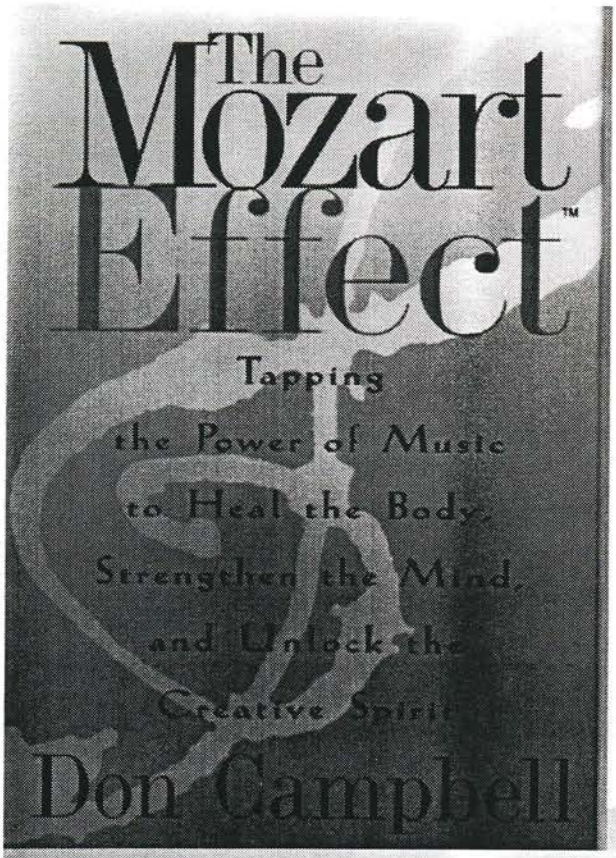
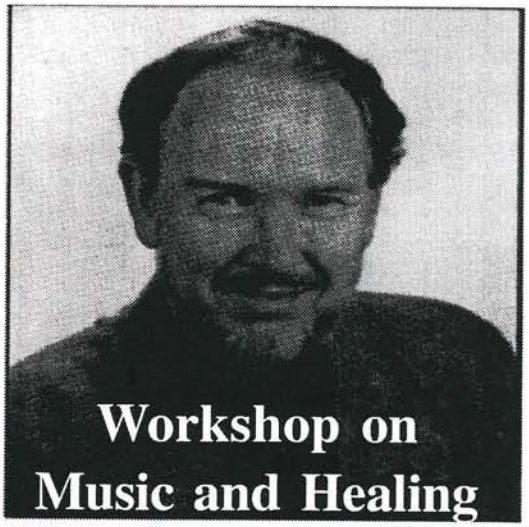
International Harp Therapy Program



