



Harmonic Notes Newsletter

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

December 2007

Vol. 2, Issue 2



Healing Sonic Greetings:

We are fast approaching 2008. This last year has absolutely flown by. It's been a busy year just keeping up with the growing exposure of sound healing and music therapy into public awareness.

This year there were more conferences and public gatherings than ever before in this field. I suspect that in the coming year we'll see that trend continue. Be sure to visit our [Healing Music Events](#) page from time-to-time to

stay informed.

I've been posting news articles in our Healing Music Library since I started the site at the beginning of 2000, and over the years there have been an increasing number of stories about our field. This year there were so many news articles that I began compiling them into *The Sound News*, a bi-weekly newsletter. This newsletter is free to our members and very reasonably priced for others at just \$5 a month. Wouldn't it be great to get some regular good news for a change? The feedback I receive from subscribers is really great. People love learning about the latest research and how people are applying sound and music in very practical and usable ways. We are changing the world in such a beautiful way by our awareness of this great gift we have through sound and music. [Learn more](#) about *The Sound News*.

In the last couple of months I've been doing my best to update the website. It really is a full time job, and with the help of two volunteers (Cecilia and Bree), we've been upgrading and updating the [Discography](#) section of the Healing Music Library. For years I've compiled lists of music from all sorts of genres that I feel is most healing. Now we are making all those entries into live links through our affiliation with [Amazon.com](#). Please be patient, and come back and visit from time-to-time. This month we also re-designed the Healing Music [Bookstore](#) and [Musicstore](#) by adding in the music and books of all of our members with live links to Amazon. Have a look, browse around and remember that any purchase you make helps to support The Healing Music Organization.

I want to thank all of you who were so generous this last year with your gifts and support of our Healing Music Foundation. Your generosity helps to keep this website (and me) going so that we can continue to bring you the news about how the field of sound healing and music therapy are being used in so many facets of our daily lives and in so many areas of the world. This is a great time of the year to [make a donation](#), if you choose. Your donations are completely tax deductible, simply send your donation and know that the money is being used to educate the world.

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

I send you great blessings for all that you envision your life to be in this moment, in 2008, and beyond.

In deep gratitude, I AM...

Amrita

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A Quote to Remember

"Music expresses that which cannot be said and on which it is impossible to be silent."

—Victor Hugo

In the News

The Sounds of Proteins: Biologists have converted protein sequences into classical music in an attempt to help vision-impaired scientists and boost the popularity of genomic biology. New research published in the open access journal *Genome Biology* describes how researchers have found a way to present human proteins as musical notes... The team find their music more melodic and less 'jumpy' than previous attempts, which have focused on DNA sequences and protein folding, and hence closer to the musical depth of popular compositions. They are currently piloting a computer program, written by a collaborator Frank Pettit, which uses their translation rules to convert amino acids into music and hope it will speed up the translation of large segments of genomes.

Alternative Medicine: Sound Healing and Music Therapy: "If music can slow down your body's rhythms and effect soothing, peace and healing, it can also have the opposite effect. A well-chosen set of music can help energize you and prepare you to work hard and be creative. Studies have also shown that athletes working out and practicing to music use more energy, stretch themselves further and burn more calories than those who work without music. There's a great deal of information available now about music and healing. Sound healing, music therapy, and the power of sound to effect change in the mind, body and spirit are becoming more accepted. It's sometimes difficult to tell how much is true and how much is marketing hype.



The Abyss - Music and Amnesia: Oliver Sacks's compassionate, compelling tales of people struggling to adapt to different neurological conditions have fundamentally changed the way we think of our own brains, and of the human experience. In *Musicophilia*, he examines the powers of music through the individual experiences of patients, musicians, and everyday people--from a man who is struck by lightning and suddenly inspired to become a pianist at the age of forty-two, to an entire group of children with Williams syndrome who are hypermusical from birth; from people with "amusia," to whom a symphony sounds like the clattering of pots and pans, to a man whose memory spans only seven seconds--for everything but music.

Flexible Fitness: What's That Noise? Humming. Buzzing. Beating. Ringing. Roaring. Whooshing. Chirping. These are words used to describe the abnormal sound that millions of people hear in one or both ears. The technical term for this noise is tinnitus (tin-NY-tus). It is usually a symptom of damage to the auditory cells of the inner ear and associated with temporary as well as permanent hearing loss. For most people tinnitus can be intermittent and is not given a second thought, but for many it can be a constant and debilitating problem interfering with daily activities and can significantly disrupt sleep.

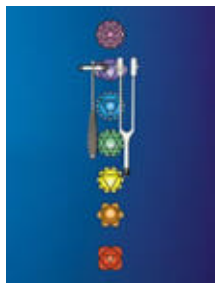
This Issue's Website Feature

Are you looking for some great quotes about sound and music? Visit the [Quotes](#) page in the Healing Music Library.

New HMO Members



Michael Kopel
Massachusetts, USA



Sonic Balancing
California, USA



Sophia
California, USA



Bradford Tilden
California, USA



Lynette Turner
Connecticut, USA

New Associate Members:

- Annie Malev, California, USA
- Kate Rowland, California, USA
- Rose Marie Swanson, South Carolina, USA
- Catherine Valentine, California, USA
- Adam Walton, North Carolina, USA
- Karen Williams, Hampshire, UK

From the Marketplace



Tuning Fork Therapy®-Using Tuning Forks in Water **by HMO member Francine Milford**

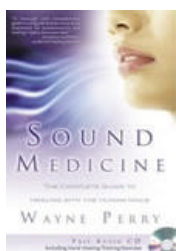
Learn how to activate water to enhance its healing abilities. From improving meditation to balancing blood sugar levels in your body, this book will give you plenty of ideas on how to use your basic tuning fork set. Included is a chapter on using the mineral tuning fork set.

