

Sound Therapy

Workbook

- **Younger Children's Program**
- **Older Children's Program**
- **Listening Foundation Program**

Rafaele Joudry's Sound Therapy



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Introduction for Parents

Dear Listener,

Congratulations on choosing to care for your ears with Sound Therapy. You can now look forward to hours of relaxing listening and the many benefits of Sound Therapy for parents..

Part 2 of this Workbook contains important tips for adults using Sound Therapy. The approach for adults is a little different from that used for children, so reading this workbook will ensure your greater success.



Important: *Please complete the **Personal Listening Routine Assessment** on page 40 and the **Listener Profile** on page 44 before you commence listening. This will increase your awareness of your progress and improve your results.*

If, after reading this instruction workbook, or at any time during your listening you have further questions, please do not hesitate to call your Sound Therapy Consultant.

We value feedback from our listeners and look forward to receiving your Progress Summaries for both you and your children (included at the end of this Workbook.) We also welcome you to write and tell us about your experiences in your own words at any time. All the information you share with us can help other families.

Our aim in creating this Workbook is to help you experience great benefit from the program as so many of our listeners have done.

Wishing you peace and harmony.

A handwritten signature in cursive script that reads "Rafaele Joudry". The signature is fluid and elegant, with a large, sweeping 'R' and a long, trailing 'y'.

*Rafaele Joudry MSc (Psych)
Founder and Director
Sound Therapy International*

Get me started now!

If you want to start listening before reading the Workbook, this page is for you. However, please read the rest of the Workbook as you go along, so you get the full benefit of the program.

In particular, fill in the **Personal Listening Routine Assessment** on **page 8** to find out your prescription for listening.

To start listening now there are just four things you need to know

How to use the *Sonic MX3* player.

1.

Check the instruction sheet packaged with your player for detailed tips on how to use and how to re-charge your player.

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Warning Please do not plug your **SONIC MX3** Sound Therapy player into a computer as you may inadvertently corrupt the data and void your warranty. Use only the charger provided to recharge your unit.

Your **SONIC MX3** Sound Therapy player is only to be used to play Sound Therapy and has no capacity for any other music or data files. Using PC-based music software may introduce technical problems which are difficult to resolve. You will not be covered by warranty if this has occurred.

2. Volume level

Always keep the volume low. You do not need to turn it up if you go into a noisy place. For more information see the section on How to Listen.

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3. Right ear emphasis

When you start your Sound Therapy you may notice that the sound is louder in the right ear. This is done intentionally and is an important part of the therapy. For more information see the sections on Theory and How to Listen.

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4. Your Personal Listening Routine

So that you get the best results and do no harm it is important that you fill in the Personal Listening Routine Assessment on the next page. This will give you your personal prescription for listening.

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Personal Listening Routine Assessment

for Adults using Listening Foundation Program

Important: It is essential to complete this questionnaire before you begin listening. It will guide you in choosing the listening program that best suits your current level of auditory fitness. Otherwise you risk causing an over-reaction or adjustment problems as your auditory system adjusts to Sound Therapy.

Circle the appropriate number

Write number you have circled here

Are you sensitive to loud sound?

No 0 Mild 1 Moderate 2 Severe 3 _____

Are you sensitive to any particular
sounds or frequencies?

No 0 Mild 1 Moderate 2 Severe 3 _____

Do you have a bad reaction after
being exposed to noise?

No 0 Mild 1 Moderate 2 Severe 3 _____

Do you suffer from stress?

No 0 Mild 1 Moderate 2 Severe 3 _____

Does stress affect your sleep?

No 0 Mild 1 Moderate 2 Severe 3 _____

Do you experience dizziness from
time to time?

No 0 Mild 1 Moderate 2 Severe 3 _____

Do you have tinnitus?

No 0 Mild 1 Moderate 2 Severe 3 _____

How is your general health?

Poor 3 Moderate 2 Good 1 Excellent 0 _____

How is your fitness and activity level?

Poor 3 Moderate 2 Good 1 Excellent 0 _____

TOTAL SCORE _____

Now select the appropriate routine on the next pages, depending on your total score

If your score is 15 or above follow the routine for **Sensitive**
If your score is from 6 to 14 follow the routine for **Moderate**
If your score is 5 or below follow the routine for **Full Fitness**

- These programs are suggestions to assist you in introducing the more highly filtered albums at a rate that will be suitable for your current state of auditory health. If you wish, once you are familiar with the process, this routine can be modified according to your own observations or recommendations of your Sound Therapy Consultant.

Listening Foundation Program

The starting point for all adult listeners. The albums in this program are gradually filtered to encourage opening of the ear in a gentle and progressive manner.

Album 1 Gentle Massage Vivaldi Concerti for Oboe, Bassoon, Rossini Quartet Mozart Violin Concerto Handel Harp Concerto	Album 2 Muscle Movement Mozart String Quartets Mozart Piano Concertos
Album 3 Ear Gymnastics Mozart Horn Concerto, Violin Concerto Bach Harp Concertos, Cello Concerto Vivaldi Cello Concertos	Album 4 Cilia Stimulation Mozart Horn Concerti Haydn String Quartets

Sensitive

Follow this routine if your score is 15 or above

Weeks 1 and 2, ALBUM 1, X2 per day
Weeks 3 and 4, ALBUM 2, X2 per day
Weeks 5 and 6, ALBUMs 1 and 3, 1 time per day
Weeks 7 and 8, ALBUMs 2 and 4, 1 time per day
Ongoing Day 1, ALBUMs 1, & 3,
Day 2, ALBUMs 2, & 4

Important, if your score is Sensitive, be careful not to overdo your listening at first, as you may need to adjust to the program slowly.