Presents

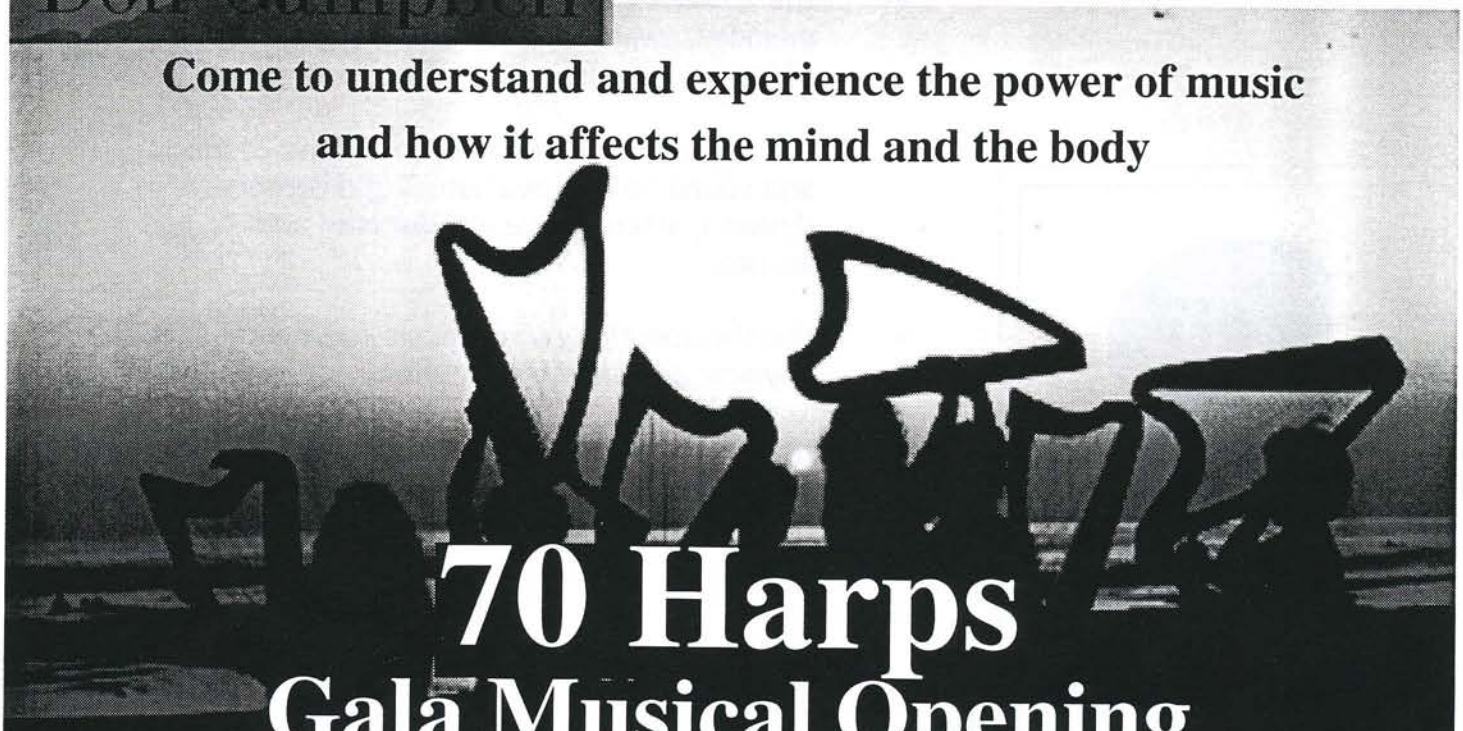
Don Campbell

author



Workshop on Music and Healing

Come to understand and experience the power of music and how it affects the mind and the body



70 Harps

Gala Musical Opening

(Harp practitioners of the Therapeutic Harp from U.S., U.K., Canada)

performing selections from Mozart and Vivaldi

Sunday - March 7, 1999 Musical Opening Concert 9:00 a.m. - 10:00 a.m.
Mozart Effect® Workshop 10:30 a.m. - 5:00 p.m. San Diego
Pre-registration mandatory - Limited seating - call 619-473-9010 9 a.m.-5 p.m.
Concert and Workshop Fee $95.00

The Mozart Effect ®

Don G. Campbell

The Mozart Effect is an inclusive term signifying the transformational powers of music in health, education and well-being.

The Mozart Effect represents:

- the general uses of music to reduce stress, induce sleep or activate the body;
- the specialized uses of music to improve memory, awareness and the integration of learning styles;
- the innovative and experimental uses of music and sound to improve listening disorders, dyslexia, attention deficit disorder and autism;
- the therapeutic uses of music for mental and physical disorders and injuries;
- the collective uses of music for imagery and visualization to activate creativity and reduce depression and anxiety.

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Boulder, CO 80306
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Mozart Effect Resource Center
1-800-721-2177

THE MOZART EFFECT®

Don Campbell is the author of eight books including *Music: Physician for Times to Come, Music and Miracles, The Roar of Silence, Introduction to the Musical Brain, Master Teacher Nadia Boulanger* and *Rhythms of Learning*. His best-selling new book, *The Mozart Effect*, is being released in nine languages. Public Radio International has released a four hour special on his work which has been syndicated to 120 public radio stations nationwide. For over a year his albums, *Music for the Mozart Effect, Music for Children* and *Music for Babies* were on the top 10 Billboard Classical music charts.

