

Healing Arts Report

Understanding the New Health Paradigm

Volume 2, No. 6

Dear Reader:

I think everyone is aware of the comfort that can come from music. There's little argument about its role as psychological solace or energizer. Thinking about the various times music has been in the forefront of my life, I've realized that even under rather ordinary circumstances, its power of helping, if not actually healing, was at work.

There were three times when the tensions of daily life led me quite unconsciously to music as a method for soothing the way. In high school, I chose to learn cello and play in the school's 100-piece orchestra, an activity that continues to stand out as a rare pleasure in those turbulent teenage years. Later in life, I lived in a physically and socially demanding communal situation with about 80 people. Four of us met weekly to play medieval and baroque quartets on recorders and flute, clearly bringing harmony and order into our lives.

The third significant time was when I returned to college to earn a master's degree in social work. The pressure of writing for deadlines and studying for tests inspired me to indulge, without thought, in alternately playing the recorder, studying, and working many

thousand-piece jigsaw puzzles. I would play music or work a puzzle sometimes for as little as ten minutes, but always with the result of creating a state of inner relief. What we've been hearing about music lately, however, suggests that music may also provide deep healing of chronic conditions that normally have poor prognoses.

HEALING ARTS

Music Therapy: Healing Chronic Conditions

Music therapy grew out of the effort to soothe shell-shocked soldiers during World War II. Since that time, therapists and health care providers have experimented with music in different situations and made many interesting observations. For example, neurologist Oliver Sacks tells of using music to arouse catatonic patients. The story is told in the movie *Awakenings*. Although it didn't provide a cure, it worked long enough for the patients to eat a meal. In dementia, whether caused by stroke, deterioration, or accident, music is being used to retrieve memories.

Connie Tomaino, a music therapist at Beth Abraham nursing home, describes how a Parkinson patient, with the right music, suddenly got up from a wheel chair and walked across a room. Joseph Arezzo, from the Department of Neuroscience at Albert Einstein College of Medicine says, "There's extremely strong data now suggesting that the repetitive beat of music can help synchronize walking, so in some Parkinson's patients, it clearly helps them walk better, helps them time their movements."

In *Music and Miracles*, edited by Don

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Campbell, Bonnie Insull writes about Music For People, a grass roots organization, inspired by cellist and teacher David Darling. For years, he has helped people, whether musically trained or not, discover the joy and health of musical expression. Insull says, "Tales of profound personal recovery through music-making come to the office quite regularly." One person describes recovering from numb hopelessness by walking each morning to an abandoned railway tunnel, well out of reach of human hearing. She wrote, "I sang passionately, of grief and anger, of love and hate; and gently, of lullabies and farewells. I sang Gregorian chants and Irish ditties, non-sense songs and terrible war cries. And unfailingly, tears would come with the singing." When enough had flowed, she was able to continue with her day. One day, after almost three months, a sudden physical sensation of glowing well-being brought the realization that she had passed to the other side of the depression and had healed herself with her own music.

Dramatic responses from music do occur but even small changes can be major victories for brain-injured people. There are no agreed-upon scientific explanations for any of these events although theory suggests that music helps restructure or reorganize the brain.

The Brain and Music

Studies of people rehabilitating from brain injuries also suggest that the brain changes its structure to meet life experience. There's a structure in the brain -- the *planum temporale* -- which everyone uses to recognize language, and which music students use for music, especially pitch. Gottfried Schlaug, a neurologist in Boston found that learning music early increases its size. Schlaug suspects that these musicians learned their notes at the same time they were rapidly building vocabulary -- between four and six years old. Different parts of the brain reflect different aspects of music. So it may also be that having natural musical abilities is caused by being born with more or larger links between structures that we all share. However, he also found that musicians who began studying piano before the age of eight had 15 percent larger pathways between the left and right sides of the brain. He attributes this to the need for coordination between the hands and opposite sides of

the brain.