Do only the recommended hours of daily listening.

If you have any difficulty adjusting please speak to your Sound Therapy Consultant who may modify your program. If you have adjusted well or if you would like to see greater results consider going on to the Advanced Sound Therapy programs.

Moderate

Follow this routine if your score is 6 to 14

Week 1, ALBUM 1, 1 to 3 times per day
Week 2, ALBUMs 1 and 2, 2 times per day
Week 3, ALBUMs 1, 2 and 3, 1 time per day

Week 4, ALBUMs 2, 3, and 4, 1 time per day
Ongoing – any two or three albums each day.

If you have any difficulty adjusting please speak to your Sound Therapy Consultant who may modify your program. If you have adjusted well or if you would like to see greater results consider going on to the Advanced Sound Therapy programs.

Full Fitness

Follow this routine if your score is 5 or below

Week 1, ALBUMs 1, 2, and 3, 1 time per day
Week 2, ALBUMs 1, 2, 3, and 4, 1 time per day Or
ALBUMS 1 and 2 one day, ALBUMS 3 and 4 the next day
Ongoing: any ALBUM or ALBUMS, up to 4 times per day as desired

Consider going on to Advanced Sound Therapy programs.

Sound Therapy Listener Profile

The purpose of this profile is to help you identify the most relevant areas of Sound Therapy for you. It will give you awareness of how using this program could potentially assist you to improve your functioning. Certain developmental areas will be more relevant to you than others. This profile will clarify in which specific areas you are likely to see the most improvement. Although it is just a simple guide, these questions and the answers may help to enhance your results. The process is intended to assist you with motivation and observation of the therapeutic process.

It also provides a baseline measurement for comparison after three months listening.

Teenagers

If working with teenagers, decide whether to use the adults or children's profile, depending on which set of questions seems most relevant.

Sound Therapy Adults Listener Profile - Baseline

It is important to complete this profile before you begin listening. This will enable you to track your progress to see how the program has helped you and will enable your consultant to work with you in managing your program.

Name _____ Date _____

How to score - enter a value for each question, thus:		
Yes , definitely =3		
Often =2		
Occasionally =1		
No/Seldom or never =0		
Do you have hearing loss?	A	
Do you often have trouble sleeping?	B	
Are you able to spend most of your time in a quiet environment?	C	
Do you have trouble putting your thoughts into words?	D	
Do you find a lot of people disappoint you or let you down?	F	
Do you find yourself excluded from group conversations because you can't hear?	A	
Does your sleep problem affect your energy during the day?	B	
Do you have plenty of energy for everything you want to do?	C	
Do you find you have problems learning new languages?	D	
Do you experience tinnitus (ringing, buzzing etc) in the ears? (if not, you can skip the following 9 questions.)	E	
1. Do you have (or do you get) tinnitus brought on by noise exposure?	E	
2. Do you find loud noises or certain sounds painful or uncomfortable?	E	
3. Do you have ear related balance problems or vertigo?	E	
4. Have you had ear or sinus infections which left you with ringing in the ears?	E	
5. Is tinnitus the reason you embarked on Sound Therapy?	E	
6. Does your tinnitus annoy you at night?	E	
7. Does your tinnitus bother you frequently?	E	
8. Do you have (or do you get) tinnitus brought on by noise exposure?	E	
9. Do you find loud noises or certain sounds painful or uncomfortable?	E	
Do you often have to ask people to repeat themselves?	A	
Does lack of energy stop you from doing things you would like to do?	B	
Do you often undertake self improvement programs to optimize your personal development?	C	
Do you have difficulty pronouncing words?	D	
Do you have ear related balance problems or vertigo?	E	
Are you a pessimist?	F	
Have you been exposed to a lot of loud noise, either industrial or recreational?	A	
Do you come home from work too tired to do what you wanted to do in the evening?	B	
Do you find your emotions interfere with your friendships?	F	
Do you have a learning or auditory processing difficulty? (If not, you can skip the following 4 questions.)	D	
1. Is or was your academic performance affected?	D	

2.	Does it affect your social life?	D	
3.	Has it stopped you doing things you would like to do?	D	
4.	Would your life be very different if you could overcome your these difficulties?	D	
	Do you worry a lot about the future?	F	
	Do you remember a time when you had a lot more energy?	B	
	Do you feel cut off from people due to language difficulties?	D	
	Do you sleep well and feel that you benefit deeply from your sleep?	C	
	Have you or did you ever suffer from a lot of ear infections?	A	
	Do you like going to loud concerts or listening to loud music?	B	
	Do you often feel depressed or blue?	F	
	Do you have difficulty listening and concentrating on what people are saying?	D	
	Do you often feel angry or resentful?	F	
	Do you often complain that you are tired?	B	
	Do you find noisy environments stressful?	B	
	Are you a motivated person who prioritizes your creativity and brain health?	C	
	Do communication difficulties affect your social life?	D	
	Has your life been affected by a major loss?	F	
	Do you have difficulty hearing tones and singing in key?	A	
	Do you feel that you could get more refreshment from your sleep?	B	
	Do you use a hearing aid?	A	
	Do communication difficulties affect your career options?	D	
	Do you frequently suffer from feelings of guilt or shame?	F	
	Do you like communication and find language an easy and enjoyable way of connecting with others?	C	
	Do you have trouble concentrating or following what someone is saying in a noisy environment?	A	
	Do you have poor memory and concentration?	D	

**ADD UP THE NUMBERS AND
ENTER YOUR TOTAL SCORE FOR
EACH GROUP**

A	B	C	D	E	F
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Sound Therapy Adults Listener Profile - Baseline

It is important to complete this profile before you begin listening. This will enable you to track your progress to see how the program has helped you and will enable your consultant to work with you in managing your program.

