

**3 – 18 MONTHS**

**CD Listening**  
**#T3-1**

**Track 3: Music**  
**Category: Listening**

**Age:** 3-18 months

**Group/Individual:** Group

**Materials:** CD/MP3 player, Boombox or Stereo \* CD downloads

**Prerequisites:** n/a

**Guide Preparation:**

- “Working with the Child Who is Sensitive to Sound”

**Repetition and Duration:**

**Presentation:**

**CD Listening**

Types of CDs

Activating

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

Calming

Pachelbel Canon (7 mins)  
Streaming  
[www.soundhealingcenter.com/store/mus/Pachelbelpure7.mp3](http://www.soundhealingcenter.com/store/mus/Pachelbelpure7.mp3)  
Download  
[www.soundhealingcenter.com/store/mus/Pachelbelpure7.mp3.zip](http://www.soundhealingcenter.com/store/mus/Pachelbelpure7.mp3.zip)

- Unconditional Love (6 mins)  
Streaming  
[www.soundhealingcenter.com/store/mus/UnconditionalLove6mins.mp3](http://www.soundhealingcenter.com/store/mus/UnconditionalLove6mins.mp3)  
Download  
[www.soundhealingcenter.com/store/mus/UnconditionalLove6mins.mp3.zip](http://www.soundhealingcenter.com/store/mus/UnconditionalLove6mins.mp3.zip)
- Enlightenment (8 mins)  
Streaming  
[www.soundhealingcenter.com/store/mus/Enlightenment8mins.wav](http://www.soundhealingcenter.com/store/mus/Enlightenment8mins.wav)  
Download  
[www.soundhealingcenter.com/store/mus/Enlightenment8mins.wav.zip](http://www.soundhealingcenter.com/store/mus/Enlightenment8mins.wav.zip)
- Calm Sleep (5 mins)  
Streaming  
[www.soundhealingcenter.com/store/mus/CalmSleep5mins.mp3](http://www.soundhealingcenter.com/store/mus/CalmSleep5mins.mp3)  
Download  
[www.soundhealingcenter.com/store/mus/CalmSleep5mins.mp3.zip](http://www.soundhealingcenter.com/store/mus/CalmSleep5mins.mp3.zip)

#### Nature Sounds

- Golden Mean and Waves  
Streaming  
[www.soundhealingcenter.com/store/mus/WavesGoldenMean.wav](http://www.soundhealingcenter.com/store/mus/WavesGoldenMean.wav)  
Download  
[www.soundhealingcenter.com/store/mus/WavesGoldenMean.wav.zip](http://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](http://www.soundhealingcenter.com/store/mus/JoelAndrewsDDorian.mp3)  
Download  
[www.soundhealingcenter.com/store/mus/JoelAndrewsDDorian.mp3.zip](http://www.soundhealingcenter.com/store/mus/JoelAndrewsDDorian.mp3.zip)

1. Play a CD for around minutes
2. Follow with silence for 20 – 30 minutes
3. Play “Activating” CDs in the morning or when everyone is up, awake, and/or excited.
4. Play “Calming” CDs before nap time.
5. Play “Nature Sound” CDs anytime.

6. Do not play a CD while napping.

7. Active Listening – Sit and listen to songs yourself. Entrain yourself into the peace.

**Language:** Activating \* Active Listening

POINTS OF INTEREST	DEVELOPMENTAL VALUE
<p><b>Auditory Processing Issues:</b></p> <p>Note if the child does not turn towards the sound.</p>	<p>Basic auditory abilities appear to be highly developed in infancy. Be aware of any signs that would support proactive screening for possible developmental delays.</p>
<p><b>Active Listening:</b></p> <p>Sit and listen to the songs yourself. When doing “active listening” it is important to stay focused on listening to the sounds in order to help entrain the child into the same level and quality of attention and peace.</p>	<p>Listening involves organized, purposeful, movement patterns that children will observe and subconsciously mirror.</p>
<p><b>Focus on Silence:</b></p> <p>Listen for the slow fade of the music at the end as it goes to silence.</p>	<p>The slow fade of the music to silence and the silence afterwards are important to pay attention to because this creates a state of peace.</p>

