

## ***What does Sound Healing look like?***

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***“In Stillness we can hear the Sound of Love.  
That is where all healing begins.”***

A family waits in the quiet circular reception area for their child’s doctor visit. An inviting and sunny playroom is just to the left of this welcoming station. Both Father and Mother have traveled from the east coast for this twice yearly San Diego, Ca. appointment. An Intern on staff has befriended the child in the playroom in anticipation of leading him to the doctor’s office without the screaming incidents of previous visits.

The Intern is successful in helping the child who has been lovingly dubbed “ricochet rabbit” down the corridor to the doctor’s private therapy room. Within moments of studying the child, the intuitive Dr. Viola Frymann D.O., turns to the Russian classical pianist in her therapy room and instructs her to play a musical piece that matches the child’s own fast paced rhythm. The child’s response to this sound-scape created in the room is an immediate *relaxation response*. His body becomes less tense, his facial expression almost spouts a smile, and he willingly climbs up onto the treatment table when invited to do so by Dr. Frymann.

During the treatment, the doctor will invite the pianist to transition into several musical pieces that invite the child’s body and mind to “entrain” or become similar to, each new melody and rhythm. Slowly and gently, the cranio-sacral therapy that Dr. Frymann performs on the child’s body brings into harmony the internal rhythms of the cardio-vascular, breathing, and autonomic nervous systems. Profound healing changes begin from this peaceful foundational therapy. In this very room, it happens many times each day.

Addressing a child’s core body and mind rhythms and bringing them into harmony involves the foundational bone structure, according to Dr. Frymann. Her vitality at 82 years young keeps all the staff hopping. Her English accent and adherence to strict protocol give structure and vibrancy to the 30,000 sq. foot facility dedicated to neuro-developmental healing of children. This writer was reminded of her childhood British Boarding school Head Mistress. I felt right at home here.

Healing all the way to the bones is what the Osteopathic Center for Children is all about. If one could compare a grand piano’s Sound Board to the bone structure of the body, some interesting parallels may be seen. When the sound board is cured and prepared during manufacturing, it becomes the foundation or backbone that resonates and amplifies the tones and harmonics of the strings

when they are played for the life of the piano. When a piano is first fitted with strings, there is great tension and pressure put on the sound board, and the strings need to be tuned up repeatedly at first to keep their pitch. To tune up a piano that STAYS in tune, requires more than a strong arm to stretch the strings.

Here the touch of the Master's hand is required to "Set the Temperament" of this particular piano. Setting the temperament involves the center octave of the piano. The Tuner spends deliberate time and focus in order to tune each key in the core octave. Most keys on the piano have three separate strings that all have to be in harmonic resonance or entrainment to each other or the tone sounds "out of tune" when striking that one key. Once the core octave's temperament has been set, their exact pitch and harmonics then serve to tune all the rest of the piano's octaves, fifths, thirds, up and down the piano. A Master Craftsman's ear listens for the oscillations or beats per minute, not just the tone itself.

"Setting the Temperament" of a child's body that is out of tune within itself requires entraining the oscillations of all the body rhythms to come into coherent harmony with each other. This begins with the sounding board of the body: the bone structure. This is the nature of Osteopathic treatment. With the Touch of the Master hand, Dr. Viola Frymann brings her lifetime of healing wisdom into her daily practice. As she listens, observes and feels the temperament of the child, she then invites and entrains the child's body to come into harmony using music combined with osteopathy. This kind of Treatment given early and often in a child's life, serve to correct the rest of the notes (issues) that are out of harmony with health.

As the daughter of a Master Piano Technician, I remember dinner conversations as a child about my Father's frustration over beautiful pianos that couldn't hold their pitch very well, and needed more tunings per year, simply because they hadn't been tuned during the first years after they were manufactured. Could there be a parallel to a child's health? If any dis-harmonies within the body, are "tuned up" early in the first weeks and months after birth, is there a greater possibility for health and vitality? The decades of practice of Dr. Frymann would indicate this to be true.

My Father was also an amazing Opera Singer as I grew up. His ears have served him well as he transitioned into the technical piano career that allowed him to be with his family. At 88 he has a calm and vibrant manner and heart beat. His face and hands invite peaceful conversation and kind service. His voice and hand have guided my life. He is my Master Teacher. Did he tune up himself each day as he tuned up a piano? Is there a relationship to music and the physical health of the body? My own career as a speech therapist and pathologist would ring out joyfully with a resounding yes.

