



SOUND WELLNESS – IS IT LIVE OR MEMOREX

POSSIBILITIES.....EXPERIENCE IT.....BELIEVE IT

Is it Possible??

YEP – Ella did it!

The right FREQUENCY/pitch, amplified
– the glass resonance that MATCHES
the voice

PROVEN – by Mythbusters – of course
that's real science!

WHAT ELSE CAN SOUND DO?

Is it live, or is it Memorex? Well, Melissa?



We put Melissa Manchester to the Memorex test: was she listening to Ella Fitzgerald singing live, or a recording on Memorex cassette tape with MRX- Oxide?

It was Memorex, but Melissa couldn't tell.

It means a lot that Memorex can stump a singer, songwriter and musician like Melissa.

In fact, when you record your own music, Memorex can mean all the difference in the world.

MEMOREX Recording Tape.
Is it live, or is it Memorex?

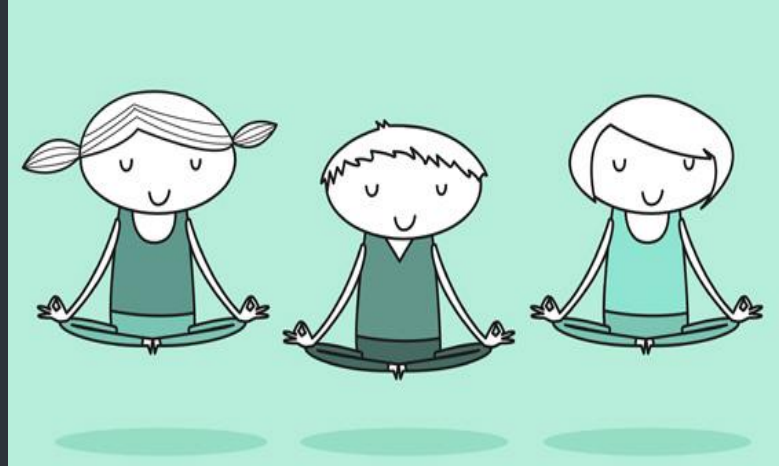


Is it Possible??

Arthritis

Work Stress

Meditation



Is it Possible??

Rotator Cuff

Headaches

Foot Pain



NORMAL Ways we “deal with stuff”

- WORKOUT
 - EAT RIGHT
 - MEDITATE - try to be NICE to others – stuff it inside
 - TAKE A WALK, WATCH A MOVIE, DO CRAFTS, SELF MEDICATE
 - DOCTORS, PT, CHIROPRACTOR, ACUPUNCTURE, MASSAGE
- OR.....WE IGNORE IT AND LIVE WITH IT

What Else is POSSIBLE??

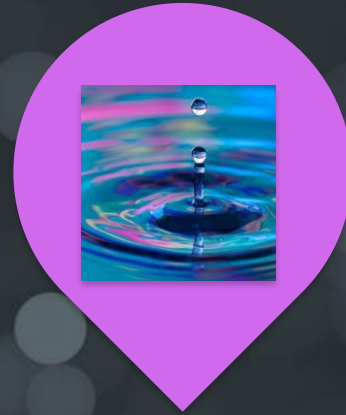
Explore your Tool box of Wellness – SOUND THERAPY