Musicophilia **by Oliver Sacks**

Music can move us to the heights or depths of emotion. It can persuade us to buy something, or remind us of our first date. It can lift us out of depression when nothing else can. It can get us dancing to its beat. But the power of music goes much, much further. Indeed, music occupies more areas of our brain than language does—humans are a musical species.



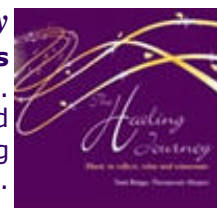
Sound Medicine: The Complete Guide to Healing With the Human Voice **by HMO member Wayne Perry**



We live in a world of sound, frequency, and vibration. Even our bodies are vibrational. In fact, the human voice is the most natural, organic, and unique vibrational instrument available. This book focuses on specific ways in which the voice can be used by anyone--healers and non-healers alike--as a safe, enjoyable and effective tool to heal not just the body, but the emotions, mind, and spirit. Discover the natural vibrations, overtones, and harmonics within the human voice, and you can develop its innate therapeutic capabilities.

The Healing Journey **by HMO member Tami Briggs**

This CD is a collection of solo harp selections by therapeutic harpist, Tami Briggs. It is a gently serene CD, intentionally created for you to reflect, relax and rejuvenate. This meditative musical journey promotes healing by nourishing your soul and taking you into new vibrations of peace and love.



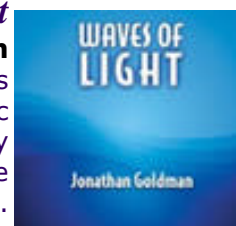
Musical Massage: Inner Light **by HMO member Silvia Nakkach**



Not just a singer and composer, but a healer, Silvia Nakkach believes that the voice can be a pathway to enlightenment. But listeners don't have to believe that to appreciate the transcendent beauty of her vocal work. Here she teams with like-minded cellist David Darling for an album of soothing, droning vocals and temperate strings. The tracks are musically compelling as they are relaxing.

Waves of Light **by HMO member Jonathan Goldman**

Extremely relaxing and healing, Waves of Light features the Sacred Healing Code frequencies using the Nine Holy Harmony Tuning Forks to create a soothing and ambient sonic environment of peace and tranquility. The Sacred Healing Code frequencies, conceived by two doctors, were also used on Goldman's best-selling recording Holy Harmony. They are considered by many to be the original solfeggio sounds—the sounds of creation.



In the Spotlight



Dr. Arthur Harvey—When I first met Dr. Harvey, in 1998, I was a student at the University of Hawaii at Hilo. Our choral group traveled to Oahu for a Music Educators' Conference and we performed at the church where Dr. Harvey ministered at the time.

From the moment I met Dr. H. I felt a deep connection with him. He has been one of my greatest mentors over these last ten years. He has inspired me, encouraged me with his wisdom and integrity, supported me with his kind words, and he has given me more encouragement than he will ever know. I wish this type of friendship for everyone.

Dr. Harvey has had a very successful career, or should I say careers, over the last forty plus years. He is a past President of the Hawaii Music Educators Association, he served as Professor of Music Education at the Eastern Kentucky University for 17 years, and in the Department of Music at the University of Hawaii at Manoa in Music Education for 20 years. In addition he was Director of Music and Worship for Calvary by the Sea Lutheran Church for 10 years, and helped start the first non-profit organization devoted to music therapy in Hawaii, [Sounding Joy Music Therapy Inc.](#), where he continues to serve as vice-president. He serves as an advisor to the Healing Music Organization and Foundation.

Dr. Harvey is now retired and lives in Florida, but he continues to teach online for UH-Manoa and travels the country lecturing, teaching, and inspiring people about the healing power of music. His a new website, [Music for Health Services](#), outlines his background and the services he offers.

Thank you, Dr. H., for being such a bright light in this world.

This n' That

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

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

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

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

**The 6th Annual
WORLD SOUND HEALING DAY**
February 14, 2008

*Sounding an "AH" for 5 minutes for
planetary Peace and Love!*

For five minutes, sound healers, meditators, peace activists and lovers of all humanity and sentient consciousness will send a Sonic Valentine to the Earth with the heartsound "AH" filled with the intention of Peace and Love!

Visit: www.healingsounds.com for more information on this event and to download an "AH" sound you can tone with.

*The "AH" is a universal, non-denominational heart sound that when projected with focused energy is extremely powerful and effective.

Tune into www.healthylife.net at Noon EST & 9 PM EST on www.allonenow.org

**GLOBE SOUND
HEALING CONFERENCE**

January 26-28, 2008
Woodland Hills Marriott, Los Angeles

May 2-5, 2008
Clarion Hotel, San Francisco

- Sound and Medicine,
- New Sound Technologies,
- Natural Acoustic Sound Healing,
- Voice Analysis,
- Sound and Intuition
- Raising the Consciousness of the Planet with Sound

David Gibson, Conference Coordinator
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David@SoundHealingCenter.com

If you have an event you would like to have us advertise for you, please contact us for rates and additional information at the information listed below.

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