



Sound News

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

Volume 1

(THIS ISSUE CONTAINS TIME SENSITIVE MATIERAL)

Issue 13

IN THE NEWS - June 16 - June 30, 2007

- **Albor Ruiz**

New York Daily News - New York, NY, USA - June 17, 2007

http://www.nydailynews.com/boroughs/brooklyn/2007/06/17/2007-06-17_program_helps_asthmatic_kids_sing_a_new_-2.html

The AIP runs a clinic where music therapists use live, music-assisted relaxation and breathing exercises, combined with playing a wind instrument (recorders and flutes) to complement medical treatment and enhance breathing capacity. The program also is doing a study about music therapy. "Participants in our music therapy research program are provided with spirometry [lung function] tests initially and again after six months," Loewy said. "They also receive a free Yamaha recorder flute and a free journal to log their asthma symptoms and experiences. They even get free movie tickets!"

- **Scientist's Computers Compose Music CD**

St. Louis Post-Dispatch - MO, USA - June 17, 2007

<http://www.stltoday.com/stltoday/news/stories.nsf/illinoisnews/story/1D2B566DDF30B61E862572FC001AE0E8?OpenDocument>

The collaboration between man and machine resulted in a compilation of 14 songs in various styles, from a sitar-soaked tune that could have originated in India, to shades of a child's music box, a Top-40 ballad, techno, a haunted house and even a burst of bird song. Thaler's two cats particularly like the bird sounds, he said. They stalk through the house looking for prey when he plays it.

- **Bunny Guinness Investigates the Myths and Mysteries Behind the Old Wives Tales that Govern our Gardens**

Telegraph.co.uk - United Kingdom - June 19, 2007

<http://www.telegraph.co.uk/gardening/main.ihtml?xml=/gardening/2007/06/19/gbunny19.xml>

Dorothy Retallack conducted some fascinating trials on the effects of music on plants, and then published a book called The Sound of Music and Plants in in 1973. "Easy listening" appeared to promote growth in plants whilst rock, such as Led Zeppelin, appeared to hurt them. Strangely it also increased their water demand.

- **Fulbright-mtvU Fellowship Sees Music as Force for Understanding**

US Department of State - Washington, DC, USA - June 19, 2007

<http://usinfo.state.gov/xarchives/display.html?p=washfile-english&y=2007&m=June&x=20070618161530xlrennef0.3076441>

Four American university students will go overseas to research the music of other cultures and create compact discs (CDs), documentary films or Web sites that explore the power of music as a force for global understanding.

- **Developing Canadian Talent**

Dalhousie News - Halifax, NS, Canada - June 19, 2007

<http://dalnews.dal.ca/2007/06/18/sshrc-srq.html>

She is doing research on the music of Hildegard von Bingen, a 12th-century abbess and composer. In the past, Hildegard's ethereal music was championed by two parish priests in a small German town, and much more recently, by New Age musicians. "Hildegard's music has been appropriated by these New Agey types, but it's this earlier revival, the one in the 19th century, that I find intriguing," she says.

- **New Study Reveals Strong Relationship Between Quality Music Education Programs and Higher Standardized Test Scores**

Earthtimes.org - USA - June 19, 2007

http://www.earthtimes.org/articles/show/news_press_release,124861.shtml

This is the first study ever to examine the quality of school music programs as a factor affecting test scores, independent of the socioeconomic level of the school or school district.

- **Colorado State University Researcher Elected to Elite Neuroscience Academy**

Colorado State University - Fort Collins, CO, USA - June 19, 2007

http://newsinfo.colostate.edu/index.asp?url=news_item_display&news_item_id=356552739

Michael H. Thaut, director of the Center for Biomedical Research in Music at Colorado State University, recently was elected a member of the World Academy for Multidisciplinary Neurotraumatology. Thaut holds two appointments as a professor of music and neuroscience in the Department of Molecular, Cellular and Integrative Neuroscience...The purpose of the highly selective World AMN is the advancement of neurotraumatology in research, clinical applications regarding brain rehabilitation and teaching. Thaut has been internationally recognized for his research in the neurobiology of music and his discoveries into how music and auditory rhythm are an important sensory language that can be effectively used to rehabilitate perception, cognition and motor function in people with serious brain injury.