Although several methods of healing depend on sound, not all necessarily use music as we think of it. Music therapists Barbara J. Crowe and Mary Scovel describe several other methods, including the use of self-generated sound known as toning. Another method they refer to as 'projecting sound into the body' is based on the cymatic work of Dr. Hans Jenny, who demonstrated the effects of sound waves on matter with awe-inspiring photographs of sand being moved into different patterns by the vibration of a tone. In a technique called 'sounding the body,' practitioners use their own voice to perceive imbalances in another's body or use equipment to identify missing frequencies and then feed them back into the person long enough to help the body heal itself.

Some listening technologies are intended to reeducate the hearing mechanism and perception of sound. These include healing compositions such as the chants and songs used by traditional healers; specific frequencies that resonate with organs and energy systems in the body; drumming, entrainment techniques, and contemporary composers who believe their music promotes relaxation, regulating the electrochemical system to improve the body's ability to cope with disease. Another technique is the 'sound environment,' which provides auditory and vibrotactile stimulation to the entire body, usually in the form of speakers placed inside of chairs or mattresses.¹

Though music therapy is still considered an alternative by conventional practitioners, there are about 70 undergraduate or graduate college and university programs training students in music therapy. Therapists work in psychiatric centers, medical institutions of all sorts, schools, halfway houses, correctional facilities, and in private practice.

Tomatis Method for LD and ADD

In the 1950s, Alfred A. Tomatis, a French eye, ear and nose medical specialist, began studying the function of the ear. He believes that the ear is more than an organ for hearing, that it is also essential to healthy functioning of the brain. Similar to optometrists who explain the difference between 'looking' and 'seeing,' Tomatis distinguishes between 'hearing' and 'lis-

tening,' the first being a passive state and the second being an active one. Tomatis contends that the conscious development of listening begins in the womb.

Tomatis's method has been used for decades in Europe and in school systems in France to treat learning disabilities (LD). It is also used to treat autism, stuttering, motor-skill problems, dyslexia, and more serious conditions such as epilepsy and schizophrenia. In the United States, Tomatis and other auditory integration practitioners must be careful to be clear about claims in order not to be accused of practicing medicine without a license.

Although many children and adults with these conditions have no problem hearing, they may have trouble filtering sound, which is the way most people make sense of the many sounds that surround us. To address this problem, Tomatis uses a device which he calls the Electronic Ear. It consists of headphones as well as a special transmitter placed against the skull to transmit vibrations directly through the bone. Music such as Mozart and Gregorian chants or recordings of the mother's voice, if a child is being treated, are specially filtered to retrain the listener in the ability to listen.

Training usually consists of three two-week sessions in addition to daily listening with materials provided from the long sessions. The Ulanowski family began hearing about Tomatis through friends and wondered if they could help their child, Nicky, who was diagnosed with Attention Deficit Disorder (ADD). For years, they were aware first of his poor coordination and balance. Pin prick tests indicated that he did not have sensation in various parts of his body. Impulses simply were not going from his muscles and connective tissue to his brain and back again.

Nicky was so disruptive that his parents had to take him out of preschool. At the same time he was highly verbal and obviously intelligent. By the time he was in second grade, he was achieving eighth grade science scores. Nicky's parents were experienced educators and counselors and yet were strongly challenged to manage their unusual child. In public school, he was considered a behavior problem. After much difficulty, they were able to get him in special education with occupational therapy to address sensory motor integration. Outside of school,

they used nutrition to address food allergies, physical therapy, chiropractic, and applied kinesi-ology, all of which helped to some degree. In school, they also experimented with ritalin and two other drugs.

The most frustrating part was what so many parents whose children have special needs find: the school system often reacts defensively, not recognizing that parents are simply willing to go to the ends of the earth to find the best solution for their child. Nicky was trying to be cooperative but his intentions were not recognized. Tests from a neuropsychologist revealed that Nicky had the widest range of scores the practitioner had ever seen.

The Ulanowskis decided to try the Sound Listening and Learning Center in Phoenix, Arizona. Because they lived so far away, the three sessions were condensed into two with a six-week interval. At the center they worked on establishing right ear dominance. They found that Nicky wasn't hearing tones in certain ranges and was hearing with distortion in other ranges. His mother was asked to keep a journal of observations. Each day she saw improvement and changes in her son's ability to listen, attend, cooperate, and process information. She could also see his self-esteem increase. When they returned six weeks later, although the changes weren't as dramatic, she saw still more improvement on a daily basis.

