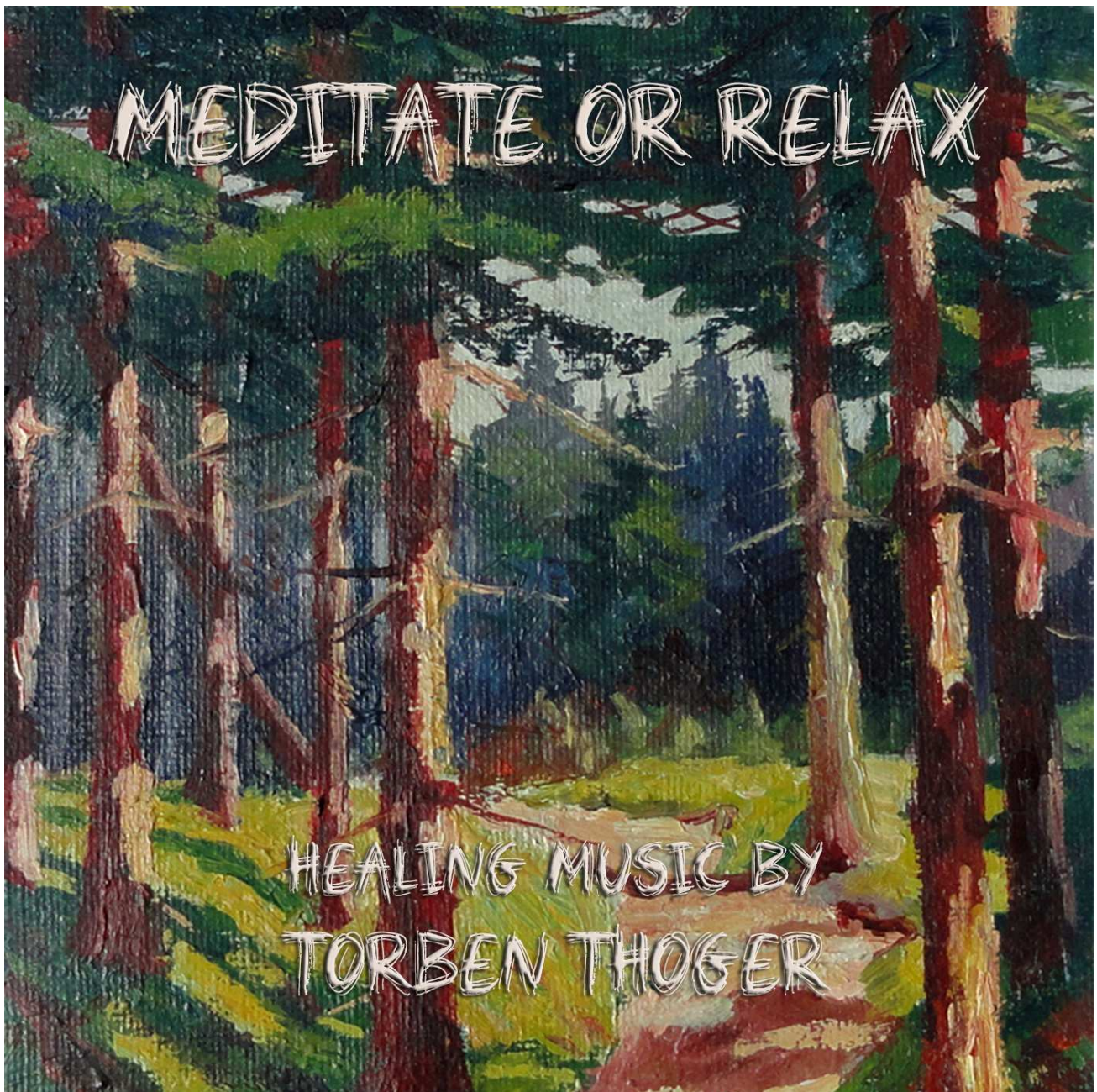


HOW MUSIC INFLUENCES YOUR VIBRATION



This e-book will explain the science behind how music influences your vibration. Torben Thoger's music is deliberately created and produced to enlighten and raise your energy vibration. The beautiful catchy melodies will literally touch you and have a strong calming and balancing effect, which will strengthen your ability to undo an excess of stress, and re-establish a natural flow of creative energy.

www.TorbenThoger.com

How does music influence our vibration?

- An introduction to Torben Thoger's music

By *NataliaPH*

Torben Thoger is a very conscious composer and lyricist who has decided to create music that adds value to our lives and increases our vibration. I will describe his music in more detail later. For now, let me give you an idea of how powerfully music influences our everyday life and how it can either help or sabotage it. Once you grasp that, you will see how truly important it is to choose wisely what music to listen to.