PURPOSE	RESEARCH AND ASSUMPTIONS
<p>Overall Connection:</p> <ul style="list-style-type: none"> <li>➤ <b>Presence</b></li> </ul>	<p>The quality of being present creates focused attention on the child’s sounds, movements, and reactions. This establishes a basis for attachment and bonding that will aid in the development of peace, awareness, emotional intelligence, self-confidence, and social connectedness.</p>

<p>➤ <b>Coherence</b></p>	<p>Consistent tones create steady brainwaves that entrain the child into a state of physical, mental, and emotional coherence, resulting in overall peace and harmony. This coherent state strengthens immunity and overall health, while also generating a sense of bonding. Vocalizing a consistent tone slows down the heart rate and respiration, while synchronizing brainwaves to help release tension and create a coherent state in the mind and body.</p>
<p>➤ <b>Smooth Flow</b></p>	<p>A smooth flow of sounds and music entrain all systems in a human being into a consistent flow, which is the basis of peace and harmony. Physical, mental, and emotional flow with minimal blockages is the essence of health.</p>
<p>Emotional Connection:</p> <p>➤ <b>Emotional Engagement</b></p>	<p>Consistent emotional engagement supports the integration of multisensory stimuli, social connection, self-regulation, self-awareness, self-esteem, and empathy. Additionally, emotional excitement created through these engagements enhances memory and learning. Emotionally engaging with nonverbal communication (body language, facial expression, eye contact, tone, and intention) aids in right brain development.</p>
<p>➤ <b>Emotional Stability</b></p>	<p>Consistent rhythms and tones entrain the brain into a coherent state that supports emotional stability. When consistent tones or harmonious melodic intervals are listened to or produced by the voice they create emotional and physical harmony. Emotional stability contributes to overall well-being, self-confidence, sense of security, emotional intelligence, and positive social behavior.</p>

<p>Mental Connection:</p> <ul style="list-style-type: none"> <li>➤ <b>Brainwave Entrainment</b></li> </ul>	<p>Consistent tones and rhythms create brainwave entrainment, a process whereby the brain synchronizes to the frequency of the external stimuli. This allows the brain to entrain into certain brainwave states, such as delta, theta, alpha, and beta. These brainwave states have been proven to enhance sleep, meditation, creativity, presence, focus, learning, and mental processing.</p>
<ul style="list-style-type: none"> <li>➤ <b>Whole Brain Synchronization</b></li> </ul>	<p>Music, rhythm, and geometry engage both sides of your brain and help them work together, creating whole brain synchronization. This stimulates the corpus callosum, strengthening the bridge between the two brain hemispheres. Whole brain functioning improves cognition, focus, memory, creative thinking, problem solving, overall mental health, and the ability to perceive connections between seemingly contradictory concepts.</p>
<p>Sensory Refinement:</p> <ul style="list-style-type: none"> <li>➤ <b>Auditory Awareness and Stimulation</b></li> </ul>	<p>Auditory stimulation is important for normal brain growth and connectivity.</p> <p>Non-auditory changes, such as attention, memory, and cognition, play an important role in auditory development.</p>
<ul style="list-style-type: none"> <li>➤ <b>Novelty</b></li> </ul>	<p>The auditory system adapts in response to novel stimuli, allowing for neural plasticity, a key feature of development throughout the nervous system.</p>
<ul style="list-style-type: none"> <li>➤ <b>Auditory Discrimination</b></li> </ul>	<p>Auditory discrimination develops as a result of sound input to the central auditory system.</p> <p>Pitch perception develops auditory</p>

	discrimination, which helps improve cognitive skills.
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**Future Learning:**