After the program, his tests indicated he could hear more tones and even distinguish the directionality of sound, which he had not been able to do before. Near the end of their stay in Arizona, they went to a children's playground at a park where sounds surrounded them. In such a situation in the past, Nicky's mother would have had to yell his name many times, perhaps even turn his head physically and get him to look at her talking to him in order to get his attention. This time, she called to him from across the playground. He heard her and responded to her request to come to her. Years later, this scene is the one that warms her heart. Now, Nicky had the ability to interact with others in ordinary ways.

For workshops from Music for People, phone (860) 491-4511 or fax (860) 491-4513.

To receive a directory of college music therapy

programs, contact the American Music Therapy Association (301) 589-3300 or visit their website at <http://www.namt.com/namt>.

For information on the Tomatis Method from Sound Listening and Learning Center, phone (602) 381-0086 or (626) 405-2386.

For inspiration, read *The Sound of a Miracle: A Child's Triumph Over Autism* by Annabel Stehli and *Dancing in the Rain: Stories of Exceptional Progress by Parents of Children with Special Needs* sold by The Georgiana Institute, Inc. (860) 355-1545, or check the auditory integration home page at <http://www.itauditoryintegration.com>.

COMMENTARY

Human Transformation, Spirit, and Health

Humans as spiritual beings, says William A. Tiller, Ph.D., professor emeritus at Stanford University, are dressed by our spiritual 'parent' in biobody-suits and put "in this playpen, which we call the universe, in order to grow in coherence, develop our gifts of intentionality, and become what we are meant to be."² Tiller, former chairman of Stanford's Department of Materials Science and Engineering, has also been associate editor of the *Journal of Holistic Medicine*.

He describes the biobody-suits as comprising four layers -- the outer physical body, the inner physical, the emotional, and the mental. When these bodies are in harmony, the person is healthy. "An imbalance in any of them will usually materialize as disease or malfunction in the outer, cognitively visible, physical body," Tiller explains. He believes that our mindsets and states of inner coherence keep us locked into ordinary four-dimensional cognition. However, his studies indicate that human genes contain the potential for perceiving other dimensions.

By using intention, Tiller suggests, a person can reduce the errors occurring on any level of the biobody. By 'errors,' Tiller includes errors of attitude, emotions, and thought, as well as errors in caring for the body. "The more inner self-managed we become, either by beneficial genetics at birth and/or by self-directed practice, the more coherent and cooperatively functioning are the various structures and processes . . .

within and between the various bodies. Further," he continues, "the greater the overall coherence of the system, the larger the energy flux passing through the various bodies and delivered to the field of action -- our cognitively visible physical world." In other words, the more we do the right thing on all levels of activity, the greater the energy available to us for healing and living.

Tiller points to individuals who regularly practice what he describes as inner self-management techniques, such as yoga or meditation. When they become adept, they often develop "superphysical abilities" which sometimes involve conscious perception of these subtle bodies. He also suggests that our coherence allows the healing network from the world of spirit provide us with greater amounts of energy.

Healing and Energy Transfer

In the healer-healee relationship, Tiller first studied research done in Russia which indicated there was a transfer of needed energy/information from the healer to the deficient bodies of the healee. This causes a temporary imbalance in the healer unless the inflow from the healer's spiritual network at subtle domain levels is sufficient to fully balance the outflow to the healee.

Such healer imbalance is usually manifest and measurable as a difference in the electrical impedance of symmetric acupuncture points on the left and right sides of the body for that particular meridian involved with the healee's outer body pathology. On those occasions when the healer attempts too much healing in too short a time period so that their own inflow falls appreciably behind their own outflow, then pathology can begin to manifest and become visible in their own outer body.

Tiller has conducted some of this research himself. He believes that many great healers have 'burned themselves out' by not attending to their own need for recuperation. Although their exceptional coherence allows for energy to flow through them, there is still a drain on their own body. Often, they believe that they are not using any of their own energy.