Music is energy

Music is a form of energy in the universe that is vibrational in nature and as such can uplift us or make us feel low. Music speaks directly to our feelings and these influence us and the actions that we take. The feelings alter our perceptions of reality, when you are happy you see the world as a happy place and when you are miserable, that is what you see around you.

There was a great study conducted at the University of London during which 30 subjects were exposed to music excerpts ranging from happy to sad. Afterwards the subjects were shown images of happy, neutral and sad faces and they should rate the emotions displayed by faces on a 7-point scale, where 1 represented deep sadness and 7 extreme happiness.

Before I tell you about the results of that study, teleport yourself for a second to times when you felt really bad and music uplifted you and conversely when you felt good and you heard some loud, banging, irritating or horrifying music and how that made you feel. Didn't your heart jump in fear for a moment, or maybe sudden sadness overwhelmed you? I can think of dozens of examples in my own life and how powerfully music influenced my state on several occasions.

Now, back to the results of the study, not surprisingly images of the happy faces were described by participants as extremely happy after they had been exposed to happy music excerpts and as much sadder than they actually were, when subjects listened to sad music. Sad music made misery even more miserable. And what does that tell you? Music magnifies whatever state we are in and it can hugely alter it even if we are feeling good. Knowing that, we are extremely empowered and can consciously create more desirable life experience by choosing the right kind of music, the one that uplifts us and brings out the best in us.

The Algorithm of Creation

In my life experiences and through my research, I found how our lives are being shaped and developed. I call it the algorithm of creation. The algorithm of creation is a very simple formula that looks like this:

Thought + Emotion = Feelings → STATE → ACTION → RESULT

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Thought plus emotion equals feelings, resulting in a state of consciousness that causes you to act a certain way, which, in turn, brings you a certain result. This is how you create the life that you experience.

Music speaks to our feelings and as you can see from the above equation; our feelings are causing certain states of consciousness from which we act. Music is a very powerful tool and it should be used by you as your ally not your enemy. If you expose yourself to tunes and lyrics of violence, anger, cruelty, sadness these thoughts are being planted in your subconscious mind and are creating more of such thoughts in your mental body.

Let me explain the way we are built, using a very simple model of energy man by Dr. Sue Morter combined with my findings.

The structure of our being

Imagine a drawing of yourself - a little human figure on a white piece of paper, that is your PHYSICAL BODY. Surrounding your physical body are several fields of energies that you can often sense, yet you can't see them with your eyes. Think of examples such as: you walk in a room filled with people and before you approach any person, you can feel the lightness or the thickness of the energy, the joy or sadness. It is possible because of the existence of the etheric field. Within that field there is a little "private" field that each and every one of us is surrounded by. Your "private" field, often called energy aura, radiates meters outside of your physical body, it can be viewed by using special equipment, infrared photography, Kirlian imaging and such.

Next around you, you have your EMOTIONAL BODY. Eckhart Tolle calls it "YOUR PAINBODY", all your emotional states, your feelings are what becomes your emotional body, energy never ceases to exist and unless you release these emotions they are always with you, hiding and waiting for just a perfect moment to emerge. As Karen K. Truman once wrote "feeling buried alive never die".

These are frequencies and you can't see them, yet you know so well that they are there. If you allow these to rule you, you know you have a very emotional and unstable life.

The next energy that comprises what I call your "private" energy field is your MENTAL BODY. All the thoughts that you think, your beliefs and the thoughts that vibrationally resonate with yours are there floating in that field of energy, and your brain is like your own radio receiver and radio transmitter.

Next we come to the energy field that is the highest frequency, the frequency of Love, that energy is the highest creative energy, it's what makes mental and emotional turn into material, it's what shines a light on any lower frequencies and transmutes them into light and love, it's the Spirit, it's Universal Consciousness, it's what religions call God.

This energy is everywhere, it penetrates through your mental body, through your emotional body, it's within your physical body and its strongest beacon is located in your beautiful heart. Your heart is your connection to Spirit.

What happens when you listen to the music that vibrates really low with violence, anger, cruelty, sadness? As mentioned before, energy never ceases to exist, it lingers there in your mental energy body. While it lingers there, it blocks your connection to Spirit, you become more angry, more sad, more frustrated, you name it.

Now when you look at the algorithm of creation, can you see what happens? Energy of thought, in this case the thoughts of negativity that you are being subjected to circulate in your consciousness, is literally polluting your entire being with negativity. What happens next?

