

Everything about the human body has a rhythm – our heartbeat, the way we breathe, the pace that we walk at, even the way we blink, happens in a rhythm.

Yet rhythms can be interrupted and fluctuate.

For example, loud crashing sounds increase our heartbeat. Stepping up the pace of our footsteps increases the rate at which we breathe. Soothing and calming tones with a slowed tempo relaxes us and unwinds body stress, muscle tension, and ease lingering pain.

And it's all tied into rhythm.

The Many Facets of Healing Music

So what can healing music do for us?

When used as a daily therapy, healing music has the power to:

- Promote Wellness
- Manage Stress
- Alleviate Pain
- Express Inner Feelings
- Enhance Memory
- Improve Communication
- Promote Physical Health and Rehabilitation

The Canadian Association of Music Therapy adds, “Healing music promotes, maintains, and restores mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are elements used to facilitate contact, interaction, self-awareness, learning, self-expression, communication, better health, and personal development.”

While you may not have been consciously aware, you’ve experienced some of these things at various times in your life. Most everyone has turned on soothing music to relax at the end of a day, or turned up the volume of a song for an extra edge during a workout or while completing a task. Its power changes the energy in your body immediately – and the kind of transformation which comes in the form of music will sing a personal inspiration in your ears long after you’ve hit the pause button on your iPod.

No other outside influence can offer this by simply listening.

However, there is a slight catch.

Healing music has to be positive to be effective.

The Link between Positive Music and Healing Revealed

“Music is a *carrier wave* for healing thoughts, emotional feelings, and intentions. It's important that the healer thinks no negative thoughts, but has a positive attitude with the intention to heal,” writes Eve Weir in *Personal Communications Digest*, (1985). “Just playing the music will heal, but if you add the positive thoughts, emotions and intentions, healing will have an even greater possibility of success.”

Just as there is a positive effect to guiding our body’s natural ability to heal using upbeat and inspiring music, there’s also potential of negative effects when

subject to certain music. It's an easy concept to grasp – just think of music you can't stand, or simply don't like.

If you're a parent, you'll know exactly what I mean. Have you ever yelled at your children to turn down the music?

Of course.

To be fair, loud sounds, aggressive beats, and straight forward rhythms appeal to some people (particularly younger ones), their bodies reacting by increasing happiness, releasing stresses, and kicking their heartbeat up a notch. But the reverse effect is a cranky parent who wants to relax after a day of work or a long drive home.

The very same music can have both a positive and negative effect.

The benefits of using music as a healing tool come from *how* the music has been written specifically.

Music is profoundly important to those with motor disorders, though the music must be of the "right" kind – suggestive, but not peremptory – or things may go wrong.

Oliver Sacks

For example, understanding both positive and negative types of music has allowed me to take my passion for upbeat, emotionally inspiring elements and blend them into my own songwriting. Writing rhythms scientifically proven to have a positive effect on the body, I've recorded influential lyrics and melodies together to create songs that keep you smiling long after they've stopped playing.

Healing music is written with speed and tempo in mind. Using relaxed tempos and gentle melodies, the mind is offered vibrations that inspire the body to let go of stress and tension – common inhibitors leading to body pain, headaches, and other physical hindrances which cause sickness and poor health.

Rhythms in healing music are easy to comprehend because the more complex a rhythm, the more the mind has to work to decipher the vibrations.

With gentle melodies and passive rhythms, neurological pathways open to receive the flow of positive energy. Unobstructed by stressful thoughts, the mind and body can talk to one another, addressing ailments and correcting issues that plague better health. By relaxing and erasing stress, the communication throughout the body allows natural healing measures to begin.

From proven evidence, musical stimulation has a definite influence on all systems of the human body, and in this manner, exerts a profound effect on human health. Good music and good health are intimately associated with each other.

The Canadian Medical Association

The good news is, when it comes to healing music, a little can go a long way.

Once you've played the music a few times, you can sing it to yourself and feel the same uplifting presence, as if it were still playing beside you. The long lasting benefit of listening to positive music is that it inspires your body to keep a strong rhythm all day.

Chapter Two

History Proves Right

Since the times of Plato, artists and scientists alike have been intrigued by the power of music to elicit strong emotional responses in humans. Research shows that listening to music improves people's mood, decreasing negative emotional states such as anxiety and stress, and is a useful tool in providing long-term health benefits.

Dr. Julian Lai, Professor, City University of Hong Kong

Reaching back into the centuries, I discovered that people from all regions of the earth and all walks of life have attributed good health maintenance to including music therapy as a daily ritual.

Since the beginning of recorded time, as early as 2500 B.C., music therapy has been noted as a key treatment for nearly every medical instance, and in obtaining better health.

- Forty thousand years ago, the Aborigines in Australia used an instrument today known as the didgeridoo to heal “broken bones, torn muscles, and illnesses of every kind.”
- In historical Greek records, Pythagoras is considered to be the first person to use “music as medicine.” Hippocrates, the father of Greek medicine, used music in healing mental patients. Aristotle wrote that music is a force that purifies emotion.

- The Bible states that David played the harp to rid King Saul of bad spirits. In gathering masses, religious celebration has always included unifying before the Holy Spirit in song.
- For centuries monks have used the practice of focusing on a daily mantra to align their focus on the moment. Today, chanting in melodies and joining in harmony, millions use singing to vibrate their chakras and align their spirit with their passions for self-improvement and better health.
- Two of the earliest known instruments from Egypt and Babylonia, the drum and rattle, were used as healing tools. Today we know that drums emit low frequencies and rattles create an ultra sound – both known for their role in accelerated healing.

From sea chanteys, to trance dancing, to tuning to the fundamental tone OM in Indian music, humankind has long delved the hidden powers of music.

www.superlearning.com

In the 20th century, the esoteric combined with science, although, for the most part, it wasn't until after the 1930s that the western world delved into the use of sound therapies.

During both World War I and World War II, musicians would travel to hospitals across the United Kingdom, performing for soldiers suffering both physical and emotional trauma, easing stress during recovery from their life altering injuries. Interestingly, Arab hospitals have long used music rooms to benefit patients in recovery.

George Gershwin once wrote, "Music sets up a certain vibration which unquestionably results in a physical reaction. Eventually the proper vibration for every person will be found and utilized." The psychic Edgar Cayce predicted that the medicine of the future would be sound. The German philosopher Rudolf Steiner predicted that "pure tones will be used for healing before the end of this century." Nostradamus also foretold the healing of cancer through pure tones. The Hopi American Indian prophecy tells of the "coming of the rainbow people" through the keepers of the crystal bowls. Perhaps the future is now?

The Future of Sound Therapy, www.gaeearth.com

Sound therapies, as we know them today, owe their beginnings to Dr. Hans Jenny, a Swiss physician and natural scientist who founded *Cymatics*, the study of wave phenomenon. His work was further built upon by a British osteopathic physician, Dr. Peter Guy Manners, who said, "Everything owes its existence solely and completely to sound."

Dr. Manner's efforts were noted by renowned New Age composer and musician, as well as researcher, Steve Halpern:

...the healing work at his clinic opened up new vistas and possibilities for the modern use of the healing powers of sound and music. Inspired by my visit to the clinic and his writings, I featured the "sound evidence" that Cymatics provided in my first book and in all my lectures and workshops. I was honored to help spread the "good news" that "there was more to sound healing than meets the ear," and to introduce his work to the American mainstream.

While it's been known for centuries that music has a power to reach into the human psyche, affecting thoughts and emotion, western science and medicine had to play a lot of "catch up" in the 20th century.

Max Shoen, a music educator who later became a prominent psychologist, wrote in his 1948 classic, *Music and Medicine*, "What does appear certain is the revival of music and sound being employed as a healing tool. Because music has the ability to address us physically, and through feelings and emotions in a complete, intense and pure fashion, music possesses exemplary healing powers."

We are getting there.

With the ease of technology and advances in that area, we're entering unprecedented times for healing music. The result of creating and listening to music is, and has always been, an opportunity for the mind, body, and spirit to heal – a simple science anyone can understand.

In 1978, Halpern shared, "One can predict that stress reduction through sound will surface in the near future as a highly viable adjunct to the current techniques, such as drugs, psychotherapy, and bio-feedback."

That time has arrived.

Chapter Three

Your Brain (and Body) on Music

The brain areas involved in music are active in processing language, auditory perception, attention, memory, executive control, and motor control. Music efficiently accesses and activates these systems and can drive complex patterns of interaction among them.

The Dana Foundation

Over the past decade, a dramatic shift has taken place in the understanding of how music affects brain functions.

In a sense, it's innate to us.

If you've ever heard a song that got your feet tapping and head nodding, you know what I mean.

Music is a universal "language" that speaks to everyone, a peculiar way of expressing thought and emotion. It's also a language that speaks to the body *directly*, crossing language barriers regardless of culture or upbringing.

According to Oliver Sacks, neurologist and author, "Music is a much broader representation of the brain." Music can do things language – as words – cannot, and, while you can lose your language ability through a stroke or other brain injury, people rarely lose music. And, he says, "You can never lose rhythm. It's deep, deep in the brain."

Natural rhythms sing in a language that everybody understands.

And they heal.

Music affects our mind and body, reaching into our cellular structure and vibrating our energy. It stimulates our senses and thought processes, energizing physical activity and awakening spirit.

As the body detects musical rhythms natural to how it functions – tempos consistent to the rhythm of our heartbeat or breathing patterns – it responds by aligning its functions with the tempo it hears.

Is it any wonder people enhance their workout with up-tempo music?

It's like having a "musical cup of coffee" to encourage your heart to beat faster or muscles to work harder. When the mind is offered intense rhythmic vibration, it naturally inspires the body to follow along. In this instance, music affects the brain to push harder and work faster.

In easy to understand terms, the science of sound breaks down to vibrations that are picked up by the auditory system, transferred to the brain, and distributed to the neurological system in a way that the body can respond to.

Think about how loud thunder and lightning causes our hearts to race, and gentle ocean waves and summer breezes put us to sleep. Deeper still is the power of a song to reduce stress and anxiety, allowing the body to perform unencumbered and heal without the hindrance of muscle tension or emotional strain.

When crafted into harmonies and melodies that are memorable, a song has the lasting effect of inspiring positive energy long after it's been played, soothing any negative stress.

A Closer look at Healing Music

Music is one of the few activities that affect the whole brain, and therefore, the body. It is intrinsic to all cultures and has surprising benefits not only for health, but for improving memory, focus of attention, and development of physical coordination.

The sound of music enters into the body through the delicate membranes in the ear, sharing the vibrations with the receptors in the brain. When the vibrations shared are natural, and unobtrusive to how the brain functions, it responds by opening neurological pathways that affect the body's actions.

Scientific research into these physiological responses supports the idea that listening to music influences a person's natural body responses. Healing music's gentle melodies and consistent rhythms do this by reducing tension, removing stress, and allowing the body to perform its natural healing functions.

Further benefits of healing music include a greater capacity for processing emotions and feelings. The Center for Music Therapy says, "Music therapy works essentially because of the way music stimulates the entire brain. In addition to this stimulation, healing music also touches people emotionally, making it an ideal approach to both physical and emotional healing."

Listening empowers the mind to accept and deal with grief, sadness, anger, and other natural emotional responses. As you experience your feelings more fully, their intensity and negative effects eventually lessens and dissipates, resulting in emotional healing.

There are four distinct ways in which our brain responds to music: cognitive, affective, physical, and transpersonal. In other words we can experience music by analyzing its structure, by feeling the music with our emotions, by noticing the effects of music on our heart rate and breathing, or by feeling a connection to God through music.

Dr. Arthur Harvey, Music Therapist

The Nature of Rhythm

Music can be crafted scientifically to produce consistent, upbeat (yet relaxing) rhythms and melodies that literally speak to the brain in a language it can decipher and understand.

In every moment of living, humans are subject to natural rhythms. Our heartbeat and tempo of breathing, walking, even blinking our eyes, has a natural rhythm – rhythms our bodies naturally relate and respond to.

Healing music is an important part of our physical and emotional well-being. Since we were babies in our mother's womb listening to her heartbeat and breathing rhythms, we have been affected by natural rhythms and tempos. Listening to healing music for even 25 minutes every day can readjust our bodies' natural rhythms and help prevent stress and back pain and also make you sleep better.

Franz Wendtner, Clinical Psychologist

Blood pressure, heartbeat, and breathing are all functions that the body is constantly seeking to harmonize with external rhythms.

Even walking is affected by the sounds we hear.

For example, a little upbeat music can influence the pace of your walk, causing a faster step. This is why runners often use headphones – to deliver a steady driving beat that pushes them to match the tempo of the music and achieve better results from their workouts.