WHAT is Sound Therapy – Healing

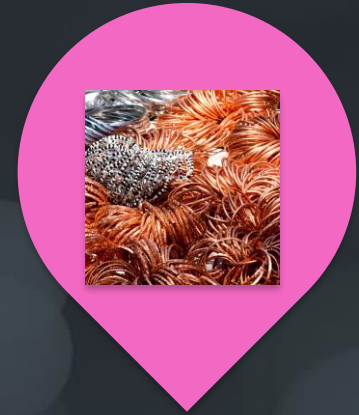
Internationally = VibroAcoustic Therapy



HZ FREQUENCY



WATER



MINERALS

What is Sound Therapy - Healing

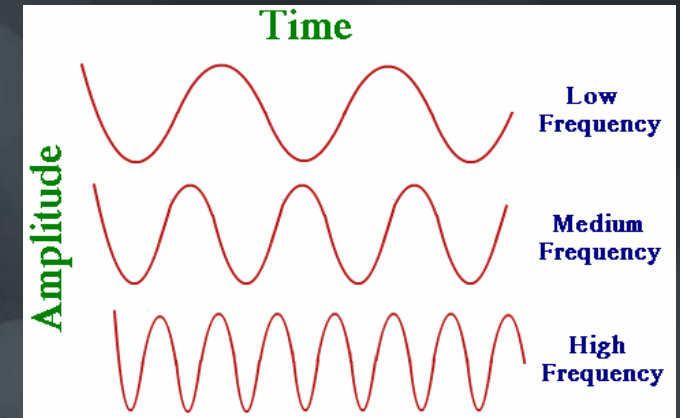
2 TYPES of Frequencies in the Body

**Sound Therapy is a Sound WAVE – Hz vibration determined by how many waves repeat in one second thru a source

Earth 134.6 Hz

Muscles 324 Hz

**Electro Magnetic – EKG & MRI – Heart Functioning & Brain Waves



FREQUENCY SCIENCE

- SCIENTISTS & EXPERTS IN PLANT SCIENCE, MUSIC AND ENERGY HAVE DETERMINED THE FREQUENCIES VIA MONITORS, CALCULATIONS AND EXPERIMENTS OVER THE PAST 40 YEARS – 1950's Dr Royal Rife – electromagnetic frequency
- BRUCE TAINIO – Plant science - developed monitor in 90's
- TED TALKS for more info: ANTHONY HOLLAND- Cancer & Sound, CHRISTINE GIBBONS - UW Michigan cancer cells DR. LEE BARTEL – Alzheimers, Fibromyalgia, Heart Health
- DAN CARLSON – Plant /Crop Production – “Sonic Bloom”
- Dr. Gary Buchanan – Sonotherapy; Dr. Richard Gerber – Vibrational Medicine; David Hawkins – emotional frequency; Barry Oser – musician; David Gibson – music engineer; Olav Skille – Norway/musician

FREQUENCY EXAMPLES

LOWER Hz – more PHYSICAL benefits

HIGHER Hz – more Emotional benefits

20-20,000 Hz = Humans can FEEL up to 500 Hz; Hear to 20,000 Hz

➤ 25-50 Hz = Cat Purr & Bone Healing
(does a cat lady get osteoporosis?)