When thought marries emotion, feelings are being created. According to the ancient cultures there are two basic emotions – the emotion of fear and the emotion of love. When the thoughts of negativity are appearing in your mental body they become empowered by the emotion of fear, as a consequence you start to feel really bad; the low vibration of that music hugely influences your entire being and creates a huge disservice to you. By feeling bad and negative your state is going to be shaped according to these feelings and what comes next are the actions you are going to take and these are not even worth discussing. Do you see how powerfully this all works?

To truly grasp it, you need to understand the energetic nature of your being. When you allow yourself to be influenced by vibrations that don't serve you, your life is going to turn into one, sad existence. The purpose of life, I found, truly is the expansion of happiness, but for that to happen we need to become responsible for the energy we take in and exude. Whether it is going to be the energy of music, words, food that we eat, all of it matters as it activates the algorithm of creation either consciously or unconsciously. The algorithm is a wonderful tool that we can use to our advantage or self destruction. I can't stress enough the importance of your feelings and that how you feel truly matters in creating your reality.

We are being bombarded by negativity from the very early hours, for example when we wake up and it begins with morning news, if you ever watch that. Start thinking consciously when making your every day choices; and ask yourself a question - do I really have to listen to negativity? Why don't you play some uplifting highly vibrational music instead and start your day in a really great state? How do you think that will influence your actions and results you are going to get? I think this is a rhetorical question.

When you look at the algorithm of creation, doesn't it become crystal clear that you are creating your life experiences according to the feelings that are being generated within you?

Destructive influence of music

Do you know the legal term "crime of passion", defined as a crime committed under influence by a very strong feeling such as rage, jealousy and so on? Feelings, when triggered by a strong impulse, makes us act from a very negative state and it bears very dangerous consequences.

American Psychological Association (APA) published a very alarming study informing how violent lyrics of the songs increase aggression and influence our thoughts and feelings. The study involved over 500 college students who were exposed to 7 violent songs and 8 nonviolent songs. Research was conducted by Iowa State University and the Texas Department of Human Services. The results were astounding; in 5 experiments that scientists conducted, the violent songs increased the feelings of hostility and anger without provocation or threat.

Here is what lead researcher Dr Craig A. Anderson, Ph.D. of Iowa State University concluded: "Aggressive thoughts can influence perceptions of ongoing social interactions, coloring them with an aggressive tint. Such aggression-biased interpretations can, in turn, instigate a more aggressive

response -verbal or physical - that would have been emitted in a nonbiased state, thus provoking an aggressive escalatory spiral of antisocial exchanges (...) One major conclusion from this and other research on violent entertainment media is that content matters (...) This message is important for all consumers, but especially for parents of children and adolescents."

Do you see how feelings are the root of all our behaviors, when not controlled by our self responsibility, they can literally create or destroy our lives? Feelings create, feelings destroy, feelings heal, feelings make you sick and the list could go on. I think that any person with a little imagination can immediately see what pattern is being created when young generations are being exposed to violence.

Similar studies were conducted to investigate how young children feel and react when exposed to music with very sexual lyrics, researchers Cougar Hall, Joshua H. West, and Shane Hill from Brigham Young University in Provo, Utah offered a very important conclusion that I believe anyone who is a parent or a teacher need to take under consideration: "Popular music can teach young men to be sexually aggressive and treat women as objects while often teaching young women that their value to society is to provide sexual pleasure for others. It is essential for society that sex education providers are aware of these issues and their impact on adolescent sexual behavior." (To read the full articles the list of resources has been given below.)

Our feelings matter enormously and are the driving forces of our behavior. If we want to create a happy, healthy, fulfilled life, which I believe is what life is all about, we really need to monitor what we are exposing ourselves to. Music is a powerful communicator and can become a wonderful ally in helping us heal ourselves and build the lives of our dreams. Let music sooth and heal your feelings for they are, as Hippocrates once described, "*Natural forces within us that are the true healers of disease.*"

Feelings are being generated once the energy of thought connects with the energy of emotion, electromagnetic activity takes place in our hearts and feelings are being created right there. This electromagnetic activity within our hearts influences not only us, but also those around us. Science now proves that "The heart's electromagnetic field - by far the most powerful rhythmic field produced by the human body - not only envelops every cell of the body but also extends out in all directions into the space around us. The cardiac field can be measured several feet away from the body by sensitive devices. (...) Our hearts electrical field is up to 100 times stronger than the brain's EEG. The magnetic Field is about 5000 times stronger than the brains." (Institute of Heart Math)

Our body functions beautifully when we feel the feelings derived from love. An electric signal is being sent to the brain and our body becomes balanced, the opposite happens when we feel negative emotions; stress is known to be one of the key factors in causing heart-attacks. It is safe to say, that not only spiritually, but scientifically all states derived from love, appreciation, gratitude are very beneficial to us.