Name _____ Date _____

How to score - enter a value for each question, thus:		
Yes , definitely =3		
Often =2		
Occasionally =1		
No/Seldom or never =0		
Do you have hearing loss?	A	
Do you often have trouble sleeping?	B	
Are you able to spend most of your time in a quiet environment?	C	
Do you have trouble putting your thoughts into words?	D	
Do you find a lot of people disappoint you or let you down?	F	
Do you find yourself excluded from group conversations because you can't hear?	A	
Does your sleep problem affect your energy during the day?	B	
Do you have plenty of energy for everything you want to do?	C	
Do you find you have problems learning new languages?	D	
Do you experience tinnitus (ringing, buzzing etc) in the ears? (if not, you can skip the following 9 questions.)	E	
1. Do you have (or do you get) tinnitus brought on by noise exposure?	E	
2. Do you find loud noises or certain sounds painful or uncomfortable?	E	
3. Do you have ear related balance problems or vertigo?	E	
4. Have you had ear or sinus infections which left you with ringing in the ears?	E	
5. Is tinnitus the reason you embarked on Sound Therapy?	E	
6. Does your tinnitus annoy you at night?	E	
7. Does your tinnitus bother you frequently?	E	
8. Do you have (or do you get) tinnitus brought on by noise exposure?	E	
9. Do you find loud noises or certain sounds painful or uncomfortable?	E	
Do you often have to ask people to repeat themselves?	A	
Does lack of energy stop you from doing things you would like to do?	B	
Do you often undertake self improvement programs to optimize your personal development?	C	
Do you have difficulty pronouncing words?	D	
Do you have ear related balance problems or vertigo?	E	
Are you a pessimist?	F	
Have you been exposed to a lot of loud noise, either industrial or recreational?	A	
Do you come home from work too tired to do what you wanted to do in the evening?	B	
Do you find your emotions interfere with your friendships?	F	
Do you have a learning or auditory processing difficulty? (If not, you can skip the following 4 questions.)	D	
1. Is or was your academic performance affected?	D	
2. Does it affect your social life?	D	

3. Has it stopped you doing things you would like to do?	D	
4. Would your life be very different if you could overcome your these difficulties?	D	
Do you worry a lot about the future?	F	
Do you remember a time when you had a lot more energy?	B	
Do you feel cut off from people due to language difficulties?	D	
Do you sleep well and feel that you benefit deeply from your sleep?	C	
Have you or did you ever suffer from a lot of ear infections?	A	
Do you like going to loud concerts or listening to loud music?	B	
Do you often feel depressed or blue?	F	
Do you have difficulty listening and concentrating on what people are saying?	D	
Do you often feel angry or resentful?	F	
Do you often complain that you are tired?	B	
Do you find noisy environments stressful?	B	
Are you a motivated person who prioritizes your creativity and brain health?	C	
Do communication difficulties affect your social life?	D	
Has your life been affected by a major loss?	F	
Do you have difficulty hearing tones and singing in key?	A	
Do you feel that you could get more refreshment from your sleep?	B	
Do you use a hearing aid?	A	
Do communication difficulties affect your career options?	D	
Do you frequently suffer from feelings of guilt or shame?	F	
Do you like communication and find language an easy and enjoyable way of connecting with others?	C	
Do you have trouble concentrating or following what someone is saying in a noisy environment?	A	
Do you have poor memory and concentration?	D	

**ADD UP THE NUMBERS AND
ENTER YOUR TOTAL SCORE FOR
EACH GROUP**

A	B	C	D	E	F
---	---	---	---	---	---

Your result.

Choose the answer that matches the letter where you had your highest score.

MAINLY "A"s

Your answers indicate that you may have suffered some form of hearing damage. This may affect your communication in many situations and your enjoyment of life. The ear is a fragile mechanism which can be damaged by noise, illness, trauma, chemical overload or nutritional deficiency. However, experience with Sound Therapy has shown that improvement of ear function may be possible, given the right treatment. If there is quite severe damage or trauma to the ear it may take some time, several months or even years to achieve repair, but just as muscles can be trained and strengthened with athletic training, the ear may respond to ongoing treatment.

With mild ear problems, significant improvement may be noticed in the first few weeks or months. The benefit of Sound Therapy may be enhanced by being combined with Nutrition for the Ear or relaxation body work.

The ear needs gentle high frequencies and the right nutrients to function in top condition. Like any other muscle of the body, the muscles of the ear also need exercise. Tomatis designed Sound Therapy to work in many ways on hearing, by strengthening the ear muscles, stimulating the sensory cells (cilia) in the inner ear, balancing pressure chambers in the ear and stimulating the auditory pathways of the brain.

Ear damage should be treated early to prevent it worsening. Sound Therapy may, by restoring ear function, help to improve your social life and work performance. After listening to the Basic or Foundation Program for approximately three months you may wish to take your ear stimulation a step further by using other programs in the Natural Hearing Improvement series, such as "Building Ear Brain Connections", "Audio Activation" and "Full Spectrum Listening Pleasure." Nutrition for the ears and brain may also help to provide your ears and auditory system with the nutrients they need to perform at their best.

