



Testimonial and Information Book

The Alphamusic of John Levine

Cross-referenced Testimonial Book

Please feel free to browse through this book...



All about John Levine, the story of
Alphamusic, how and who it helps.

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Index

What is Alphamusic?	page 3
Who are we?	page 4
Reported listener benefits	page 5
The Mozart Effect?	page 6
Research into Alphamusic	pages 7 - 16
Composer Q&A	pages 17 – 18
Alphamusic cds range	pages 19 – 22
Cross reference index	pages 23 - 32
Client testimonials	page 33
Press clippings	page 188

What is Alphamusic?

- It is music that aims to induce alpha brain waves
- When the mind is in an alpha state the body can function properly
- This can significantly improve healing, digestion, the immune system, concentration and emotional well being just for starters.

What is Alphamusic NOT?

- It is NOT New Age music
- It is NOT relaxation music.

Who are we?

John Levine is an Australian composer

- Bachelor of Music Composition Sydney University, Australia, 1980
- Former Music Director Kinetic Energy Dance Company (1973-1978), Collaborated with Graham Jones, Director and Founder of Kinetic Energy Dance Company, who was trained by Martha Graham, legendary dancer and choreographer
- Co-founder and writer of hit song, 'Back of the Woods' ATLA Polygram from 1981
- Winner Pepsi-2SM Rock contest at Sydney Opera House in 1974
- John composed the first album, Silence of Peace, in 1984 and it is still being used today
- His compositions are based on the centuries-old Pentatonic and Lydian scales, on classical and ancient Eastern principles.

John has composed and produced music for television, including work for:

- FCB
- McCann Ericson
- Saatchi & Saatchi
- Coca Cola Company
- Max Factor
- Cinzano
- Aerogard



What are we NOT?

- Not a strict programme with rules
- Not a religion
- Not telling people to change their lives

Reported listener benefits of using John Levine's Alphamusic

Alphamusic has helped many listeners
to recover from or better manage:

Stress, anxiety, panic attacks and emotional issues, such as reducing anxiety at family gatherings, dental appointments, injections (needle phobia), during counseling or therapy sessions

Insomnia ME/Chronic Fatigue

Pain management such as with headaches,
migraines, tinnitus, Lupus, cancer

Special needs such as Autism, Asperger's Dyslexia ADD/ADHD

Depression, Post Traumatic Stress

Shifting emotional blockages

Grief and loss

Getting in touch with feelings

Emotional stabilizing

Feeling positive and centred

Eating disorders

Assisting communication

But is this not just like the



Mozart effect?



1. In a classroom situation if children want to be naughty they can stand on a chair, dance, sing, tap and act up to Mozart. They can not do this to Alphamusic as it is arrhythmic.
2. If you listen to the same piece of Mozart over and over during a week, you will probably go bananas. Whereas many listeners of John Levine's music report that they can enjoy listening to the same album hundreds of times without being bored.

Science Supports Alphamusic

Alphamusic has been tested in various contexts, including clinical.

The following are five examples of research into Alphamusic.

The first example tests the brainwaves of a patient with high anxiety using an EEG machine, the second tests anxiety levels of 200 dental patients during treatment, the third tests the attention span of school children during lessons, fourth and fifth are EEG examinations - cerebral palsy and speech difficulty.

Testing the effects of Alphamusic with an EEG machine



It is possible to measure a person's dominant brainwave frequency in a laboratory by using an 'Electro-Encephalogram', or EEG.

A simple, uncontrolled trial of brain responsiveness to Alphamusic was performed at the Medicina private clinic, in Krakow, in November 2002. A patient suffering from acute anxiety was monitored via EEG equipment while listening to the Alphamusic Album 'Silence of Peace'.

Under the influence of the music, the patient reported a dramatic reduction in feelings of stress and an increased sense of physical relaxation, as compared to their normal, very tense state.



The EEG results confirmed the patient's subjective view. Remarkably, the EEG data showed that the patient's brainwaves had dropped into the alpha state (8-12 mhz) within just four minutes of listening to the music.

In addition, results from the control test conducted before the trial, showed the patient had suppressed right-hemisphere brain activity. While listening to 'Silence of Peace', there was a marked increase in right-side brain activity.

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Research on Dental Patients

Can music influence patient anxiety during dental treatment?

The prospect of dental surgery is never pleasurable and for some causes intense negative emotions, from low-level anxiety to almost phobic fear. Can music help reduce or even eliminate those feelings? John Levine decided to test if Alphamusic would beneficially effect fearful dentistry patients. To prove his hypothesis, he requested the help of Drs M. Zarow and I. Olszewska, partners in a successful Warsaw dental practice.

A study of anxiety in dental patients was set up with a group of 200 dental patients. Half the patients (100) had 'Silence of Peace' played in the background during their treatment. The remaining patients had no music playing.

