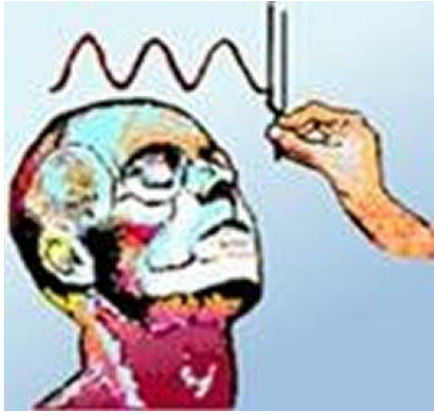


Music, Medicine and Self-Healing



Music is presented as a universal language that directly impacts heart health and general wellbeing.

Specific effects include brain synchronization, enhancement of creativity, accelerated learning, stress reduction and inducement of the relaxation response, improved healing, pain reduction, induction of sleep rhythms and altered brain wave states, among others.

The psychophysiology of sound and its practical application to our daily life will be illustrated with many musical passages and harmonic techniques.