- Understanding frequencies, harmonics, and musical flows
- Emotional Stability

**Voice in the Body for the Guides  
#T5-1**

**Track 5: Emotional Expression  
Category: Voice Expression**

**Age:** 3-18 months

**Group/Individual:** Individual

**Materials:** n/a

**Prerequisites:** n/a

**Guide Preparation:**

**Repetition and Duration:** Before all vocal exercises

**Presentation:**

**The Voice in the Body**

1. Voice Warm-up: Make a full range of vowels, consonants, and gibberish.
2. Shaking: Shake your hands, legs, hips, and whole body.
3. Yawning: Open your mouth wide and yawn.
4. Making Faces: Make funny faces to stretch all of your mouth and face muscles.
5. Rolling Through Spine: Roll down and touch the ground. Then slowly roll up and reach for the sky.
6. Breathing:
  - a. Place your hands on your ribs and inhale.
  - b. Keep ribs expanded to exhale and bring belly button toward spine.
  - c. Keeping hands on ribs, exhale with loud “*Ha*” in rapid succession to wake up the singing muscle (diaphragmatic abdominal).
  - d. Turn each exhale into a sound and let it go as long as possible.



8. Now make the next sound *Oh*. Focus on making the rounded shape of “O” with the mouth and lips.
9. Continue with the vowel sounds *Ah, Eh, Ee*. To make the sound *Ah* open the mouth and drop the jaw. Relax the lips. Lower and flatten the tongue. The tip of the tongue will gently touch the gums just under the lower front teeth (as when the dentist holds your tongue down with a depressor and asks you to say “Ah”). To make the *Eh* sound, open the mouth, drop the jaw and relax the lips. The mouth position is similar when making the *Ah* sound, only close the mouth slightly. To make the *Ee* sound, open the mouth slightly.
10. Make the sound of *Mm*, and then *Shh*.
11. Watch for responses. Observe how the different sounds affect each child.
12. Note how the volume of your toning affects the children. Adjust your volume based on individual responses from the child.
13. Stop if the child loses interest or seems to get overwhelmed or tired, or if you as the guide get tired.

Variation: Try extending the vowel sounds, making each of the vowel sounds above for approximately 15 seconds.

**Language:** Toning \* Diaphragm \* Vowel

POINTS OF INTEREST	DEVELOPMENTAL VALUE
<p><b>Attention:</b> Stay present and attentive while toning.</p>	<p>Attention to the toning of vowels supports development of breath awareness, temporal awareness, and language learning.</p>
<p><b>Overstimulation:</b> Watch for signs of being overwhelmed: a vacant face, glazed eyes, or staring at a fixed object.</p>	
<p><b>Attention:</b> Stay present and attentive while toning.</p>	<p>Attention to the toning of vowels supports development of breath awareness, temporal awareness, and language learning.</p>
<p><b>Silence:</b> Be especially aware of the peace in the silence in between vowels and at the end when you finish a vowel, or finish altogether.</p>	<p>The slow fade of the music to silence and the silence afterwards are important to pay attention to because this creates a state of peace.</p>

PURPOSE	RESEARCH AND ASSUMPTIONS
<p>Overall Connection:</p> <ul style="list-style-type: none"> <li>➤ <b>Presence</b></li> </ul>	<p>The quality of being present creates focused attention on the child’s sounds, movements, and reactions. This establishes a basis for attachment and bonding that will aid in the development of peace, awareness, emotional intelligence, self-confidence, and social connectedness.</p>
<ul style="list-style-type: none"> <li>➤ <b>Coherence</b></li> </ul>	<p>Consistent tones create steady brainwaves that entrain the child into a state of physical, mental, and emotional coherence, resulting in overall peace and harmony. This coherent state strengthens immunity and overall health, while also generating a sense of bonding. Vocalizing a consistent tone slows down the heart rate and respiration, while synchronizing brainwaves to help release tension and create a coherent state in the mind and body.</p>
<ul style="list-style-type: none"> <li>➤ <b>Interpersonal Synchrony</b></li> </ul>	<p>Synchronous non-verbal communication, movements and sound trigger mirror neurons, which create the foundation for whole brain development.</p>
<ul style="list-style-type: none"> <li>➤ <b>Smooth Flow</b></li> </ul>	<p>A smooth flow of sounds and music entrain all systems in a human being into a consistent flow, which is the basis of peace and harmony. Physical, mental, and emotional flow with minimal blockages is the essence of health.</p>
<p>Emotional Connection:</p> <ul style="list-style-type: none"> <li>➤ <b>Emotional Engagement</b></li> </ul>	<p>Consistent emotional engagement supports the integration of multisensory stimuli, social connection, self-regulation, self-awareness, self-esteem, and empathy. Additionally, emotional excitement created through these</p>