Prior to testing, patients were asked to rank their level of anxiety around dental surgery, on a rising scale, where 10 represented 'Very frightened'. Age, gender and type of treatment were also noted.



Patients who listened to Alphamusic during treatment reported a **definite decrease in feelings of tension and stress**, compared to their usual experience. This result applied regardless of patients' sex, age or the nature of treatment received. The most pronounced positive effects were reported by patients who had listed themselves at the highest levels of fear.

Some further observations of the patients receiving dental treatment with 'Silence of Peace' playing in the surgery were as follows.

With music to distract them, **patients reported less nervousness during dental operations and that they instead felt more relaxed physically during treatment.** Patients felt the music created atmospheric 'commonality' with their dentist.

When dental treatment was complete, patients said that they felt more satisfied with all aspects of the procedure than in the past. **Some patients fell asleep during their dental surgery.**

Patients in the control group of one hundred, who did not have music during their treatment, did not report any specific changes to their usual responses and attitudes during dental treatment.

'The Elixir of Good Behaviour'
The Bridgman Report
UNIVERSITY OF CAMBRIDGE 2005

Can the use of Alphamusic in humanities lessons improve the behaviour and academic performance of adolescent boys with behavioural difficulties?

Synopsis

This paper aims to investigate whether there are practical uses for music in humanities lessons, particularly in reference to boys with behavioural difficulties. It begins by considering the extensive amount of research that has been done on the subject of background music and its uses in schools and the workplace as both an **aid to concentration and a tool in the reduction of stress**. The research brings up a number of questions about the nature of Alphamusic and whether or not it can **affect behaviour and concentration**.

I observed ten lessons; the first five lessons without any background music, recording the children on camera. The second five with Levine's Alphamusic playing. This study was undertaken at a normal Comprehensive school using 10 year eight (12-13 yrs old) boys who were identified as having behavioural and emotional difficulties. **The results showed that there was a significant reduction in off-task activity in the lessons where the Alphamusic was playing.** The boys were also given two grid reference tests, and **performed significantly better on the test where the Alphamusic was playing.** Finally, the subjects were given a questionnaire to complete about how they completed their homework and whether or not they preferred to work with music in the background.

The results also showed a significant decrease in external types of off task behaviour, from what I termed 'distracting' behaviour. The results show that the pupils **off-task activity decreased in the lessons where Levine's Alphamusic was playing in the background, falling by an average 664 instances, significant to a value of $p=0.05$, [61.4%]**. This can be further broken down into further definitions of 'distracting' off-task activity, which showed that instances of impulsiveness, hyperactivity and talking decreased, significant to $p=0.05$, $p<0.015$ and $p=0.05$ respectively.

Average Impulsiveness reduced by 71.6%.

Average Hyperactivity reduced by 46%.

Average Talking reduced by 87.2%.

In terms of test results, the number of questions attempted by the participants increased by an average 2.9 questions, significant to a value of $p < 0.05$. The number of correct answers also rose in the test with Alphamusic. **The average increase in the combined academic performance was 108.1%.**

Conclusion

The results do seem to show some visible trends which would lead us to make various deductions. Firstly, the lessons which were accompanied by Levine's Alphamusic had significantly fewer instances of off-task activity. Although a longer study is required to further explore these results, it is highly unlikely that such a change in behaviour would have occurred by chance. This change could be due to a number of factors, all of which are suggested by the literature:

- This music affects mood, which leads to increased productivity;
 - the music masks extraneous auditory stimuli and thus allows the participants to concentrate;
 - the music adds further stimulation and is thus an aid to concentration;
 - the music **affects the subjects physiologically, reducing stress levels and increasing concentration.**
- The results also showed that the pupils *behaviour improved by a significant reduction in being less 'distracting' (hyperactive, talking or impulsive behaviour) to being mostly 'disengaged'.*

This would suggest that the Alphamusic may have had enough of an **effect on the pupils' concentration to help them to return to their allotted task instead of disrupting each other.** Finally, those pupils who said in their questionnaires that they were more used to listening to music or the television at home but were not identified as 'low ability' made the largest improvement in behaviour, suggesting that ***Alphamusic helped them to realise their potential.*** Whatever the reasons, the area of background Alphamusic in the classroom is certainly an interesting one which has the potential to be of assistance to the classroom teacher.

