

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

Steady Beat Vocal Rhythms

#T5-7

Track 5: Emotional Expression Category: Voice Expression

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