Tiller also describes that whatever body level dysfunction is apparent requires balance to be restored at the next more subtle level. For example, a malfunction of the outer physical

biobody would most likely require restoring the structure and processes of the inner physical body. If the dysfunction is at the mental level, healing at the spiritual level is needed.

The presence of physical pathology tells us: (1) a serious imbalance is present in one of the inner bodies, and (2) the overall system uses this particular process path for expression of the imbalance because this is the 'weakest' link in the chain.

"If this level of pathology is eradicated by chemical medicine without restoration of the inner bodies' balance," Tiller explains, "a potential will still exist to manifest and materialize visible body pathology of a different type as the next weakest subsystem to fail." This may be why 'side effects,' illnesses related to the 'successfully' medicated illness, and chronic illness develop after pharmaceuticals are used to treat and apparently heal an illness.

Tiller's Method of Study

In the 1960s, to better understand how unexplained phenomena, such as healing, the paranormal, and psychic phenomena, relate to what Tiller knew to be scientifically valid, he decided to seriously study them. He divided his study time into three parts. The first third was devoted to experience so that he would have a true sense of these phenomena. It involved such activities as meditation, observing, and being with those who had developed psychic capabilities, and attempting to reproduce some of the phenomena himself. The second third was devoted to theory -- understanding how the universe might be constructed to account for such phenomena. The last third was devoted to designing and conducting experiments to scientifically test his theories.

Tiller is one of a growing number of scientists who through research and writing is correlating the scientific description of nature with observed anomalies not yet confirmed by science. This effort led him to the topics of human intention, healing, and transformation. Tiller has been a consultant to government and industry in the fields of metallurgy and solid state physics. His fields of specialization include crystal growth, surfaces and interfaces, thin film formation, and computer simulation.

In his book, *Science and Human Transfor-*

mation, Tiller uses mathematical and engineering constructs to examine and weave together his understanding of such subjects as psychokinesis, subtle energies, qigong, particles, waves, magnetism, geometry, pattern, water as a host for subtle energies, functioning of the heart center, man's relationship to others and the cosmos, and self-healing. Just as the scientist alloys two or more physical molecules to create new materials, Tiller describes how humans can alloy subtle substances to create new properties of health and transformation for our world.

William A. Tiller gives presentations on human potentials and can be reached at (650) 723 3901. Science and Human Transformation can be ordered from Pavior Publishing, Walnut Creek, CA, 1997, (610) 295-0786.

John G. Bennett, the late English physicist, also wrote theory relating physics to consciousness and spirit. His book, Energies, written for non-scientists, can be purchased only through the United States distributor, Bennett Books, (505) 986-1428, P.O. Box 1553, Santa Fe, NM 87504.

HEALING CONCEPTS

Magnetic Deficiency Syndrome

In Japan, where magnetic appliances are used by one in seven families, Kyoichi Nakagawa, M.D., head of the Isuzu Hospital in Tokyo believes magnetic deficiency contributes to many common illnesses. Nakagawa says it ranks along with diet, exercise, and nutrition as a contributor to good health. Scientists have been able to determine that the strength of the earth's magnetic field is growing weaker, as a natural part of its 200,000 year-long cyclical pattern, which includes a shifting of the poles.

In our culture, we are increasingly exposed to competing magnetic fields created by the proliferation of electric devices we use. Some research exists supporting the concept of electromagnetic pollution, but little exists on uses of magnets for health.³ In addition, we are shielded from earth's natural magnetic field by the amount of time we spend in buildings and cars. Nakagawa theorizes that our bodies do not receive enough of the natural geomagnetic field with which we evolved. Researchers hope that

magnetic therapy will address both concerns.