When you tap your feet to a jovial and natural tempo, it means that the body's natural rhythms have associated themselves with the tempo of the song, causing the body to respond.

In essence, healing music can trick the mind and the body to kick back into natural rhythm.

This natural rhythm is the place where all energy flows in balanced levels, and where the body finds its ability to perform natural healing. Every cell and organism in the body is known to vibrate and resonate to its own frequency. In turn, every part of the body is affected by sound frequencies.

Everyday our body's natural rhythms get knocked out of sync by many types of outside influences and stressors. The effects can be far reaching – from simple stress (if there is such a thing) to physical, mental, emotional, and spiritual dis-ease and trauma.

Consequently, when it comes to overcoming issues that affect the body, natural healing is best achieved without tension.

Essentially, healing music acts to relieve stress and open the neurological pathways for clearer thought. This frees the mind to communicate with the body, allowing natural healing processes to remove pain from the body (and stress-related issues that cause actual physical pain).

In this environment, breathing once again becomes regulated and the heart beats strong, benefitting the entire cardiovascular system and improving overall health.

All of this happens just by listening to music.

Healing music, written using the science of combined natural tempos which mimic the body's rhythms, and performed with upbeat, inspiring melody and harmony, vibrates positive energy in the body. Regardless of your state of mind or physical condition, healing music causes the vibration of the body's structure to respond with positive energy.

The result is natural healing.

Binaural Beats and the Brain

Discovered in 1839 by Heinrich Wilhelm Dove, binaural beats, or tones, are slightly different sound wave frequencies – one directed to the right ear and the other into the left. These frequencies create an audible pulsating beat when listened to through headphones.

More and more healthcare practitioners are turning to music for healing. Dr. Oz talks to Dr. John Ortiz, one of the country's foremost authorities on "psycho-musicology," about using music to improve your health. Backed up by songs from Bette Midler, Bruce Springsteen, Barbara Streisand and John Denver, Dr. Oz and Dr. Ortiz create a musical map for better health and well-being.

Dr. Oz and Dr. Ortiz talk about the effect different types of music have on mood-recovery and energy. A musician himself, Dr. Ortiz says he uses music and sound with traditional clinical strategies when working with patients. He stresses that he, unlike some other doctors who use music as therapy, is a strong proponent of using the patient's preferred genre of music. Whether it be classical, jazz, country, rap, or pop, Dr. Ortiz says the music, together with an eclectic assortment of traditional strategies – cognitive, emotional, behavioral – can drastically improve a patient's health.

<http://www.oprah.com/oprahradio/The-Sound-of-Music>

Even Dr. Oz is talking about it – highlighting how binaural beats are used for brainwave entrainment, meditation, and many areas of self-improvement.

Depending on the type of beat produced, they induce relaxation and allow us to get beneath the doubt and conflict we face on the surface of our emotions.

By listening to healing music utilizing binaural beat technologies, you become alert to what you feel, without the conflict of what you think.

From this relaxed state, we can more readily see the kinds of thoughts and emotions plaguing our ability to sort out daily emotional responses. When applied through music, the vibrations, tempos, and tones clear out hindrances that keep us from finding easy solutions for even the most simple of life's stresses.

A Brain Workout

Like in the case of physical fitness, cognitive fitness requires deliberate exercising. The main reason for this rests on the fact that our brains are basically lazy.

www.Sharpbrains.com

Our autonomic nervous system, located in the medulla oblongata in the lower brainstem, is an integral part of human response. It's affected every minute of the day by the sounds we hear.

Responding to the influx of noise from machinery, passing traffic, neighbors, and a barrage of television and radio commercials takes its toll on our bodies, though we rarely notice it until we feel the pain of stress. With stress often come muscle aches, back pain, and headaches.

The power of healing music, even when listened to for just a few minutes a day, reverses and erases the pain brought on from this kind of stress.

Naomi Coleman, health writer for the *UK Daily Mail* explains, "The autonomic nervous system is responsible for controlling heartbeat and blood pressure, brain function and our limbic system. This part of the brain affects feelings and mood and, overall, controls how and when we feel psychological

tension.”

As cacophonous sounds reach our ears, a response is triggered from the brain to the body similar to fight or flight, a defense mechanism natural to every human being. Our body reacts by raising our heartbeat and tensing hundreds of tiny muscles in our back.

We may not notice it, but over time our bodies wear down.

Yet, sounds aren't the only stressors we have to be concerned about.

We all face stress from situations on the job and in the home. Balancing relationships, responsibilities, faith, and an often hectic work schedule can provide the same body fatigue as an hour of hard physical exertion at the gym.

The results of this daily stress can cause longer lasting physical pain than just recovering from a workout.

While muscle pain quickly dissipates, unresolved emotional conflict from past issues and personal hardships carry over day to day – often manifesting in body pain, weight gain, or depression.

The answer is a daily *cognitive* workout.

Similar to having a workout buddy who inspires you to head out to the gym, regardless of the long day you've had or inclement weather that makes you want to stay home, healing music inspires your brain to “make a decision to get fit.”

From the moment you begin to listen, your body responds by becoming alert to the sounds it hears.

Music triggers vibration in the auditory system, giving energy to the brain to

activate. Healing music adds the benefit of feeding the brain deliberately positive music that works in sync with natural rhythms and tempos.

An inspired melody, in unison with a rhythm the body *wants* to function in, enhances the natural desire to work at peak abilities.

Thoughts become clear.

Emotional baggage and lingering conflicts seem to blow away.

As the mind focuses on what's important for performance, the body then aligns in balance, strength, and accuracy to achieve every action with precise perfection.

All this is done without “work” on your part...in as little as 20 minutes a day.

However, I recommend that when you do turn on healing music, make every effort to focus on the positive things that happen in your life and embrace them with kind thoughts of gratitude and acceptance.

Positive focus opens the doors to the full benefits of healing music.

When using healing music as a tool, remember that being positive, along with having the desire to benefit from a self-improvement “work out,” will produce the most gains.

Therapeutic Healing through Music

Therapists in all fields have been using music as a tool for healing for decades. We are now starting to see the evidence for why healing music works. That also means we can fine tune its use because we understand more about the neurological processing behind it.

Michael Thaut, CSU Center for Biomedical Research in Music

Music has a strong power to change brainwave activity, promote positive energy and even alter the heartbeat and breathing rate. All of these aspects help the body to overcome traumatic experiences and work to promote healing.

Yet healing music is much more than just a song you like to hear on the radio, and the key to success is how the music is orchestrated.

Vibrations from sound affect the human body, and as these vibrations connect with receptors in the brain, the brain responds by distributing energies and chemicals to the body, telling it how to act and react. When the body is told to tense up, or to prepare for oncoming adversity, this can leave little time for the body to take care of things like pain, stress, and other maladies that bring negative energy and cause damage.

Research shows that music, depending on its tempo and rhythm, can influence brainwave activity in both different and positive ways.

- More beats and faster tempos stimulate a focused concentration and a sense of being alert.
- Sharpened senses lead to clearer thought and decisiveness.
- Upbeat rhythms elevate the heartbeat and lift moods to happiness and contentment.
- Slower tempos combined with quiet tones and gentle melodies reduce stress, aid in sleep, and create a relaxed calm.

Is it any wonder modern medicine is adding music therapies to traditional methods of pain relief, stress, and other maladies that affect the body?

Chapter Four

Music as Medicine

The evidence is in. Music is not just entertainment. It is medicine for the body and soul.

Don Campbell, The Mozart Effect

From absurdly loud heavy metal to sleep inducing elevator music, the fact remains that *all* of it has a powerful effect on our mood, our attitudes, and as science has confirmed, our overall health.

And today, over 20% of national medical institutions employ it as a tool for healing.

What could be better at a time when soaring costs of health care seem to place a burden on curing even common physical ailments? Unlike costly (and often questionable) therapies that may have limited results, healing music offers many of the same benefits at a fraction of the price.

Often, music therapy is more cost-effective than administering medication, especially for patients with anxiety, sleep disturbances, or pain.

Al Bumanis, American Music Therapy Association

Modern medicine has countless ways to implement music therapy, and its results are much more than simple relaxation and stress reduction.

A well-crafted song can trigger the mind to clear and the body to release natural “feel-good” neurochemicals, such as endorphins and dopamine that tweak certain parts of the brain to function better.

But that’s not all.

Here are five stunning and scientifically proven ways that healing music affects the body.

1. Boosting the Immune System:

Loud and aggressive music pouring from a teenage driver's car can cause immediate tension when adults pull up alongside them, and that tension causes body stress which debilitates the immune system's potency.

When healing music is applied, the effect is the exact opposite.

Neuroscientists have proven that applications of steady, natural rhythms and gentle melodies cause the body to reduce cortisol levels, a chemical the brain produces that leads directly to stress.

It also raises immune markers in the body, which create antibodies used to fight disease. Through repeated applications of healing music, the body can actually learn to identify this type of music as *immune boosting*.

2. Increasing Spatial Reasoning:

Healing music offers simple improvement in the mechanisms that allow clear thinking and a more focused thought process.

A number of theories often related to the “Mozart Theory” claim certain aspects of music can increase an IQ score. Underlying these theories is the proof that a calmly constructed song can direct focus, relax the mind, and clear out confusion – all which allows for better reasoning, memory recall, and stronger concentration.

When played as background music or during meditation, healing music improves the ability to think.

3. Recalling Memory:

Unlike reading or conversation, which may jump back and forth between the left and right brain, listening to music has a profound effect that engages both sides of the brain actively.

Neuroscientists have discovered that healing music allows access to the hippocampus, where long term memory is stored. As we listen, healing music recalls memories of happy days gone by.

Long forgotten memories open wide – resulting in emotional energizing, healing of suppressed strife, and an added abundance of joy.

This spur in positive energy transfers to an alertness in the body that leads to healing, stress reduction, and an overall improved attitude and self-worth.

4. Overcoming Addiction:

As the body withdraws from addiction, we can be bombarded with an unheeding desire to return to the effects of the addictive products. Healing music removes the mind's focus from the body's desire and brings its attention to the rhythm and harmony in each piece.

Addictive drugs and alcohol affect neurotransmitters, which relay information throughout the brain.

Music has the same effect on neurotransmitters.

Unlike drugs, which replace the brain's creation of neurotransmitters, music strengthens the brain's ability to create, develop, and use them to their full potential.

When drug use is ended, the body that once relied on the drugs to create and support these transmitters, now looks to itself to create them. Music spurs the development of new transmitters, replacing the brain's dependency on the former addictive qualities of drugs.

5. Repairing Brain Damage:

Music has been found to return the ability to speak back to people who have lost partial ability due to stroke, lesion, and other brain-damages.

Although speaking is a left-brain function and music a right-brain function, healing music affects in a way that spurs the body to come alive.

For example, a sing-along can help retrain the mind to carry those left brain functions over to the right side of the brain. The mind essentially rewires itself to continue performing the tasks of speaking.

Managing Pain

...music therapy has been found to help medical professionals with pain management such that they have been able to reduce pain medication by as much as one half by helping to stimulate the body to heal.

Global Oneness

Music's power to positively affect the human body makes it a unique tool as a prescription for chronic pain management.

In hospitals across the United States, medical professionals administer music therapy to patients suffering through painful conditions including osteoarthritis, rheumatoid arthritis, common surgery, and even during childbirth. Music reduces and removes the sensation of distress from post-operative and chronic pain, often

used as a complimentary addition to anesthesia during surgery and as a comfort during recovery.

The theories behind how and why music is effective in pain management include:

- ✓ Music helps to distract the mind from focusing on pain.
- ✓ Music relaxes the body and reduces anxiety by regulating heartbeat and breathing.
- ✓ Music causes the body to counteract pain by releasing beneficial endorphins.
- ✓ Music gives a patient the sense of control in a troubling situation.

One study, published in the June 2006 issue of the *Journal of Advanced Nursing*, found that listening to music on a daily basis reduced chronic pain, made people feel more in control of their pain, reduced depression, and made people feel less disabled by their condition.

Researchers at the Utah Pain Research Center developed a study of the potential benefits of music to divert stimulation from physical pain. Their findings stated, “Music helps reduce pain by activating sensory pathways that compete with pain pathways, stimulating emotional responses, and engaging cognitive attention. Music provided meaningful intellectual and emotional engagement that proved to help reduce pain.”

Of course, this doesn't mean just turn on the radio and all your pain will go away.

My research shows that in order to be effective, the music needs to be listened to in two ways: without distraction from commercial airplay and without a big variance in musical genre.

It's the consistency of the melodies that keeps the mind focused on naturally healing the body.

