

Workshop

Cells & Sound Vibrations

Presenter

Lori Finlay Hamilton

Music & it's Impact on *YOUR* Body, Mind & Spirit

The Vibrations of music & lyrics

Dr. Masura Emoto – *The Hidden Messages of Water*

- "Undeniably, there is a biology of music" – Mark Jude Tramo, Harvard Medical School

Music & The Body

- Changes in blood flow, lower blood pressure / heart rate, Lower Systolic B/P
- Epinephrine decreased, & Dopamine increased, Cortisol levels decreased
- Relieves pain
 - Post surgical
 - Fibromyalgia
- Improved immunity
- Improves rehabilitation after stroke or brain injury

The Ancient Solfeggio

- Ancient tones that were used for healing during 1st century Christianity
- Gregorian chants use these. Some of the tones were changed and "lost"?
- There are 6 commonly known tones (Hz), plus 3-4 others, and "The key of David" believed to be 444 Hz

Music & The Mind

- Music is one of the ONLY activities that activates the entire brain
- Music can stimulate parts of the brain that are underactive, in certain disorders
- The Dopamine release caused by Music has been linked to increased memory and improved learning
- Learning music can create a "cognitive reserve" that lasts a lifetime & supports "neuroplasticity"
- Baroque & Mozart Music can stimulate the right and left brain for optimal learning and retention
 - Learning a foreign language with singing improved results by 85-100%

Music & Your Spirit

"Some of the greatest Sermons are preached by singing of hymns. Hymns move us to repentance and good works, build testimony and faith, comfort the weary, console the mourning, and inspire us to endure to the end" (Hymns, 1985)