➤ 66 Hz = Healthy Human Body

➤ 20,000 Hz = Ultrasound

➤ 120,000-250,000 Hz – Dolphins, Bats

Tuning Forks -

➤ 27.50-4186 Hz – Piano Range

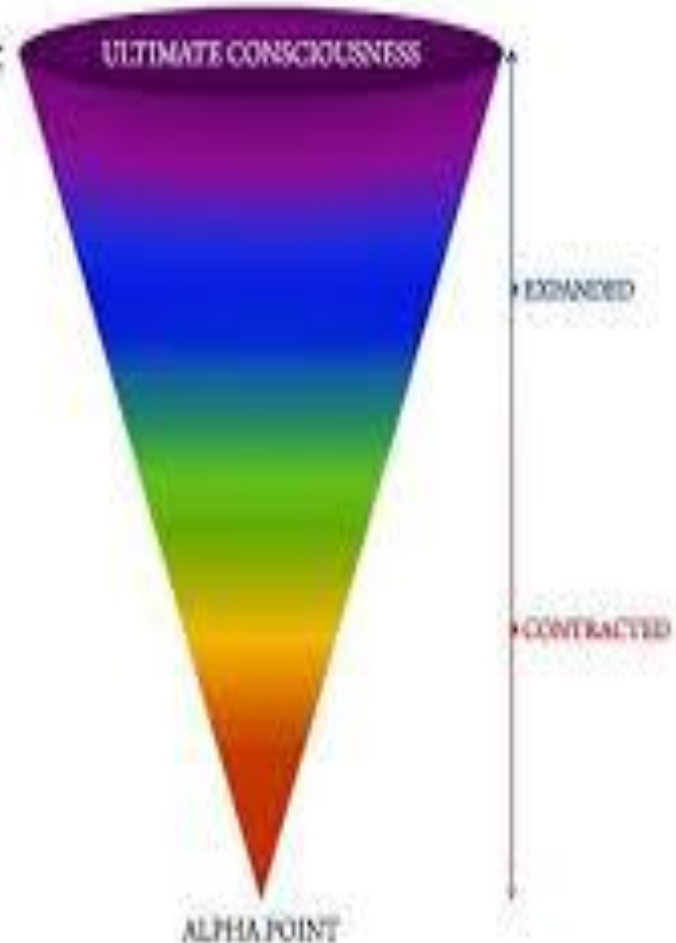


Frequency of people and things

Human Brain	72-90 MHz
Human Body (day)	62-68 MHz
Cold symptoms	58 MHz
Flu symptoms	57 MHz
Candida	55 MHz
Epstein-Barr	52 MHz
Cancer	42 MHz
Onset of death	25 MHz
Processed/canned food	0 MHz
Fresh produce	up to 15MHz
Dry herbs	12-22 MHz
Fresh herbs	20-27 MHz
Essential oils	52-320 MHz

OMEGA

- 700+ Enlightenment
- 600 Peace
- 540 Joy
- 500 Love
- 400 Reason
- 350 Acceptance
- 310 Willingness
- 250 Neutrality
- 200 Courage
- 175 Pride
- 150 Anger
- 125 Desire
- 100 Fear
- 75 Grief
- 50 Apathy
- 30 Guilt
- 20 Shame





How to Keep Your Frequencies High

We all have different frequencies—the higher, the better. When our frequencies drop below 62 MHz, sickness and disease can start.

2-3 drops on the crown of the head a few times per day can bring our frequencies back into high gear.



Crisis and disturbing news on television can make our frequencies drop—**keep them high with essential oils!**

*Bruce Tainio of Tainio Technology



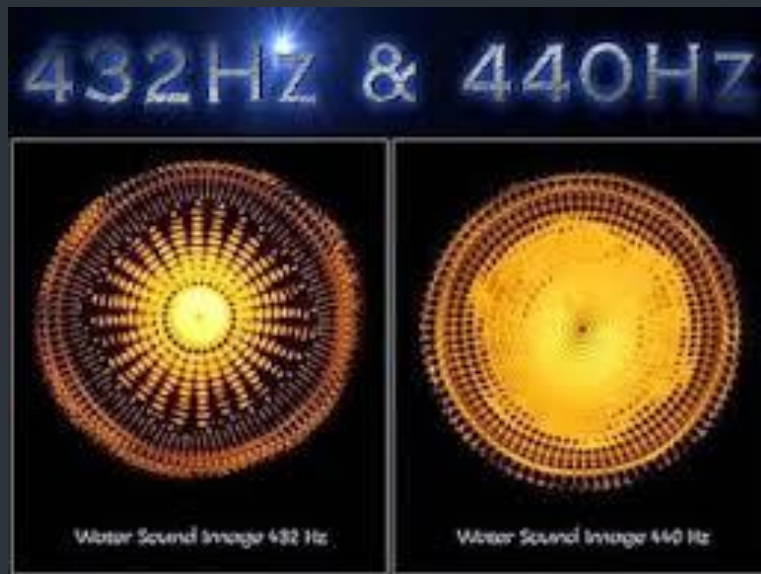
WHAT DOES FREQUENCY LOOK LIKE?

- CYMATICS
- Visual result of sound/music captured in our cells
- 80% Water in our Body Tissue/20% Bone
- HAPPY CELLS with the Right Frequency!

Sound Therapy used since Ancient times – monks to WWII to help veterans to recent 30-40 years expansion

SOUND AND WATER PHOTOS -

Give evidence frequency has affect on the water molecules in our body and in plants