	<p>engagements enhances memory and learning. Emotionally engaging with nonverbal communication (body language, facial expression, eye contact, tone, and intention) aids in right brain development.</p>
<p>➤ <b>Emotional Stability</b></p>	<p>Consistent rhythms and tones entrain the brain into a coherent state that supports emotional stability. When consistent tones or harmonious melodic intervals are listened to or produced by the voice they create emotional and physical harmony. Emotional stability contributes to overall well-being, self-confidence, sense of security, emotional intelligence, and positive social behavior.</p>
<p>➤ <b>Healthy Emotional Expression</b></p>	<p>Healthy emotional expression and interaction with the world develops healthy intellectual functioning contributing to a healthier, more productive, and creative individual. Using nonverbal and gestural communication promotes growth in a child’s brain, enhancing their ability to experience and understand their environment.</p> <ul style="list-style-type: none"> <li>• The National Association for Music Education states that that music can be used “as a tool for expressing and releasing difficult and beautiful emotions.”</li> </ul>
<p>Mental/ Emotional Connection:</p> <p>➤ <b>Confidence and Self-esteem</b></p>	<p>Secure attachment supported by emotional engagement provides a foundation for developing confidence and self-esteem. Confidence and healthy self-esteem effect overall well-being, playing an important role in feelings of security, acquiring and mastering new skills, likelihood to succeed in the world, and forming healthy relationships.</p>

<p>Mental Connection:</p> <ul style="list-style-type: none"> <li>➤ <b>Brainwave Entrainment</b></li> </ul>	<p>Consistent tones and rhythms create brainwave entrainment, a process whereby the brain synchronizes to the frequency of the external stimuli. This allows the brain to entrain into certain brainwave states, such as delta, theta, alpha, and beta. These brainwave states have been proven to enhance sleep, meditation, creativity, presence, focus, learning, and mental processing.</p>
<p>Sensory Refinement:</p> <ul style="list-style-type: none"> <li>➤ <b>Auditory Awareness and Stimulation</b></li> </ul>	<p>Auditory stimulation is important for normal brain growth and connectivity.</p> <p>Non-auditory changes, such as attention, memory, and cognition, play an important role in auditory development.</p>
<ul style="list-style-type: none"> <li>➤ <b>Auditory-Visual Integration</b></li> </ul>	<p>Visually locating the source of a sound in space enhances auditory-visual integration, supporting optimal sensory development important for preverbal logic and language learning.</p>
<ul style="list-style-type: none"> <li>➤ <b>Novelty</b></li> </ul>	<p>The auditory system adapts in response to novel stimuli, allowing for neural plasticity, a key feature of development throughout the nervous system.</p>

### Future Learning:

- Nonverbal and preverbal communication
- Language preparation
- Emotional wellbeing

## Toning Long Vowel Sounds at Different Pitches #T5-3

### Track 5: Emotional Expression Category: Voice Expression

**Age:** 3-18 months

**Group/Individual:** Group or Individual

**Materials:** n/a

**Prerequisites:**

- “Toning Long Vowel Sounds”

**Guide Preparation:**

- “Working with the Child Who is Sensitive to Sound”
- ”Guidelines for Toning: How to Protect Your Voice”
- “Voice in the Body”

**Repetition and Duration:**

**Presentation:**

**Toning Long Vowels Low and High**

1. Make eye contact.
2. Smile before you begin making each sound and at the end when you have finished.
3. Do each of the vowel sounds: *Uu*, *Oh*, *Ah*, *Eh*, and *Ee*. Tone the vowel on a higher pitch (e.g.: *Uuuuuuuuuuuuu*), pause for a breath, then tone the same vowel on a lower pitch. Pause again, take a deep, slow breath and then repeat 2 times for each vowel.
4. Tone an octave lower for the low pitch if you can. If you don't know specific intervals, just make any high and low note (Men can use a full voice on the lower note and falsetto voice on the high). If necessary use a tone bar, bell, or tuning forks to find different low and high pitches.
5. Watch for responses. Adjust the volume based on responses from the child.
6. Stop if the child loses interest or seems to get overwhelmed or if you as the guide get tired.
7. After toning all the long vowels from high to low, begin again with *Uu* and now tone each of the vowels from low to high.

