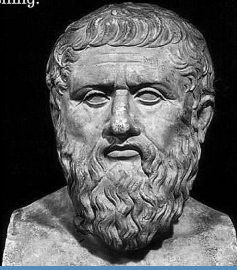


"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything."

— Plato



BROOKLYN DUO: SOUND OF SILENCE

ENTERTAINMENT

Not all music creates harmony in our body-mind-spirit-emotions.

Music with words stimulates left brain processing of associated memories with the words, which can re-stimulate previous trauma. Extremely low frequencies (ELFs) or high resonance chords, can entrain dissonance within living organisms leading to illness.

Experts who study the harmony of healing sounds found that cell homeostasis equals the Schuman resonance (7.8 hz), calculated by multiplying the earth's magnetic field by the earth's circumference.

Waterfalls, whale song, and dolphin speak are natural examples of 7.8 hz. Music without words can be engineered to capture 7.8 hz which entrains harmony into human stress.

TOP RELAXING CDs (SEAWARD, 2021, P272)

Eversound	One Quiet Night	Instrumental
Jim Wilson	Northern Seascapes	Solo Piano
Michael Hoppe'	The Poet	Solo Cello
Michael Hoppe'	The Dreamer	Solo Flute
Secret Garden	White Stones	Violin and Piano
Chris Spheeris	Eros	Solo Guitar
Yanni	In My Time	Solo Piano

MUSIC: SOOTHING THE RIPPLES WITHIN US

Sounds of Nature Exercise:

Nature provides a plethora of birdsong, weather changes of thunderstorms, wind, and rain, waterfalls or babbling brooks, and peaceful silence. Seek a trail hike or open window for 30 minutes of concentrated listening to nature without judgement or guilt at taking time for yourself.

Mix It Up Exercise:

You probably have your favorite MP3, Alexa, iPhone or Android playlist. Make a list of 10 favorite instrumental pieces that you can listen to when things get crazy with trying to work, parent, and homeschool. Listen to an instrumental choice for 10 minutes on a timer to calm the scene. Try closing your eyes to create your own vision quest.

SUGGESTED INSTRUMENTAL MUSIC

Brooklyn Duo: Sound of Silence

<https://www.youtube.com/watch?v=N-2MNM1O6EE&list=RDyVzUj0oAYOk&index=1>

Jim Stubblefield: One Quiet Night

<https://www.youtube.com/watch?v=DC0VhD26JgQ>

Seaward and Adorney: A Beautiful World: The Earth Song Journals

<https://www.youtube.com/watch?v=Pljb1IFSOrM>

Chris Spheeris: Eros

https://www.youtube.com/watch?v=WtU3GQe_uuQ

Water Lilly Instrumental: The Glorious Garden*

<https://www.youtube.com/watch?v=AAwpQapW6cM>

Niagara Falls: Natural White Noise

<https://www.youtube.com/watch?v=NglJyLg-xzl>

*My personal favorite. I think French horns are Heavenly-Hall