

Harmonic Notes

The Healing Music Organization

PO Box 3731, Santa Cruz, California 95063 ? www.healingmusic.org



*Music is silence and sound,
Dancing together in space.*

*The heavens are music,
The earth is music.*

*Called into being, we listen.
Living resonances of the word,
we sing.*

*Embracing in silence and sound
Together in endless song,
is harmony.*

*Listen with love.
Awaken to music.*

*Sounding the truth, together,
is healing.*

--Author unknown

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Greetings:

The Healing Music Organization (a really good HMO) was founded in 2000 as an educational and informational clearinghouse that provides research information, resources, tools, and a forum for dialogue to people interested in the healing power of sound and music. The Healing Music Organization serves as a bridge between the worlds of spirituality, art, and medicine by honoring the value of each modality. We support the concept of miracles in healing when the body, mind and spirit learn to harmonize together and resonate with the vast energy of the universe.

The Healing Music Organization continues to grow, to sponsor programs for sound healers, and to make cutting-edge information available to the world about sound healing and music therapy. We are grateful for our association with our sister organizations NESHRI and The World Sound Healing Organization.

Each of us individually in our own personal and professional work with sound, and together as organizations will continue to raise the consciousness about the power of sound and music to heal bodies, hearts and minds in our world. Through our own transformation and healing we assist Mother Earth in her process of healing so that we become a mutually supportive organism again the way it was intended.

Namaste,

Amrita

PS: Stop by our table in the vendor area, introduce yourself, and sign up for our mailing list.

I'm sure it is not a surprise to you that lately the field of healing with sound and music has become more known and accepted by a wider scope of people. What you may not be aware of, however, is that the National Center for Complementary and Alternative Medicine recently released an article defining Energy Medicine, which they categorize in two ways: *veritable* (can be measured), and *putative* (has yet to be measured.)

Listed among the *veritable* modalities is "Sound Energy Therapy", which they describe as:

Sound energy therapy, sometimes referred to as vibrational or frequency therapy, includes music therapy as well as wind chime and tuning fork therapy. The presumptive basis of its effect is that specific sound frequencies resonate with specific organs of the body to heal and support the body. Music therapy has been the most studied among these interventions, with studies dating back to the 1920s, when it was reported that music affected blood pressure.¹¹ Other studies have suggested that music can help reduce pain and anxiety. Music and imagery, alone and in combination, have been used to entrain mood states, reduce acute or chronic pain, and alter certain biochemicals, such as plasma beta-endorphin levels.¹² These uses of energy fields truly overlap with the domain of mind-body medicine.

The two articles they cite in this statement address "music intervention" and "how music affects human blood pressure."

At the end of the article they state the following:

The series was prepared as part of the National Center for Complementary and Alternative Medicine's (NCCAM's) strategic planning efforts for the years 2005-2009. These brief reports should not be viewed as comprehensive or definitive reviews. Rather, they are intended to provide a sense of the overarching research challenges and opportunities in particular CAM approaches.

Other therapies addressed in the article include: magnetic therapy, millimeter wave therapy, and light therapy. Among the *putative* therapies listed are: Reiki and Johrei (both of Japanese origin), Qi gong (a Chinese practice), Acupuncture, Healing Touch and Therapeutic Touch, homeopathy, distant healing, and prayer specifically for health purposes.

I believe these statements by the NCCAM open the door for the government to appropriate funds for research; and they reflect what a large segment of the population is now requesting from their healthcare providers.

One in three people in the general population of the US now utilize what has become known as Complementary and Alternative Medicine (CAM) either as a stand-alone therapy or in addition to "conventional" medical treatment. According to Richard Petty, MD, University of Pennsylvania School of Medicine, the face of American medicine is changing. More and more people are exploring alternatives to the western conventional therapies prescribed by their doctors because they have become dissatisfied with their results.

Let's celebrate this victory as a launching pad for funding additional research that may soon show what healers and shamans and spiritual teachers have known for centuries...that the voice has an incredible power to heal and comfort, and that instruments (be they ancient or futuristic) have the ability to send powerful frequencies into the body to activate the healer within.



Introducing

Amrita

In May, 1999, Amrita was diagnosed with breast cancer for the second time in two years. She knew that "conventional treatment" was not the journey she wanted to take again. Amrita entered a shamanic journey into the spirit realm, trusting her own process as teacher and healer. With no handbook or physician to guide her, she entered a world ruled by intuition and trust. She followed her own spirit essence and inner knowing to an astonishing experience of eradicating the cancer within two months by using the sound of her own voice, breath, and emotional release.

Amrita uses sound and music in a private and group healing practice throughout the San Francisco Bay area. She is the founding director of The Healing Music Organization in Santa Cruz, California and is on the faculty at California Institute of Psycho-acoustics and Vox Mundi School in San Francisco, California.

Amrita's passion is sharing healing sounds through toning and simple chanting with people who are experiencing health challenges and she ministers at the bedsides of people who are dying. She is a member of the Santa Cruz Chapter of the Threshold Choir.