MAINLY "B"s

You are a high achiever who takes pride in your performance and fulfilling your responsibilities. Your answers indicate that you are suffering from stress which may be related to noise exposure and lack of brain stimulation.

Dr Tomatis found that low frequency sound drains energy from the brain and makes concentration and relaxation more difficult. Too much exposure to loud sounds has a similar, draining effect on the brain. This may, over time, affect your hearing, brain function and stress tolerance.

Your brain needs gentle, high frequency sound to be able to deal with stress and replenish energy levels. By incorporating Sound Therapy into your lifestyle, you may find that you can continue to function efficiently in the world but be recharged and revitalised instead of stressed and tired.

Once you achieve a shift in your energy with Sound Therapy, or after approximately three months of listening, you may wish to further enhance your stress management by using some of the advanced programs in the Emotional Intelligence Series which provide more variety and higher levels of filtering, such as "Resolve and Unwind", "Inner Peace" and "Inspiration." Nutrition for the ears and brain may also help to reduce your stress and enhance your overall wellbeing.

MAINLY "C"s

Your answers show that you have a healthy lifestyle and good auditory functioning. You do not exhibit any major problem in the areas of hearing, energy or brain function. However, we are all affected by our noisy world. According to Dr Tomatis, the brain needs 2 Billion stimuli per second for four hours a day to function at maximum potential. As a health conscious person you probably wish to maintain optimum performance, protect your ears and fully utilise your brain's resources. Sound Therapy could give you that slight edge.

You may find that listening to Sound Therapy will enhance your creativity, improve your memory, enhance the quality of your sleep and reduce your need for sleep. After using the Listening Foundation Program, if you would like to enhance these benefits even more, you may like to use our other

advanced listening programs in the Brain and Learning Series, which provide more variety and higher levels of filtering, such as "Right-Left Brain Integrator", "Brain Accelerator" and "Ultimate Brain Recharger." Nutrition for the ears and brain may also help to assist brain function and optimise your wellbeing.

MAINLY "D"s

Your answers show that you may have some difficulties with auditory processing or sound differentiation. This does not mean that you have a hearing problem, but that once the sound gets to the brain, the brain has difficulty sorting it out in an organised manner. This may affect your communication; your ease in using language and your ability to study. The cause could be genetic factors, environmental pollutants or ear damage. Sound Therapy has the potential to improve the connections between your ears and brain and between different parts of your brain. This may mean that language becomes easier for you. You may then notice an improvement in your reading, spelling, comprehension, listening, focus, memory or coordination. Sound Therapy may make it easier for you to function in daily life and to achieve in academic fields or any area that involves language. After using the Listening Foundation Program for three months you may be able to further enhance these benefits by using our other advanced listening programs in the Brain and Learning Series, such as "Right-Left Brain Integrator", "Brain Accelerator" and "Ultimate Brain Recharge." Nutrition for the ears and brain may also help to assist brain function and auditory processing.

MAINLY "E"s

Your answers indicate that you suffer from tinnitus (ringing in the ears) which may be related to sound sensitivity and over-reactivity of your auditory pathways. When the ear has been traumatised by noise, infection, injury or chemical imbalances, one possible result is tinnitus. Tinnitus occurs when a circuit of neurons begins repetitively firing, creating the experience of noise when there is no external sound source. Though it usually originates with ear damage, this repetitive neural firing occurs in the brain. In order to stop the hyper-active brain cells from firing, the brain needs to be re-educated to pay attention to real sound instead of creating its own phantom noise. You can help this process by exposing yourself repeatedly to sound that is varied, interesting, multi-tonal, harmonically complex and meaningful. Sound Therapy is specially designed to provide this type of stimulation, which can soothe and re-train the auditory pathways in the brain. The gentle but complex and constantly changing frequencies in the Sound Therapy music give the brain new pathways to follow. They also soothe and calm the middle ear muscles, reducing the likelihood of muscle spasms or reactive stress responses. In this way, the program has a good chance of helping to restore normal function to the whole auditory system.

Bio-available trace minerals and potent anti-oxidant formulas may also help the ear and brain to recover from tinnitus.

After listening to the Listening Foundation Program for approximately three months you may find it beneficial to your tinnitus if you use the advanced programs in the Natural Hearing Improvement series, such as "Building Ear Brain Connections", "Audio Activation" and "Full Spectrum Listening Pleasure."

MAINLY "F"s

Your answers show that in some areas you may have unresolved emotions that are causing you challenges with life. Different events, childhood experiences or difficult relationships may have left you with fears, grief, anger or other difficult emotions which make it harder for you to get on with other people.

Doctor Tomatis believed that such experiences are stored in certain patterns or restrictions in our auditory memory. He discovered that through Sound Therapy, early traumas and limiting decisions can be released, bringing about inner peace and opening the spirit to receive greater personal rewards. As you listen to your Sound Therapy program you may discover that some of these emotional difficulties are gently and easily resolved.

You may also find that some difficult feelings surface and that you want to seek additional counselling or support to deal with them. If this occurs it is a good sign, and the Sound Therapy will help you to work through these feelings.

You may then find you are less prone to anger and feelings of sadness. You may find forgiveness and clarity enter your relationships and that you start finding greater rewards in your daily life and in relating to others.