Research

Some research has shown magnetism to enhance blood circulation, increase oxygen and nutrient transport, cause faster elimination of toxic wastes from the cells, reduce inflammation, constriction, and muscle spasm, drawing of calcium ions away from painful arthritic joints, and aid migration of calcium ions to heal broken bone in half the usual time. All these changes are said to provide more restful sleep and elimination of pain.⁴ However, in 1992, there were still no known published journal articles demonstrating effectiveness of magnets via clinical trials.⁵

A study on the use of static magnetic fields for the treatment of pain took place recently in the Department of Family and Community Medicine at Baylor College of Medicine. The double-blind randomized clinical trial used a magnetic device or a placebo applied to the painful area in post-polio patients. Results showed significant and prompt relief occurring in 76 percent greater than what would occur from the average placebo effect compared with 19 percent using the placebo device.⁶

Magnetic Products - Public Research

Retired physicist, Robert Shacklett, who has a particular interest in the mind-matter connection, points out that when people choose a therapy for themselves, the placebo effect is very large. Until scientists have a better understanding of how consciousness and will manipulates or interacts with matter, we are dependent upon carefully controlled statistically accurate randomized double-blind studies in order to assess magnetic effects on health. According to Shacklett's Chinese acupuncturist who uses magnets on specific acupuncture points, the polarity of a magnet can stimulate or block the flow of energy or chi through the meridian. For this reason, he contends that indiscriminate use of magnets could also have a detrimental effect.

People looking for relief, however, feel it is worth taking a chance. A builder in Virginia had a knee that was so badly swollen from arthritis that he wondered if he was going to be able to continue working. A year later he showed friends how much his knee improved.

Taking minerals had brought him some relief, but what really pleased him was the additional pain relief he got from using a magnet. Anecdotal evidence about help from magnets abounds. Another person was relieved of chronic pain for three days following a half-hour magnetic product demonstration. A human service worker who meditates regularly tells of using magnets to relieve back and hip pain. "The monks and nuns at the nearby Buddhist monastery all use them," which is how she heard about them, she explains.

Sports figures also claim success. Long jumper Mike Powell, Denver Broncos linebacker Bill Romanowski, runners Mark Dailey and Fred Schneck, former heavyweight champion Larry Homes, hockey great Bobby Hull, pro-basketball player Nick Anderson, and golfers Arnold Palmer, Bob Murphy, Jim Colbert, and John Houston credit magnet therapy with getting rid of pain and helping their athletic performance.⁷ Romanowski credits magnet therapy with enabling him to play the year after having knee surgery. Powell straps magnets on his back after a long jump and also sleeps on a magnet-pad that night.

Most of the products being promoted are small magnets held in place by belts with

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velcro closures or stretch bandages. The magnet is placed on the area being treated, such as wrist, knee, neck, lower back, or ankle. Other magnets are sold loose with directions for rubbing them or holding them against the part being treated for a matter of seconds, to be repeated several times a day. Additional products include sleep pads, mattresses, pillows, seats, comforters, shoe inserts, gloves, and rollers.

Magnetic products are not recognized as medical devices and no company in the U.S. can legally make that claim. There seems to be a general consensus that they appear to do no harm. Even so, warnings are given to pregnant women and those who have pacemakers or other devices that could be affected by magnetism and its attendant electricity.

Products from different companies vary significantly: some have the poles laid out in different patterns, each claiming specific advantages. The gauss strength of the magnets also varies. Without definitive data, people seeking relief will continue conducting their own experiments.

For a good summary of the field of bioelectro-magnetic application in medicine, see Alternative Medicine: Expanding Medical Horizons, a report to the National Institutes of Health on alternative medical systems and practices in the U.S.

HEALTH NEWS

Uniting Homeopathic Organizations

In January 1998, twenty-two representatives of twelve homeopathic organizations met at a summit-like meeting in Washington, D.C. Learning about each organization's goals and activities is essential to strengthening and unifying the field of homeopathy. Sharon Stevenson, Executive Director of the National Center for Homeopathy (NCH), spoke about the pleasure and importance of meeting people she'd known about for a long time. "We were able to see whether we are duplicating efforts," Stevenson explained. "There wasn't as much as you'd expect because each organization serves different needs. There are medical doctors who are homeopaths, naturopaths who practice homeopathy,

professional homeopaths who educate and don't practice medicine, the association of pharmacies, homeopathic nurses, veterinarians, the education council, and certification organizations."

