

Track 3: Music

Category: Rhythm

CD Listening
#T3-1

Track 3: Music
Category: Musical Perspectives

Activating

- Water of Life (11 mins)
Streaming
www.soundhealingcenter.com/store/mus/WaterOfLife11mins.mp3
Download
www.soundhealingcenter.com/store/mus/WaterOfLife11mins.mp3.zip
- Awakening (11 mins)
Streaming
www.soundhealingcenter.com/store/mus/Awakening11mins.wav
Download
www.soundhealingcenter.com/store/mus/Awakening11mins.wav.zip

Calming

- Pachelbel Canon (7 mins)
Streaming
www.soundhealingcenter.com/store/mus/Pachelbelpure7.mp3
Download
www.soundhealingcenter.com/store/mus/Pachelbelpure7.mp3.zip
- Unconditional Love (6 mins)
Streaming
www.soundhealingcenter.com/store/mus/UnconditionalLove6mins.mp3
Download
www.soundhealingcenter.com/store/mus/UnconditionalLove6mins.mp3.zip
- Enlightenment (8 mins)
Streaming
www.soundhealingcenter.com/store/mus/Enlightenment8mins.wav
Download
www.soundhealingcenter.com/store/mus/Enlightenment8mins.wav.zip
- Calm Sleep (5 mins)
Streaming
www.soundhealingcenter.com/store/mus/CalmSleep5mins.mp3
Download
www.soundhealingcenter.com/store/mus/CalmSleep5mins.mp3.zip

Nature Sounds

- Golden Mean and Waves
Streaming
www.soundhealingcenter.com/store/mus/WavesGoldenMean.wav
Download
www.soundhealingcenter.com/store/mus/WavesGoldenMean.wav.zip

Ancient Tunings based on Nature (Just Intonation)

- Joel Andrews Harp
Streaming
www.soundhealingcenter.com/store/mus/JoelAndrewsDDorian.mp3
Download
www.soundhealingcenter.com/store/mus/JoelAndrewsDDorian.mp3.zip

Syllable Chart

Syllable Chart

Vowels

1	Uu	(as in "Moo")
2	Uh	(as in "Ugg")
3	Oh	(as in "Go")
4	Ah	(as in "Father")
5	Aah	(as in "At")
6	Eh	(as in "Egg")
7	Ee	(as in "Wee")

Consonant/Vowel Combinations - 119 Total

	<u>Uu</u>	<u>Uh</u>	<u>Oh</u>	<u>Ah</u>	<u>Aah</u>	<u>Eh</u>	<u>Ee</u>
1	Buu	Buh	Boh	Bah	Baah	Beh	Bee
2	Cuu	Cuh	Coh	Cah	Caah	Ceh	Cee
3	Duu	Duh	Doh	Dah	Daah	Deh	Dee
4	Fuu	Fuh	Foh	Fah	Faah	Feh	Fee
5	Guu	Guh	Goh	Gah	Gaah	Geh	Gee
6	Huu	Huh	Hoh	Hah	Haah	Heh	Hee
7	Juu	Juh	Joh	Jah	Jaah	Jeh	Jee
8	Kuu	Kuh	Koh	Kah	Kaah	Keh	Kee
9	Luu	Luh	Loh	Lah	Laah	Leh	Lee
10	Muu	Muh	Moh	Mah	Maah	Meh	Mee
11	Nuu	Nuh	Noh	Nah	Naah	Neh	Nee
12	Puu	Puh	Poh	Pah	Paah	Peh	Pee
13	Ruu	Ruh	Roh	Rah	Raah	Reh	Ree
14	Suu	Suh	Soh	Sah	Saah	She	See
15	Tuu	Tuh	Toh	Tah	Taah	The	Tee
16	Wuu	Wuh	Who	Wah	Waah	Weh	Wee
17	Zuu	Zuh	Zoh	Zah	Zaah	Zeh	Zee

Scat Sounds

Shwee	Du	Dah	Bop	Doot-n
Skwee	Ooh	Sha	Dop	Doodle-n
Dwee	Shu	What	Vop	Dot-n
Bee	Bu	Bah	Bot	Dweedle-ee
Vee	Sku	Yah	Zot	Du-ee-ah
Zee	Vu	Vah	Dit	
Wee		Dow	Dot	
De		Duh	Yot	
			Shot	
			Doot	
			Dup	
			Bup	
			Dut	

Tabla Sounds (Bol)

Daah (as in "Add") Din	Guh	Na	Ti	Ti Ra Ki Ta
	Kuh	Ta		Ti Ta
	Nuh			

Body Percussion List

Body Percussion Chart

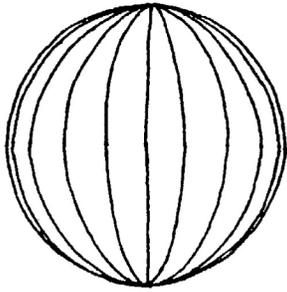
Chest Tap
Slap Chest - Both Hands
Slap Chest - Left Hand
Slap Chest - Right Hand
Tap Chest - Both Hands
Tap Chest - Left Hand
Tap Chest - Right Hand
Finger Snap - Both Hands
Finger Snap - Left Hand
Finger Snap - Right Hand
Clap (Flat Hands)
Cupped Clap
Upper Leg - Both Hands
Upper Left Leg - Left Hand
Upper Right Leg - Right Hand
Upper Left Leg - Right Hand
Upper Right Leg - Left Hand
Stomp - Both Feet
Stomp - Left Foot
Stomp - Right Foot
Stationary Step - Left Foot
Stationary Step - Right Foot
Slap Left Foot - Left Hand
Slap Right Foot - Right Hand
Slap Left Foot - Right Hand
Slap Right Foot - Left Hand

Track 4

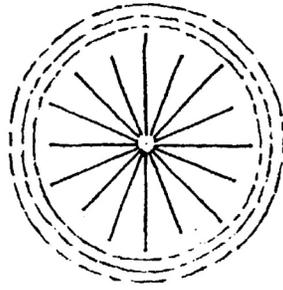
Geometry

The Patterns of Life

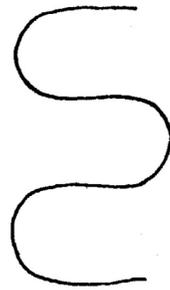
by Richard Feather Anderson © 1995



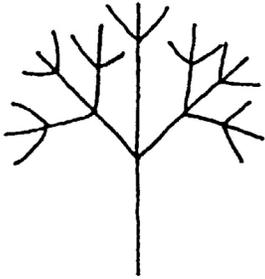
SPHERE



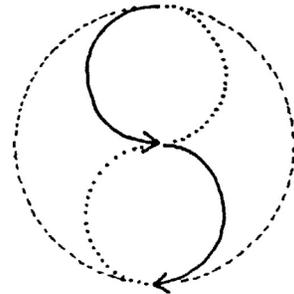
**EXPLOSION-RADIAL
RIPPLE**



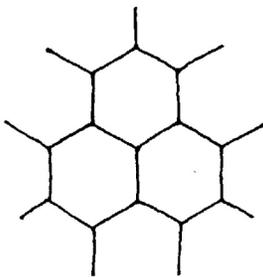
MEANDER



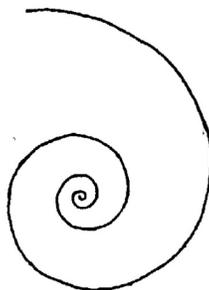
BRANCHING



ALTERNATION



CLOSE-PACKING



SPIRAL



HELIX

The Basic Underlying Patterns of Life

by Richard Feather Anderson

Spheroids

The sphere is Nature's way to enclose space using the least surface area.