A native of San Antonio, Texas, Mr. Campbell spent his high school years in Europe, studying music with Nadia Boulanger and Jean Casadesus in Paris. A graduate of the University of North Texas, he began his professional career as a music critic and teacher for seven years at St. Mary's International School in Tokyo.

In 1988, he founded the Institute for Music, Health and Education, and served as director until 1995. For seven years he was a member of the faculty of the psychology department at the Naropa Institute in Boulder, Colorado, and developed courses worldwide on the healing properties of the voice and listening. He is a specialist in the research of Dr. Alfred Tomatis, the French pioneer in listening, language development, auditory development and Mozart's music.

He is presently a consultant to school systems, music schools, symphony orchestras and healthcare organizations. For information concerning training programs, contact the Mozart Effect Resource Center, 1-800-721-2177.

Music in Modern Medicine

Music in Hi-Tech Environments
- the operating room
- the recovery room
- the emergency room
- MRI, PET scan, CAT scan
- the dentist's office
- chemotherapy

Effective Pain Reduction
- masking
- diversion

Stress Reduction
- pre-op
- aftercare
- chemotherapy

Time/Space Orientation
- post-op

Music: a Container for Healing

Stress Reduction
- slow, ambient music
- Mozart's andantes
- baroque music (60 bpm)
- New Age, spacious music

Pain Reduction
- bright, refreshing music
- drumming
- humming and toning
- popular music

New Ways of Using Music in Medicine

Visualization with Music
- reduces stress
- balances brain waves
- deepens the breath
- lowers the heartbeat
- organizes the emotions

Music Gives Patients Self-referent Tools for Healing

- stimulation
- relaxation
- pain reduction
- time orientation
- helps organize skills
- releases emotions
- entertains
- helps pass time

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Basic Theories of Toning

1. That the vocalized sound of the released breath serves as a map of the body physically, mentally, emotionally and spiritually.

2. That the voice creates sounds similar to the ability of the brain to receive auditory information through the air (ear), skin and bone.

3. That the use of relaxed elongated vowel sounds (referred to as "toning") can improve the ability to listen.

4. That the use of toning can alter the physical, mental and emotional posture of the body.

5. That the use of toning is a positive way for non-invasive physical and mental improvement.

6. That the body can take on balance (meaning emotional, physical and mental alignment) through the use of toning.

7. That brainwaves, muscle tension, heartbeat, blood pressure and pain are altered within a few minutes with the assistance of toning.

8. That toning integrated with proper imagery can intensify physical and mental responses.

9. Tones applied from a practitioner's voice are healthy only in moderation. They are to be used only to introduce new or missing sounds to the ear of the client.

10. That vocal scanning is an efficient and simple means of mental, emotional and physical assessment.

11. That scanning holds many levels of sound diagnosis. Great care should be taking in drawing conclusions.

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ENTHUSIASM (spirit on fire) married to

INTENTION (reason and faith), amplified by

METHOD (discipline), determines the

HEALING (wholeness).

The Mozart Effect®

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Don Campbell's Music for The Mozart Effect™

Sound Suggestions

Music for Relaxation (low beta, high theta)

Music for *The Mozart Effect™*, II (Spring Hill)
The Mozart Effect™, Music for Children, II (Children's Group)
Gregorian Chant, Gregorian Sampler, Solesmes (Paraclete Press)
Rosa Mystica - Therese Schroeder-Sheker (Celestial Harmonies)
Sunsinger - Paul Winter (Living Music)
Essence CD - Don Campbell (Spring Hill)
Relax with the Classics, III, Pastorale (Lind)

Music for Deep Rest and Meditation (alpha-theta)