In Great Britain, homeopaths are professionals with their own educational standards of excellence. They practice without conventional medical licensing. In contrast, in the United States, only three states license homeopaths -- Connecticut, Arizona, and Nevada. These licensed homeopaths also must be licensed in medicine. In other states, medical practitioners licensed in their own area of expertise, such as dentistry or family or veterinary practice, can seek homeopathic education or certification and then practice homeopathy as long as it is limited to the area in which their medical license allows them to practice.

In a report about this summit, Bastyr University faculty member Miranda Castro, describes two issues which will be addressed at the board level of participating organizations: (1) whether a single organization could oversee certification for all the professional organizations; and (2) whether a single directory could be published to include directory information from all organizations.

Castro explains that the North American Society of Homeopaths (NASH) already uses the exam from the Council for Homeopathic Certification as part of its registration process. However, the American Institute of Homeopathy (AIH) and the Homeopathic Academy of Naturopathic Physicians (HANP) both have different certification standards and are taking discussions about this topic back to their boards.

Other topics were discussed without specific plans. Did there need to be a common definition of a professional homeopath? Could they agree on common standards of education and assessment? How could they improve access and availability of homeopathic treatment? Could organizations cooperate on the publishing of journals, a magazine fit for the newsstands, or fundraising? All participants agreed that the Homeopathic Community Council (HCC), who initiated this meeting, is playing an important role in guarding over the health of those committed to homeopathy. "If this group continues to meet, we could form a unified vision," said Stevenson, "including common certification and

greater credibility for the whole homeopathic community.”

For more information, phone National Center for Homeopathy (NCH) at (703) 548-7790 or visit their website at <http://www.homeopathy.org>.

RESOURCES

Healing Arts Report Website

The new *Healing Arts Report* website provides visitors easy entry to the on-line world of integrative medicine through educative articles and links to other health care sites. Other components of our site include articles written by health care professionals featured in the print version of *Healing Arts Report*, alternative and complementary health resources, a community forum where you can express your comments about issues in the new medicine, and a store where you can order our special publications. Please visit the site and let us know what you think. The website will be ready June 21, and is located at: <http://www.healingartsreport.com>.

Best wishes,



Barbara June Appelgren


END NOTES

1. Barbara J. Crowe, M.M., RMT-BC and Mary Scovel, M.M., RMT-BC, "An Overview of Sound Healing Practices: Implications for the Profession of Music Therapy," *Music Therapy Perspectives* 14 (1996).
2. This original paper by William A. Tiller, Ph.D., is soon to be published on the *Healing Arts Report* website at <http://www.healingartsreport.com>.
3. Robert O. Becker, M.D., *Cross Currents: The Perils of Electropollution, The Promise of Electromedicine* (Los Angeles, California: Jeremy P. Tarcher, Inc., 1990).
4. Three books by non-academic researchers include: *The Body Magnetic* by Dr. Buryl Payne, inventor of the first biofeedback instruments (Soquel, California: Psychophysics, 1992); *The Biomagnetic Handbook* by William H. Philpott, M.D. and Sharon Taplin, (Choctaw, Oklahoma: Enviro-Tech Products, 1989); and *The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More* by Julian Whitaker, M.D. and Brenda Adderly, (New York: Little Brown & Co., 1998).
5. Beverly Rubik et al., "Bioelectromagnetics Applications in Medicine," *Alternative Medicine: Expanding Medical Horizons. A Report to the National Institutes of Health on Alternative Medical Systems and Practices in the U.S.* (Washington, DC: U.S. Government Printing Office, 1992).
6. C. Vallbona et al., "Response of Pain to Static Magnetic Fields in Postpolio Patients: A Double-blind Pilot Study," *The Archives of Physical Medicine and Rehabilitation* 78:11 (Nov. 1997):1200-3.
7. Carolyn Poirot, "Use of Magnets to Combat Pain Attracts Attention," *Fort Worth Star-Telegram*, 10 February 1998. See also Jerry Potter, "Colbert, Murphy Ease Pain," *USA Today*, 3 July 1996.

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