Dr. Emoto's research

Dr. Masaru Emoto, Japanese scientist, author of bestselling books "Messages from water", "Hidden messages from water" and "The true power of water" conducted a series of experiments proving how music and words influence water. He froze droplets of water and subjected them to different vibrations. Examples include distilled water being exposed to classical music and taking shapes of

beautiful, symmetrical crystals. When the water was spoken to in the words of gratitude, the frozen crystals took similar shapes, while Dr. Emoto played Bach's "Goldberg Variations", a piece composed as the expression of gratitude.

Opposite effect was achieved when water was exposed to heavy metal music, negative words, or when intention was set upon words such as "Adolf Hitler", water formed what might be called ugly structures.

Knowing that our bodies consist of over 70 % of water, we simply need to focus all our intention and attention on feelings derived from love as these are life affirming. We want to surround ourselves with sounds that are composed through the feelings of love with the intention of bringing more love into our lives.

Torben Thoger's music

Creating more peace, love and harmony is the intention that Torben Thoger always keeps etched in his mind and his heart when he composes his pieces. The difference between Torben's music and other music is that it is intentionally written to increase your energy vibration, his music is very melodic and catchy, it works emotionally on your sub conscious mind and therefore it stays with you even after you have stopped listening to it. It helps you to being heart coherent.

As mentioned before, our heart is the most powerful electromagnetic transmitter within our physical body, the feelings are being created in our hearts. Torben's music promotes the feelings derived from love; his music focuses on the tones and vibrations that enhance the feelings of well-being.

The first sound we ever hear is our mother's heart beat, which at rest beats around 60 times per minute. We find this tempo relaxing and nice. Much of Torben's music has a tempo like that. And maybe the most important factor is the relation between the tones, the melody and the way it is expressed by instruments and voices. These melodies literally touch you and have a strong healing effect, their vibrations "move" you in the right direction and several times put you in a very pleasant, heart coherent state of consciousness.

Torben's music provides both physical and mental relaxation. It increases the production of pain-relieving endorphins. I have listened to all his albums and I must tell you, I have a favorite track for each challenge. When I have a head ache for example I choose beautiful sounds of his "Primavera" album, their soft and angelic vibrations literally make pain go away.

When I need something inspirational I tune into his newest album "Meditate or Relax". I use these in my coaching and "prescribe" them to clients who need to get their lives back on track.

The music that Torben composes can improve our quality of sleep, reduce anxiety, enhance motor skills, concentration and memory and make us stronger and more enduring. It can strengthen our immune system and improve digestion - and even strengthen our intelligence and learning abilities both via the brain and the energy system of the body.

Several liable science studies have demonstrated that when you listen to the kind of music that Torben Thoger makes, it will:

- Stimulate and activate your body's natural self-healing abilities.
- Influence your hormone system positively.
- Improve your nervous system, which controls breathing and heart rate.
- Prevent anxiety and fear and you will feel relaxed and de-stressed.
- Help your concentration and memory.
- Strengthen your immune system. (Studies have shown that healing music reduces the number of cancer metastases. Source: Núñez et al. Music Immunity and Cancer. Life Sciences 2002;71:1047-57)
- Increase your production of pain-relieving endorphins.
- Improve your quality of sleep.
- Enhance your motor skills.
- Improve your digestion.
- Make synchronization between the "right brain" and "left brain" so they work in a deep partnership with each other. This helps you to relax more, think more efficiently, and just be a bit more reasoned overall. It feels incredibly relaxing and peaceful to experience this state too.
- Strengthen your intelligence and learning abilities.
- Raise your energy vibration.

This list could go on and on, but to conclude I can tell you that nothing speaks better than your own experience. I shared mine with you and I am absolutely convinced that you will have very many great moments when you listen to Torben's music as it truly offers one of the best ways to increase your vibration and will aid you greatly in creating a wonderful, healthier and happier life experience.