Her music has been called "heavenly, like the sound of angels", "deeply moving and so relaxing that it allows me to travel to a beautiful places."

She has a number of books in various stages of publication, "Sound Healing Research: A Researcher's Guide to Sound and Music in the Healing Arts and Sciences", "Graceful Amazon" which chronicles her healing journey, and "The Chantrel", which she is co-writing with Peggy Black her colleague and friend in Santa Cruz.

Amrita is available for speaking engagements, private healing sessions and healing circles across the country. She can be reached at 831-588-7498 or by email at amrita@healingmusic.org



Threshold Choir

Kate Munger, Director - www.thresholdchoir.org - 415-449-1811

The Threshold Choir honors the ancient tradition of singing at the bedsides of people who are struggling, some with living, some with dying. The voice, as the original human instrument, is a true and gracious vehicle for compassion and comfort. When invited, the choir visits the bedsides a few times a week in small groups and invite families and care-givers to join them in song or to participate by listening. The repertoire is chosen to respond to individual musical taste, spiritual direction and physical capacity. The singing might include rounds, chants, lullabies, hymns, spirituals and classical choral music. The service is the choir's gift and there is no charge; however, donations are accepted to help defray the choir's ongoing expenses.

There are fourteen choirs in the San Francisco Bay area, with 26 other choirs including 600 singers across the country. A new chapter will be forming soon in Reykjavik, Iceland.

The Threshold Choir was founded in 2000 by Kate Munger. Many of the songs in their repertoire are written by friends of the choir. Their first CD "Listening at the Threshold" was released late last year with 32 original songs all written by choir members. The next CD "Tenderly Rain" will be a double CD and recording will begin this fall. To learn more information or to request a visit from choir members, contact Kate Munger at kate@thresholdchoir.org



PsychoAcoustics Sound Health and Healing Certificate Program

THE STUDY OF THE HEALING EFFECTS OF SOUND ON THE HUMAN BODY, PSYCHE, AND SPIRIT

Curriculum includes:

- Psychoacoustics Overview [11 classes]
- Brain, Body and Ear Physiology [4 classes]
- Voice from a PsychoAcoustic Perspective [5 classes]
- Sacred Rhythms and Tunings [4 classes]
- Psychoacoustic Music Technology & Production [6 classes]
- Music Theory and Composition from a Psychoacoustic Perspective [10 classes]
- Sound and Therapy [4 classes]
- Psychoacoustics, Consciousness, and Spirituality [15 classes]
- Inner Awareness and Transformation through Sound [11 Classes]
- Sound and Nature [4 classes]

*Many of the classes include Psychoacoustic audio labs.

The California Institute of Psychoacoustics
739 Bryant St., San Francisco, CA
(between 5th & 6th)
(550) 324-0464
www.globerecording.com



The Vox Mundi Programs are tailored for musicians, yoga teachers, therapists, music therapists, actors, sound artists, and people interested in integrating music and spiritual practice.

INTENSIVE TRAINING CERTIFICATE COURSE WORK

The Yoga of the Voice, Transformation,
Music Shamanism,
Sound in Consciousness, Healing and Spirituality

A Certificate is awarded to students who complete:

- Five training modules
- A home study program
- An individual project
- Professional experience completing - a 150-hour training (75 hours with the teacher and supervision, and 75 hours of supervised practice)

Weeklong Intensives

June 14-19 - at the Voice Loft, Bay Area

July 12-17 - in the Santa Cruz Mountains

September 23-25 - in Phoenix, Arizona

November 4-6 - at the Voice Loft, Bay Area

Study Abroad

In Brazil: July 28 - August 15, 2006

In India: January 1 - January 18, 2006

The Vox Mundi School
4053 Harlan #202, Emeryville, CA 94608
(510) 595-0819
voxmundi@yahoo.com

Sound Healing Research: A Researcher's Guide to Sound and Music in the Healing Arts and Sciences

A Bibliographic Reference Guide
From A to Z (1636 to 2005)

Amrita has just finished this is a unique and long-awaited research reference guide. The study and practice of psychoacoustics (the effect of sound and music on physiology, emotions and consciousness) is an emerging field throughout the world. Statistics in the field of music therapy reveal that there are more than 5,000 certified and licensed music therapists in the United States, almost 500 in the UK and nearly 300 in the Canada working in hospitals, rehabilitation units, health-care and educational settings. The American Music Therapy Association now recognizes over 70 schools in the United States who offer programs of study in Music Therapy. People interested in and working with sound in the field of complementary and alternative medicine are too numerous to number. In the last five years the numbers of people interested in incorporating sound as an adjunct therapy have grown rapidly. Professional training and certification programs in "sound healing" are emerging throughout the world.

Many people say, "Where can I find some dependable evidence about how sound and music assist in the healing process?" A general belief is that there is little documented evidence; however, this book will show that there are many people throughout the world who have dedicated their lives to the work of researching and reporting their findings on these subjects. This reference guide brings together the many facets of the field into one complete volume, which will appeal to a wide audience; music therapists, sound practitioners, researchers, music educators, physicians, health-care professionals, biologists, psychologists, engineers, and certainly libraries.