Thursday Afternoon - Brian Eno (Sony)
Music for Airports - Brian Eno (EMI)
Deep Listening - Pauline Oliveros (New Albion)
Dolphin Dreams - Jonathan Goldman (Spirit Music)
Angels - Don Campbell (MHE)
Relax with the Classics, Vol. 1, Largo (Lind)
Essence - Don Campbell - Runes (Spring Hill)

Sonic Stimulation, Arousal, Invigoration (beta)

The Mozart Effect™, Music for Children , III (Children's Group)
Saving the Wildlife - Mannheim Steamroller (Amer. Gramophone)
Rondo 2000 - Rondo Veneziano (Baby)
Fireworks - Eugene Ormandy & the Boston Pops (RCA)
Earthbeat - Paul Winter (Living Music)
Mouthmusic (Ryko)
Soundtrack from "Flashdance" (Casablanca)
Music from "Riverdance"

Music for the Morning

Music for *The Mozart Effect™* I, Andante grazioso, Lodron Night Music; Molto Allegro, Symphony # 14 in A Major(Spring Hill)
The Mozart Effect™, Music for Children I, Andante, Symphony #17 (Children's Group)
New Friends - Eugene Friesen (Living Music)
Kaleidoscope - Bill Douglas (Celestial Harmonies)
Bach, The Well Tempered Klavier - Keith Jarrett (ECM)
Handel, Suites for Keyboard - Keith Jarrett (ECM)

Music and the Journey to Work

Music for *The Mozart Effect™* I, Church Sonata in C Major (Spring Hill)
Music for *The Mozart Effect™* III, Menuetto, Divertimento in D Major, Allegretto grazioso, Piano Sonata in B flat Major (Spring Hill)
Bach, Brandenburg Concertos
FreshAire, Vols. 2, 3 & 4 - Mannheim Steamroller (American Gramophone)

Music for Concentration and Learning

Preparation:

Music for *The Mozart Effect™* I, Allegro,Violin Concerto #3, G Major; Allegro, Piano Concerto #1, F major; Ronde-Allegretto graziose-Sonata F Major, violin and piano (Spring Hill)

The Mozart Effect™, Music for Children I, Rondo, Eine Kleine Nachtmusik; Allegro moderato, Violin Concerto #2 (Children's Group)

Study Time:

Music for *The Mozart Effect™* II,Andante sostenuto from Violin Sonata, C Major (Spring Hill)

The Mozart Effect™, Music for Children II, Voi che sapete, Marriage of Figaro; Andante, Cassation (Children's Group)

Mozart, String Quartets - Mozart

Telemann, Violin, Harp and Flute Concertos

Zamfir, Baroque Music for the Panpipes (Phillips)

Relax with the Classics, Vol. 2, Adagio (Lind)

Music for Commuting Home

Music for *The Mozart Effect™* III, Tempo di menuetto, Piano Concerto #1, D Major; Andante , Symphony #4 in D Major; Dance #3, 12 German Dances (Spring Hill)

Bobby McFerrin, Medicine Music (EMI)

Kitaro, Silk Road

Relax with the Classics, Vol. 4, Andante (Lind)

Music for Reverie and Emotional Processing

Music for *The Mozart Effect™* III, Adagio-Allegro, String Quartet, C Major (Spring Hill)

Essence - Don Campbell (Spring Hill Music)

Soundtract from "The Remains of the Day"

Soundtrack from "Out of Africa"

Soundtrack from "The Mission"

Music for Active Kinesthetic Imagery

The Mozart Effect™, Music for Children III (Children's Group)

Jean-Michel Jarre, Equinox & Oxygen

Olatanji, Drums of Passion

Music for Inspiration

Bach, Mass in b minor (Phillips)

Hymns Triumphant - London Philharmonic Choir (Sparrow Records)

Mozart, Requiem

Durufle, Faure, Requiem (Erato)

John Rutter, Gloria

Paul Winter, Missa Gaia (Living Music)

Noirin Ni Riain, Stor Amhran (Sounds True)

Arvo Part, Tabla Rasa - (EMI)