After approximately three months of listening, you may wish to further advance your healing by using programs in the Emotional Intelligence Series such as "Resolve and Unwind", "Inner Peace" and "Inspiration." Nutrition for the ears and brain may also help you to find inner balance and wellbeing.

Disclaimer

The above profile is not indented as a diagnosis or clinical consultation. It is simply a guide as to the possible effects of the program. For a specific diagnosis of your condition or if conditions persist please see your doctor or a qualified health professional.

References

- About the Tomatis Method*, edited by Gilmour, T. M., Madaule, P. and Thompson, B. Toronto: The Listening Centre Press, 1989.
- Joudry, Patricia and Rafaele, *Sound Therapy: Music To Recharge your Brain*, Sound Therapy International, Sydney 2009.
- Spirig, E. 'Dyslexia, Mental Deficiency and the Electronic Ear', IVth International Congress of Audio-Psycho-Phonology, Madrid, May 1974, translated by Jacques J. Waters, Child Study Centre, University of Ottawa.
- Tomatis, A. A. *The Conscious Ear*, New York: Station Hill Press, 1977.
- Tomatis, A. A. *The Ear and Language*. Phoenix: Moulin, 1996.

Adult Listeners' Guide

Our guarantee

Sound Therapy International takes every measure to ensure that our products are of optimum standard and that they reach you in good condition. We proudly guarantee the quality of our equipment against manufacturing faults. For more details see your Warranty sheet, included with your package, or refer to our Warranty terms on our website under Customer Service.

Disclaimer

Sound Therapy presents the ear with alternating frequencies in a specific algorithm to stimulate and activate the ear mechanism and brain pathways. While this treatment has had a wide variety of benefits for various individuals, we cannot guarantee any particular result. When you undertake Sound Therapy it is with this understanding, as each nervous system is unique and will respond differently to the program. It is highly likely, if you persist with the program, that you will experience benefits but we cannot predict nor guarantee what those will be.

If you have any concerns, questions or setbacks with your listening, please contact your Sound Therapy Consultant who sold you the program, as they will be able to advise and support you with your program. However, any advice given by Sound Therapy International or our Consultants does not constitute a diagnosis or medical advice. For medical advice or if symptoms persist please see your doctor or health professional.

Refunds

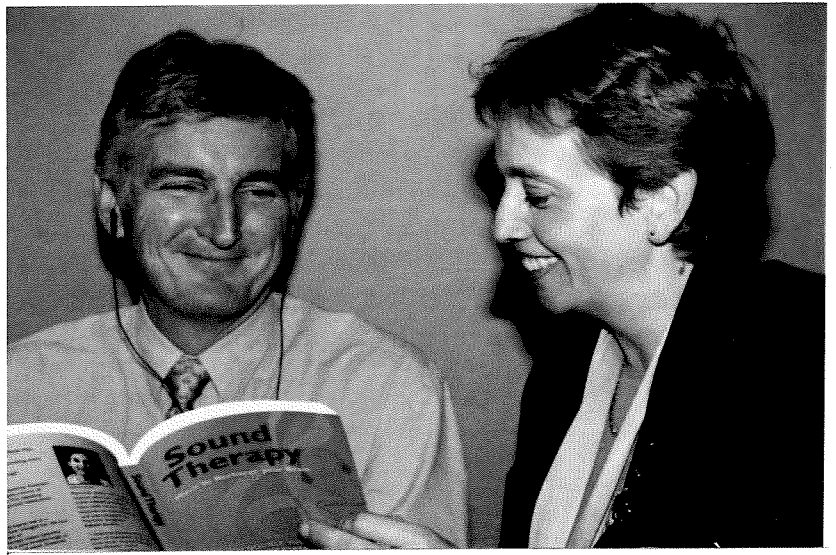
Please note that we do not offer refunds due to a change of mind about the program or failure to get a particular result. However, if you believe your equipment is faulty or you have been shipped the wrong product, please speak to us, or your local Consultant who sold you the program, about our exchange procedure so that we can rectify the problem immediately.

Replacements and Returns

Please do not return products without first getting approval and an RA number by phone. Very often a perceived fault is just a usage error or is part of the filtering process. If you return items to us that are not faulty we will have to charge you for return postage and possibly an inspection fee of up to \$40.00.

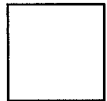
See your Warranty sheet included with your package or on our website under Customer Service for more details.

Notes on using this guide



Find resources and reference reading in a box like this

Tick the boxes in the margin to indicate when you have completed necessary actions.



- Follow the success pointers for best results.

Quick reference

How to get started now

A

The right equipment

You need

- One of the Sound Therapy books by Rafaele and Patricia Joudry
- The Sound Therapy **MINI** music player with your pre-loaded listening program.

☐☐

B

Necessary Information

Done

- For the full understanding necessary for successful therapy, read one of the Sound Therapy books, either before you start or as you go.
- Read the rest of this Workbook for quick reference and to answer your questions.

☐☐

C

How to listen

- **For best results, follow your Personal Listening Routine.**
- **Keep the volume low. It should be loud enough so that you can hear it if you are in a quiet room. It can be quiet enough that you can easily carry on a conversation.**
- **Your headphones will be marked Right and Left if you look closely. Be sure to place the right one in the right ear.**
- **For instructions on using your equipment refer to The instruction sheet that came with your player**

Support information to ensure your success

When you listen to this portable Sound Therapy program you are, in effect, becoming your own therapist. Therefore you need some information so that you will:

- **know how to use the program effectively**
- **know what changes and benefits to expect**
- **understand the importance of consistent and long term listening**
- **be sufficiently inspired about the program to persist through difficulties and “healing crises.”**

All the information you need is provided in the books, workbook and audio visual support materials available with this program. To ensure your success you will need to do one of the following things:

Tick 1

Read either: The book ***Sound Therapy: Music to Recharge Your Brain***

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The Ebook ***Triumph Over Tinnitus***

Or if you are visually impaired or too busy to read, listen to the Sound Therapy talking book.