Understanding this has allowed me to create uplifting and powerful music that can be applied as a therapy for as little as 20 minutes at a time. Each album has a certain emphasis and intention, a particular therapeutic use and result. [See the Appendix for a "Quick-Reference" Playlist].

Medicine for the Heart

Both Italian and British researchers discovered music's surprising effects on the heartbeat and rhythm of breathing. In studies, they played six types of music through headphones to groups of individuals with different age backgrounds.

As expected, when faster tempos played, the subject's heartbeats and breathing measured at a faster rate. When slower and more relaxed tempos played, their functions followed suit.

The surprising facts in the data showed that during breaks in the music, the heartbeat and breathing of the subjects normalized and functioned at peak ability, regardless of whether the subjects had a like or dislike to the music being played.

In other words, the benefit of hearing it surpassed the interest in the musical genre altogether – proving that the science of rhythm and harmony goes beyond personal taste and reaches the body on a natural level.

Clinical studies now show that music can be used as a therapy in treating depression, schizophrenia, autism, dementia, and as well, substance abuse. Listening to music can alleviate negative symptoms of illness and ease pain.

Keith Wommack, Syndicated Health and Healing Columnist

Physical Rehabilitation

Studies have shown that music played via headphones reduced anxiety in patients during hospital care. Research has proven that conditions such as cancer, high blood pressure, surgery, labor pain, Alzheimer's disease and other age related conditions, substance abuse problems and brain injuries respond well to music therapy.

Journal of Advanced Nursing

Physical therapy can often be severely painful for someone recovering from an injury, but employing music therapy offers a drastic difference in how patients *experience* that pain. Even after treatment, music reduces the long-term pain patients feel throughout daily recovery.

In January, 2011, Arizona Congresswoman Gabrielle (Gabby) Giffords was gunned down in a Tucson supermarket. With a traumatic brain injury, she was not expected to live. Remarkably, she not only survived, but has regained some of her pre-injury functions.

In an interview with Diane Sawyer on 20/20, she said music therapy helped her relearn to walk and talk – and became an integral part of her rehabilitation process.

Listening to music engages both the left and right side of the brain in mutual activities. Unlike other activities, including simple conversation, music promotes movement of energy in the hippocampus where long-term memories are stored. Patients utilize parts of the brain that may otherwise lay dormant as they associate good feelings from time spent in the past listening to music. The effect transfers energy across the entire body.

Doctor Dale Henstridge, Professor, Boston University

Remember what I said about music being a universal language?

Apparently, it's also a *highly structured* language.

According to the Dana Foundation, which provides information about the brain and brain research, “Biomedical researchers have found that music is a highly structured auditory language involving complex perception, cognition, and motor control in the brain, and thus it can effectively be used to retrain and reeducate the injured brain.”

It's discoveries like these that have brought music into a new realm – from a *soft* science to a hard science – with more possibilities being brought under spotlight daily.

And the Show Goes On

Healing music has a power to stimulate the brain like no other application – sometimes it's better and more effective than medicine.

And certainly cheaper.

As we've seen, healing music is capable of influencing the brain on a grand scale, and is being used both physiologically and medically to treat a wide range of issues.

For example, when soothing music is played in recovery rooms for heart attack and stroke patients, the recovery from a traumatizing experience happens with more ease and less stress to the physical body. They're also less confused than they might otherwise be as realization sets in about their condition.

Other physical kinds of disease, ailments, and applications it's helped with include:

- Alzheimer's
- Dementia
- Cancer
- Stroke
- Autism
- Coma
- Post-Traumatic Stress Disorder (PTSD)
- Language Acquisition
- Sleep Disorders
- Anesthesia

And that's just a shortlist.

Everyone is moved, in one way or another, by rhythms and harmony.

In more than 15% of medical institutions nationwide, doctors prescribe music therapy to aid in calming, soothing, and pacifying people of all ages – from babies in nurseries to the elderly – who suffer from a wide range of maladies.

You don't even have to be a *musical* person.

The human body is intrinsically musical.

Chapter Five

Vibrational Energies

The universe is made up of vibrations of energy. Everything in it has its own unique vibration. By 'tuning' our brain in to certain frequencies, it is possible to stimulate brain functions that include relaxation, enhanced learning, better mood, psychic ability and even healing. These benefits are multiplied when combined with the power of music.

Elevation Magazine

I've said it.

I've written about it.

Everything is energy.

And now science is proving it with *physio-acoustics*, the study of how sound frequencies "create sympathetic vibration in the deep tissues of the body."

In *The Power of Music*, Elena Mannes says, "Scientists predict a future in which music will routinely be used as a prescription, when it will alter our genetic makeup, treat immune system disorders, and alter brain function in neurologically disabled and aging parents."

Imagine it! Using sound vibration to not only heal the mind and soothe your body, but influence other parts of your body, as well – like your *bones*. And, if music can impact your physical bone structure, couldn't it obviously influence your energy centers, or chakras, *even more easily?*

Hold on to your hat and keep reading...

Ancient Hindu scripture referred to this constant state of vibration using a system of *chakras*. Chakras are defined as "spinning wheels of energy," and within the human body there are seven. Each chakra is an energy center which can bring strength to your personal manifestation.

Most experts agree these energy centers need to be aligned and operating smoothly for you to have a happy and healthy life. But any one of them can be off and cause problems.

The seven chakras correspond to certain areas of your body. In addition, according to recent science, these seven energy centers are also in the same locations as your endocrine glandular system and spinal cord nerve nexuses.

Root Chakra (Survival) – Sexual Gland
Sacral Chakra (Sex) – Digestive Gland
Solar Plexus Chakra (Power) – Adrenal Gland
Heart Chakra (Love) – Thymus Gland
Throat Chakra (Communication) – Thyroid Gland
Third Eye Chakra (Clairvoyance) – Pineal Gland
Crown Chakra (Wisdom) – Pituitary Gland

Let me give you a sense of how this works in your body and your life with a few examples.

- If you have issues with fear, it may be due to your 1st energy center.
- If you have problems with relationships, it may be around your 4th energy center.
- If you have issues with money, it may be due to your 1st or even 3rd energy center.
- If you want to increase your psychic abilities, you would work with your 6th energy center.

You get the idea. Each energy center does something. When they're all working and in alignment, your life flows.

What if you could align all of those and have them working in harmony – in minutes?

You can.

By responding to body stresses and ailments which, in effect, reduce the flow of healing energy through our chakras, healing music clears our neurological pathways to let positive energy erase pain and strengthen the ability to heal. This is done through stimulating the chakras with frequencies of sound known as Alpha, Beta, Delta, and Theta.

Each of these frequencies is also associated with key tones in the musical scale, allowing songs to be written with harmonies that vibrate the chakras. This is why adding healing music to *any* of your regular daily activities increases the potential for improved health, better concentration and focus, and an overall improved success rate in each activity you strive to achieve.

It's up to us to maintain our chakras' ability to perform optimally, and to keep a strong positive energy flow throughout this important system.

Things like taking in natural light, eating properly, and spending time away from stressful situations all form a critical foundation of self-care. Augmenting with other practices, such as yoga and meditation are highly beneficial, too, especially when healing music is played softly in the background.

Healing music inspires a positive influence that energizes our chakras and promotes the body's natural ability to heal. It allows the brain to start a new conversation with the body. One thing leads to another – the body relaxes, heartbeat and breathing regulate to a new comfort level, muscle tension unwinds,

the mind clears, and positive energy is once again sent and received through its chakras.

As I described when I recorded my *Blue Healer* CD:

It's like a freight train up your spine as it opens all the chakras and leads to a *satori* experience of awakening.

It'll rumble your energy and stir your soul.

The Cleansing Power of Ho'oponopono

Considering the obvious benefits of music as a path to healing, it seemed like the right approach to help align the energy centers of the body, too.

But how would this music actually work to help you?

This is where the power of ho'oponopono comes into play. Ho'oponopono is the Hawaiian healing method I wrote about in my bestselling book, *Zero Limits*, co-authored with Dr. Hew Len.

Working together with my guitar teacher and friend, Mathew Dixon, we decided to create an album of music that would actually help you heal, let go, forgive, release, and balance your energy. It would be music to help align your energy centers – all seven of them.

Mathew explained each energy center corresponds to a musical key. He did more research and discovered that the music could be performed, and later mixed in the studio, in such a precise way as to actually influence each energy center, or chakra.

He furthered explained that if each track used one of the mantras from the ho'oponopono healing method, then all the tracks combined would work together to adjust and align your entire being, with the goal of getting to “zero” – where you have no limits.

In other words, the music would be designed to open all seven energy centers, get them flowing and working in harmony, and lead to an experience where your limitations are dissolved and you are as close to “zero” or enlightenment as any music could ever accomplish.

Hearing this made me so excited, I got goose bumps!

The following shows each track on the *Aligning to Zero* CD, along with its corresponding chakra, key and mantra:

Aligning: Base of spine = key of C

Please Forgive Me: Abdomen = key of Eb

I'm Sorry: Solar Plexus = key of Eb

Thank You: Heart = key of F

I Love You: Throat = key of G

Zero Limits: Third eye = key of A

At Zero: Crown = key of B

In addition to the above, each track contains my voice saying the four healing phrases at a level your conscious mind can't hear but your unconscious mind can. (As a note, you may hear some of the words over time as your brain gets accustomed to the music, but that's good, as repetition helps you).

On this particular album, we incorporated other unique healing tools and concepts:

- Each track (except the 6th, which is all Mathew) was played with my *Healing Guitar*, both the patches of waves and background sounds.
- One track has the esoteric sound of an 1850s sorcerer's cane being rattled, from a cane used by a hypnotist in France in the 1800s.
- Each track is at 62 beats a minute, which science reveals is the ultimate for a mellow, yet alert, state. Sometimes the beats double, giving you an uplifting feeling.
- The entire experience is dedicated to Dr. Hew Len, the man who introduced me to ho'oponopono.
- The order of melodies is specific to gain the most benefit. When played in this order, each melody is composed to resonate and align your seven chakras.

In addition to these, there are two other important reasons this music is so healing.

First, there's power in the phrases *I love you*, *I'm sorry*, *Please forgive me*, and *Thank you*. They're a type of mantra, or song, or prayer that has been used to help people attract miracles. I wrote about this at length in *Zero Limits*, but the

point here is those very same phrases are embedded beneath the music, which means your unconscious mind will absorb the messages.

Keep in mind you won't hear them (although, again, you may hear them over time with repeated listening, and that's okay). This is what you want because your seat of power is in your unconscious mind, not your conscious mind. The fact that these phrases bypass the critical mind and are allowed into your power center means a whole lot of healing can happen without extra effort on your part.

In fact, all you really have to do is relax and listen to the music.

Second, I played the world's first "Healing Guitar" on this album. This guitar is infused with love. Taking almost a full year to make, it has the healing phrases inlaid in mother of pearl on the neck, and the fret markers on the guitar are yin-yang symbols – a symbol I've seen throughout my life as a sign my guides are with me. I played this amazing purple guitar in a variety of ways: as lead guitar on six of the seven tracks, to create background swells, and through a synthesizer.

Obviously, *Aligning to Zero* was created in an atmosphere of magic and made with tools designed to invoke powers greater than any of us.

In 1697, William Congreve wrote, "Music has charms to soothe a savage breast." It was the poetic first line in his play, *The Mourning Bride*.

And, hopefully, you're beginning to agree.

There's beauty in this new form of healing. Simple and complex at the same time, it will bring your energy centers into balance, harmony, and a renewed sense of peace.

Chapter Six

Emotions & Stress

When music speaks, our emotions listen. It bypasses the intellect and thus has a greater unique power to heal.

Marion Gough, The Foundation for Mind-Being Research

It's a fact...stress kills.

Even daily aspirations to achieve goals at work, in the family environment, and socially can add to high levels of inner turmoil. Carrying the weight of meeting these personal goals is no different than dragging around a heavy shoulder bag – it causes physical fatigue and body pain.

Without relief, this stress can cause irreversible damage to every part of the body. But, before you book an appointment with the chiropractor, you might want to book an appointment with yourself to practice relaxation with music therapy.

“Music has a tremendous power to help in the process of healing stress and emotional trauma,” says Quinlan Murray, Educationalist at SelfGrowth.com. “It has been lauded by psychiatrists and doctors alike. Today, music is used in mainstream medical environments as an addition to promote relaxation and to relieve pain.”

Relieving stress and clearing the mind of thoughts that hinder begins to unwind tension and allow the body a chance to erase pain and focus on healing.

Understanding that our bodies suffer continuous challenges from stress, fatigue, air pollution, poor diets and lack of sleep, alleviating the pain and damage is a must if we want to maintain quality health.