Arvo Part, Miserere (EMI)

Educational Tapes

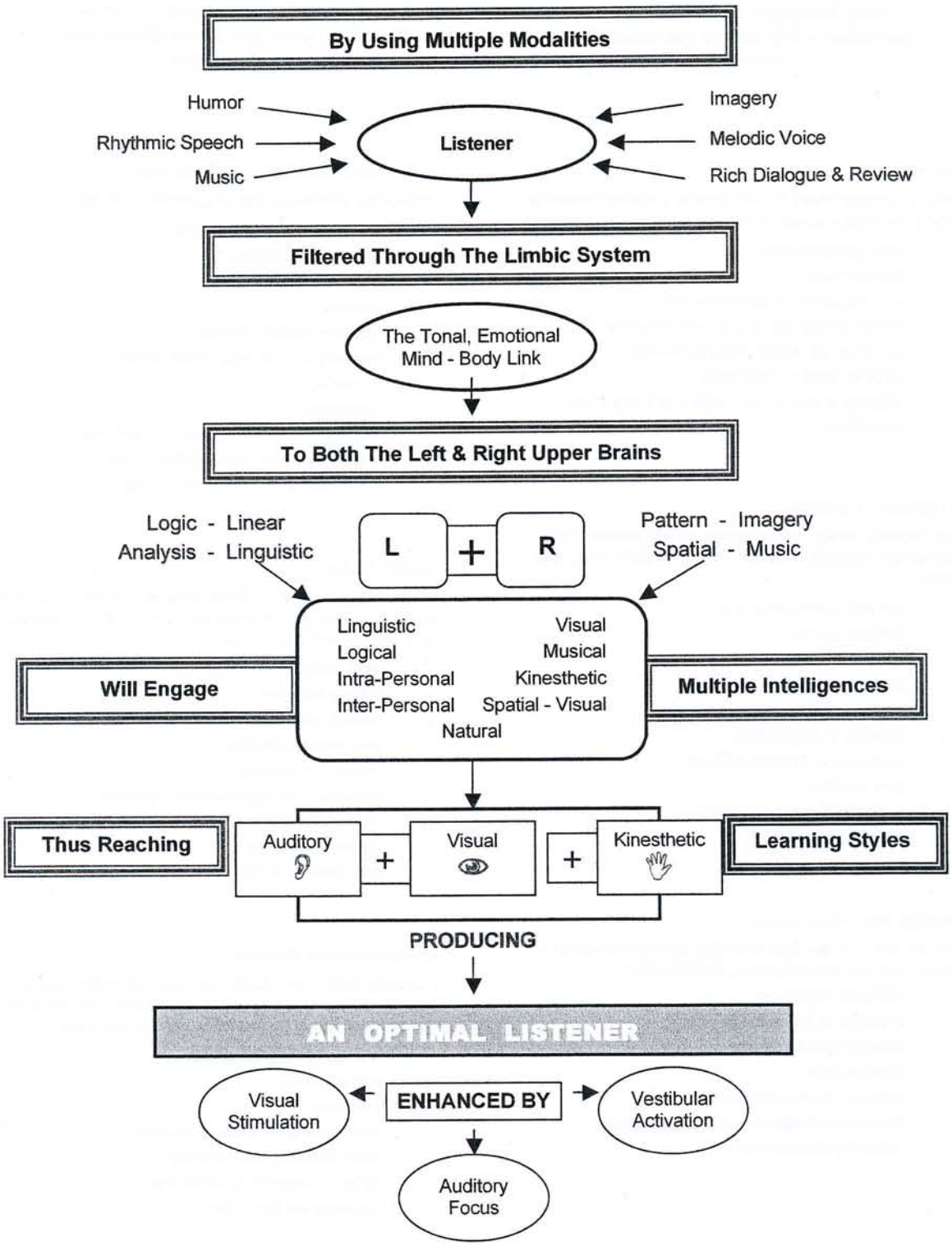
The Power of Music - Don Campbell (Nightngale-Conant)