☐

If you are disabled and unable to read or comprehend a talking book, you will need a family member or carer to read one of the above publications so that they can supervise your listening program.

☐

If you are supervising your children's listening but not listening yourself, you can read the booklet ***Listening Helps Learning: Sound Therapy for Children*** or the book ***Why Aren't I Learning?***

☐

- However, it is highly recommended that all parents use the program themselves as well, since it is beneficial to help with the demands of parenting by improving your energy, quality of sleep, stress tolerance, patience and communication abilities.

Tick when
viewed

Additional audio visual materials that will add to your appreciation of the program are as follows:

DVD: *Introduction to Sound Therapy*

Booklet on Nutrition for the Ear

Further information is available at www.soundtherapy.com.au

☐
☐
☐
☐

Personal support

If you have questions about your progress at any time, you are free to contact the Consultant who sold you your albums or call or email our head office in Sydney. We will answer your questions or point you to one of our resources which contains the answer.

My question

The answer

If you have a particular need for ongoing support with your listening, you could benefit from a professional one on one relationship with a practitioner.

If so, contact one of our Sound Therapy Consultants and arrange regular appointments to supervise your listening. The practitioner may charge you a fee for these appointments, may offer another form of treatment such as massage, bodywork, counselling or relaxation in these sessions, or make an arrangement with you to purchase the advanced programs from the practitioner as you proceed with your listening program.

You will find our Sound Therapy Consultants listed on our website www.soundtherapy.com.au under Customer Service.

Contact details for my personal Consultant

How to listen – For adults

Album order

The albums in the Listening Foundation Program are gradually filtered to adjust the ear progressively to high frequencies.

Therefore you should play them in order, just like when you go to a gym, you start on the lighter weights.

Most people can begin using all four albums in the beginning but each time you use them you will get a little more opening of the ear. Some people may have sensitive hearing and will find albums 3 and 4 hard to handle at first. If this is the case for you, stay with albums 1 and 2 for a few weeks. Then gradually introduce albums 3 and 4. To help you determine the right speed of introduction for you, please fill in the *Listening Routine Assessment*.

How to advance tracks using the MINI MX1

If you are only listening to Album 1, when Album 1 is finished, simply press the forward button to advance through tracks 2, 3 and 4, to re-start Album 1. Each track is announced with a gentle announcement to tell you which album is about to play.

How long to listen

The recommended minimum listening time is three hours per day. It is important that you follow your recommended listening routine after filling in the *Listening Routine Assessment*.

It does not have to be in one block, as long as you do listen for three hours in each 24 hours.

Many people listen for a lot more than three hours, sometimes up to 12 hours a day. Some people get faster results by doing this and find the music pleasant and easy to use. This is fine to do, though if you have adjustment problems you may choose to build up your listening more gradually. Do remember that the entire success of the therapy rests upon completing your required hours of listening, each and every day. It's fine to space out your listening in several short sessions or however suits your schedule. Please bear in mind also that individuals vary greatly in the length of time required for the auditory opening, and other effects, while sometimes dramatic, can be subtle. See Benefits section.

Volume

- **The volume of the music should be kept low as any loud sound can damage the ear.**

However, it is OK for a person with hearing loss to turn up the music so they can just hear it.

- **When you are in a quiet room, set the volume at a level that you can just hear comfortably.**

Then leave it at that level. When you go into a noisy environment, do not turn the volume up to compete with surrounding noise. Because the albums are high

frequency, they will easily be drowned out from your consciousness by surrounding noise, but the high frequency sounds will still activate and work on your ears.

If you are in a quiet place and you wish to hear and enjoy the music it is fine to turn it up so it is a little more audible.

- **When you are sleeping or conversing and do not want to be disturbed by the music you can turn it down very low.**

As long as you can hear it, even intermittently when in a quiet place, it is working.

- **Caution: Any sound at all played at too high a level may damage the hearing.**

Sound Therapy is an effective method which may help to restore the function of the ear and reverse some of the damage already caused by loud noise, music or otherwise. Yet even this healing sound could create problems if played at too great a volume. Be sure that your volume control is set to a level where you can converse easily, without raising your voice or requiring other people to raise theirs. Sound Therapy is particularly valuable while travelling, but when you encounter extra noise do not raise the volume, even if the music is drowned out completely. It is just as effective as when you can "hear" it.

Right ear emphasis

Sound Therapy albums are recorded so that the sound in the right ear is louder than in the left. This helps to balance the right and left hemispheres of the brain. This does not mean that the therapy will work faster on the right ear. It will work on whichever ear is in need of help. For more information see the section on Theory.

What to do while listening

- **The beauty of Sound Therapy is that you can do just about anything while listening.**
- **You can move around, hear what is going on around you and perform your normal daily activities.**

You can also sleep while listening, and the therapy is just as effective while sleeping. Many of our headphone models which can be used with the MINI are suitable for lying on your back. If you lie on your side, with some models you will need a soft pillow, and may need to have your head on a slight angle. Other activities we know people do while listening include: reading, walking, exercising, gardening, housework, travel, conversation, watching TV, listening to music or the radio, using the telephone, computer work, farm work, bowling and golf.