Reviews

I strongly believe in the word of mouth and here are several review's of Torben's music and you can see for yourself how powerfully his audience response to his wonderful work:

- Torben Thoger's music is passionate, joyous, wistful and gentle. Truly fascinating and otherworldly."
- Jonathan Widran, AllMusic.com
- "Thoger's music touches the listener's heart and relieves the soul with inexpressible easiness, joy, compassion and sincere emotions. Torben Thoger is a gifted melodist. Pure listening pleasure!"
- Serge Kozlovsky, Minsk, Republic of Belarus

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- "Torben's beautiful instrumental music is catchy, easy but at the same time deep! It is a present and relief for the soul"
- *Maya Fridan, Psychic Medium, Denmark*
- "There is an underlying warm spirit of beauty, hope and love that ties Torben's music together. His inspiring, intuitive melodies and sounds allow one to completely surrender and relax and be entertained at the same time! "
- *Suzanne Doucet, Only New Age Music, West Hollywood, United States*
- Torben Thoger's fuses genres with an angelic torch and his arrangements invariably offer a musical experience unlike any other. This is fairytale music, in the best Hans Christian Andersen tradition. Beautiful, transportative, all encompassing. Definitely European, although I suspect a samurai would feel perfectly at home here!
- *Chiwah, The Light Connection Magazine, San Diego, Ca, United States*
- What can I say? I've become addicted! Torben's music makes me feel light and happy and at the same time embraces my soul with great gentleness.
- *Anni Simonsen, Nyt Aspekt, Spiritual Magazine, Denmark*
- "Often with a Euro light classical feel working it's way through the world/jazz overlays, Thoger knows how to make first class chick music for the stressed out Oprah fan on her way to getting her nails done."
- *Chris Spector, Midwest Record, United States*
- "I couldn't hold back and needed to say, this is one of the most beautiful things I have heard in a long time. What a great piano piece and sublime voice. It brought tears to my eyes and touched my heart. When I listened to this and let myself go, it was like going through a journey, like going through life, where two beautiful souls found each other and flew away up in the sky to "catch a moment, to catch their moment every time they are together". Simply beautiful and I cherish you have shared it with us. Thank you!"
- *Angela Maria Quiñones*

About "Be the Change":

- "Chills run down my arms with the sensitivity and passion that flows through me from this most moving, and inspiring song and video message you have given us Dear Laerke and Torben. The flow of empowering energy fills the spirit and restores us anew with fresh incentive and the energy of added commitment to effect and instrument the change we wish
- to see in our lives. Thank you again Dear Torben and Dearest Laerke, the world awaits the energy and dream. Love, Light and Peace dear hearts, all."
- *Maricet*
- "Life is change, and resisting change is resisting Life. Change takes inner work and a lot of action to break out of the illusion and remove the invisible blind-fold.

- We need a BEVOLUTION - the inner revolution creating the outer transformation. The Danes are in general extremely spoiled and need to wake up to action within and re-ignite the Danish Spirit which has been dumbed-down too long now. Great initiative you have done here. To be alive and live in this amazing beautiful world of ours must become more than a daily struggle to survive. To be a people combined in purpose and intention. To be of one harmonious purpose. To open to the heart. To let Love and Light guide us in our efforts and in our spirits. This wonderful message inspires us to be the change we hope to see in our world. We have faith in the new generation and we stand in ready to enforce and support the future your desire and energy will surely bring." – *Julius*

About "Now":

- "Beautiful Torben! I think it's some of the most convincing, compelling and perfect you have made. On all parameters. The biggest risk with complex designed numbers is that they sometimes become strained - unnatural in the flow - with tricky transitions that do not have a quite natural flow and feeling. This one sits in the closet in every way. What a dynamic, and John Lennon have not lived in vain, which is meant as a very positive element. Congratulations!" - *John Rosenkilde*

When you listen to Torben's music, pay attention to the lyrics as well, as Torben really skilfully chose words that help clean and clear your thoughts, so that you can truly activate the algorithm of creation in the direction of your heart felt desires. May you experience the most beautiful moments when your heart synchronizes with the beautiful rhythms of these truly precious melodies and lyrics.

On Torben Thoger's website www.TorbenThoger.com you can hear samples of his music, watch his music videos, read his full biography and much more.

I would like to take an opportunity and invite you to take part in my free web seminar available at <http://nataliaph.com/abundance-academy> where I help you raise to love, light and the truth – your innerpower.

Here is the list of online resources should you want to learn more about the topics discussed here:

<http://www.musicahumana.org/documents/00076.pdf>

<http://altered-states.net/barry/newsletter420/>

<http://www.nsi.edu/index.php?page=xii> music and language perception

http://med.stanford.edu/news_releases/2007/july/music.html

<http://www.sciencedaily.com/releases/2008/10/081002172542.htm>

<http://www.sciencedaily.com/releases/2011/09/110906102456.htm>

<http://www.sciencedaily.com/releases/2003/05/030505084039.htm>

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