The sphere is the most compact shape possible. A film of water contracts to form the most compact shape, a sphere. A soap bubble uses the least surface material to enclose the most compact area of air.

Explosion/Radials

The explosion or radial pattern is the quickest, most direct way to disperse energy or matter from a single point outward in all directions. It allows the fastest, most direct communication from a center to an edge.

Every place around the center is in a direct line, the shortest path from center to perimeter. Because it is the shortest path, an explosion provides the quickest way to disperse energy and return to equilibrium. A water or milk drop disturbs the calm surface of the liquid. Because the explosion redistributes energy quickly, it minimizes the disturbance, and lets the surface return to homeostasis.

Ripples (part of radial pattern)

The circular or spherical ring of an explosion creates ripples or waves (of moving liquid or sound), or concentric rings moving outward from the center.

Meanders

A meander is a regular repeating curve. As water moves over a sloped surface, it speeds up and then slows itself down, causing an oscillation, which is the meander.

A meander slows down the flow over a surface (flow of water over land, cars along a road). It increases the length of passageway to allow for more processing of materials (digestion, purification of water).

The meander pattern is Nature's way of packing more material or passageway into a small space (intestines and brain convolutions).

It increases the surface area or length of edge between two things (longer river bank, joints between two skull plates), which maximizes the connection, interchange or

communication between the two. It creates an interlocking joint between two areas, which can better resist shear stress (dovetail finger joint in cabinetry, skull sutures).

In the case of rivers, the meandering path provides for the maximum transit of the water, it moderates, tempers or regulates the flow of the water, reduces erosion, and maximizes the length of stream bank, the edge between waterway and land. Water moves faster on the outside of the curve, eroding the bank and cutting a deeper channel, and slower on the inside of the curve, depositing sediment several bends downstream. A river will not naturally flow straight for more than ten times its width. When we confine a stream into a straight concrete channel, like we do in cities, we increase the speed and force of the water, increasing soil erosion and minimizing the sedimentary deposits, which are instead washed out to sea.

Branching

Branching is the most efficient way to collect or distribute energy, materials or information over a large area. It works well both ways, distributing energy from the center outward or drawing energy in from the extremities to the center. It minimizes the length of channel, passageway, wiring, etc. to reach everywhere within an area or network. Branching creates the most extensive network with the shortest total length of run, and least amount of material to create the channels or links in the network. It enables the most rapid communication to all spots within a large area.

Branching is a modification of the radial pattern by three-way or four-way joining.

Nature uses branching in plants to give the widest leaf and flower distribution to maximize absorption of sunlight and expiration of wastes with the least amount of fiber and weight in the stalks or limbs.

For trees it is important to arrange their leaves to spread them out over the largest space possible while keeping the leaves as close to the roots as possible, without overtaxing the ability of the limbs to support themselves and the leaves. This allows for the greatest sun exposure and the most efficient transfer of the photosynthesized solar energy down into the rest of the tree. To circulate nutrients efficiently the tree needs to minimize the distance between the trunk and the maximum number of leaves. Branching also allows the trees to bear the highest number of leaves, flowers, and fruit while keeping the weight of the branches to a minimum. Without efficient branching patterns tree limbs would become unbearable loads.

Branching is efficient because it allows for thin members at extremities and thicker ones at the center where the flow is greatest. (Circulatory system, thin extremity veins where flow is least, huge chamber at heart where flow is huge.)

Close Packing/Shrinking/Cracking

When any natural form dries and contracts, the most efficient way for cracking to occur is in a pattern of three-way joints. (mud, seed pods, buckeye nuts)

Track 5

Emotional Expression

List of Affirmations

1. I am loved.
2. I listen to my heart.
3. I am safe.
4. I have lots of friends who love me.
5. My dreams are coming true.
6. I am helpful.
7. I am friendly.
8. Every problem has an answer.
9. I am kind.
10. I can do it.
11. I play well with others.
12. I'm intelligent.
13. I learn from my mistakes.
14. I act responsibly.
15. I am calm.
16. I love myself even though I sometimes fail.
17. Every day brings new opportunities.
18. I accept and love myself.
19. I am kind.
20. I am relaxed.
21. I have faith in myself.
22. I am brave.
23. I have trust in myself.
24. I am generous.
25. I am loving.
26. I meet great decisions.
27. I am kind to all.
28. I am protected.
29. Whatever I do, I give my best.
30. I am exactly where I need to be.
31. I trust in my abilities.
32. I solve problems.
33. I am unique.

34. I have lots of energy.
35. I am peaceful.
36. I can become whatever I want to be.
37. I embrace change.
38. I make friends easily.
39. My intuition is a guide showing me the right direction.
40. I accomplish great results.
41. I have a beautiful imagination.
42. I am confident.
43. I welcome the unfoldment of events.
44. I am caring.
45. I find creative solutions to my problems.
46. I think positive.
47. I am thankful.
48. I am courageous.
49. I am gentle with myself and others.
50. I am whole.
51. I enjoy testing new ideas.
52. I have courage.
53. I have happy thoughts.
54. I forgive others for their mistakes.
55. I reach my goals.
56. Problems are challenges to better me.
57. I get better and better every day.
58. I discover the beauty in everything.
59. I have positive thoughts.
60. I am in charge of my life.
61. All is well.
62. I enjoy discovering something new.
63. My family and friends love me for who I am.
64. I am a good friend to myself.
65. I enjoy learning.
66. I have many good friends.