For centuries, people have been aware of music's power to affect us physically. When uplifting melodies are present, the body reacts by removing inhibitors that reduce the body's ability to overcome strife. Rhythms that reflect natural patterns which our bodies use to regulate proper breathing and steady heartbeat play a powerful role in aligning our thoughts and feelings with calm and controlled body functions.

This allows us to heal.

Stress & Inflammation Relationship

It's simply impossible to get away from all stress, if only for the fact that any change induces it – even the good changes. For example, you move to take a better job. Or you start your own business. Maybe you get married, or have a baby.

Every one of these has a stressful component involved.

And stress even helps you in moments of danger.

At those times, you need the adrenaline to move your body – fast. It's just the way we're hardwired.

So if we can't get away from it and sometimes need it, why worry about it? The most obvious answer is it just *feels* better, and that alone has great value. Still, it's not the only reason that has merit.

Inflammation has been implicated as the underlying culprit in the “development and progression of many diseases.”

According to researchers in a study published in the Proceedings of the National Academy of Sciences, chronic stress acts as an inhibitor, preventing the immune system's response to cortisol, a needed hormone for the body's defenses.

In a sense, you could say it's a distraction to the cells because it diverts the cells attention away from its core job. Stress interferes with the ability of the body to regulate inflammation.

In such an environment, inflammation can run rampant and unchecked.

The immune system's ability to regulate inflammation predicts who will develop a cold, but more importantly it provides an explanation of how stress can promote disease....because inflammation plays a role in many diseases such as cardiovascular, asthma and autoimmune disorders, this model suggests why stress impacts them as well.

Sheldon Cohen, Carnegie Mellon University

Chronic stress and anxiety can be the most damaging, and fortunately, that's the stress we have the most control over.

For starters, it can be as simple as turning off the radio.

Filtering Out the Air Waves

When we scan the radio dial in the car, we often stop at a song that grabs us with its rhythm and takes us away from the moment at hand. We go to a place where we don't feel the stress of life's events. A strong beat can empower us, melodies can relax us, and positive music can heal us of the pain we feel from negative internal stress.

But, take notice that when a commercial comes on the radio, we typically change the station in search of more inspiring sounds.

There's a reason why.

Media Smarts, a Canadian research and public awareness campaign says, "Advertising increasingly invades public spaces, which some critics argue is a

form of exploitation. Advertising frequently uses psychological pressure (for example, appealing to feelings of inadequacy) on the intended consumer, which may be harmful.”

High-impact commercials are designed to break into your conscious stream and infiltrate your thought processes, making you pay attention to the commercial being played. This has an opposing effect on the potential of positive music. It’s intrusive, and is created with the intent of taking over your conscious energy.

Commercials aren’t the only constant on the radio. Competing just as ardently for your attention is news programming, as every day we confront one catastrophe after another.

And it doesn’t stop there.

Things Aren’t Always What They Seem

Like a wolf in sheep’s clothing, not all bad news is easily recognizable.

Much of the negativity we’re subjected to passes by disguised as something else – for example, political news. From Fox News to CNN, every station airs the dirty laundry of your presidential hopefuls with all of the opinionated aggression that each side can point at the other. People get angry. Stress builds.

Unfortunately, “no news is good news” may not apply here.

I’m not suggesting we shouldn’t stay informed, just cautious in how we go about it.

It’s precisely because we’re constantly being updated about the latest political tirades and points of view that I recommend finding time to unwind. It’s critical to clear stress if you want to make sound decisions regarding important political debates.

When it gets overbearing, the first thing to do is step away. Shutting off the news and tuning out the high volume of commercial programming is the first step in reducing potential stress.

Simply walk away.

Without the repetitive attack of headline after headline being read over the television, you'll find peace to sort out your thoughts. Even move to another room and start another activity – unless, of course, that activity happens to be the mad rush of holiday shopping.

Make Your Holiday Caregiving a Stress Free Gift

For millions of American families, the holidays are the most stressful time of all.

Often we're adding to an already overloaded schedule of responsibilities, such as increased time with elderly and frail family members. Stress easily occurs when we break our familiar routines, even for a week of time to include a family member. Extended travel, multiple trips around town, or having loved ones visit invites tension, stress, and body pain.

The holidays are traditionally a time when we reflect on past memories. For those who are caring for a frail and elderly family member, these reflections often deepen the awareness of the extent of the older person's losses (for example, memory loss for those with Alzheimer's) and how much life has changed for them. Holiday-time can also underscore the loss caregivers face in the altered quality of their personal relationship with the older person. The emotional pain of confronting such losses can heighten feelings of stress.

4Therapy.com

Especially during holidays, using healing music to promote a positive focus towards extra activities can take your mind off stressful situations that wear on your body and break down its ability to heal. This is the perfect time to include some positive music into your schedule. A CD with uplifting tones, consistent tempos, and gentle melodies will reinforce your desire to sweep away the negative energy.

As your mind clears of outside pressures, you can focus on the buildup of negative energy and start to relax. Quietly in the background as you tend to chores or head off to pick up that last minute gift, you're assured of a push toward the positive when you listen to healing music as you travel.

Of course, that's assuming you're not a stressed out driver.

And, even if you are, there's healing music for that.

Combat Driver Fatigue with the Power of Music

Let's face it...a stressful workday can lead to a long and weary drive home, and few of us get away from it.

Road and Travel Magazine recently highlighted the effects of fatigued driving and the dangers of wearing down behind the wheel. As most people tune out commercial radio and chatter, drivers can slip into highway hypnosis. The ability to react in split second time easily becomes diminished.

Break the monotony. Turn the radio on, slap your thighs, keep your eyes moving, and sing. All of these are anti-fatigue measures that keep you alert.

The National Safety Council

The best results for fighting driver fatigue includes getting a good night's

sleep, maintaining a healthy diet, and getting exercise. But when lack of sleep, long work hours, and pesky office details cloud your ability to be alert behind the wheel, the power of music can clear your mind, reduce body stress, and hold off fatigue until you've reached the safety of your home.

But it takes more than just a loud volume and an open window.

Keeping positive music in your car should be considered as much of a necessity as having a cup of coffee on the drive. Unlike coffee, which can wear off in no time, a good CD can be played over and over again to continue its positive effect.

Carefully crafted upbeat tempos combined with positive lyrics, works at keeping the brain active and blood flowing. The result keeps drivers awake and alert of their surroundings.

In the long run, this saves lives.

Internally Motivated Stress

It would be great if reducing stress was as simple as turning off the radio or staying out of commuter traffic, but much of what we call chronic stress is a compounding of emotional factors.

In the same way that muscles fatigue and require repeated stimulation to build strength and repair, emotions can wear down when they are neglected. Lack of positive thought and focusing on issues taking up mental space can carry a weight that leads to mental and physical stress.

Eckhart Tolle, the author of *The Power of Now*, says that old emotional pain from past events can breed painful negative energy in the body, which he refers to as the *pain-body*. The result of clinging to former stressful situations causes us to actually feel physical pain when emotions go unresolved.

How you resolve emotional issues, deal with strife, and lock away trauma is important to developing a positive output in your actions. We often tuck it away to be dealt with at another time.

But every day you have to address the concerns that tap into your inner psyche and attach themselves to the way you think. If you're overcome with negative emotion, the way you respond to a simple hello can become a catastrophe. Your inner thought process needs to be positive to create an open and receptive mindset – in order for good things to enter your life.

Finding the solution to letting go of emotional attachments is as easy as turning on positive healing music. Natural rhythms, calming melodies, and inspiring lyrical content combine to form a powerful tool that triggers our neurological system to respond with healing endorphins.

There is no negativity in healing music, which leads the body to act with a positive response. Relaxed tension, clear focus, and a strong outlook on the road ahead are all elements that come from healing music, and these elements provide an open door for healing Tolle's pain-body.

There is never a better time to heal than now.

Sit back, close your eyes, clear your mind of the day's events, and listen to the healing sounds of positive music. The power that music has to erase negative energy is stronger than most people realize, yet we listen to it every day without

being conscious of how it's affecting us.

Tapping into Your Innermost Feelings

Think about some of the movies you've seen. Jaws wouldn't be the same without its daunting, low, repetitive sounds that makes you sit on the edge of your seat waiting for the shark to attack. One aspect of healing music is to stir our feelings. This helps us deal with grief, sadness, anger or other feelings. By allowing ourselves to feel these feelings, the intensity will eventually lessen and even dissipate, resulting in healing.

Shirley Kaiser, M.A. and Music Therapist

You can use the power of music to reach the deepest of inner feelings and to help bring resolution to events that cause pain.

Our body has the most amazing way of communicating emotion through every muscle and nerve ending. The energy that guides us to feel is stimulated by everything in our environment, from what we see and touch to the things we hear. Music can trigger the body naturally to make us forget the little things, or to drive us to stand tall and work harder with pride and dedication.

A simple song can take us back to a dance in school. If only for a moment, we can relive how it felt standing in a gymnasium surrounded by friends from our youth.

Its power to reach our innermost thoughts is unlimited.

By taking time out of your day and focusing on your inner self, you can identify the negative energy causing pain and feel the power of music as it works to bring solace to your spirit and heal your pain-body.

For example, my CD, *The Healing Song*, places a positive focus on any emotional trauma you may have. The rhythms and melodies work to remove stress

and erase old, negative memories, while inspiring your positive energy to fill the voids left from unresolved past emotional damage.

It literally erases your pain-body and allows you to heal completely.

During a time of quiet reflection, the music helps you to become closer to your deepest feeling. You'll realize more than what you're feeling. You'll glimpse into why you feel it, and how to settle traumatized emotions.

Unlike sitting in silence, where the mind is more apt to roam around, jumping from one thought to another, healing music keeps the mind centered and focused on what the listener is feeling inside.

By keeping distractions at bay, it allows for deep and insightful reflection, giving you an opportunity to deal with stresses and personal anguish.

This is where healing begins.

Inspiring Positivity

The science of writing rhythms and melodies allows us to activate once neglected emotional pain and stimulate healing vibrations. Research shows that the healing power of music is due, in part, to musical intervals created when one note plays with another.

This proven technique (which we used in *The Healing Song*):

- Reaches deep emotions
- Inspires uplifting energy
- Develops healthy neurological pathways

Areas that once produced pain when agitated by depressed thought and negative reaction now become strong carriers of positive energy and healthy thoughts. Resolving lingering negativity while supporting emotional and spiritual strength, you can conquer any new trials that might spawn negativity.

The inexpressible depth of music, so easy to understand and yet so inexplicable, is due to the fact that it reproduces all the emotions of our innermost being, but entirely without reality and remote from its pain...music expresses only the quintessence of life and of its events, never these themselves.

[Oliver Sacks, Musicophilia: Tales of Music and the Brain](#)

The power of music has never been as much of a topic in medicine as it is today. What science has long proven as a key element in healing stress and pain is being crafted into an amazing tool for improving upon your current state of health.

The pitch, tone, and melody of healing music can offer a unique marriage of consistency and intent. Because the vibration of music enhances your frame of mind, healing music has the ability to calm distractions and center you in a place of peace and restfulness.

Positive lyrical content and inspiring melodies trigger the mind and spirit to remain alert and actively deal with inner inhibition. Taking the focus off tension, the body finds its own way to relieve stress, disseminate negative energy, and replace the strain of carrying emotional weight with the freedom of letting go.

It's simply impossible to have a clear mind when past emotional trauma is plaguing our ability to make precise decisions regarding health. The cure to heal lingering pain is to exercise your positive energy daily. With time, as with physical exercise, it will strengthen and grow to where it overpowers the negativity that causes pain.

Just like exercise, improving your state of mind takes daily applications of positive influence. It can't be done with a single exercise! A strong and resilient spirit takes time to build, and a daily dose of inspiration can help you achieve your goals.

As the mind clears, and the music plays, the space where creativity flows from is freed of roadblocks.

It can function at peak capacity.

Chapter Seven

Music as Intelligence

Music can increase verbal, emotional and spatial intelligence, improve concentration and memory, enhance right-brain creative processes, and strengthen intuitive thinking skills.

Don Campbell, Author, The Mozart Effect

Beyond its ability to stimulate the body for healing pain – as well as improving healing functions – music can be performed in a way that also raises intellect, improves memory recall, and information processing as a whole.

Researching scientific and medical documentation, I found underlying themes in every study suggesting that natural rhythms and harmonies performed in unison stimulate the brain to supercharge and increase productivity, spatial reasoning, mathematical abilities, and improved literacy skills.

From childhood throughout our adult lives, we continue to gather and learn new information. A strong mind has the ability to recall and organize this information in a snap *if* the mind is kept active and focused.

That’s a big “if.”

It’s a possibility greatly enhanced with daily applications of music, particularly written to stimulate the brain and triggering those mechanisms which resolve lingering thoughts.