8. Alternating low and high, again tone each vowel twice in a row.

**Alternating Pitches for each Vowel**

1. Tone the long vowel sounds one at a time in sequence (*Uu, Oh, Ah, Eh, Ee*). Alternate toning a high and low pitch.
2. Tone a higher pitch on the first vowel, *Uuuuuu*, and a lower pitch on the second vowel, *Ohhhhh*.
3. Continue alternating the pitch on each subsequent vowel.

*Uu* (high), *Oh* (low), *Ah* (high), *Eh* (low), *Ee* (high), *Uu* (low)...

4. Do each long vowel only one time and repeat all 5 vowels in sequence 2 times. Note that the second time through, the first vowel will be the low pitch.

**Single Vowel Frequency Sweep**

1. Sweep any of the vowel sounds (*Uu, Oh, Ah, Eh, Ee*) smoothly from low to high and high to low
2. Choose a speed that is comfortable for you. Do this 2 times and repeat throughout the day with different vowels.

**Single Vowel Frequency and Arm Sweep**

1. Sweep any of the vowel sounds (*Uu, Oh, Ah, Eh, Ee*) smoothly from low to high.
2. Take a deep breath as you prepare to do the frequency sweep beginning with a low pitch and ending with a high pitch.
3. Choose timing that is natural for a full breath. Inhale and begin toning on the exhalation.
4. Begin to sweep any vowel sound, e.g. *Ah* from low to high as you raise the child’s arms up high in sync with the sound.
5. Breathe at the top, pausing before you sweep the same sound from a high pitch back down to a low pitch.

**Language:** Frequency Sweep \* Intervals \* Falsetto

POINTS OF INTEREST	DEVELOPMENTAL VALUE
<p><b>Overstimulation:</b></p> <p>Watch for signs of being overwhelmed: a vacant face, glazed eyes, or staring at a fixed</p>	

object.	
<p><b>Engage:</b></p> <p>Be present with your emotions and the emotions of the child.</p>	Non-verbal communication through eye contact and a smiling face create bonding and secure attachment necessary for a young child's development and emotional wellbeing.
<p><b>Volume:</b></p> <p>Note how the volume of your toning affects the children – creating calmness or activation.</p>	
<p><b>Smooth Flow:</b></p> <p>Note the smoothness of your voice's flow. Aspire to the smoothest flow possible.</p>	A smooth flow of sounds and music entrain all systems in a human being into a consistent flow, which is the basis of peace and harmony.
<p><b>Silence:</b></p> <p>Be especially aware of the peace in the silence in between vowels and at the end when you finish a vowel, or finish altogether.</p>	The slow fade of the music to silence and the silence afterwards are important to pay attention to because this creates a state of peace.

<b>PURPOSE</b>	<b>RESEARCH AND ASSUMPTIONS</b>
<p>Overall Connection:</p> <ul style="list-style-type: none"> <li>➤ <b>Presence</b></li> </ul>	<p>The quality of being present creates focused attention on the child's sounds, movements, and reactions. This establishes a basis for attachment and bonding that will aid in the development of peace, awareness, emotional intelligence, self-confidence, and social connectedness.</p>
<ul style="list-style-type: none"> <li>➤ <b>Coherence</b></li> </ul>	<p>Consistent tones create steady brainwaves that entrain the child into a state of physical, mental, and emotional coherence, resulting in overall peace and harmony. This coherent state strengthens immunity and overall health, while also generating a sense of bonding. Vocalizing a consistent tone slows down the heart rate and respiration, while synchronizing brainwaves to</p>