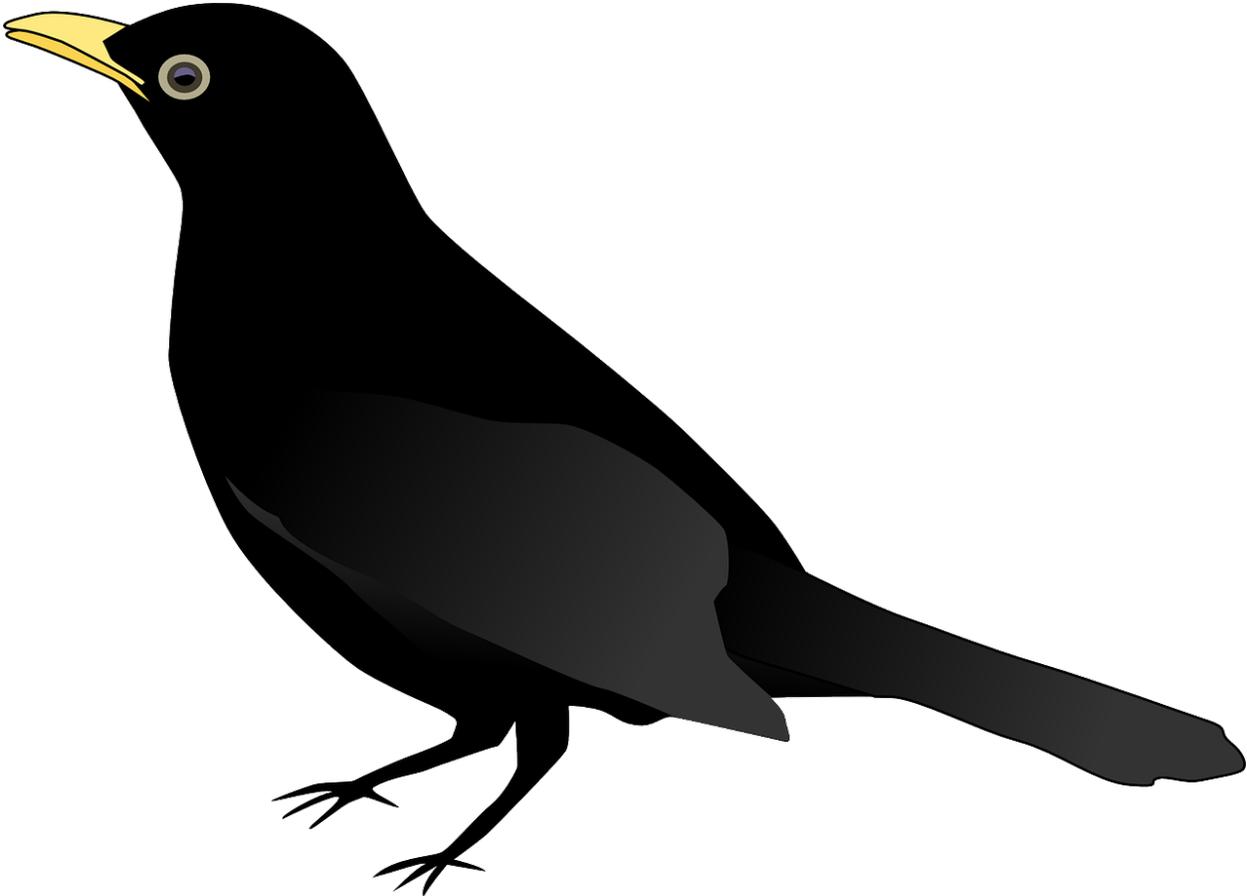
67. I am very creative.
68. I believe in my abilities.
69. I am persistent.
70. I understand complex problems quickly.
71. I am forgiving.
72. I am honest.
73. I am trustworthy.
74. I always find ways to overcome challenges
75. I am compassionate.
76. I listen to my inner wisdom.
77. I am open to new and exciting possibilities
78. I make friends easily
79. I am growing up well
80. I give freely.
81. I am a good influence on others.
82. I am carrying.
83. I draw inspiration from life and my role models.
84. I am awesome.
85. I have good friends.
86. I am a good friend.
87. I am thoughtful and kind.
88. I enjoy spending time with myself.
89. I am strong, inside and out.
90. I am gentle.
91. I reach for the stars.
92. Miracles happen to me.
93. I am joyful.
94. I am patient.
95. I am brave.
96. I am perfect just the way I am.
97. I keep my body healthy.
98. I enjoy healthy food.
99. I am ready to seize the opportunities of the day.

100. I am awesome.
101. I care about others.
102. I feel joy in every corner of my body.
103. I work hard.
104. Life is fun.
105. I meet the right decisions.
106. I enjoy being cheerful.
107. I am important.
108. I can do anything.
109. I am peaceful.
110. I approve of myself.
111. My heart guides me.
112. I trust my intuition.
113. I am thankful for being who I am.
114. I see the good in myself.
115. I enjoy being happy.
116. I take pleasure in my life.
117. I support others with love and kindness.
118. I enjoy absorbing knowledge like a sponge.
119. I am a winner.
120. I am worthwhile of all the love and happiness in the world.
121. I am proud of myself.
122. I take care of my responsibilities.
123. I am beautiful.
124. I like being challenged.
125. I am a bright student.
126. I play an important role in the world.
127. I like myself.
128. I am thoughtful.
129. I trust the wisdom in me.
130. I replace anger with compassion.
131. I am optimistic.

132. I am beautiful.
133. I am excited of the unknown.
134. I am full of energy.
135. I respect other people.
136. I learn from my mistakes.
137. I love my family and friends.
138. I receive all the help that I need.
139. Everything works out just fine.
140. Wonderful and awesome things happen to me.
141. I am kind to others.
142. I enjoy challenging myself.
143. I forgive myself for making a mistake.
144. I believe in myself.
145. I believe in my dreams.
146. I have the courage to be myself.
147. I am okay with who I am.

Identifying Animal Sounds
#T5-10
Track 5: Emotional Expression
Category: Voice Expression