The potential to increase learning ability can be increased by a *minimum of five times the current potential* by administering just one session of music therapy daily, according to The Center for New Discoveries in Learning.

The key to writing music that offers this benefit is held within the tempo and consistency of the music being played. For example, music with a tempo of 60 beats per minute follows a rhythmic pattern the body can easily adapt to. This creates a response in brainwave stimulation that resonates throughout the entire nervous system. The mind then becomes alert, working at its peak potential.

The Mozart Effect, written by Don Campbell, was one of the first books to spell out this phenomenon, offering a cohesive, though often challenged, viewpoint of how Mozart's music not only strengthens the mind, but unlocks creativity and stimulates thought power.

Yet, despite many naysayers' opposing views, science has now one-upped the theory by proving that listening to music does offer these benefits – and that it isn't simply Mozart's music achieving these claims. When properly administered, any music written to the natural rhythms of the human body can be a beneficial therapy with amazing results.

Enhanced IQ and Learning through Music

A music-rich experience for children of singing, listening, and moving is really bringing a very serious benefit to children as they progress into more formal learning.

Mary Luehrisen, National Association of Music Merchants (NAMM) Foundation

Over the past half century, there's been a great deal of research showing that music and music education supports language development and math skills development in children.

According to research at UC-Irvine, music enhancement was shown to raise IQ scores by as much as 10 points.

Use music to help develop concentration skills. In a famous study at the University of California at Irvine, students who listened to Mozart's Sonata for 2 pianos (K448) increased visual-spatial intelligence by about 10 percent. Another recent study demonstrated that students who play a musical instrument scored higher on average on the SAT than children who did not play music. Music can either help or hurt concentration. In a recent study from my clinic, we had 12 teenagers play the game Memory while they listened to different types of music: rock, rap, classical, and no music. Rap was associated with the worst performance. The rock group also scored poorly. Interestingly, the group did slightly better with classical music than no music at all.

From an article excerpted from Dr. Amen, Change Your Brain, Change Your Life: 7 Ways to Optimize Your Brain and Your Life

<http://www.creativityatwork.com/7-ways-to-optimize-your-brain-your-life/#.UX6zp7WsiSo>

But music benefits are not relegated only to classroom learning.

For example, a study in 1996 by the College Entrance Exam Board Service of all students taking SAT exams found that “students who sang or played a musical instrument scored 51 points higher on the verbal portion of the test and an average of 39 points higher on math.”

Even simply listening to certain music has been shown to enhance test taking, which, for many people, can wreak emotional chaos. I've known people who knew their information hands down, but once they got into a test-taking environment, appeared to forget everything. The stress-inducing environment didn't allow them to access the information stored in their brain.

In 1982, researchers from Texas University performed a test with students, applying music during study periods before and during test taking. They found that, as the brain relaxed to the music, students were better able to absorb and

retain information, achieving greater results on the test material. Overall, their performance increased by applying music that followed natural beats and gentle melodies.

Beyond formal learning environments, science has proven that *adult* brains not only continue to grow and learn, but *need* mental stimulation to keep their bodies healthy as they age. This information has caused a ripple effect in music applications.

Although thousands use it, it's not just for schools and universities anymore.

Major industrial corporations like Shell, IBM, and DuPont are also jumping on board to “to cut learning time, mask irritating sounds, and increase retention of the new materials,” according to learning expert, Pat Wyman.

Dupont, for example, used a music listening program in one department that cut its training time in half and doubled the number of people trained. Another corporation using music found that clerical errors decreased by one third.... I use many types of music in my Instant Learning workshops and trainings because I find that it reduces learning time and increases memory of the material. Music activates the whole brain and makes you feel more energetic.

Pat Wyman, Learning Expert

Fortunately, science continues to prove that blending natural rhythms and harmonies does more than remove stress and pain. It can also sharpen mental acuity by increasing attention span and overall brain functionality.

In essence, the concept of listening to music can make you smarter, both emotionally *and* intellectually.

Chapter Eight

Music as Muse

What you believe, how you define yourself and the way you interact with the world – those are the aspects that shape your existence as a human. Every moment when you fully reach out with your senses; when you entertain a new thought; when you dream up your next piece; you are creative ... with your whole being.

Victor Brosshard, Artist

Beyond offering amazing healing capabilities through its positive influence, music is a powerful resource for promoting self-expression and personal growth.

You can expand the limits of your creativity and find inspiration by adding the power of positive music to your daily activities. With inspired thought, your creative output is guaranteed to develop into a stronger and more productive process.

One of the keys is the intention behind the activity.

When you listen, set an intention for the music to inspire you, to act as your muse in that moment – and then choose music written for that purpose.

For example, the intention behind all 11 tracks on my 4th CD, *The Healing Song*, is to encourage listeners to reach inside themselves, opening their mind and spirit to the bigger picture surrounding them. Recorded alongside fellow artist David Darling, a Grammy award winning, New Age composer and cellist, each song was written to lift you from the simple existence of daily life, and to inspire you to achieve greater success in everything you do by using the positive power within you.

I chose to do this particular album with David because, as founder of *Music*

for People, a non-profit organization, he is dedicated to teaching music as a form of self-expression.

Human beings need to express themselves daily, in a way that invites a physical and emotional release. Musical self-expression is a joyful and healthy means of communication that is available to absolutely everyone.

David Darling, Musical Bill of Rights

David's unique approach to teaching offers a positive influence on students through the use of tonal and rhythmic improvisation. These methods are designed to help students access new ideas and inspiration by playing what they feel inside, and bringing a personal voice to the music they create.

When music is composed from this perspective and intention, everyone receives the benefits.

Coax Your Creativity with the Power of Music

Motivational speaker [Melissa Borghorst](#)... had been struggling with a particular teen workshop, and then out of the blue, while listening to [Taylor Swift's] "White Horse," she realized that she needed to create a song for the event. "I don't know the first thing about writing songs," she said, "but suddenly song lyrics started popping in my head. It was like fireworks going off. . . . By the end of the drive, I had written two songs, started a children's book, and left about twenty messages for myself."

Psychology Today, How Music Feeds and Steers Your Imagination

The word *muse* comes to us from ancient Greek history and mythology, referring to the earliest of three goddesses called the *Mousai*, whose attributes were musical instruments. Vase painting from that era portrays them as beautiful young women holding a flute, lyre, or barbiton.

They were the source of inspiration to poets.

Fast forwarding to today, the term *muse* has expanded to include anyone or anything that provides inspiration to creativity – and this is one of the unique and beneficial roles of healing music.

Every effort and action you take towards creating something new can make or break your potential to succeed. If your efforts are too small, it may take repeated attempts to bring your creative ideas to fruition.

Healing music can provide a reassuring and positive influence to help you make greater strides with each effort.

For example, one artist said she didn't consider herself very auditory, yet, "After 15 years of being a graphic designer and artist, I took art classes to learn how to paint. The teacher would use music to increase the creative flow. I was astounded to see how it amplified my creativity. I was hooked, and I began my search to find the music that resonated with my soul."

All forms of creativity, inspiration, and self-expression flow best in optimal conditions and states of mind, and this is the power of healing music. Listening to positive music strengthens the creative mind by running interference – reducing stress and clearing away inhibiting hindrances which would otherwise cloud a productive thought process.

Using this proven technique, you can increase the positive energy that ushers in creative thought and inspires action.

Chapter Nine

Music as Self-help

To expect that life will offer guidance in this way is incredible. In fact, many philosophies believe in the importance of self-help therapies, including the science of music and the mind, among others. The underlying principals behind all of these beliefs are that we must be open to receive. It is a matter of being alert and unencumbered to receive benefit.

Donni Hakanson, Author

If you're familiar with my work, you know I am no stranger to overcoming personal roadblocks that stand between a person's hope and the goals they want to achieve.

My passion has always been about sharing secrets that not only help you obtain things to improve your life, but that unlock the full potential of true desire. This is the message at the core of my books, as well as the movies I've been featured in, such as *The Secret*.

In some way, you can have what you want.

Obtaining better health is as equally achievable as getting the perfect job, finding the right partner, or driving that dream car.

Would you like more motivation or productivity?

Healing music may be just the answer you're looking for – its power will deliver those results to you as your mind receives its positive energy.

Most often when we think of the self-help industry, we automatically reach for books and courses, or attend live symposiums. But I've found that adding healing music to the mix – and including positive programming into every song I write – can further add to the *brain itch phenomenon*, which keeps songs in your head in a good way.

A cognitive itch is a kind of metaphor that explains how these songs get stuck in our head. Certain songs have properties that are analogous to histamines that make our brain itch. The only way to scratch a cognitive itch is to repeat the offending melody in our minds.

James Kellaris, Professor, University of Cincinnati

Both body and spirit respond when music guides you to open up to the possibility of healing any part of your life.

Healing Music to Manifest Physical Health with the Law of Attraction

For centuries, people have relied on the power of music to release inhibition and open themselves to the benefits of the universe and the power of positive energy – utilizing the Law of Attraction in the process.

And it's not hard to do.

Simply listening to healing music, you can clear away doubt, physical stress, and emotional traumas holding back your spirit and keeping you from reaching your goals.

Practitioners agree and conclude that it is the intent behind the music that determines its abilities to facilitate healing. In creating music intended for healing purposes, the results from listening can include healing, inspiration, and spiritual uplifting.

Peter Michael Hamel, Through Music to the Self

Awareness is the first step to healing pain and strife in any area of our life.

What exactly is ailing us and causing tension in our body – is it the long drive home in heavy traffic, extra job responsibilities, or a heavy workload?

Tuning in to a half hour of relaxation and healing music unwinds us from the immediate stressors affecting us. As the music sheds away the surface layers of stress, we're better able to look past today's mental issues and focus on what it is we really want from life.

Focusing on what you truly want activates the Law of Attraction for manifesting better physical and mental health.

Along with identifying what's holding you back and focusing on it, you must believe you can have it.

Quite often, knowing there is a light at the end of the tunnel is enough to help you take the first step to achieving your goals. Positive energy works on your spirit and personal drive much the same way as an energy drink spurs the body to come alive. Unlike a drink's temporary fix for the body, healing music builds strong cornerstones in your faith that you can build upon.

As you find your inner belief to overcome obstacles on your quest for better health, each realization and achievement you make secures your future ability to overcome the same obstacles. You begin to know that you can win. Inner faith is something no one can take away.

Maintaining your focus on the end result is easier to do as each day on your quest passes, yet new events can bring criticism and the potential of doubt in your ability to succeed. If you feel momentum slip, simply pause and listen to healing music while focusing on your belief that you can succeed.

In my own music, I've created a play list of songs with messages designed to overcome individual obstacles and strengthen you in a multitude of ways.

Depending on the issue, you can alter your listening until it no longer plagues your development.

Each time you apply healing music to your day, you enhance your faith, your belief system, and your ability to thrive as you attract your goals for better health. You actually become less receptive to negative energy and you begin to give off more positive energy and achieve more positive results.

As you listen daily, focusing on the manifestation of your personal health, you'll see your life change in positive ways. With gratitude, recognize how it has affected you and your health. Take note of what your life was like before and how it has improved through recent efforts to manifest better health.

You can continue to use the power of healing music to further clear away obstacles, ultimately setting you up for new and greater conquests in attracting your personal desires.

Achieve More in This Year with Healing Music Goals

Are New Year's Resolutions hopeless?

Researchers seem to think so.

Recently, the Boston Globe was quoted as saying that researchers have finally acknowledged that there's an 80% failure rate against New Year's Resolutions and that "it's probably better not to make those January 1st promises at all."

I couldn't disagree more.

I'm a huge proponent for setting goals and sticking to them. I like to call them *positive predictions*.

As an author, I could have sat back and rested on my book royalties and done little more but sit in the moment and enjoy the sun and stars.

But something within inspired me to pursue music, and I've learned to say, "Yes!" to the nudges.

They lead to miracles.

As I wrote in my #1 bestselling book *The Attractor Factor*, my rule of thumb is to follow goals that scare you a little and excite you a lot. If I'm giving that advice to others, then I need to take it myself.

And that's what I did when I set the goal to become a musician.

Going from barely able to play a few chords on the guitar, within a year's time, I'd completed my goal.

Over the course of that year, I took inspired action and worked and trained with a superb team of coaches for lessons in guitar, voice, and overall music. I also increased my practice time outside of scheduled lessons, intensifying my focus even more.

It was in that focused discipline I discovered that the limits I thought I had reached were only stepping stones to higher planes of achievement.

Little did I know in the beginning that inspiration would move through me so fast – and that I'd not only complete my very first CD (*Blue Healer*) in just two months, but play as many as seven instruments for it – including a very rare 1915 Gibson Harp Guitar.

