



CELLS & SOUND VIBRATIONS MUSIC'S IMPACT ON YOUR BODY, MIND & SPIRIT

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The Vibration of Music

Bioacoustic Research – our voice may carry the frequency that can diagnose disease

Music & Your Body

“Undeniably there is a biology of music.”

- Mark Jude Tramo, HARVARD MEDICAL SCHOOL

- Over 5300 studies on Music Therapy in PubMed
- PubMed www.ncbi.nlm.nih.gov/pubmed/
- Physical effects of Music
 - Blood Pressure decreased
 - Blood flow improved
 - Heart Rate decreased
 - Epinephrine Decreased
 - Dopamine Increased
 - Decreased Interleukin -6
 - Plasma levels of Growth hormone increased
 - Immune system boosted (IgA)
 - Reduces Anxiety & Depression
 - Relieve pain
 - Decreases Cortisol levels
 - Uses oxygen more efficiently

The Solfeggio's

- Hold ancient healing frequencies
- 528 Hz – ? The healing tones played by David to King Solomon
- Impacts cellular healing at a DNA level
- Candace Pert, PhD

VibroAcoustic Therapy

- Low frequency, Binaural beats
- Can be programed for specific disease states
- NASA using in their program to improve the health of astronauts

Music & Your Mind

- Music – one of the only activities that stimulates the entire brain
- “There’s now a growing body of work that suggests that actually learning an instrument does have impact on other abilities” – Patel
- Music’s clear beginning, middle and end, help with ADHD
- www.additudemag.com/download/music-for-healthy-adhd-brains/
- Music improves outcomes with Autism Spectrum Disorders (ASD)
- www.tunedintolearning.com/product/keep-calm/
- http://autism.lovetoknow.com/Music_Therapy_for_Autism
- Music has impact in Dementia and Alzheimer’s care
- www.aliveinside.us
- Neuroplasticity
The ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience or following injury
- Rehabilitating the brain
 - Singing is a therapy in healing strokes
 - Melodic Intonation Therapy – converts singing into speech
- <http://researchandhope.com/melodic-intonation-therapy/>

Music & Learning

- Baroque music – from 1600- 1750
 - Bach, Handel, Hayden, Pachelbel, Telemann & Vivaldi
 - Mozart – heavily influenced by Bach
www.youtube.com/watch?v=P9n6SAXnQdQ
 - Beethoven
www.youtube.com/watch?v=d7hVQpyKLGg
- Brain Wave Entrainment
 - Alpha – best for learning
 - Theta – best for memorizing & Creativity
www.youtube.com/watch?v=eNrOs67zd2w
- GPA’s improved with Classical music

Music & Your Spirit

“Music is given of God to further his purposes. Sweet melodies mellow the souls of (wo)men and help prepare them for the gospel. After (wo)men receive the truth, songs of praise to Deity help to sanctify and cleanse their souls.”
- Bruce R. McConkie, 1966

“Some of the greatest Sermons are preached by Singing of hymn. 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, ix

“We get nearer to the Lord through music than perhaps through any other thing except prayer.”
- President J. Reuben Clark Jr.,
CONFERENCE REPORT, October 1936, p111

Resources for great music

- Music
 - www.youtube.com/user/MormonTabChoir
 - Primary Colors - Inside out
 - Popcorn Bopping - Hip Hop Primary songs
 - Scripture Power - Hip Hop Primary Songs
- Music Therapy Association
 - www.musictherapy.org/about
 - www.georgiamusictherapy.org
 - <https://wholetones.com>

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