Heal Yourself with your Own Voice (Sounds True)

Healing with Great Music (Sounds True)

Healing with Tone and Chant (Quest)

THE MOZART EFFECT® OPTIMAL LISTENING PROCESS



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Handout #9 For more information refer to *The Mozart Effect for Children* and *Rhythms of Learning*, available at The Mozart Effect Resource Center, 800-721-2177; www.mozarteffect.com

A LISTENING CHECKLIST

Since listening is an invisible act, you cannot easily tell when it is a problem for someone. Use these guidelines to help identify symptoms of a listening disorder. There is no score, just the list of items to alert you about the areas that can be involved. Check items that are appropriate.

Receptive Listening

This is listening which focuses outside, on what another is saying, on what is going on at home, at work, or at school.

- short attention span
- distractibility
- over sensitivity to certain sounds
- misinterpretations of questions, requests
- confusion of similar sounding words
- frequent need for repetition
- inability to follow more than 1 or 2 sequential instructions

Expressive Listening

The listening which focuses inside, which monitors and reproduces correctly what one hears, especially one's own voice.

- flat and monotonous voice
- hesitant speech
- weak vocabulary
- poor sentence structure
- overuse of stereotyped expressions
- inability to sing in tune
- confusion or reversal of letter
- poor spelling
- poor reading comprehension
- poor reading aloud

Energy and Motivation

The ear acts as a dynamo, providing us with the energy we need to survive and lead active, fulfilling lives.

- difficulty getting up
- tiredness at the end of the day
- habit of procrastinating
- hyperactivity
- tendency toward depression
- feeling overburdened with everyday tasks
- difficulty planning and organizing

Behavioral and Social Adjustment

A listening problem is often accompanied by the following:

- low tolerance for frustration
- poor self-confidence
- poor self-image
- shyness
- difficulty making friends
- tendency to withdraw, avoid others
- irritability
- immaturity
- low motivation, no interest in school/work
- negative attitude toward school/work
- non-collaborative problem solving

Motor Skills

"Listening to the body." These skills are intimately related to the vestibular system of the ear, which controls balance, coordination and body image.

- poor posture
- fidgety behavior
- clumsy, uncoordinated movements
- poor sense of rhythm
- messy handwriting
- hard time with organization, structure
- confusion of left and right
- mixed dominance
- poor athletic skills

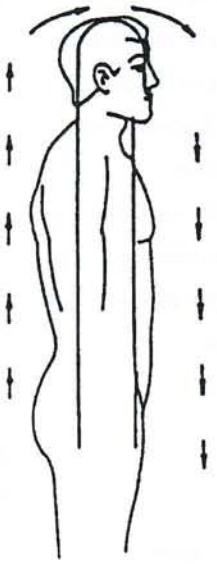
Developmental History

Listening difficulties usually develop well before school age. If you've noted any of the signs above, you can trace the problem further by checking into the following:

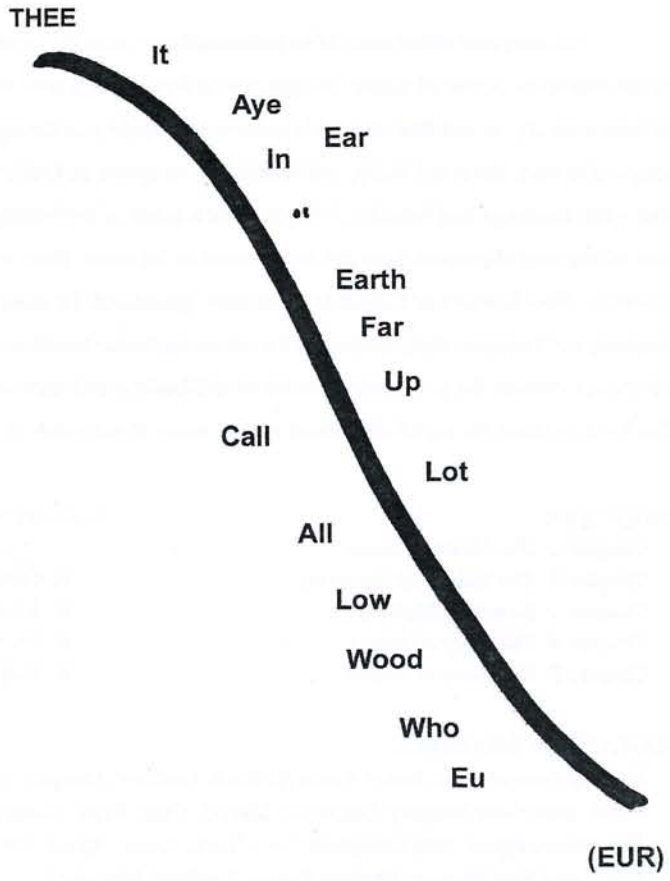
- a stressful pregnancy
- difficult birth
- adoption
- early separation from the mother
- delay in motor development
- delay in language development
- recurring ear infections

Handout #10. For more information *refer to* Madaule, Paul. *When Listening Comes Alive.* Norval, ONT.: Moulin Publishing, 1993. and contact The Mozart Effect Resource Center, 800-721-2177; www.mozarteffect.com

Elements of Scanning



1. Respiration
2. Range
3. Register
4. Resonance
5. Rhythm
6. Melody
7. Intensity
8. Speed
9. Accents
10. Emphasis
11. Pathos
12. mannerisms
13. Melism - Inflections
14. Exactness
15. Pauses



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The Mozart Effect® RESOURCE CENTER
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THE HARMONY OF HEALTH

Sound Relaxation for Mind, Body, and Spirit

Don Campbell, 2006, Hay House, Inc.

The universe offers each of us remarkable abilities for improving our health, creativity, and focus. Through the simultaneous power of music, images, and affirmations, a new world of balance, health, and harmony is ready to become a reality. In just five days, this process will guide you through five inspirational, musical, and visual selections designed to open the mind, body, and breath to a receptive and reflective state of awareness. Each chapter will focus your inner language and thoughts, bringing you a sense of well-being and peace for your body and heart. Harmony is a state of ongoing alignment from the inner world to the outer, from the mind to the body, from the spirit to the emotions. *The Harmony of Health* is a visionary guidebook for integration and balance. In these simple and inspiring chapters, we'll explore daily pathways for achieving better health and balance – in less than a week. These simple techniques awaken the powerful potential of self-healing and harmony that are ever-present within the spirit and body. This book is about the art of life, which is ever ready to enlighten and heal the world within and around us.

CHAPTERS

Chapter 1: *The Heart of Music*
Chapter 2: *The Sphere of Harmony*
Chapter 3: *Sound Reflections*
Chapter 4: *The Body of Music*
Chapter 5: *Harmony of Health*

THE MUSIC

1. Michael Hoppé, *Beloved*
2. Gabriel Fauré, *Sicilienne*
3. Edvard Grieg, *Morning*
4. Mozart, *Piano Concerto No14 in E Flat Major*
5. RalphVaughan-Williams, *The Lark Ascending*

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SUGGESTED LISTENING

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Eight String Religion. David Darling. Wind Over The Earth WE2320
Famous Adagios. Compilation of Relaxing Classics. Naxos 8.550994
Floating World. Riley Lee and Marshall McGuire. New World Music 603
Inner Peace for Busy People, Music to Relax and Renew. Joan Borysenko. Spring Hill Music 6031.2
Largo. Compilation of Baroque Music. Naxos 8.550950
The Mozart Effect, Volume 5, Relax and Unwind. Don Campbell, Spring Hill Music 6505.2
Solace. Michael Hoppé. Spring Hill Music 6042.2

HARMONIC HEALTHCARE™

Aesthetic Audio Systems

Introduces Harmonic HealthCare™ auditory environments (uniquely ambient, jazz and classical music) in public spaces to enhance and reinforce the healing experience for patients, visitors, caregivers and staff.