Images of Animals with Sounds and Movement



CROW

CAWWW

FLY



CROW

CAWWW

FLY



DOG

BARK

LICK



DOG

BARK

LICK



DOG

BARK

LICK



DOG

BARK

LICK



CAT

MEOW

RUN



CAT

MEOW

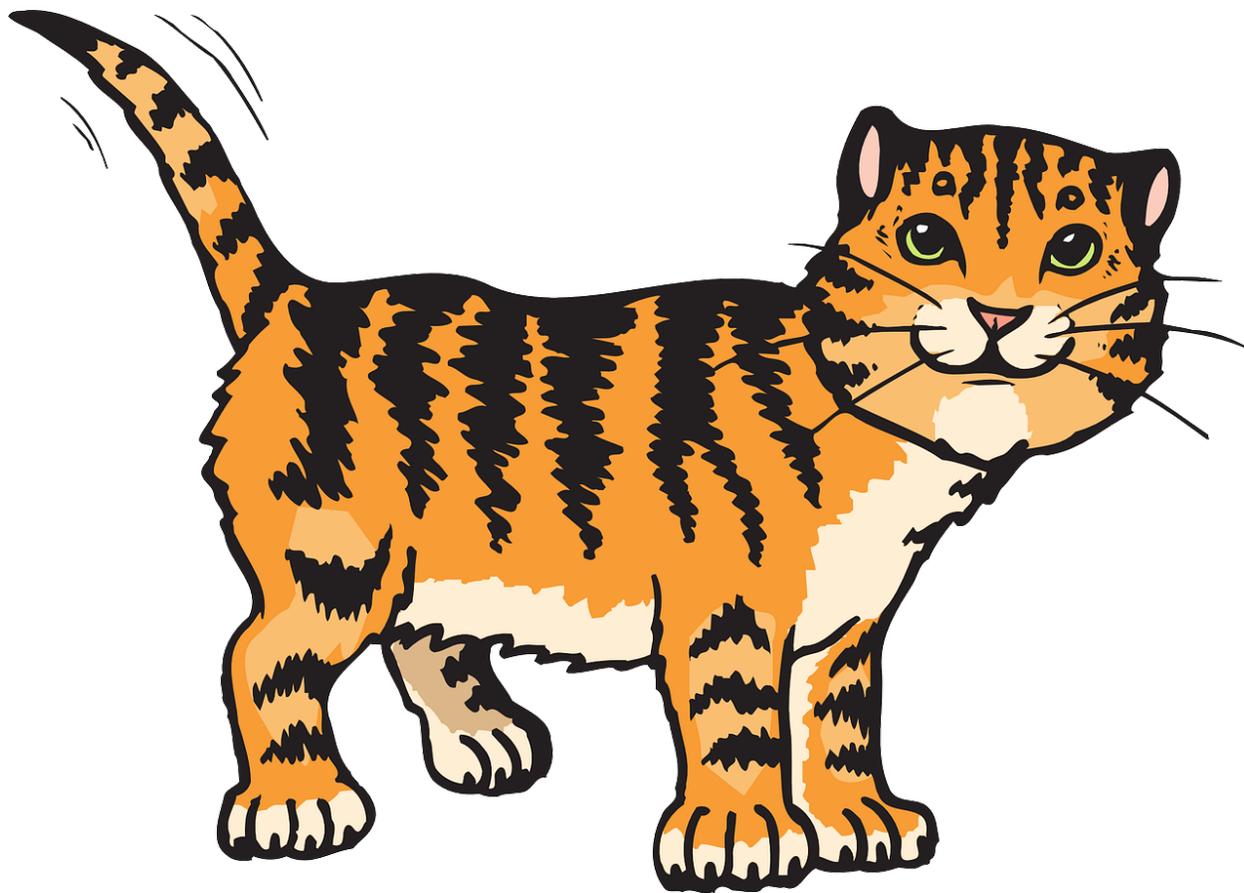
RUN



CAT

MEOW

RUN



CAT

MEOW

RUN



FROG

RIBBIT

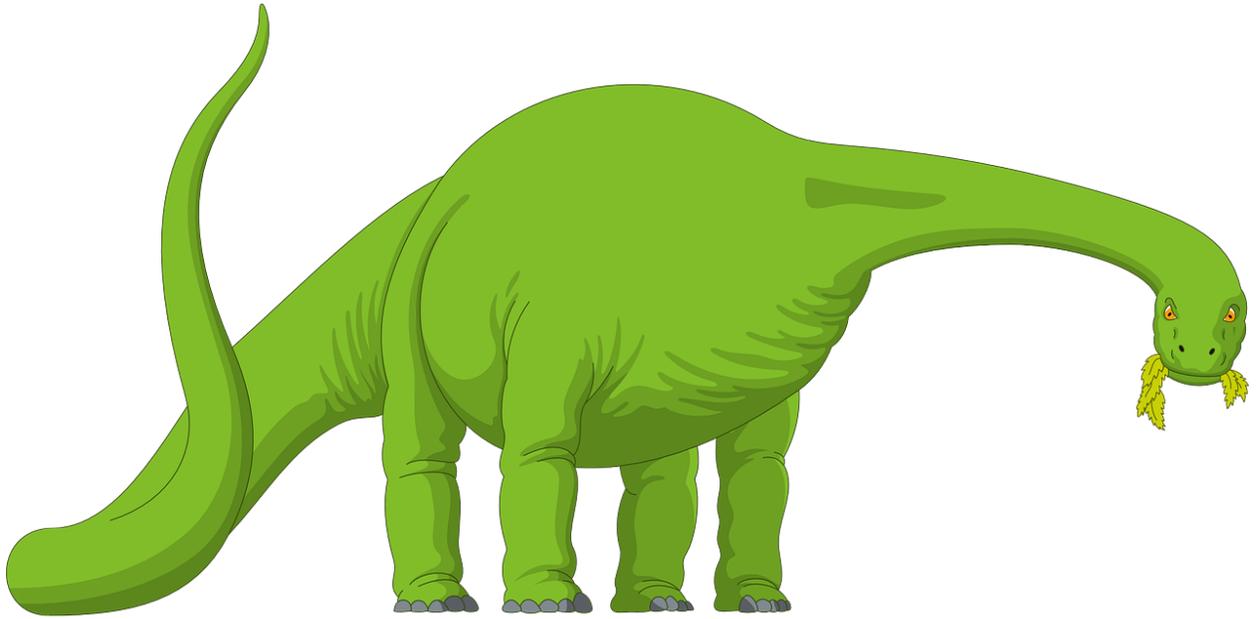
HOP



FROG

RIBBIT

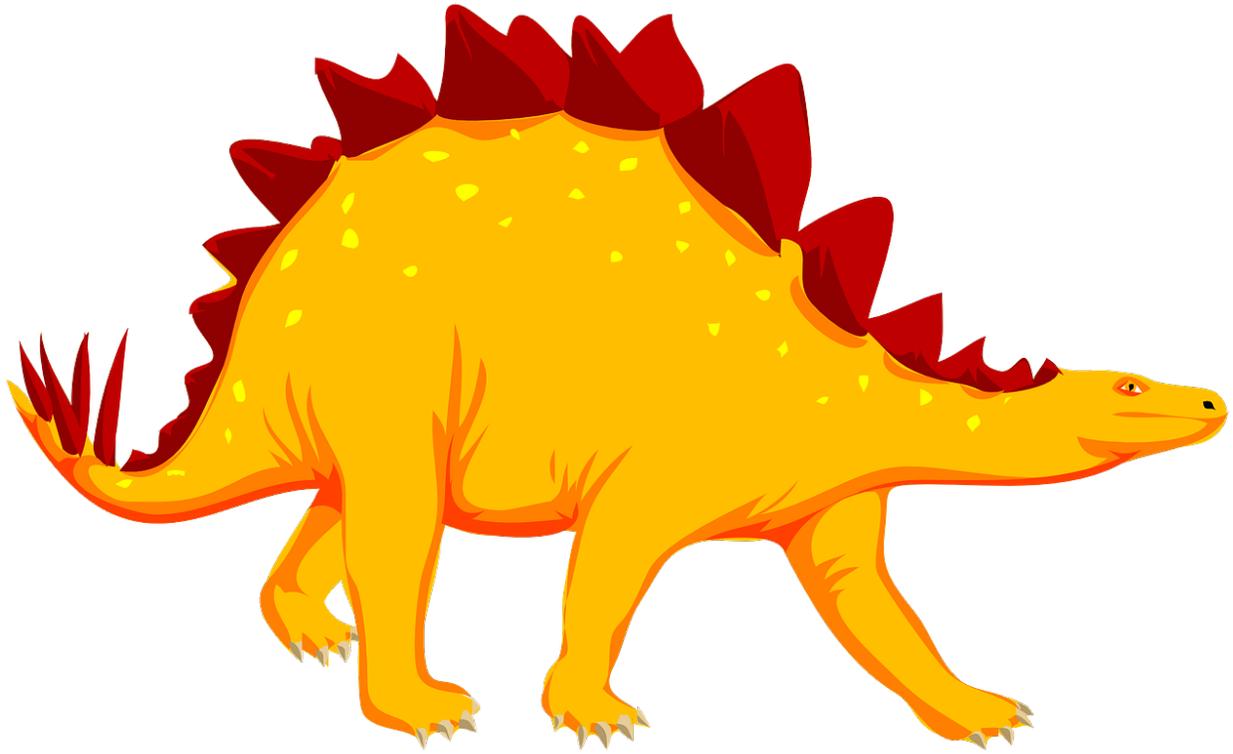
HOP



DINASAUR

ROAR