But that's what can happen when you set goals, leap over doubts, and work from divine inspiration – passion quickly leads the way and magic begins to happen.

Learning how to write lyrics, sing, and play guitar was a brand new category for me, and I struggled at first. Then I began to realize that the struggle I was

experiencing wasn't real – not in any outward, measurable way. The struggle was within the conscious and unconscious thoughts of self-judgment that made me fight my own progress.

My formula for success?

I would remind myself that my goal was to sing, play, learn, and most importantly, to have *fun*.

Setting myself up for this challenge, I found a new way to stretch my talents, exceed my potential, dare something worthy and achieve what others might call improbable.

The line I crossed was the self-imposed limitation of my own potential.

And, as a result of happily pursuing my new direction, I'm creating a new genre of music to help and heal the world, becoming the world's first self-help singer/songwriter in the process.

The idea behind healing music like mine is to allow the high vibration of inspired music to work on you.

For example, *Blue Healer* will inspire you and open your creative mind – just as it did mine when I was creating it.

It's music as guru.

Or music as healer.

It's an easy way to help create the personal transformation you want, right down to healing stubborn issues that used to resist everything else. And again, all you have to do is relax and listen.

What could be easier?

More than just turning up the volume and “rocking out,” the power of healing music offers an added support to your yearly goals and desires by helping you stay focused. It summons extra effort and lifts your spirit when the road looks

tougher than you thought it might be.

Let's say you want to finish more projects at work. So you set new timeline goals, but then notice you're feeling the stress of longer hours. There's an easy way to soothe your irritated nerves from the added workload. Simply by playing healing music after the rest of the office has headed home, you'll find the extra hour more productive as the music keeps your mind alert and on the task at hand.

Rather than wanting to drop everything and head home for dinner, achieving one more goal before you take off for the night will become second nature.

Workers found it easier to concentrate when lower volume healing music was played in the background. It improved focus and kept their minds on their work, right where it should be while performing tasks.

Work Journal

Personal transformation can cause stress, sometimes to the point where it paralyzes your ability to make changes for the better. Instead, you slip back into familiar habits. It seems safer than the risk of failure.

To counteract this reaction and help you move consistently forward with inspired action, my suggestion is to end the day with 20 minutes of daily healing music therapy. As the music takes over, you'll feel better in less time than it takes for a TV sitcom to roll by or a meatloaf to cook.

Or, follow Don Campbell's advice in *The Mozart Effect* and listen to it multiple times throughout the day:

- In the morning, music can tap into the energy we need to rise from our slumber and begin tasks.

- During the day, focus and concentration can be streamlined for optimum performance.
- When the day has ended, our inner thoughts can be soothed and relaxed to aid in better sleep and stress reduction.

You don't need to change into workout gear, lay out a yoga mat, or leave the comfort of your home to do it. Just put on a set of headphones and close your eyes in the easy chair. Let go of thoughts you have lingering in your mind and clear your body of stress, concern, doubt, and worry.

The results will be astounding.

You'll find your desire, vision, and strength invigorated once you remove the stress that hinders you. And, with all this new energy, it'll be easier to take hold of your goals and succeed.

Healing music soothes frayed nerves. Cheerful and positive melodies written to consistent natural rhythms have the ability to reduce anxiety, heal stress, and in many instances, remove pain that results from stress.

Costas Karageorghis, Psychologist

In studying what makes healing music beneficial to the physical, mental, emotional, and spiritual parts of our existence, I've seen that, more than just relaxation, it empowers your mind and spirit to lift you from the throws of negativity.

Using powerful rhythms and melodies along with a positive message, it opens the mind to the potential of a greater self-image and a determination to live stronger – invaluable qualities in personal transformation.

You could call it *right attitude*.

When it comes to achieving more in your life, I believe in the principle of right attitude so much that I devoted all 11 tracks on my CD, *The Healing Song*, towards developing it – singing with positive statements about handling the roadblocks life can lay at our feet.

Dr. Winsome Miller-Rowe, an alternative health specialist, said, “Patients need to be participants in their health care and realize that negative thoughts and attitudes are contributing to their health status and that music can assist them in changing this. Music has the ability to change our moods, beliefs and attitudes and is now playing a major role in relief of stress, one of the major causes of illness.”

There is no experience one can have that someone else hasn't overcome, and each song inspires an understanding that you are not alone in your frustrations. Through the power of music, you can relax into the positive energy that heals and be assured of a calm resolution to incidents that affect you negatively.

Increase Overall Fitness with Music

Healing music can be thought of as a legal performance enhancing drug! To energize your passion for success, load it up on the iPod and take it on the treadmill or the bike and let it push you further.

David Priest, Fitness Expert

Fitness isn't only about exercise – sometimes it's about rest.

And, sometimes, it's simply about the state of mind you're bringing to the moment.

Like runners, who often need a day of rest between long jaunts, you may need downtime to shake off stress in the body. Traveling around town, dealing with traffic, long lines, or even finding a parking space can build up negative resentment

toward inanimate things like parked cars and broken escalators. In cases like these, healing music can be the catalyst to calming ourselves and letting go, paving the way to more positive energy.

Or we can use an upbeat tempo to deliberately enhance our physical exercise, for example, the pace of our walking or running. Put an extra spring in your step with health inspiring music. Even a half hour on the iPod is enough to change your stride.

Researchers at York St. John's University found that when athletes were given personally inspiring music, as opposed to the background music at the gym, test subjects were able to hold weight for more than 10% longer.

Ten percent more strength with the press of a button on an iPod.

Listening to music during repetitive exercise narrows your focus and diverts your attention away from feelings of fatigue, resulting in as much as a ten percent reduction in perceived level of exertion, and more.

www.Livestrong.com

In addition, health instructors emphasize proper breathing technique when exercising, and you can use the power of music for that, too. It will inspire a steady breathing pattern, muscle relaxation, and blood flow.

Given the value of exercise (or being fit in any area of life), you'd think more people would rush to it, but we know from obesity statistics in America and many other countries, that's not the case.

When it's all said and done, taking 30 minutes out of your day to improve your physical health is something that no one can take away from you. Even a good evening walk can leave you with a strong sense of accomplishment. After all, workday situations often linger on the brain until bedtime. Instead of ranting on

Facebook about the vacation you dream of, or how much more fun the Kardashians seem to be having – get away from the desk, put on some healing music and make *yourself* a superstar for half an hour.

Finding the drive to get out of that easy chair, turn off the tube, and go out for an evening walk can take a little motivation – and motivation requires energy.

What if you could tap into your body's *natural energy*, empowering yourself to stand and deliver?

Better than coffee or a Red Bull, by combining the proven science of upbeat rhythms, inspiring lyrics, and memorable melodies, healing music gives a boost of energy that you may not realize is available to you.

It's a simple science that even medical professionals use to encourage the body to heal – a natural motivation that just won't let the body stay at rest.

When the body hears familiar rhythms and elements of music, it triggers endorphins in the body. Medical professionals know that these endorphins cause the body to feel good by inspiring blood flow and a strong heartbeat.

You'll feel empowered.

And with this empowerment comes the drive to achieve great things. All it takes is a decision to make a move and you're on your way to a guaranteed success.

It's proven – music that synchronizes with your goals, your tempo, and pace of activities, as well as your body's natural rhythm, increases your output without added stress, and without negative effects.

Healing music does more than distract thoughts that cloud the mind. It promotes positive thoughts that reduce fatigue and enhance the emotional state before, during, and after a workout, alleviating anxiety and nerve related

stress.

It takes more than just listening.

You have to want to make a move.

Nothing can happen in your life if you don't inspire it to happen, and there is nothing more inspiring than positive, healing music. Like all journeys, the miles you walk begin with a first step, and healing music will inspire you to take that step.

Self-improvement without Breaking a Sweat

Using healing music as a pain coping mechanism has cross-cultural appeal, is relatively inexpensive, convenient, safe, and has no known side effects. While you could visit a music therapist, having your own healing music playlist at home is a perfect tool to keep on hand for those moments when you need special help.

Dr. Linda Rheulman, Social Health Psychologist

If I haven't convinced you to jump off the couch yet, I have a workout for you anyway – one that doesn't break a sweat and has absolutely no negative effects on the body, mind, or spirit.

Laboratory research has shown that music therapy, even when administered at home, helps people to tolerate pain, reduce anxiety, increase a sense of control, and remove stress.

- You can take charge of the positive energy inside your body and lift your spirit to a state where clear thought, better judgment, and healing can take place.

- You can take charge of the power you have to overcome negativity and lead the body to heal itself of the wear and tear that negative energy can put on it.

And, unlike costly medicines, music therapy has no side effects (nor is it visually distracting) – which means it can be used during any activity throughout the day.

All in as little as 20 minutes a day...

As you un-hunch your back, take deep breaths, and let the healing music calm your senses, you can grab the energy that was pent up in your tightened muscles and release it. As your blood flows, your body can begin to heal pangs and pain that come from negative stress.

It will right itself naturally and you'll begin to heal.

It's a workout you can perform daily to find your inner strength and to overcome any and all of the stresses that life can create.

Sometimes I'm asked, "How should I listen to healing music?"

Certainly, there's no one right way, but here's a list I've put together:

1. Sit somewhere where you have no distractions.
2. Think of what is causing you emotional pain, something you want to resolve, or something you want to improve about yourself.
3. Put on headphones and begin the CD. (In some cases, such as with my own music, the use of headphones is important because of technologies I've used in creating the songs, such as binaural beats).
4. Close your eyes.

5. Imagine a positive outcome throughout the CD (pain leaving, new job, new house, healing).
6. Keep your mind clear.
7. Keep a journal next to you to write down ideas and insights.
8. Repeat this process daily for 2 weeks.
9. Listen often to continue fine-tuning your internal rhythm, harmony, and music.

Now keep in mind, everyone who listens to healing music will have their own experience. The above is just a guide, and most of you will quickly find your own methods.

Some people listen during meditation. Others may enjoy it while walking, running, or driving to and from work. Whatever way you find it works best for you – is what works best for you.

Music is the easiest way to shift your energy quickly. Athletes often listen to certain songs before games to help channel adrenaline; artists listen to music to help get their creative juices flowing; and many writers write with the help from music. This energy is contagious. When you inspire positive energy from music, it has a positive effect on your daily life.

Andrew Deitrick, <http://www.TinyBuddha.com>

Listening to positive healing music enriches every activity that you perform for better health – and pushes it to maximum potential. When your body can feel the music, it responds by tuning in to the beats and taking your mind off tension and stress.

Whatever the activity, music will add to it.

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Healing music can make the difference in you.

Chapter Ten

Music as Divine Connection

The health of the physical body is inextricably tied to our emotional, mental, and spiritual health. Music is a powerful catalyst for healing because it touches the very core of humanity... our souls. With music, we can remember our connection to the Creator and the powerful Healer within. We can take control of our health and our lives as we enjoy the healing sounds of music.

Kate Mucci, Holistic Advisor

Our spiritual connection to the Divine is often swept away, hidden behind a curtain of commercial media and confrontational events. As a result, we tend to overlook the beauty in each day – and fail to reap the benefits of positive energy naturally available to us.

Yet, with just a slight shift in our listening, we can let the sounds of healing music shed the weight of daily stress.

It is possible to open our mind to the *positive* things we experience every day – and reconnect to feelings of gratitude for every moment we have to exist. This is where we will find the Divine and peace within ourselves.

We know that the benefits of listening to healing music creates an array of positive achievements in every effort we make – at work, in family affairs, friendships, and matters of the heart. In a real sense, these things are accomplished by enlightening our senses to the Divine connection we have with the world around us. We're able to build stronger and more beneficial relationships – towards ourselves, others, and the spirit within.

Modern media's powerful and distracting influence acts as a barrier to this quiet place, rerouting our mind away from our spiritual senses. With daily news

headlines that focus on negative events, and stress from situations that happen outside of our control, it's easy to forget the Divine aspect of our humanity.

Finding what elevates our emotional status and drives us to leap from under the covers in the morning with the promise of a new day becomes increasingly harder to do, especially when we're striving to keep up with the myriad of topics bantered around the water cooler at work.

When our senses become skewed and we fail to respond to the positive benefits of spiritually uplifting energy, reconnecting with the natural rhythm of our body is the most important step we can take.

In order to have the ability to focus, clear the mind, and relax tensions, we need to set the mind and body *to the same pace*, which we can easily accomplish through healing music activity.

Reducing stresses, bringing the heartbeat to a natural beat, and ridding our conscience of unnatural outside influence, opens us to Divine energy. Through this connection, we can repair tainted emotions and reset our view on life to a kinder and more positive outlook.