- **Music Therapy for Babies**

CNN-IBN - New Delhi, India - June 21, 2007

<http://www.ibnlive.com/news/author/Vibha+Sachdeva>

Music is the rhythm of life for new-born infants in Delhi's La Femme Hospital. "Music is basically the seven swaras . They are connected Meta physically to the 7 energies of our vital axis. And that's how it energises our healing mechanism," says Dr Neelam Verma whose a Cardiologist.

I have written to the reporter of this article to get more information about her sources of these reported "facts." I'll let you know what I find out.-Amrita

- **Med School Offers Wellness Center**

Honolulu Advertiser - Honolulu, HI, USA - June 21, 2007

<http://www.honoluluadvertiser.com/apps/pbcs.dll/article?AID=/20070621/NEWS01/706210324/1001/NEWS01>

Embracing the rising demand for complementary and integrative healthcare, the University of Hawai'i's John A. Burns School of Medicine will open a Wellness Center next month...The center, located on the medical school's Kaka'ako campus, will offer a variety of integrated therapy services, including acupuncture, massage therapy, music therapy, and nutrition services and classes. In addition, meditation and yoga classes will be taught.

- **MTV-Fulbright Fellowships Emphasize Role of Music in International Education**

San Diego Union Tribune - United States - June 22, 2007

<http://www.signonsandiego.com/news/education/20070622-0103-mtvfulbright.html>

At Georgetown University, Aaron Shneyer put together a Jewish-Arab band and falafel dinners to help students from both sides of the Israeli-Palestinian divide find common ground. Now he's heading to Jerusalem where he'll use pop and hip-hop music to promote peace.

- **Exploring the Sounds of Silence**
Science Daily - U of Toronto, Canada - June 24, 2007
<http://www.sciencedaily.com/releases/2007/06/070622180242.htm>

Silence in music is not really silent. Research by a University of Arkansas music theorist, Elizabeth Hellmuth Margulis, reveals how context affects listeners' experience of silence in music. "Silent periods could provide a unique chance to study the way that past musical events shape expectations about future ones, and the way that underacknowledged, often taken for granted musical elements (such as rests) are actually suffused with the full extent of 'musical' listening," she wrote.

- **Turn Down the Volume of that Music**
Nigerian Tribune - Ibadan, Nigeria - June 25, 2007
<http://www.tribune.com.ng/26062007/hlt1.html>

When next you are tempted to listen to music at a sound level beyond normal, you may want to note that there is a strong link between sound volume and hearing loss. And young or old, once you lose your hearing, you can never get it back. It is now common place to see adults and youths with earpieces plugged to their ears listening to music on their Ipods, MP3 among others.

- **Easing the Torment of Tinnitus**
Seattle Times - United States - June 20, 2007
http://seattletimes.nwsourc.com/html/living/2003760030_tinnitus25.html

Neuromonics uses white noise, a pleasant "shower-type" sound, embedded in relaxing music to reprogram the brain to filter out the tinnitus in much the same ..The statistics of tinnitus are as horrifying as the affliction itself. According to the Portland-based American Tinnitus Association (ATA), some 50 million Americans experience intermittent or permanent tinnitus. Between 10 million and 12 million have severe and chronic tinnitus and some 2 million are completely disabled by the condition. In most cases, such as Young's, the cause can be traced to loud noise that damages the fragile sound-detecting cells in the inner ear.

- **Why do Living Beings Love Music?**
MeriNews - India - June 29, 2007
<http://www.merineews.com/catFull.jsp?articleID=125476>

Human existence and music is intermingled. The very word "Music" is a source of inspiration for all living creatures including plants. To understand the aspect of the phenomenon, more research work is needed.

NEW BOOK:

- **Everything You Need to Know to Feel Go(o)d** by Candace Pert, Ph.D.
<http://www.healingmusic.org/Marketplace/Books/index.asp#CandacePert>

From beginning to end, this book takes us on an entertaining romp through the many bodymind avenues, separating the woo-woo from real science and pointing the way toward using new paradigm therapies, detoxing our food and environment, forgiving and healing our relationships, understanding depression, staying young, and creating the reality we want to experience. Consciousness, mind, emotions, and God are all factored into the mix, resulting in a lot of beneficial advice and self-development insights that will empower us toward health, well-being, and feeling . . . Go(o)d.