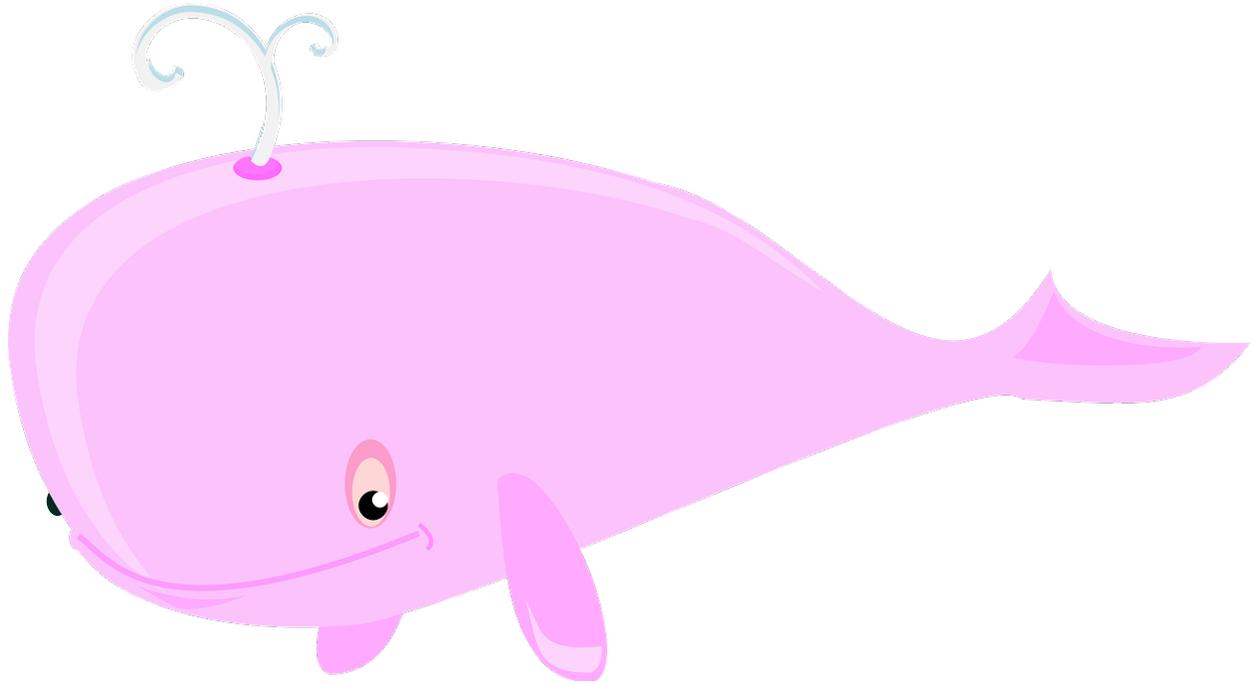
STOMP



DINASAUR

ROAR

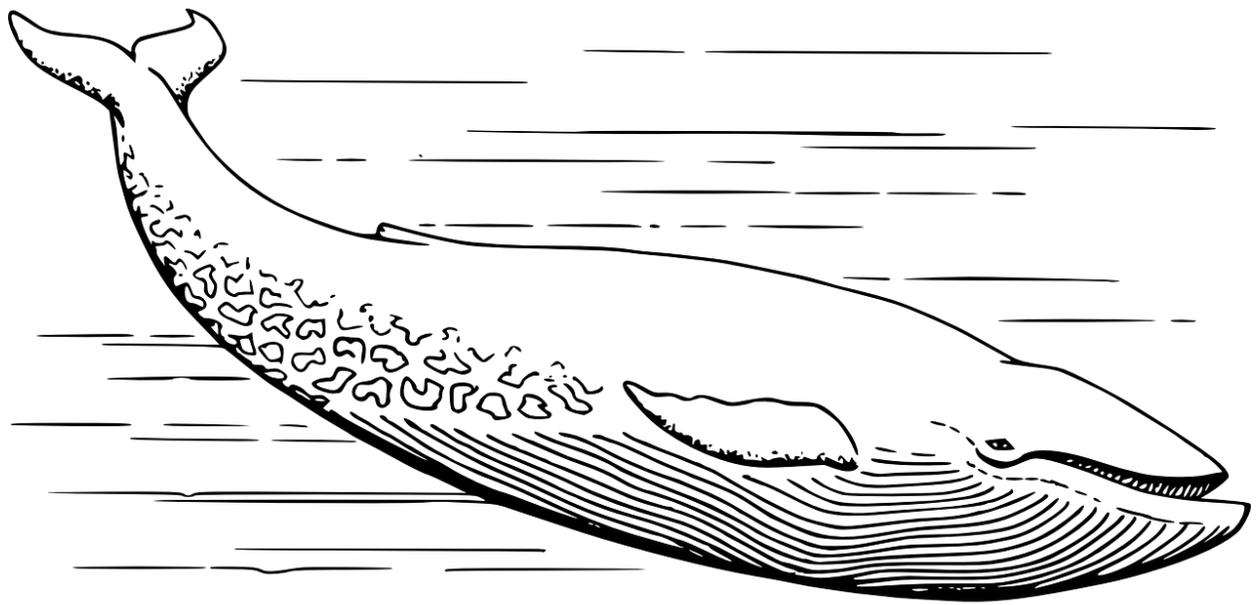
STOMP



WHALE

eeUU

SWIM



WHALE

eeUU

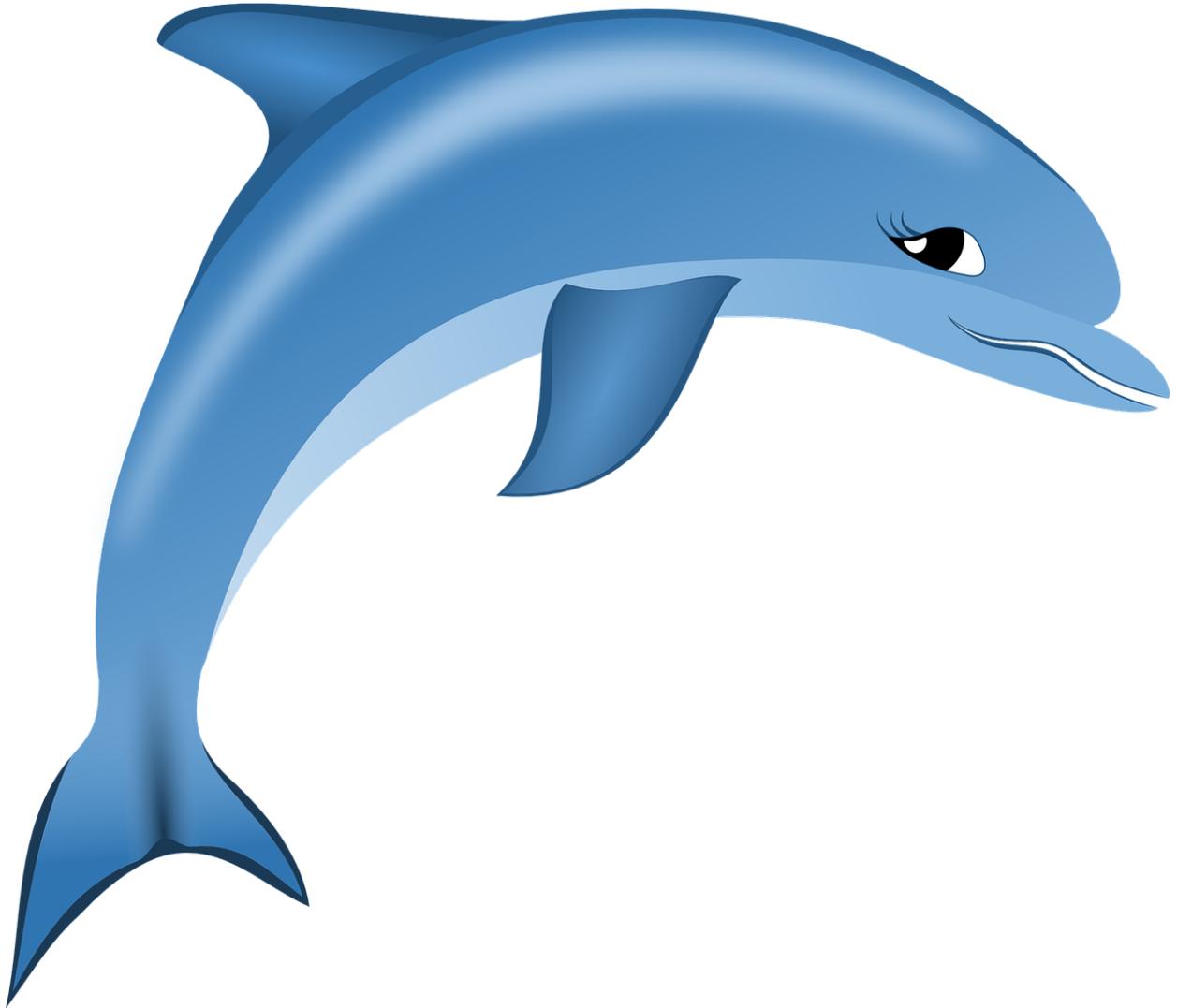
SWIM



DOLPHIN

SQUEEK

JUMP



DOLPHIN

SQUEEK

JUMP



LION

ROAR

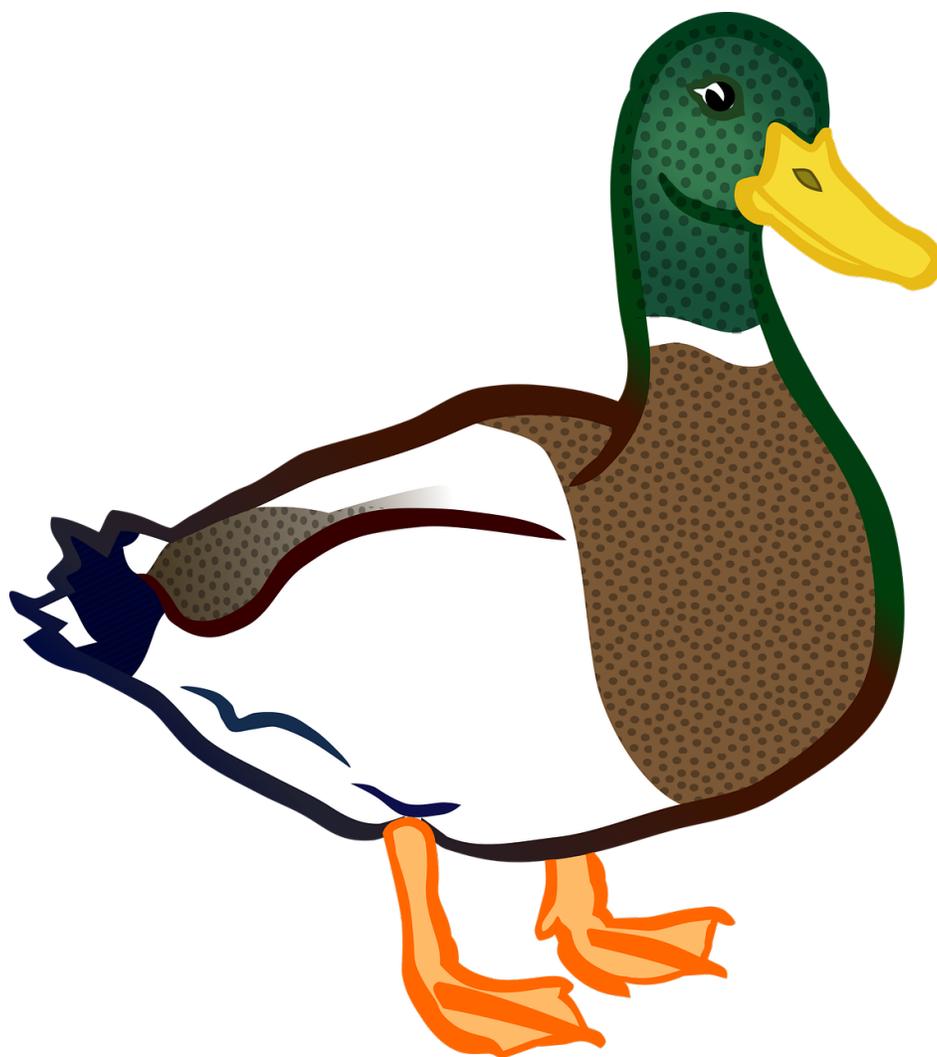
RUN



LION

ROAR

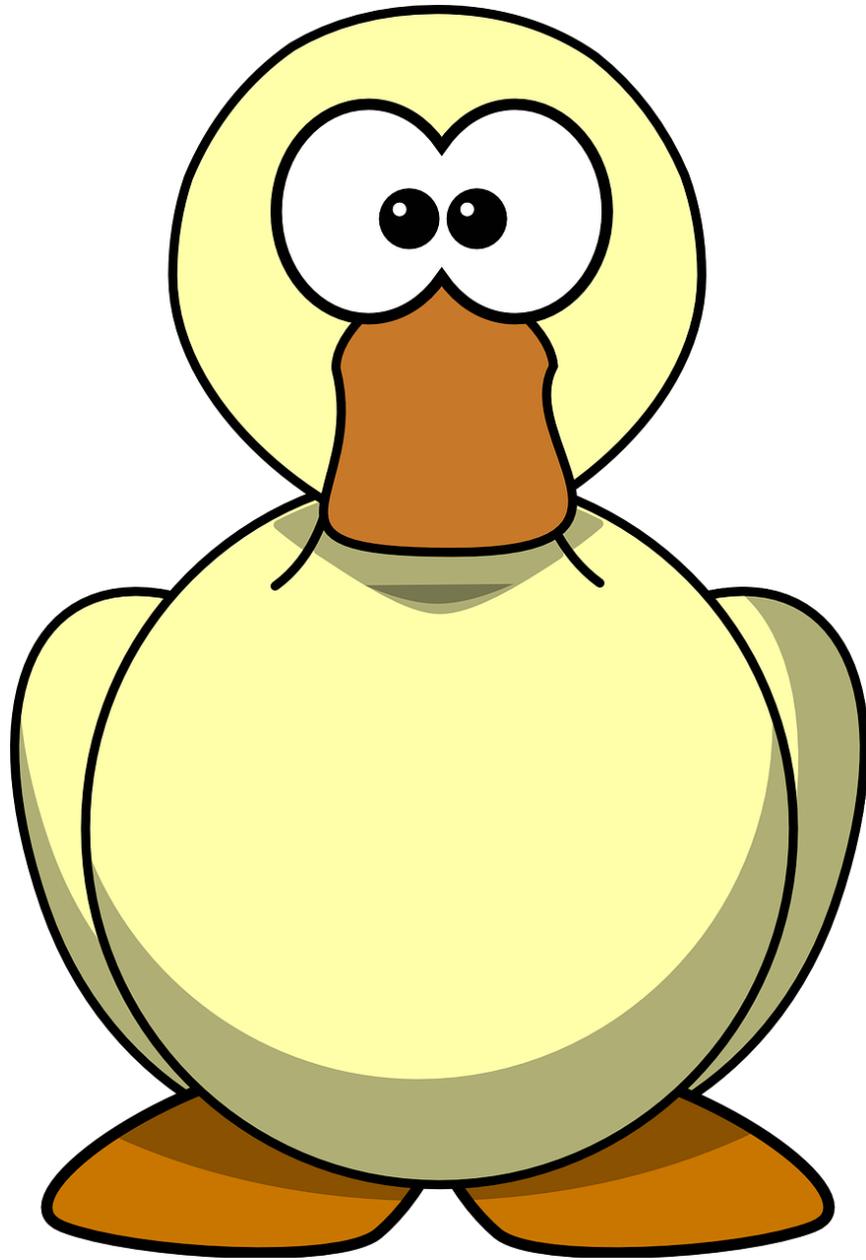
RUN



DUCK

QUACK

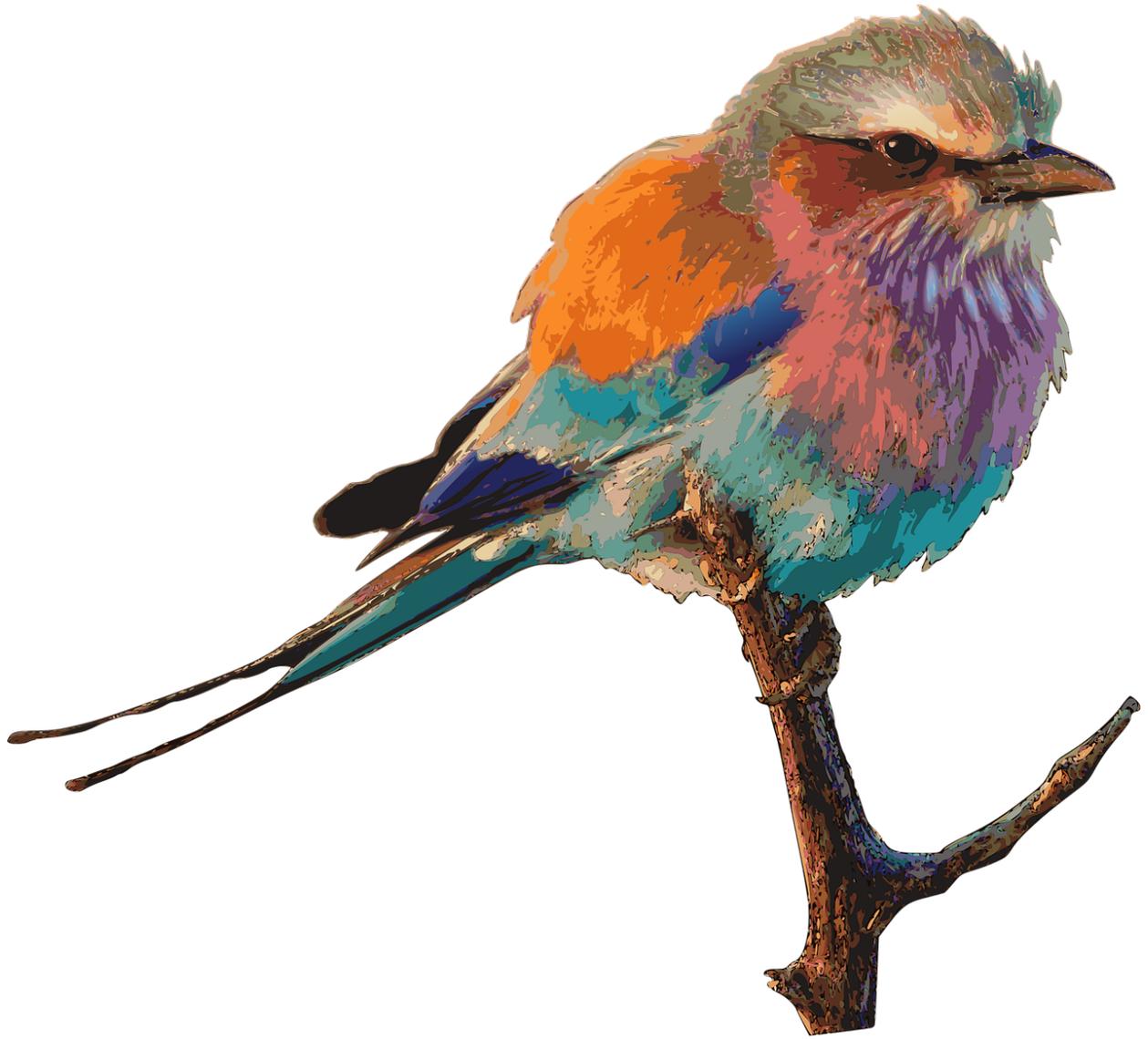
WADDLE



DUCK

QUACK