Email amrita@healingmusic.org to be put on a mailing list if you want to be notified when this book is available for sale.

Calendar of Events

Monthly Crystal Chalice Healing Meditation:
First Wednesday of every month, 7:30-8:30 pm, The Garden, 3070 Prather Lane, Santa Cruz, California

Monthly Peace and Healing Prayer Circle:
Third Wednesday of every month
7:30-8:30 pm, The Garden, 3070 Prather Lane, Santa Cruz, California

Monthly Sound Pod with Peggy Black:
First Monday of every month,
7:30-9:30 pm, Felton, California

Sound Healing Series:
Weekend classes presented at Vox Mundi School, Emeryville, California
Call 510-595-0819 for information.

Intro to Psychoacoustics:
Weekend classes presented quarterly at California Institute of Psychoacoustics, San Francisco, California. Qll 650-324-0464.

Private Healing Sessions with Amrita
(by appointment only)

Energetic Space Clearings & Blessings
(call for appointment)

Phone consultations - call (831) 588-7498
Lectures, Workshops, Playshops, Seminars, Healing Circles, Concerts, Weddings, Parties, and Performances (call for available dates)

Music for Healing and Meditation

Entering Devachan with Amrita and Sage



Haunting vocals and harmonic chanting, nature sounds, crystal singing bowls, harmonium, bells, chimes, didgeridoo, harp, and percussion (no words)

Crystal Portal with Amrita, Elivia and Gene

Recorded live, on the Harmonic Condordance, this work is an inspired blend of 39 crystal singing bowls, silver transverse flute, bells, Celtic harp, gong, water drum and other instruments.



Available on-line at www.healingmusic.org
and at the HMO vendor table at NESHR1

Healing Music Association Members

Name	Location	Phone	Email	Member Since
nn Bieber	Pleasanton, California, USA	925.484.5969	lbieber5@comcast.net	Jun-02
oggy Black	Felton, California, USA	831.335.3145	PeggyBlack@aol.com	May-01
icciiah Blackburn	Ascutney, Vermont, USA	802.674.9585	zacciah@sunreed.com	Jun-05
fter Blum	Woodstock, New York, USA	845.247.8839	info@soundsforhealing.com	Dec-01
udy Charlton	San Jose, California, USA	408.283.7626	fcharlton44@yahoo.com	May-01
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ryanne Savino	New York, New York, USA	347.418.8641	lomaloha8@yahoo.com	Nov-00
indra Shears	Monterey, California, USA	831.662.3733	sandralshears@netscape.net	Apr-00
e Ellen Shoemaker	San Francisco, California, USA	415.665.4543	tunnels@tunnelsinger.com	Feb-01
ina Stowe	Ottawa, Ontario, Canada	613.860.5554	iana@sacredsound.ca	Oct-03
ira Teuschler	Vancouver, British Columbia, Canada	250.714.8358	lora@soundtransformations.com	Jan-05
borah VanDyke	British Columbia, Canada	604.222.0060	soundcurrent@sprint.ca	Jun-01
an Vann	Tucson, Arizona, USA	520.409.8439	joanv@yahoo.com	Jun-05
in Warner	Scottsdale, Arizona, USA	480.703.4077	angelpiece77@yahoo.com	Jan-02
ary Jo Wheeler	Highlands, North Carolina, USA		mowheeler@energyhealingpartners.com	Jul-04
uck Wild	Los Angeles, California, USA	800.818.5848	cwrecords@aol.com	Jan-03
ana Woods	Albuquerque, New Mexico, USA	505.292.9899	alanawoods@earthlink.net	Jul-01
madette Yao	Lincoln, Massachusetts, USA	781.259.9928	bymusic@comcast.net	Jan-05

Healing Music Association

The Healing Music Association was formed in November 2000 as a network of people who utilize sound and music in various areas of healing work. Our members are sound healers, music therapists, musicians, composers, body workers, researchers, teachers, and people just entering this exciting field.

The \$50 annual membership fee provides you:

- Your own personal webpage with your own address on the www.healingmusic.org website
- A Listing in the forthcoming international directory of the Healing Music Organization
- A beautiful parchment certificate of membership suitable for framing and display
- Access to post your events on the Healing Music Calendar. This is a free service to all paid members and can be updated by you and viewed by anyone accessing the calendar page from the your webpage. Your access codes will be given to you upon membership payment.
- A space to advertise your music in our resource room
- Free membership in our HealingMusic e-group
- A 10% discount on all Healing Music Instruments from our on-line store

We are inviting new members, and you can join our growing community around the world. Visit the www.healingmusic.org and join on -line, call Amrita at (831) 588-7498, or return the bottom portion of this page with your payment to The Healing Music Organization.

Healing Music Association Membership Application

Name: _____ Phone: _____

Address: _____

Email: _____ Website url: _____

Payment Method: ? Cash ? Check ? Credit Card

Credit Card Number _____ Exp. _____

Name on Card: _____ Signature: _____