Every day offers a new chance to wake up in the light of faith, to begin at ground zero with the knowledge that everything is possible. We've had time to sleep, to let the strife and oppression of the previous day's events dissipate. We can see potential troubles with a clear view.

Or, at least, we have the opportunity to.

On the other hand, we also have the potential of letting negative energy pull us further away from complete and utter happiness. During the day, as new events present themselves, we're faced with a choice: act rash and put situations on the

back burner, or maintain moral values and deal with negativity in a more spiritually grounded way.

Unfortunately, it can be hard to let go of knee jerk reactions we may have chosen in the past. At the end of the day, whatever joy and potential we started with may feel scattered and lost to us, like sheep that have wandered astray.

But healing music is a patient shepherd.

By simply listening, our access to the Divine is enhanced and supported more consistently. We can erase negative energy that plagues our decisions to act right, and keep our spirit in tune with the connection to our spirituality.

When we apply a daily application of healing music and time for reflection while sitting relaxed or maintaining daily activities, the body can release inhibiting stress and mental clutter. You can function at a higher consciousness, or peak performance. This state allows for clearer thinking, better judgment, and allows the body to heal pain.

Without the hindrance of these irritating influences, our cleared consciousness becomes a Divine tool for positive change and enlightenment.

So before closing our eyes on the day, it's important to step backward and return to the peaceful calm where our day started. With healing music, those steps can be taken easily and naturally.

Taking a daily dosage of healing music is the best kind of inspired action.

A Daily Music Meditation

The key to turning things around lies in taking a single, first step.

Saint Rajinder Singh Ji Maharaj

A simple daily exercise, using healing music, can put us back in touch with our spiritual awareness – those energies that lift our spirits and bring peace.

Listening to healing music without visual stimuli and other outside influences suggest to the mind it's okay to tell the body to relax. With that, an open communication can begin between the two.

When the mind is no longer focusing on doubt, confusion, and common irritations in the body that hinder spiritual connection, the body will respond by releasing tensions. Where debilitating stress has built up, harmony now has room to exist.

This particular practice happens best during a time of reflection or meditation, and can be achieved sitting in an easy chair with eyes closed, listening to the sounds of healing music.

The authors of *Superlearning*, Sheila Ostrander and Lynn Schroeder, who brought accelerated learning techniques to the forefront, have shown the changes that occur in your body while listening to certain types of beats and tempos compared to meditation.

If you were hooked to monitoring machines...you'd see your heartbeat, blood pressure, muscle tension, stress factors in your blood, all lower. It's almost identical to the healthy physical changes brought by meditation - TM in particular. Except you don't have to do anything. It's automatic.

www.superlearning.com

Many styles of meditation, for example, Transcendental Meditation® as mentioned above, use a formalized *mantra*. A mantra is a “sound, syllable, word, or group of words” considered capable of creating spiritual transformation, depending on the philosophy or school of thought it derives from.

In a sense, you could call it a prayer.

As author of over 50 books in the spiritual transformation and self-help arena, I know that achieving our goals is possible through positive thinking, taking action, and using the Law of Attraction to bring our wants within our reach.

When you combine these ideas with healing music, the results can be both stunning and profound. This is the reason I recorded my own healing music (a CD titled *Blue Healer*) implementing the use of the Gayatri Mantra and Sanskrit Chants – to bring our intentions to fruition.

Healing Music with the Gayatri Mantra

The Gayatri Mantra, one of the oldest and most powerful Sanskrit prayers in existence, has long been practiced to attain purity through the divinity of the greater power's grace. By repeating and embracing this mantra, we clear inhibitions that cloud our view of the accomplishments we need to make to reach our deepest desires.

Though it's sung in a language mostly unfamiliar to U.S. residents, the basis of the 6,000-year-old mantra is simple.

As a prayer, it asks for the ability to yield sharper knowledge.

In three distinct parts, the prayer offers:

- Praise to the greater power of the Divine
- Meditation
- A focus on our intentions

By listening and absorbing the power of this mantra, we allow the light of the Divine to adjust our perception toward the true intentions we have. This is the

sharper ability we've asked for – to see what roadblocks lay ahead and how we can overcome them to reach our goals.

As old as it is, the Gayatri Mantra is still a part of popular culture today and sometimes highlighted in film and television.

For example, in 2004, the hit TV series *Battlestar Galactica* featured a stranded group of people whose single intention was to arrive at a safe haven they could call home. Because all the characters were unified in that one desire, the creators of the show found it fitting that the theme music for the series be the Gayatri Mantra. As a result, every episode in the series opens with a female voice reciting the prayer.

The Gayatri Mantra isn't dedicated to a single religious preference. Rather, it's a chant that widens perception to the power within oneself. It speaks that all things are one, and that the power to achieve the things we want are in that one thing – which is our self.

By opening our perception to what we want and what we need to overcome in order to achieve it, the mantra helps us focus on the positive desire to take action and not fear hindrance – because it's hindrance that keeps us from moving forward. Once our goal is identified, a clear course of action is revealed and our goals become something within our reach.

[For a deeper explanation of the power of healing music and the Gayatri Mantra itself, visit www.healingmojomusic.com].

Using Healing Music to Elevate and Strengthen Spirituality

Certain types of music can enhance intellectual and spiritual powers and help overcome insomnia, boredom, anger, and stress.

Hal Lingeran

The *transformative* powers of music have been recorded and recognized for centuries in ancient text and in all cultures around the world.

As we've seen in previous chapters, medical science does nothing to deny the power of music to affect our heart, nervous system, breathing, and thought processes – and is why music therapy is provided in hospitals around the world as an alternative to costly medicines in a variety of curative environments.

Although inspiring our mind and body to connect with things that lift us up, or cause us to feel happiness, takes little more than positive thought and a daily healing music meditation, one of the biggest deterrents to our spirituality is found in our common culture.

Namely, the *other* kind of music – the kind that debilitates our energy.

Mainstream music often lacks spiritual substance, creating a weaker constitution and leaving the faithful worn down, susceptible to failure. Beneath the appealing tempos and upbeat tones of the music can be hidden negativity.

In a blog post for *The New York Times*, Tara Parker-Pope wrote, “Music is well known to connect deeply with the subconscious and has an ability to influence the development of self-worth.”

While it's easy to brush off the negative effects of music, saying, “I listen because I enjoy the rhythm and it makes me want to dance,” the undeniable effect of some modern music is that it does reach the *subconscious* with its message.

One in three popular songs contains explicit references to drugs, alcohol and violence. This means listeners receive as many as 35 references to negativity for every hour of music they hear. While it's a danger to children, it poses a threat to listeners of every age.

Although not all modern music creates negativity, the more we're subjected to lyrical content that demeans another person, a race of people, or a gender type, the more accepting of this negativity we become. If we hear ideas suggesting that it's okay to stray from our personal spiritual belief, we may find ourselves drifting further from the core belief of our faith.

Eventually that lack of faith will show in their actions.

Or lack of action.

Clearly, taking time to reflect and clear the conscience of the tiring, negative media on a daily basis is more important now than ever.

Healing music erases negative energy and brings you one step closer to finding your true spirituality, the Divine within.

When listening to healing music, your body and mind *feel* joy and optimism. Unlike popular rap and rock music that may create negative stereotypes, the power of healing music instills positive energy in you, using melodies and tempos that inspire happiness. A new sense of calm replaces depression and doubt – restraints that can lower the human condition to the point where giving up seems to be the only option.

Healing music has a power to raise desires beyond the flesh.

Aspiring to reach great heights in personal devotion to the Divine takes a strong will, and every opportunity to fail stands before you from the moment you get out of bed in the morning. In order to stay true to your innermost desire – that of faith and responsibility to the Divine – reflecting on the temptations that cause emotions to stray can be helpful.

At the end of each day, taking 20 minutes to unwind and listen to healing music is a simple and easy way to clear your conscience of any negativity. It opens your heart and mind to positive thoughts, letting the gentle array of rhythms and melodies clear away the clutter that modern media instills.

You gain access to the Divine and return to your spiritual self.

Take a music bath once or twice a week for a few seasons. You will find it is to the soul what a water bath is to the body.

Oliver Wendell Holmes

Healing music used in this way creates resiliency in us, and strength to overcome future temptation. We're able to find faith in our desire to do right and to face adversity with conviction and pride.

Understanding that mass media and culture can tug at our faith's ability to stand strong, healing music is written to explicitly give the mind and spirit relief from the unintended attack on our spirituality.

Listening to the right music can shed the weight of emotional conflict and doubt and allow you to virtually fly free.

When we pray, often our first thoughts are the issues we're dealing with in the now, as well as those we've carried for a long period of time. This can be due to our inability to bring resolution to questions and doubts that linger, which, in turn, affects our dedication to faith.

Our inner spirit longs to fly free, but unresolved emotional battles seem to keep us grounded.

Through prayer, we ask for help.

By clearing the weight that brings us down, healing music makes us receptive to that help – allowing us to soar, unencumbered.

From this space, we begin to find enlightenment.

In this wonderful enlightened state, we can experientially know who we are. We are filled with the light of consciousness and the light of love. We will realize that we were never separate from God in how we think and act – it was just an illusion of separation because of the negative stress we received.

Gini Gray, Spiritual Author

Finding Enlightenment through Healing Music

As we move closer to faith, it's important to find support to further develop our spiritual enlightenment. We gain this in part by freeing the conscience from the effects of negative influence – one of the benefits of listening to healing music regularly.

Reaching an enlightened state happens when we take control of the energies that move through our bodies and find balance.

Still, because of the broader media from modern music to news programming, it's almost impossible to avoid negativity completely. Often we see events that shine a light on the lesser qualities of society, and this doesn't make it easy to always maintain a strong sense of faith. Although in our heart we hope for a good world to thrive in, if the reality of bad situations confronts us, we may face doubt and depression.

We must know our spirituality is something that lives within us if we are to make our way through the negativity we're consistently bombarded with in mainstream media.

Healing music is the way.

It clears away doubt and removes anxiety, as well as feelings of failing in our faith.

It's like seeing the forest through the trees.

When we remove our focus from the small issues, we can see and appreciate the whole picture. With a clear mind, we can remove our inhibition and find connection to the Divine we know exists, despite troubling issues.

Healing music has the power to illuminate the spirit, providing limitless ability to transform us for the better.

When taken daily, like medicine, it can provide a long lasting and life altering connection to the Divine that continuously improves living with each and every application.

Music can give us wings.

Chapter Eleven

Just Get Started!

Music is the thread that brings it all together. We use music to help address the needs of those who have physical pain as well as mental issues. We use music to create an added support system. Music has been shown to affect several portions of the brain. A big part of music is its ability to affect emotions. It can help to reduce pain and relax the body, but also provides just the opposite. It can energize the body in the same way.

*Dr. Deforia Lane, Director of Music Therapy
University Hospitals of Cleveland*

If aggressive music can increase blood pressure, initiate reckless behavior, and lead to potential inner and outer violent response, healing music does just the opposite.

Certain kinds of rhythms and tempos, in sync with our mind and body's natural functioning, promote inner peace and health – particularly when accompanied by specific intention.

That doesn't mean all healing music has to sound the same.

In fact, I have found there's a broad range of music people choose for physical, emotional, and spiritual healing, from soothing sounds to exotic rhythms and melodies. Depending on the intent of a particular song or album, I use all these in recording my own CDs. [See Appendix for a Reference Guide playlist of my healing music].

There's something for everyone – and every kind of ailment.

Regardless of the specific type of melody or lyrics, when written properly using proven scientific techniques, healing music is both calming and uplifting, actively touching the deepest and innermost parts of the human psyche.

Vibrations from healing music have the ability to clear neurological pathways – removing stress, confusion and spiritual doubt, and releasing the hold that prior events have on our current emotional state. This, in turn, allows us to access and draw upon positive energy that is capable of healing trauma and tragedy, which, left unattended, can cause us to feel physical pain.

Using positive energy to resolve old emotional issues that plague the mind, we open ourselves to the potential of healing anguish and pain.

As modern medical science has proven, music can heal both physically and emotionally, if we simply choose to listen.

And it doesn't take a lot of time to experience profound results.

One study, published in the *Journal of Advanced Nursing*, found that listening to music for up to an hour a day reduced chronic pain by up to 21% and depression by up to 25%.

Apparently, just as people cannot hold two thoughts simultaneously, they're also not able to focus on opposing sensations at the same time. Distracted by the sounds of healing music, they cannot concentrate on their pain, physical or otherwise, in the same way – which lessens their perception of it.

Our results show that listening to music had a statistically significant effect on the two experimental groups, reducing pain, depression, and disability, and increasing feelings of power.

