

Memory, the Brain and Sound Therapy



It happens to all of us. You go into a room to get something, then you stop dead in your tracks and realise you have no idea why you came into that room. You rack your brains but can't remember. So you go back to what you were doing before, and the memory comes flashing back—or is forgotten forever!

But memory is far more than a necessary tool for daily activities. Our memory gives us our sense of who we are. Our personal identity, life roles and self awareness all depend on memory. When brain degradation sets in and memory is lost, a person can no longer learn, they fail to recognise their loved ones, and eventually forget who they are entirely. Therefore keeping the brain stimulated, firing and well connected is essential to making life meaningful.

The neural network

The neural network can be increased through sensory stimulation. Our neurons, the unique cells that make up the brain, are connected by tiny branching filaments called dendrites, or axons. These connections use both electrical and chemical energy. New connections may be formed each time a neuron fires, so by stimulating the neurons to fire, Sound Therapy actually builds and increases our neural network. Here is a powerful image to portray the intricacy of this network. If you imagine your brain as being like the Amazon rainforest, there are as many neurons in your brain as there are trees in the Amazon rainforest. There are as many axons and dendrites connecting those neurons as there are leaves, on the trees in the Amazon rainforest.

Optimal brain function

Dr Tomatis, the inventor of Sound Therapy, said that the brain requires 3 billion stimuli per second for approximately four and a half hours a day to function at maximum potential. High frequency sound is the most stimulating sensory input because sound registers at all three levels of the brain: the brain stem, the emotional mid brain, and the cerebral cortex or thinking brain. The auditory system is responsible for 85% of ongoing cortical activity. Therefore tuning up this system stimulates and re-charges the brain.

The Right/Left Connection

The right and left hemispheres of the brain are quite independent, joined only by a web of neuronal connections known as the corpus callosum. Because different functions occur in each hemisphere, eg speech in the left hemisphere, spatial judgement in the right, we need good connections between the two to perform well in all areas. Sound Therapy enhances lateral clarity, increasing the efficiency of right left connections. Therefore, listeners often develop new aptitudes in language, coordination or other areas.

A feedback system

The audiologist, Dr George Richards, attributes the success of Sound Therapy to its stimulation of the efferent, or descending auditory pathways.

The descending, motor pathways, are where the brain tells the muscles what to do. The action of Sound Therapy, via these pathways, enables the brain to re-train the ear muscles to proper function. A true feedback system must have a continuous flow of information that provides maximum tone to the muscles. This steady stimulus, to the middle ear muscles in turn tunes up the entire auditory system. The ear is then able to act as a receptor for the cortically stimulating high frequencies.

Listeners experiences

"Often I find I can read a page and realize that not one word has gone in. Then I put on Sound Therapy and read it again and it goes in!" *Barbara Adamson*

"I would be presenting the findings of a piece of research and all of a sudden I would lose the thread of what I was going to say. I find that since Sound Therapy this has eased considerably."

Dr Viera Sauran

"Because I am visually impaired, I use my memory for everything. Some people put a note on the fridge, for example, but those things are useless to me. After my first child I had hormone problems and I would forget appointments. I learned memory pegs which was very helpful. I now find Sound Therapy makes a difference to how that gels. The pathways have become much faster and more efficient."

Narelle Russel

"Before Sound Therapy my memory was virtually non-existent due to my epilepsy. I lived in a black fog. After Sound Therapy the automatic functions came back. Every day memory improved so I didn't have to work so hard. I find the Deep Peace Kit very effective for quiet concentration—when I want to focus and study. It helps me to stay clear and remember everything I learn."

Hilary Peart.

"My mind suddenly swept aside all thoughts and became totally clear and focused in a manner that I had never experience previously....My poor concentration also showed considerable improvement so it was quite evident that something remarkable had taken place."

Jim Millburn

For more information on the Sound Therapy program it is recommended that you read the book **Sound**



Therapy: Music to Recharge your Brain by Patricia and Rafael Joudry, available from good bookstores or from **Sound Therapy International Pty Ltd.**



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Ros Boyar
(03) 9532 9228
0412 344 474