

# Stress, Energy & Sound Therapy

## Stress

Stress is what happens when fear or anxiety become a constant state. The physiological effects include contracted muscles, increased heart rate and constricted breathing. The adrenal system is over taxed and blood pressure rises. Stress interferes with the body's natural flow of energy. It cuts down our available energy and forces us to function on adrenaline.

## Energy

Our energy level is determined by the functioning of chemical systems and nerve impulses throughout the body. Neural activity (the passage of information along our nerves) resembles electricity in several ways. The potential for excitation of the nerve synapses depends on the level of energy charge in the brain. The brain acts like a battery which is constantly being either charged or discharged. Dr Tomatis contends that the most important function of the ear is to charge the brain through the stimulation of sound. Failure of the ear to provide sufficient re-charge to the brain results in fatigue and inefficient mental processes.

## Noise

Noise is one of the biggest contributors to stress and fatigue. The ear is directly linked by nerve paths to many other body organs, so the sounds we hear have an immediate effect on our whole system. Dr Tomatis discovered that the ear is intended to hear mainly high frequency sounds, because most of the sensory cells in the inner ear are accumulated in the high frequency zone. It is the high frequency sounds which replenish the brain's energy and activate the cortex, improving our ability to think. Unfortunately, most of the sounds we hear in our mechanized, urbanized lifestyle are low frequency sounds. Traffic, factories, household appliances, refrigerators, fluorescent lights and even computers put out a low frequency drone which drains the brain of energy and causes stress.

**To remain healthy and fully charged, the brain must receive three billion stimuli per second for at least four and a half hours per day. This level of stimulation can only be achieved if the ear is regularly exposed to high frequency sound.**

Notice how different you feel after a day in the bush, hearing only the high frequency sounds of nature – bird songs, wind and running water. These sounds stimulate the ear in a way that releases latent energy in the brain. The nervous system can then function more efficiently, reducing stress and increasing energy levels.

## How Sound Therapy may help?

Sound Therapy gives us an opportunity to listen to healing, high frequency sounds even in the midst of a busy, noisy

environment. Sound Therapy uses classical music which is filtered so that the low frequencies are progressively removed until only the sounds above 8,000 Hz remain. Listening to this music for three hours per day during normal daily activities compensates for the draining, stressful effect of low frequency noise.

Most listeners notice an effect on their energy and stress levels after six weeks to three months of listening.

Some people do not have an immediately noticeable increase in energy, but observe a gradual change over time or a seasonal difference. For instance, a listener who was normally exhausted by the summer heat found that with Sound Therapy her energy level remained high all summer.

## COMMENTS FROM SOUND THERAPY LISTENERS

*" Deep refreshing sleep – requirements shortened by 1-2 hours "* ~ HANS WUELFERT

*" When in a stressful situation, the clarity with which I deal with it and the speed with which it passes are dramatically different. It's a very kinetic sort of serenity. I can still move around at 150 miles an hour but feel serene doing it "*

~ GEORGE POPOV

*" If I feel tired and I listen to the tapes, I instantly recover "* ~ WENDY SMITH

*" Brand new. I no longer feel as though I have stones to walk over or hills to climb or books I cannot read. I am far more creative and happy. Thank you, thank you indeed "*

~ JEAN WALKER

*" I have done things in the last year which I have been putting off for ten years "*

~ P.J. TALTY



For more information on the Sound Therapy program it is recommended that you read the book **Sound Therapy: Music to Recharge your Brain** by Patricia and Rafaele Joudry available from good bookstores or from **Sound Therapy International Pty Ltd.**



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