Dr Sandra Siedlecki, Cleveland Clinic Foundation

A self-assessment of personal wants in your life often revolves around finding ways to reduce stress, relax, and improve focus. These are common desires

for anyone who spends hours in the day working, commuting, and simply dealing with life's daily events.

Using the power of healing music to achieve these goals is a tradition that music therapists have implemented for thousands of years, but healing music is a therapy you can apply yourself, in the privacy of your own home.

Your Own Music Therapy

Unlike turning on the radio while doing chores around the house, an in-home music therapy session using healing music does not bombard you with commercial distractions. From the start of the playlist to the end, there is nothing to distract the body or the mind from reaping the benefits healing music provides. The consistency in how the music is delivered keeps the body focused on distributing positive energy.

Would you like to create a life of better health, increased wealth, clear focus, or a pain-free existence?

You can.

You can begin improving your daily living by listening to music written explicitly to increase the flow of positive energy, trigger the mind and body to function naturally, improve performance, reduce pain, and allow the body to heal.

Taking a short break from daily activity and closing your eyes to even 20 or 30 minutes of healing music can unwind the effects of outside influence and stress-causing environments. You don't need to meditate, or even stop what you're doing to get the benefit of listening.

Simply adding healing music to *any* activity can remove the hindrance that blocks the body's ability to function at its full potential. Use it as background music during chores and activities in the home, on your stereo while driving, or for that extra uplifting support on the iPod at the gym.

It's a personal therapy session that can be applied at any time and in any place.

10 Ways to Rid Yourself of Pain Due to Stress with Healing Music

What happens in the mind of man is always reflected in the diseases of his body.

American Institute of Stress

Stress brings on body pain, reduced ability to stave off disease, and the potential to damage the body beyond that which natural healing can repair.

Daily detoxification of lingering emotions and work stress provides benefits to your overall health in astounding ways.

Make it a *must*.

Peak health takes daily actions, and those actions are greatly enhanced by coupling them with the sounds of healing music.

1. **Get Outside:** Put on a pair of headphones and go for a walk around the block. It's a perfect way to drown out negative influence. Listening to healing music with an upbeat tempo inspires healthy breathing and heart rates as you take step after step.

2. **Visual Media Detoxification:** Turn off the TV and turn on background music. The constant onslaught of advertising and reality TV can increase

heart rate and lead to temporary and even long term anxiety. Pull away from the tube and focus on the other items in your home that inspire you. With the gentle melodies of healing music in the air, you'll clear your focus and enjoy time away from the TV.

3. **Exercise:** Get into the gym where other like-minded individuals are working toward better health. It'll offer a push to succeed at your own fitness goals. Create your personal workout world with a headset and inspiring music to make that treadmill your personal mountain. Climb on and jog your way towards overcoming body stress with the sounds of healing music.

4. **Relax in a hot bath:** Run a soothing hot bath with bubbles and aromatherapy. Enhance the ambiance of the room with dim lighting and relaxing, healing music. You'll find powerful and positive imagery flowing while you sink into the relaxation of a hot bath and melt away stress-related tension.

5. **Share personal time with a friend over coffee or tea:** Invite a close friend to simply sit and talk. It's a great way to let out what's on your mind. A trusted friend will help you feel comfortable just talking out the issues that are on your mind. Put on a CD of positive and inspiring music in the background to help fill the voids in conversation, while you clear your head of stressful stories and laugh away tension and stress together.

6. **Write your thoughts down in a notebook:** Let your thoughts flow as the

music replaces the sounds of traffic and office machines. Bathing in the tempos and melodies that play, you'll be hard pressed to write your thoughts as fast as they leave your mind. Clean your conscience of all the clutter and review your thoughts later with clear focus, one line at a time. You may just find there was little to get stressed over in the first place.

7. **Meditate:** Fill the room with the sounds of healing music and close your eyes. Think of nothing but unwinding the tension of each muscle in your body. As you relax and let the music play, you'll let go of petty thoughts and concerns over things you cannot control, finding yourself free of the weight you've carried from daily stress.

8. **Get yourself into the present time:** Play a positive healing CD to keep your mind from wandering. Think about the biggest concern you've been holding onto and realize that its time has passed. Let go of old worries and bring your focus to the matters at hand today. You'll find that you have little to worry over when you release past concerns and free your mind to take part in what is happening right now.

9. **Breathe:** You can be in the car on the way home from work or just lying in bed getting ready to face the day. Listening to healing music while you breathe helps to center your energy, allowing you to focus on being in the present moment where what truly matters is happening. You'll clear your mind of interruptions and find that you have control in the now. With the benefit of music's power to heal, your body can naturally take over and relieve you of tension and stress by simply listening and breathing.

10. **Party!:** Turn up the music and invite friends to join you in a social gathering that has nothing to do with work, school, or any of the events that cause you stress. Turn on the barbecue, put positive music on the CD player and listen to friends talk and share what's on their mind. Quite often, just knowing that other people feel the same tensions that affect your life is enough to help you let go of the stress that is affecting you.

Live Virtually Pain Free with Positive Music

Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.

Plato

As an alternative to traditional medicine, healing music offers long-term benefits – and the potential of pain-free living. It can stop stress, relieve headaches, and enhance breathing and blood flow, pushing the body to eradicate physical and emotional discomfort. It lifts the spirit, empowers the mind, and relieves the body of tensions that are known to debilitate positive and natural healing energies.

In daily application, you'll find soothing and powerful songs can inspire positive energy and spur positive action, while clearing the roadblocks that hinder well-being.

Overall, when used as a daily supplement to your regimen of relaxation and reflection, the power of healing music helps improve upon living.

It's the perfect companion for alone time in the car, exercising on the treadmill, or playing in the background while you work in the home. You can

easily load it onto an iPod or store it in the car as a catalog of entertainment for long drives (or just a trip to the mall).

It's also a perfect gift of inspiration – something you can share with the people you love and care about.

Everyone can use the gift of stress reduction.

Healing music becomes a keepsake – offering long-term use and benefits that last a lifetime, well beyond what a knick-knack or minimal amount of money slipped into an envelope could hope to do.

What ancient text has referred to for more than 2,000 years as a natural medicine to repair physical, mental, and emotional damage, science has proven by way of modern medical testing to affect and influence people from all backgrounds and ages.

As you've learned, you don't need to visit the hospital to reap the benefits of music therapy. By taking action now to heal potential ailments, you may very well avoid the hospital altogether – and heal the rest of your life to boot!

I received a testimonial from a woman who said that listening to my *Blue Healer* CD helped her heal a hand injury that had persisted for over 11 months. She said, "I didn't expect it to change my life for the better."

With the positive power of healing music, you can enhance your energy and optimize your performance to its peak potential. You can inspire yourself to go beyond just daily survival and create an environment that allows you to *thrive*.

It's the power of music to reach all living things naturally.

Appendix

Music produces a kind of pleasure which human nature cannot do without.

Confucius

A Reference Guide of Dr. Joe Vitale's Healing Music

Through extensive research into the body's natural response to certain musical vibrations, Dr. Joe Vitale has written and/or co-written and recorded six CDs of songs in a growing catalog of healing music releases.

Carefully crafted scientifically with rhythms and tempos that enhance the body's natural functions and inspire the brain to heal, his music shares a personal music therapy with the listener, unfolding a long list of benefits anyone can receive.

Joe's catalog of CDs addresses different methods for improving:

- ✓ Health
- ✓ Finances
- ✓ Lifestyle
- ✓ Happiness

From gaining clarity in thought, relaxation, and stress reduction to a deeper personal introspection, his healing music can influence all your activities. These songs will align your spirit and your attention, boost creative thought, and trigger action on ideas that have been dormant in your mind.

➤ ***Blue Healer*** (www.healingmojomusic.com)

This CD readjusts your focus. It aligns your inner desires with the reality of overcoming stress, strife, and insecurity.

The passionate blend of exotic rhythms and melodies will inspire your mind and spirit to unite, strengthen your ability to face

adversity, and summon the effort required to make great things happen.

➤ ***Strut*** (www.getupandstrut.com)

This CD offers an inspirational boost to get up and take action.

You'll be motivated to produce transformations in life and acquire the things you're passionate about. Acting on thoughts that only seem like a dream starts a new path of goals and successes that can change your lifestyle, health, and financial situation.

➤ ***Aligning to Zero*** (www.aligningtozero.info)

This CD is an album like no other.

With its soothing sounds, you're urged to simply close your eyes and relax as the music takes over the moment, centering you in the now. Your mind is cleared of outside influences, and this focus allows you to see the hindrances keeping personal achievements at bay. While it may seem at times, "You can't see the forest through the trees," you *can* clear away the "trees" that cloud your vision of the answer. A solution is within your reach, and just a simple application of healing music can help you to see it.

➤ ***The Healing Song*** (www.thehealingsong.com)

This CD inspires the body to take action against physical pain due to stress, fatigue, and unnatural circumstances.

Reaching into your energy, it helps your body remove stress and any inhibitors which keep your body's natural functions from

achieving optimum health. A daily dose of healing music can erase physical and emotional pain, including that from potentially unresolved emotional trauma lying dormant in the back of your mind.

➤ ***Sun Will Rise*** (www.healingrockmusic.com)

This CD takes you on an emotional journey through the ranges and depths of your soul.

When you're feeling lukewarm and ho hum, it's time for some emotion, music, and magic to dispel that negative energy. Sometimes a little fun is all you need to get your passion ignited.

Full of fun, this album's hip, healing, haunting, bluesy, rock-n-roll power tunes are guaranteed to startle you out of the doldrums of life.

➤ ***At Zero*** (www.atzeromusic.com)

The long awaited sequel to *Aligning to Zero*, this CD is like getting a full body massage – with music.

Along with Joe's one-of-a-kind *Healing Guitar* and Mathew's special *cleaning* guitar, this album has soothing violin, piano, harmonica – even a special handmade drum. From instrument to song, every element is heavenly inspired to bring transformation into your body...and into your life. Magic at the soul level.

By the time you've listened to all seven tracks, you'll be "at zero," that place of serenity and freedom known as the *home of the Divine*.

Every CD includes a consistent mix of musical elements that will inspire your body and mind to interact and communicate naturally. Each recording puts a focus on positive energy vibrations, while sharing the intent of better physical, mental, emotional, and spiritual health.

Resources & Links

Books:

The Attractor Factor: 5 Easy Steps for Creating Wealth (or Anything Else) from the Inside Out – Dr. Joe Vitale

... *Zero Limits: The Secret Hawaiian System for Wealth, Health, Peace, and More* –with Dr. Lew Hen

Change Your Brain, Change Your Life – Dr. Daniel G. Amen

The Healing Energies of Music – Hal Lingerman

The Mozart Effect – Don Campbell

Music and Medicine – Max Schoen

Musicophilia – Dr. Oliver Sacks

The Power of Music – Elena Mannes

The Tao of Music – Dr. John Ortiz

Links to Articles and Websites:

American Music Therapy Association – Research articles on the successful use of music to help treat a host of different illnesses, including depression, anxiety, substance abuse and chronic pain.

<http://www.musictherapy.org>

The Clearing Audio

<http://www.clearingaudio.com>

David Darling, Music for People Organization

<http://musicforpeople.org>

Dr. Daniel G. Amen Excerpt

<http://www.creativityatwork.com/7-ways-to-optimize-your-brain-your-life/#.UX6zp7WsiSo>

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Steven Halpern

<http://stevenhalpern.com>

About the Author

Dr. Joe Vitale is the author of way too many bestselling books to mention here. Some of them include *The Attractor Factor*, *Life's Missing Instruction Manual*, *The Key*, *Zero Limits Attract Money Now* and his most recent release to date, *Faith*. Dr. Vitale also has two new books set to be released in 2013.

He's also recorded many Nightingale-Conant audio programs, to name a few, "The Awakening Course," "The Missing Secret," "The Secret to Attracting Money," "The Abundance Paradigm" and his latest, "The Ultimate Law of Attraction Library."

Joe has also been in several movies, including the blockbuster "The Secret." He's been on the following TV shows: Larry King Live, Donny Deutsch's "The Big Idea," CNN, CNBC, CBS, ABC, Fox News: "Fox & Friends" and Extra TV. He's also been featured in The New York Times and Newsweek.

His latest accomplishment includes being the world's first self-help singer-songwriter as seen in 2012's Rolling Stone® magazine. In 2012 alone, he released four music CDs – with his fifth album just released in 2013!

He created a Miracles Coaching™ program and helps people achieve their dreams by understanding the deeper aspects of the law of attraction and the law of right action. This man was once homeless but today is a bestselling author who believes in magic and miracles.

For more information on Joe Vitale, go to: www.mrfire.com
To contact the author of this book, please e-mail Suzanne@mrfire.com

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