	help release tension and create a coherent state in the mind and body.
➤ <b>Interpersonal Synchrony</b>	Synchronous non-verbal communication, movements and sound trigger mirror neurons, which create the foundation for whole brain development.
➤ <b>Smooth Flow</b>	A smooth flow of sounds and music entrain all systems in a human being into a consistent flow, which is the basis of peace and harmony. Physical, mental, and emotional flow with minimal blockages is the essence of health.
Emotional Connection: ➤ <b>Emotional Engagement</b>	Consistent emotional engagement supports the integration of multisensory stimuli, social connection, self-regulation, self-awareness, self-esteem, and empathy. Additionally, emotional excitement created through these engagements enhances memory and learning. Emotionally engaging with nonverbal communication (body language, facial expression, eye contact, tone, and intention) aids in right brain development.
➤ <b>Emotional Stability</b>	Consistent rhythms and tones entrain the brain into a coherent state that supports emotional stability. When consistent tones or harmonious melodic intervals are listened to or produced by the voice they create emotional and physical harmony. Emotional stability contributes to overall well-being, self-confidence, sense of security, emotional intelligence, and positive social behavior.
➤ <b>Healthy Emotional Expression</b>	Healthy emotional expression and interaction with the world develops healthy intellectual functioning contributing to a healthier, more productive, and creative individual. Using

	<p>nonverbal and gestural communication promotes growth in a child’s brain, enhancing their ability to experience and understand their environment.</p> <ul style="list-style-type: none"> <li>• The National Association for Music Education states that that music can be used “as a tool for expressing and releasing difficult and beautiful emotions.”</li> </ul>
<p>Mental/ Emotional Connection:</p> <ul style="list-style-type: none"> <li>➤ <b>Confidence and Self-esteem</b></li> </ul>	<p>Secure attachment supported by emotional engagement provides a foundation for developing confidence and self-esteem. Confidence and healthy self-esteem effect overall well-being, playing an important role in feelings of security, acquiring and mastering new skills, likelihood to succeed in the world, and forming healthy relationships.</p>
<p>Mental Connection:</p> <ul style="list-style-type: none"> <li>➤ <b>Brainwave Entrainment</b></li> </ul>	<p>Consistent tones and rhythms create brainwave entrainment, a process whereby the brain synchronizes to the frequency of the external stimuli. This allows the brain to entrain into certain brainwave states, such as delta, theta, alpha, and beta. These brainwave states have been proven to enhance sleep, meditation, creativity, presence, focus, learning, and mental processing.</p>
<p>Sensory Refinement:</p> <ul style="list-style-type: none"> <li>➤ <b>Auditory Awareness and Stimulation</b></li> </ul>	<p>Auditory stimulation is important for normal brain growth and connectivity.</p> <p>Non-auditory changes, such as attention, memory, and cognition, play an important role in auditory development.</p>
<ul style="list-style-type: none"> <li>➤ <b>Auditory-Visual Integration</b></li> </ul>	<p>Visually locating the source of a sound in space enhances auditory-visual integration, supporting optimal sensory development important for</p>

	preverbal logic and language learning.
➤ <b>Novelty</b>	The auditory system adapts in response to novel stimuli, allowing for neural plasticity, a key feature of development throughout the nervous system.
➤ <b>Full Spectrum Auditory Stimulation</b>	Stimulation of the auditory system with a full spectrum of frequencies, harmonics, timbres, and musical intervals develops a wide range of neural pathways. In young children, exposure to a full spectrum of auditory stimulation supports optimal development of sensory systems and whole brain growth. Every frequency is equivalent to a nutrient and necessary for the optimal functioning of the system as a whole (mind, body, emotions, and spirit). Therefore, exposure to a full spectrum of frequencies is essential to overall health and well-being.

**Future Learning:**

- Awareness of discernment of fine differences in frequencies provide fine sensory refinement development and mental discernment.
- Understanding frequency as the basis of the nature reconnects the child to the universe.