WADDLE



BIRD

CHIRP

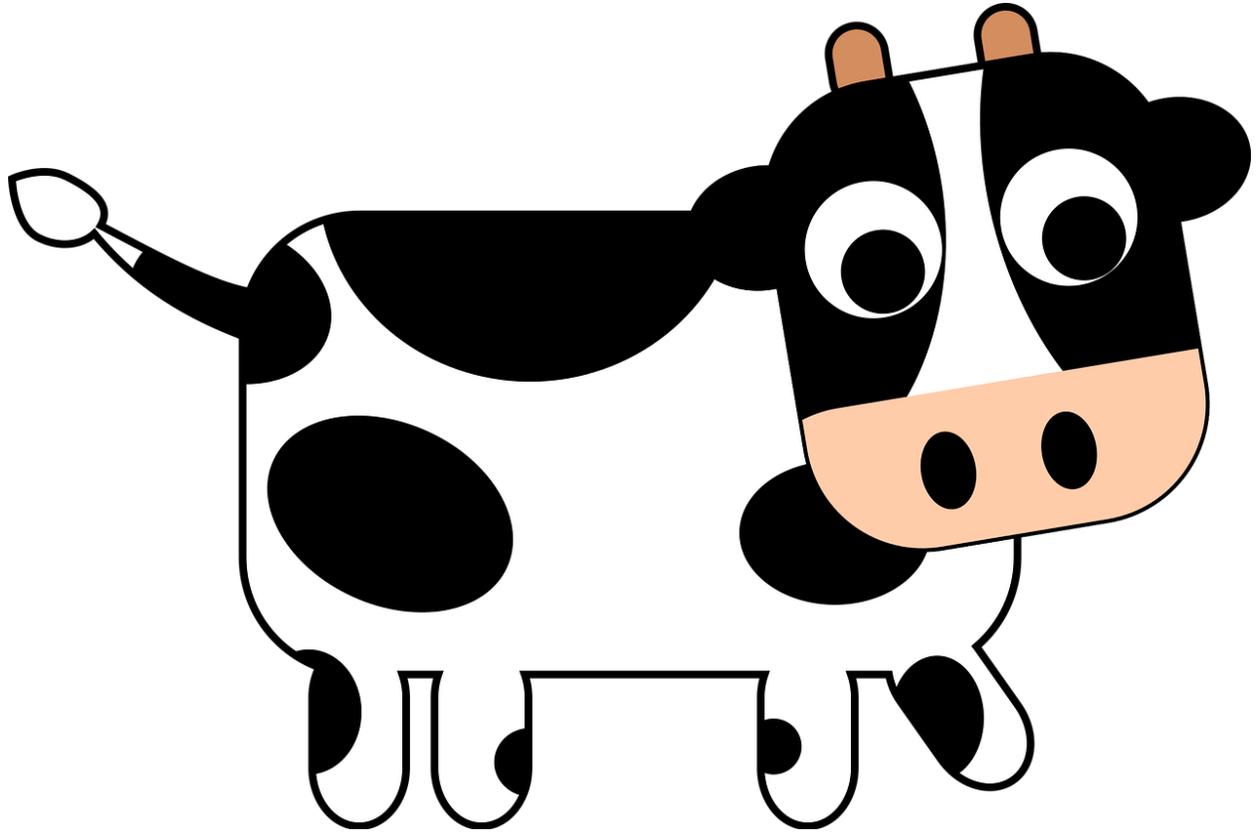
FLY



BIRD

CHIRP

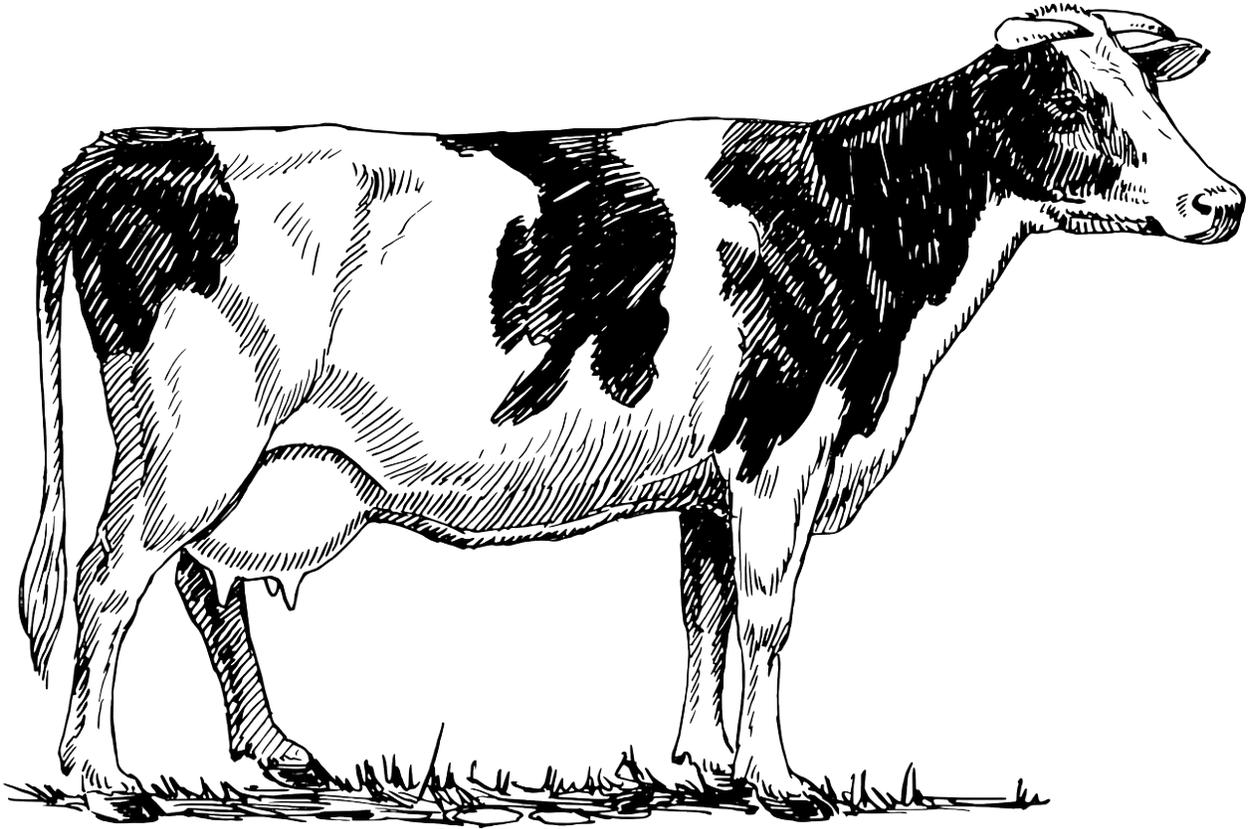
FLY



COW

MOO

WALK



COW

MOO

WALK



PANDA

NO SOUND

SLEEP



PANDA

NO SOUND

SLEEP



PANDA

NO SOUND

SLEEP

Vowel and Consonant Combinations

Vowels

- 1 Uu
- 2 Uh
- 3 Oh
- 4 Ah
- 5 Aah
- 6 Eh
- 7 Ee

2 Vowels

Uu, Oh	Oh, Uu	Uh, Uu	Ah, Uu	Aah, Uu	Eh, Uu	Ee, Uu
Uu, Uh	Oh, Uh	Uh, Oh	Ah, Oh	Aah, Oh	Eh, Oh	Ee, Oh
