

RESOURCES:

Sound Therapy Resources - Books and Video

The Mysticism of Sound and Music

<https://www.amazon.com/Mysticism-Sound-Music-Teaching-Shambhala-ebook/dp/B00KRF12M8>

How to heal with Singing Bowls

https://www.amazon.com/gp/product/B007KAZ08U/ref=kinw_myk_ro_title

Music and the Power of Sound

https://www.amazon.com/gp/product/B0098O8YIY/ref=kinw_myk_ro_title

Ancient Sounds - Modern healing

https://www.amazon.com/gp/product/B003AOB0VQ/ref=kinw_myk_ro_title

Chakra Frequencies - The Tantra of Sound

https://www.amazon.com/gp/product/B0052YDTQ6/ref=kinw_myk_ro_title

The Musical Brain: It's evolutionary origins and profound effects on our lives

https://www.amazon.com/gp/product/B007PVCVDG/ref=kinw_myk_ro_title

Healing Sounds - the power of harmonics

https://www.amazon.com/gp/product/B005CW60VO/ref=kinw_myk_ro_title

The Soundscape: Our Sonic environment and the tuning of the world

https://www.amazon.com/gp/product/B005VRKQX8/ref=kinw_myk_ro_title

Human Tuning: Sound Healing with Tuning Forks

https://www.amazon.com/Human-Tuning-John-Beaulieu-ebook/dp/B00BKRR5IC/ref=sr_1_3?s=digital-text&ie=UTF8&qid=1531946436&sr=1-3&keywords=john+beaulieu

Music and Sound in the healing Arts - an energy approach

https://www.amazon.com/Music-Sound-Healing-Arts-Approach-ebook/dp/B01BT0CB6A/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1531946436&sr=1-1&keywords=john+beaulieu

Video:

Sonic Geometry: The language of frequency and form

<https://www.youtube.com/watch?v=FY74AFQI2qQ&t=1s>

Sonic Geometry 2: Communicating with the Universe in 432hz

<https://www.youtube.com/watch?v=Yimor2jRmCA>

R. Murray Schafer: Listen

<https://www.youtube.com/watch?v=rOlXuXHWfHw>

Curing with Sound

<https://www.youtube.com/watch?v=VbDZzBcMd5E&t=2s>

Sound Therapy for Anxiety and Stress

<https://www.youtube.com/watch?v=p2jtMEkdh6g>

Our musical Universe

<https://www.youtube.com/watch?>

[v=aLWrlNul2ac&index=3&list=FLCZajYtWRyqDzq4bA53f76w&t=0s](https://www.youtube.com/watch?v=aLWrlNul2ac&index=3&list=FLCZajYtWRyqDzq4bA53f76w&t=0s)

Nadi shodhana studies:

<https://www.yogameditation.com/reading-room/nadi-shodanas-influence-on-the-brain/>

<https://www.ncbi.nlm.nih.gov/pubmed/18347974>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4097918/>

https://www.academicjournals.org/article/article1379415694_Singh%20et%20al.pdf

https://www.researchgate.net/publication/242738302_Immediate_effect_of_nadishodhana_pranayama_on_some_selected_parameters_of_cardiovascular_pulmonary_and_higher_functions_of_brain

Chakra Books:

<https://www.amazon.com/Wheels-Life-Chakra-System-Llewellyns/dp/0875423205>

https://www.amazon.com/Sevenfold-Journey-Reclaiming-Through-Chakras/dp/0895945746/ref=pd_sim_14_3?_encoding=UTF8&pd_rd_i=0895945746&pd_rd_r=K1SBG2HCQJYH1T72HVEC&pd_rd_w=6rM5y&pd_rd_wg=rGurw&psc=1&refRID=K1SBG2HCQJYH1T72HVEC

432 HZ tuning book:

<https://mbaonlinestudents.info/210786568-a-432hz-on-the-proper-concert-pitch-and-a-new-standardization-of-tempo-by-brendan-bombaci.html>

Sound Therapy Associations and Trainings (note:I don't have first hand experiences with most of these, I am just providing links here for further exploration. If anyone has a first hand review about any of these trainings I will be glad to share it here.)

<https://www.britishacademyofsoundtherapy.com/>

<http://purenatureyoga.com/sound-therapy-training/>

<https://iash.in/>

<https://www.christine-heckel.com/about-christine/blog/2015/12/21/training-certification-in-peter-hews-sound-massage-goes-european/>

<https://www.peter-hess-institut.de/kontakt-international/>

<http://www.peterhessacademy.com/Training.html>

<https://istasounds.org/>

<https://www.vibrationaloundassociation.com/>

<https://shima-healing.com/sound-and-energy-courses/tibetan-singing-bowl/>

Entrainment Methods:

https://simple.wikipedia.org/wiki/Binaural_beats

https://en.wikipedia.org/wiki/Isochronic_tones

https://en.wikipedia.org/w/index.php?title=Monaural_beats&redirect=no

https://ipfs.io/ipfs/QmXoyvizjW3WknFiJnKLwHCnL72vedxjQkDDP1mXWo6uco/wiki/Monaural_beats.html

Left Brain - Right Brain:

<https://www.youtube.com/watch?v=UyyjU8fzEYU>

<https://sonicyogi.blogspot.com/2013/02/the-ego-mind-left-brain.html>

432 harmonic number grid:

<http://bit.ly/2v9Ockn>

Additional resources available here:

<https://sonicyogi.com/all-pdf-downloads>