CYMATICS

@consciousness_expansion



How Sound Affects You

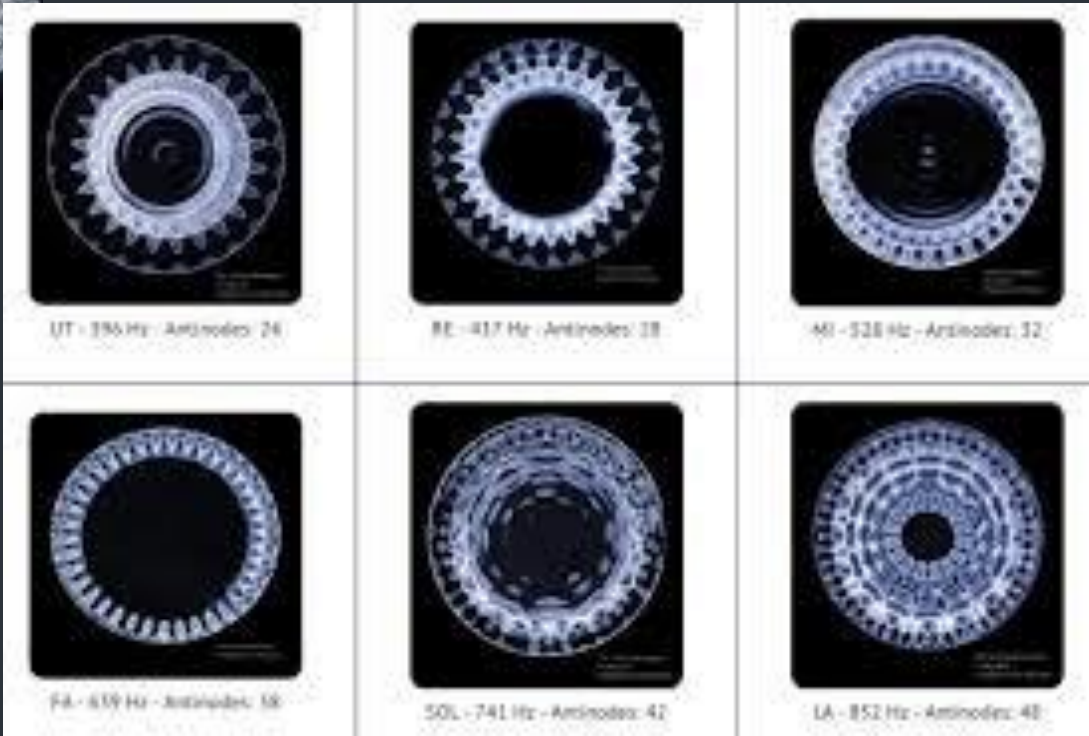
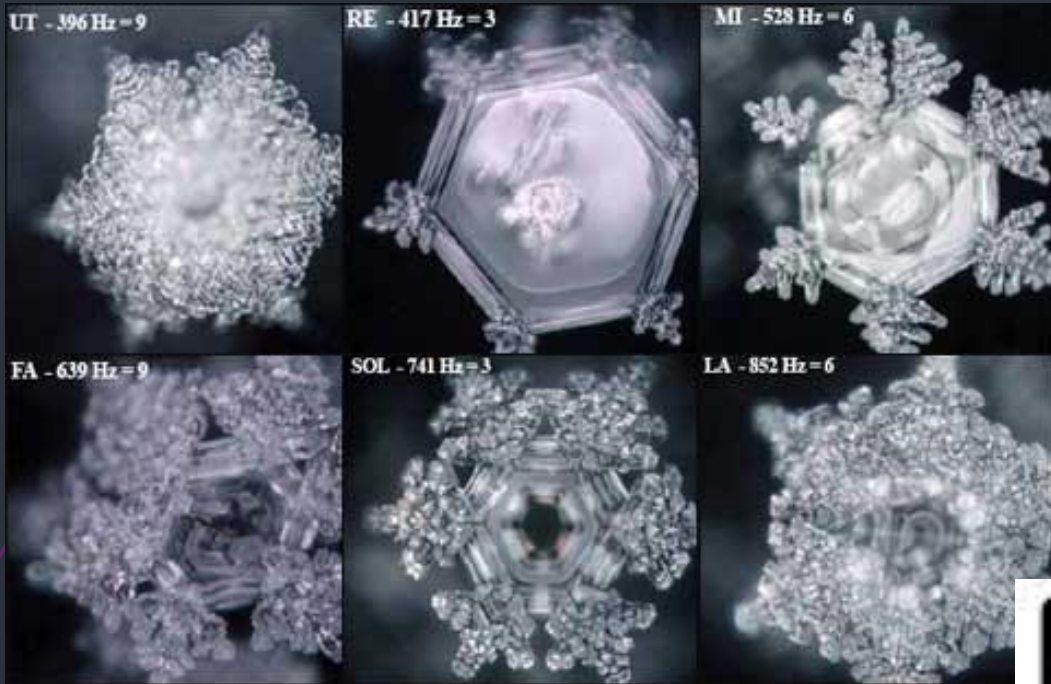
It's amazing how much we know about sound and waves and yet how we're only on the cusp of understanding how sound vibrations affect us.