NEW RECORDING:

- **Harmonic Gateways to Healing: Guided Vocal Toning for Balancing the Chakras** by *Patrice Morency*
<http://www.healingmusic.org/Marketplace/CDsAndTapes/CDPage3.asp#PatriceMorency>

The human voice is the most healing instrument on the planet. Even if you are not a singer or musician, you can enhance your health and wellbeing by using your voice. Vocal toning to balance the chakras has many benefits, including quieting the mind, increasing your energy, and relieving emotional and physical pain. Join Sound Healer, Patrice Morency and her harmonic choir as they present a variety of chakra balancing exercises. This interactive cd includes instructional guidance, as well as five different styles of chakra balancing. Two bonus tracks offer the meditative sacred sounds of Tibetan singing bowls and the ancient drone of the didgeridoo.

NEW RESEARCH:

- **Daykin, N., McClean, S., Bunt, L. Creativity, identity and healing: participants' accounts of music therapy in cancer care.** *Health (London)*. 2007 Jul;11(3): pp. 349-70.

This article reports on findings from a study of the accounts of people participating in music therapy as part of a programme of complementary and alternative medicine (CAM) in supportive cancer care. The article outlines the perceived effects of music therapy, which shares many characteristics with CAM therapies as well as offering a distinct contribution as a creative therapy. Hence in this article we draw on theories and writings from the sociology of CAM as well as those relating to music, healing and aesthetics in order to explore participants' accounts. The importance of identity and the role of creativity in processes of individuation are key themes emerging from the analysis. While music and creativity are often seen uncritically as resources for health and wellbeing, we draw attention to the challenges and complexity of diverse responses to music, framed by personal biographies that are in turn often situated within socially constructed notions of aesthetics. We argue that in research on music therapy, as well as other CAM therapies, issues of identity can be key to an understanding of questions of therapeutic impact.

UPCOMING EVENTS :

- **American Music Research Center presents 5th AMRC Susan Porter Symposium
Music and Health in America - June 28-30, 2007
Boulder, Colorado
University of Colorado at Boulder**
<http://ucblibraries.colorado.edu/amrc/musichealth2007/index.htm>
 - Exploring the historical, medical, therapeutic and spiritual ways that music affects healthy individuals and societies.
 - Featuring nationally recognized speakers and performers from both music and health disciplines. With keynote talks, panel discussions, concerts, experiential workshops and post-symposium intensives.
 - Who Will Attend: music therapists, ethnomusicologists, medical and healthcare professionals, composers, musicians, spiritual healers, historians and the general public.

- **Cymatics: The Science of Sound & Vibrational Healing Conference**
From Ancient Healing Temples to Tomorrow's Technology - September 14-16, 2007
Atlanta, Georgia, USA
<http://www.cymatherapy.com/>

SEE..Matter Come to Life - FEEL...Harmonics that Heal - HEAR...The Music of the Spheres - EXPERIENCE...The Power of Sound - EXPLORE...An Eclectic Selection of Hard-to-Find Books and Electronic Media

- **International Sound Healing Conference - November 10-14, 2007**
Santa Fe, New Mexico
http://bizspirit.com/Sound07/so7_index.html

Leading-edge researchers, practitioners, scientists, composers, musicians and recording artists in the fascinating and fast-growing fields of sound healing, vibrational medicine, music therapy and body/mind/brain/spirit research. More than just a conference, this event is a celebration with music, dancing, singing, chanting, experiential workshops and, of course, intensive learning sessions.

- **Harnessing the Spirit of Music Therapy - 2007 Conference of the American Music Therapy Association - November 14-18, 2007 - Louisville, Kentucky**
<http://www.musictherapy.org/conference/confindex.html>

The world's premier and most respected music therapy conference delivers unbridled knowledge, best practices, practical ideas, skills and great opportunities to connect and collaborate. Experience an inspirational educational event like no other, with charismatic presenters and innovative sessions that explore the full scope of music therapy practice.

- **2008 MHTP International Conference:**
The Heart-Centered Musician: Service, Presence, Compassion, Beauty
June 12 - June 15, 2008
Reed College, Portland, OR
Contact: www.mhttp.org 518-325-5546

In Love and Harmony,

Amrita

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