Uu, Ah	Oh, Ah	Uh, Ah	Ah, Uh	Aah, Uh	Eh, Uh	Ee, Uh
Uu, Aah	Oh, Aah	Uh, Aah	Ah, Aah	Aah, Ah	Eh, Aah	Ee, Aah
Uu, Eh	Oh, Eh	Uh, Eh	Ah, Eh	Aah, Eh	Eh, Ah	Ee, Ah
Uu, Ee	Oh, Ee	Uh, Ee	Ah, Ee	Aah, Ee	Eh, Ee	Ee, Eh

Consonant/Vowel Combinations

	<u>Uu</u>	<u>Uh</u>	<u>Oh</u>	<u>Ah</u>	<u>Aah</u>	<u>Eh</u>	<u>Ee</u>
1	Buu	Buh	Boh	Bah	Baah	Beh	Bee
2	Cuu	Cuh	Coh	Cah	Caah	Ceh	Cee
3	Duu	Duh	Doh	Dah	Daah	Deh	Dee
4	Fuu	Fuh	Foh	Fah	Faah	Feh	Fee
5	Guu	Guh	Goh	Gah	Gaah	Geh	Gee
6	Huu	Huh	Hoh	Hah	Haah	Heh	Hee
7	Juu	Juh	Joh	Jah	Jaah	Jeh	Jee
8	Kuu	Kuh	Koh	Kah	Kaah	Keh	Kee
9	Luu	Luh	Loh	Lah	Laah	Leh	Lee
10	Muu	Muh	Moh	Mah	Maah	Meh	Mee
11	Nuu	Nuh	Noh	Nah	Naah	Neh	Nee
12	Puu	Puh	Poh	Pah	Paah	Peh	Pee
13	Ruu	Ruh	Roh	Rah	Raah	Reh	Ree
14	Suu	Suh	Soh	Sah	Saah	She	See
15	Tuu	Tuh	Toh	Tah	Taah	The	Tee
16	Wuu	Wuh	Who	Wah	Waah	Weh	Wee
17	Zuu	Zuh	Zoh	Zah	Zaah	Zeh	Zee