- **Use Sound Therapy during whatever activities you normally do and that way you get your listening in without it taking any of your time.**

What it should sound like

Most people find Sound Therapy very pleasant and easy to listen to. You will notice a burst of high frequency "scratchy" sound every few seconds, which is stimulating for the brain once you adjust to it. The low frequencies are progressively removed as you progress through the program until there is very little low tone sound. The more highly filtered albums may be hard to hear at first if you have high frequency hearing loss.

The scratchy sound is caused by the filtering with the Electronic Ear. Each time the high frequencies are boosted this makes a sound similar to static on the radio. This sound is stimulating and therapeutic for your ear. It does not mean that your albums are faulty! You will gradually get used to the sound as you listen and your ears open.

- **If the scratchy sound bothers you, turn down the volume.**

How long term is the treatment?

- **Be prepared to persist for several months, as the time it takes for results varies greatly between one person and another.**

Even if the effects are subtle, you can be sure that Sound Therapy is helping to maintain the functioning of your ear and protect you from the damaging effects of noise. Research has shown that it can take 18 months or longer to re-map the brain pathways.

- **Many people continue listening for years in order to maintain the ongoing benefits of Sound Therapy.**

If you use hearing aids

Sound Therapy can be of benefit to people who use hearing aids. However, you cannot wear ear buds at the same time as your hearing aids, since they fit inside the ear canal.

- **Listen with ear buds at a time when you are not using your hearing aids, such as when you are sleeping or doing quiet activities on your own.**
- **The MINI can be used with on-ear headphones at the same time as your hearing aid.**

Tip for those with hearing loss

You may not hear the music all the time. If it seems to go on and off that is okay, as some parts of the music are very quiet and may be inaudible. As long as you can hear something, even intermittently this is sufficient for the therapy to work.

The Sound Therapy book

- **For successful listening it is essential that you read one of the Sound Therapy books.**

Your Sound Therapy Consultant will have ensured that you had access to one of these books. The books are very readable and will be of great interest to anyone undertaking the listening. In fact many of our listeners often refer to the book and many tell us they have read it several times.

- **If tinnitus is your main concern then the book *Triumph Over Tinnitus* will give you detailed information.**

Otherwise the more general book ***Sound Therapy: Music to Recharge Your Brain*** is more suitable. Many people like to read both books.

The reason you need the information in the book is because when you use Sound Therapy you are, in effect, becoming your own therapist. You will not be seeing anyone for regular appointments to supervise your listening, answer your

questions, reassure you and ensure that you persevere. By reading the book you become enough of an expert to be able to provide that support for yourself.

- **We find that reading one of the books ensures a much greater success rate for our listeners.**

If a person undertakes the therapy who does not have the English or literacy skills to read the book, it is important that a family member or carer reads the book and takes on their supervision.

- **We also have a new release: Sound Therapy Talking Book Excerpts on CD, for those who are visually impaired or are very busy and prefer to listen to the book while driving.**

Although this Workbook gives a full summary of listening instructions for easy reference, the other background information in the books goes into greater depth and gives a foundation of knowledge which is still essential for success.

How Sound Therapy works

Sound Therapy works on the ear, the brain and the nervous system to bring about a fundamental change in the way we receive sound and the effect it has on us. Because of the complex but ordered rhythms, harmonies and melodies of the music, the whole brain is stimulated and balanced. The fluctuating high and low tones and boosted high frequencies which are added by the Sound Therapy filtering system stimulate the middle ear muscles in a unique way to restore tone to the musculature of the ear and pharynx (throat). Circulation to the area is increased and healing is stimulated.

As the middle ear becomes more responsive, the high frequency sounds gain access to the inner ear and stimulate the cilia, the tiny, hair like receptor cells inside the cochlea. Some listeners with sensorineural hearing loss have had subjective or measurable improvement as a result of Sound Therapy, so it is believed that the function of the hair cells and the auditory nerve may be improved by the high frequency sounds. In many cases the hair cells will have been damaged, but not destroyed and some improvement may be possible with the right stimulus.

A regular dose of interesting and varied high frequency sound stimulates the cortex of the brain, releasing latent energy and building brain connections. As a result, energy levels are usually increased and new aptitudes are often developed.

Sound stimulus is registered also by the brain stem, the cerebellum and the mid brain or limbic system. This means that it has an effect on our coordination, our sensory integration and our emotional state. Many neurological disorders such as ADD and epilepsy are due to poor integration between different parts of the brain and there is extensive evidence that Sound Therapy may alleviate these problems.

New evidence on the effect of meditation indicates that certain centers in the left brain, which are also activated by Sound Therapy, cause feelings of wellbeing and upliftment, leading to greater peace and happiness.

Conditions Sound Therapy may help

Sound Therapy has been found to produce benefits for certain individuals in the following areas.