- Studies have shown that acoustic environments can affect how we feel, how we work and help balance the body's health and well-being. The design of appropriate auditory environments create positive mental, emotional and physical experiences and impressions.

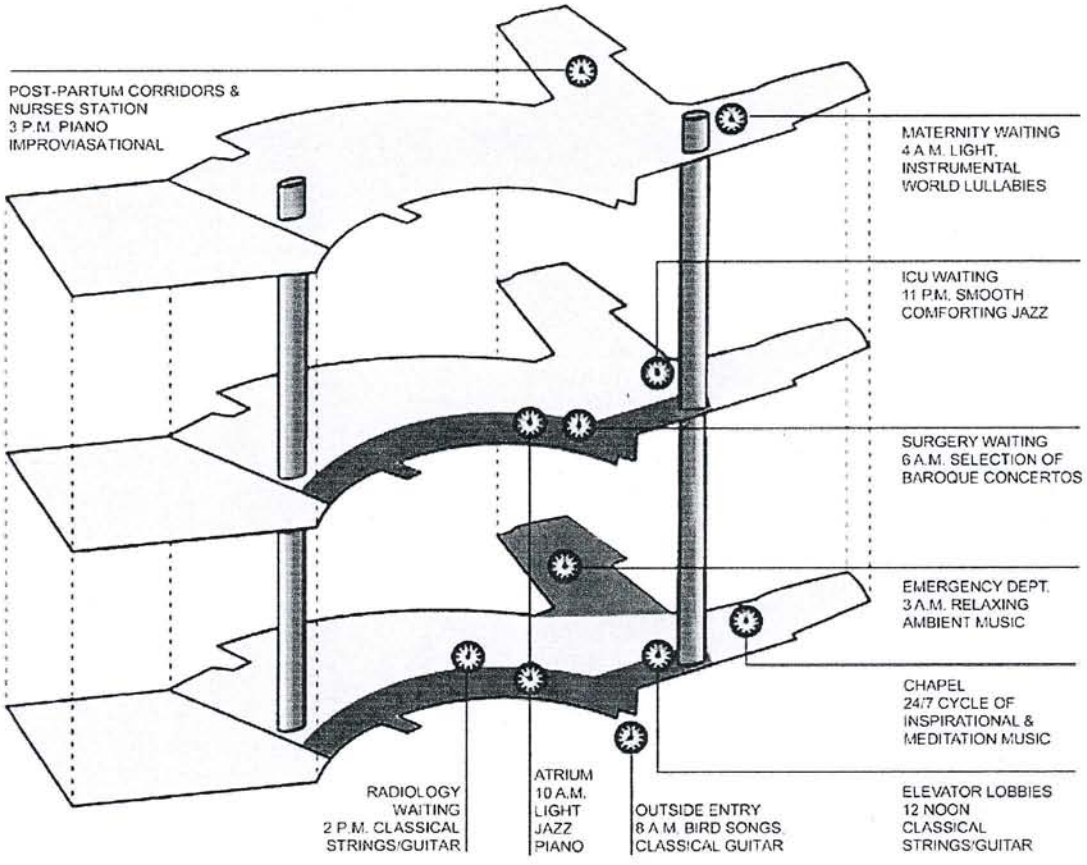
Benefits Of Harmonic Healthcare

- Reduces stress and anxiety.
- Invigorates and refreshes the minds of patients, visitors, caregivers and staff.
- Increases satisfaction and enhances the healing experience.
- Emphasizes the institution's focus on compassion and caring.

Features Of Harmonic Healthcare

- Custom designed audio systems address the specific needs of each zone.
- Beautiful and artistic quality settings encourage "sound health".
- The "time–space experience" of waiting is reduced.
- Reduces noise of electronic medical technology.
- Traffic and other disturbances are masked or camouflaged.

Musical Map of a Hospital



For more information go to ~ www.Aestheticas.net

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