Just a few doors away from Dr. Viola Frymann's office is where I work at the Osteopathic Center for Children in San Diego. I use sound entrainment therapies to restore listening ability and expressive language to children. I am a speech pathologist and therapist. I use musical technology software and hardware designed to invite the child to listen through their bones. It sets the *temperament and the harmony of their breathing*. It invites their left and right brain hemispheres to entrain and work as a team, and the music programs entice their out-of-sync body systems to coherent synchronous patterns. It invites their spirit to be at peace within the body. ***It invites the child to self listen because the sounds come through the bones first.*** To self listen invites the motivation within a child for a DESIRE to learn and dialogue with others. Awakening a child out of Autism must begin here, at the still point core. The Autistic child has shut out the world. Sounds seem too overwhelming to comprehend, so there is physical or psychological shut down. Awakening the desire to listen cannot be forced. It is a gentle invitation to self- listen through whole body bone conduction. This is known as "***Precession.***"

Inspired Mozart music using Precession bone conduction headphones is the foundation of the "Voyage into Recovery" therapy that is used at the Institute for Sound Health & Integrative Medicine. Designer sound engineering programs then layer specialized filters over the Mozart sound tracks. Additionally, gating mechanisms that appear to "audio burst" during the listening session serve to exercise the tiny muscles of the middle ear. When ear muscles are not strong and toned, they cannot filter out background noise so a child can focus. When they are strong, the tiny muscles can accurately transfer high frequency tones of speech to the brain so it can interpret and organize them correctly. This is all part of the combined therapy approach for children at the Institute for Sound Health. There is a vast library of prescription programs from which to choose and the Sound Health Counselors then program a single iPOD that will be used by a particular child during their therapy. This iPOD is sent home with the family together with the special Whole Body bone conduction headphones.

Since children visit us from all over the world, we now teach the parents how to use the new hand-held iPOD technology, so that the sound entrainment therapies can continue at home. Weekly e-mail reports serve to connect the Sound Health Counselors at the Institute to each child's progress. The Sound Counselors do not rush the process. Maturation and neurological organization of the child comes in phases and stages. Sound therapists know that the ***rests*** between the notes are as important as the notes themselves. *The rests help create the rhythm. Rhythm is sound you can feel. Movement is sound you can see.* Sound protocols developed originally for decades by Dr. Alfred A. Tomatis have now been extensively expanded by the Sound Engineering Team of Counselors. Even for the most difficult of cases, gentle progress is made month by month through consistent weekly guided sound therapy sessions at home.

The bones represent the structure that influences the health of our blood, immune system and endocrine system. Louise L Hay suggests that bone marrow represents one's deepest beliefs about the self. How you support and care for yourself. If our core structure is balanced, we can feel safe and loved and totally supported within ourselves. If that is lacking, it creates a disharmonious mental pressure and tightness. Muscles can't stretch and relax, so out-of-sync and dis-rhythmic movements and behaviors are manifest in the body. When our core bone structure (our physical sound board) temperament is in tune, we can literally breathe in life fully. We can relax and trust the flow and the process of life. We stay in tune and in health easily. Our voice is an auditory picture of our health. Our ability to express our thoughts and feelings flows easily each day. Our own voice can be a musical instrument through which we express kindness and joy for the miracle which is the gift of speech.

What does sound healing look like? Children all over the world are playing quietly during Whole Body listening for an hour each day. The change is inner change. Neurological reorganization is being stimulated daily. This leads to mental and emotional maturation. It is the miracle of sound that has been with us all along. Like sunlight is has been all around us. Now a bit of technology focus's us back to the still point at the beginning. In Dr. Viola Frymann's very room, and now even in every home, healing and recovery are happening. All possibilities begin in sound stillness.

There is much yet to learn. There is an entire generation of children who have learning challenges, and who cannot hear their own inner voice. Awakening a child's potential is the invitation to self listen and then, in discovering their authentic voice. The voice can produce only what the ear can hear. Bring back the joyful wonder of learning to your child's world. We invite you to come, join the chorus and create a symphony with us.