Sound guides us and shapes us, yet is an intangible force. Sound can heal you or can make you ill.

432 Hz creates beautiful shapes which indicate that they resonate with nature.

The 440 Hz tuning creates indistinct patterns revealing a lack of coherence.

Healing sounds: 396 Hz. 417 Hz. 528 Hz. 639 Hz. 741 Hz. 852 Hz.



Frequency of "Good" vs. "Destructive"

Words/Sound/Music effect on frozen water crystals



the word Angel



the word Peace



the word Spirit



the words You
disgust me



the words You fool



Air on a G string
by Bach



Imagine
by John Lennon



Amazing Grace



Photo of Dolphins



Photo of Lotus



CREATION OF FREQUENCIES – TONE * PITCH * TIMBRE * INTENSITY

➔ TONE of Voice OR Musical Instrument–

HIGH Pitch – Gets your Attention – Clears the Clutter

ie. Like your Mom yelling

Chimes, Saxophone, White Noise/Nature

LOW Tone – Calming, Soothing, Caring

Bass, Guitar, Piano

HOW DOES IT WORK?

- ▶ KEY TO THE DOOR – the right match of frequency range to your “issue”
- ▶ ENTRAINMENT – SYMPATHETIC RESONANCE – surrounding weaker cells with higher vibrations to lift it to healthy state



Raising your VIBES
ENERGIZING & DE-CLUTTERING WITHIN



**HOW TO HEAL YOUR BODY
& MIND WITH SOUND**

SOUND LOUNGE

by So Sound Solutions

*Massage of the internal
Body Cell Tissue

Release muscle aches and
clears the mind

HOW?

Sonar effect finding what's
dense in your body

Sonic Brain Brush – clears
out overwhelming thoughts,
looping thoughts



BASS POD – pain relief & balance

- *Specific tones to address specific issues
- *Great for Muscle Aches, Tendons, Ligaments, Arthritis
- *Other Tracks address:
Bones * Respiratory
Digestion * Depression
Chronic Fatigue



KASINA – “STAR TREK” MEDITATION

Light and Sound
enhances

*Learning acceleration,
clarity, creativity

*Meditation

*Restful Sleep

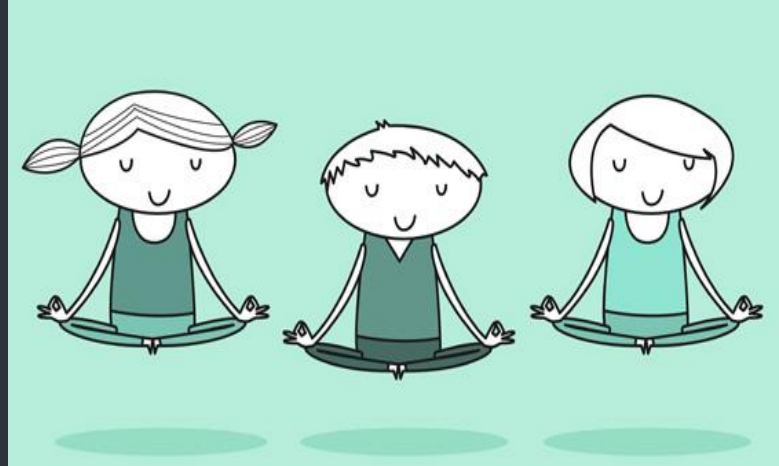


YEP – ITS POSSIBLE!!

Yvonne -Arthritis

Kim -Work Stress

Joni -Meditation



YEP – ITS POSSIBLE!!

Claire – Rotator Cuff

Kasia -Headaches

Mary -Foot Pain





EXPERIENCE
what's Possible!!

SO SOUND SANCTUARY @
Spa-tique



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