- Anger
- Anxiety
- Assertiveness
- Auditory processing
- Autistic spectrum disorders
- Balance
- Blocked ears, difficulty equalizing when flying
- Brain damage
- Cocktail party syndrome — background noise problem
- Chronic fatigue
- Chronic pain
- Composing
- Comprehension
- Conceptualising
- Confusion
- Coordination
- Cravings
- Creativity
- Dancing
- Depression
- Development of new aptitudes
- Digestion
- Dizziness, light headedness
- Down's syndrome, better hearing, behaviour, communication
- Driving improved
- Dyslexia
- Ear infections
- Enjoyment of life
- Epilepsy
- Eyesight
- Focus
- Fuzzy hearing
- Concentration
- Dreams, remembering dreams, more positive dreams, dreaming in colour
- Golf improved
- Headaches
- Hearing loss
- Hemi paresis — partial paralysis
- High blood pressure
- Hyperactivity
- Inner calm
- Insomnia
- Itchy ears
- Jet lag
- Learning difficulties

- Learning languages
- M.E.
- Memory
- Migraine
- Multiple sclerosis
- Musical appreciation
- Nightmares
- Otosclerosis — osteoporosis of middle ear bones
- Parkinson's disease
- Phantom pain
- Piano tuning
- Popping ears
- Posture
- Pregnancy
- Public speaking
- Reading speed
- Relationships
- Remembering dreams
- Schizophrenia
- Selective hearing
- Singing
- Sinus problems
- Sleeping becomes deeper and more beneficial
- Snoring
- Social life
- Sound sensitivity
- Speaking or singing voice
- Stroke recovery
- Study and grades
- Tennis improved
- Tinnitus
- Tolerance, patience
- Wax blockage in ear
- Weight loss due to stress reduction and increased energy

Benefits

The effects of Sound Therapy

The range of benefits that people experience and the length of time they take to occur varies greatly from one individual to another. From reading about other people's results you will know what the possibilities are, but your own experience will be unique. If you record the changes you hope to see, this will be a useful reminder later of how things have changed.

The most common benefits from Sound Therapy listening are as follows:

Reduced stress

a feeling of greater calmness and the ability to deal with challenging situations more easily.

I hope to experience _____

Greater energy

increased energy levels enable active pursuit of new activities and a new sense of vitality.

I hope to experience _____

Better sleep

deeper, more beneficial sleep and an end to insomnia. Many people can reduce their need for sleep by 1 to 3 hours per night.

I hope to experience _____

Improved communication

a new willingness to reach out and make contact with people, plus greater ease of self expression and use of language.

I hope to experience _____

More acute hearing

Most people have had some damage to their high frequency hearing or their ability to actively focus on and select sounds. Improvement in this area means greater ease in conversations as well as increased musical appreciation and improved performance at work.

I hope to experience _____

Whether there is hearing loss or not, listening to Sound Therapy may help to prevent further hearing loss by maintaining the ear's full responsiveness to sound.

Relief from tinnitus

(Ringing in the ears.) Many tinnitus sufferers experience relief as a result of listening to Sound Therapy. This can be partial or total, temporary or permanent. It also usually has the effect of reducing the stress one feels as a result of tinnitus.

I hope to experience _____

Better Balance

Vertigo, nausea and travel sickness are often relieved, and co-ordination is improved.

I hope to experience _____

Relief for blocked ear

A recurrent feeling of blocked ear or pressure in the ear is often relieved when Sound Therapy improves the function of muscles around the Eustachian tube.

I hope to experience _____

Other benefits which have been reported include the following:

Tick any conditions where you would like to see improvement

- Relief for headaches
- Relief for pain
- Improved speaking or singing voice
- Remembering dreams and having more positive dreams
- Greater concentration and improved memory
- Development of new aptitudes
- Weight loss
- Improved tennis, golf, dancing or driving.
- Reduced anxiety
- Depression alleviated
- Improved posture
- Improved learning ability
- Better moods and behaviour
- Better auditory processing
- More fluent speech and self expression

[illegible]

Temporary Adjustment Problems

Some people experience some initial discomfort as they adjust to the stimulation of Sound Therapy. This may constitute a “healing crisis” meaning the problem is actually a sign that healing is taking place. The following list gives some of the most common problems and how to deal with them, but please, if your problems persist phone your Sound Therapy Consultant or seek medical advice.

The sound is too harsh

This is usually because the volume is too high. Try turning it down so low that the sound is just barely audible. You can also listen during other activities like travelling, conversing, watching TV or sleeping, so that you are not paying attention to the Sound Therapy.

Pain in the ears.

Slight or temporary pain in the ears can occur as muscles that were not fully functional come into use. This is similar to the muscular aches which accompany any new exercise program and will soon pass with continued listening. If it troubles you go back to the earlier albums for longer before introducing albums 3 and 4.

Colds or ear infections

If you have a cold or an ear infection Sound Therapy may gently stimulate the ear and speed healing. However, in some cases the stimulation may be too strong and it may be best to back off or reduce your listening until your ear heals. You will be the best judge of how much your ear can tolerate at such times.

Increased tiredness

This is a common reaction to beginning Sound Therapy listening, as described by Patricia Joudry in her book but do not be put off by it. It is only a temporary effect as your ears and nervous system adjust to the new sound stimulation. It is a sign, in fact, that the therapy is working, and it will normally give way to new and vibrant energy levels as long as you continue to listen through this stage of your adjustment.

Increased dizziness

As the vestibular system (the part of the ear which controls balance) is stimulated by Sound Therapy, your sense of balance must make some re-adjustments. This can cause temporary dizziness or nausea. This will pass after a few days if you continue to listen. People who suffered from dizziness before beginning Sound Therapy usually gain relief from their condition.

Adjustment problems I had

Date_____Description_____

Problem resolved

Date_____Description_____

Adjustment problems I had

Date_____Description_____

Problem resolved

Date_____Description_____