Report prepared by Rob Bridgman 2005, Cambridge University

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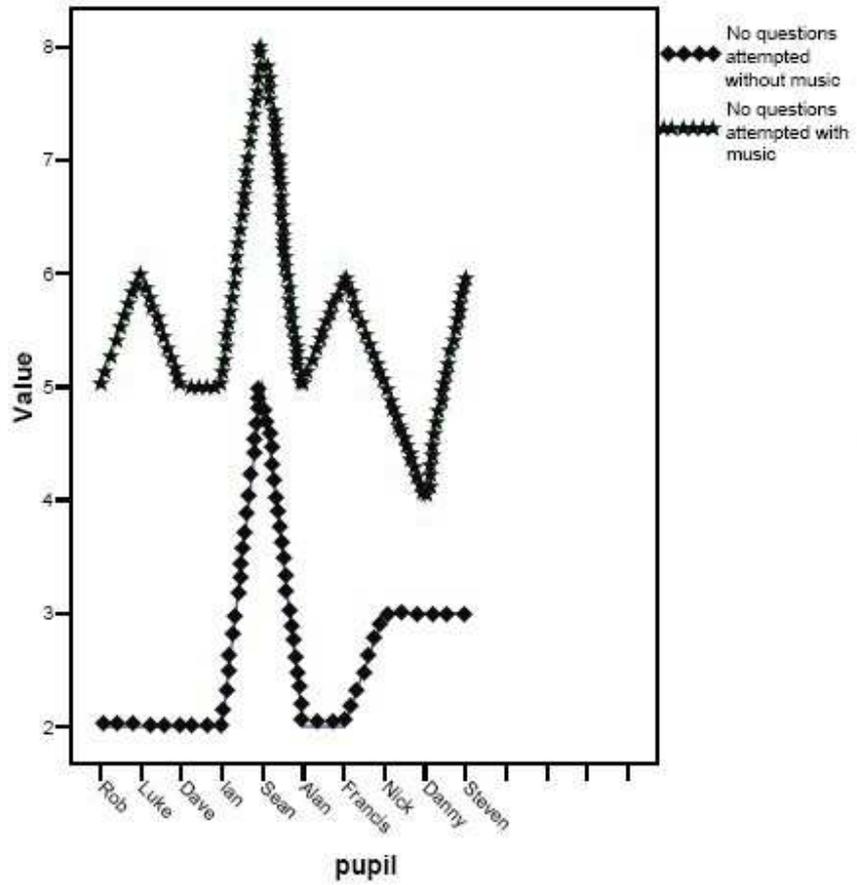
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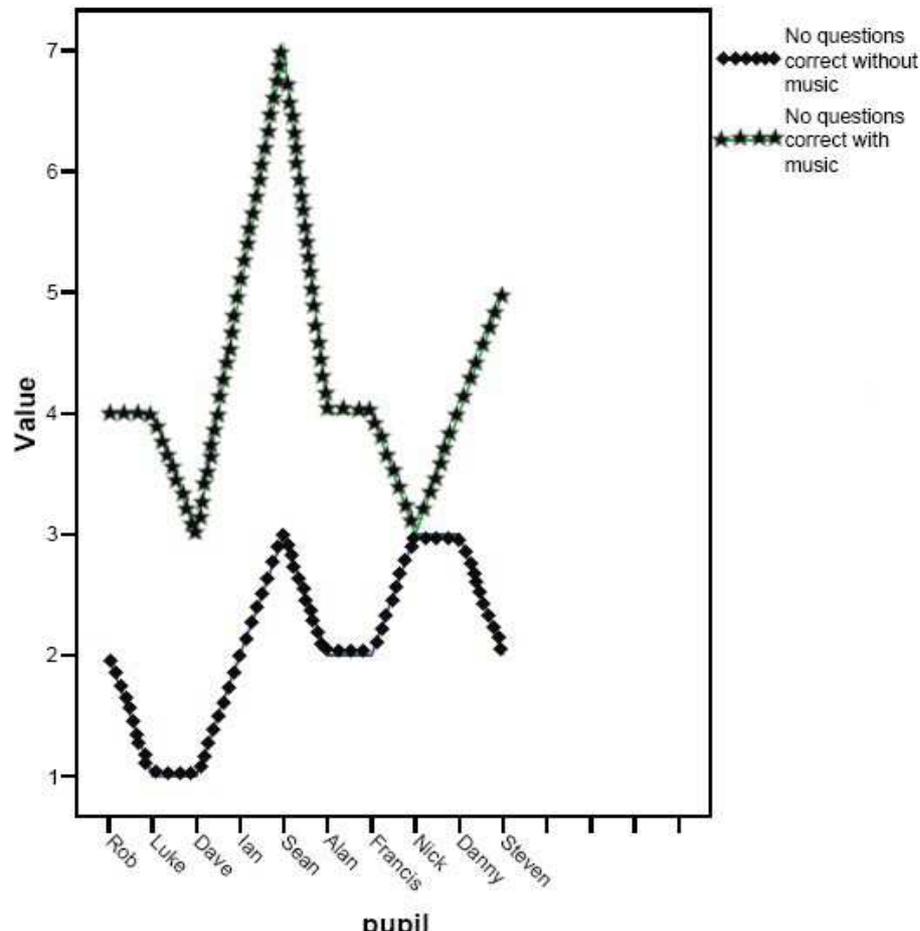
Page 12

T&I Book

Graph 1: Questions attempted with and without music



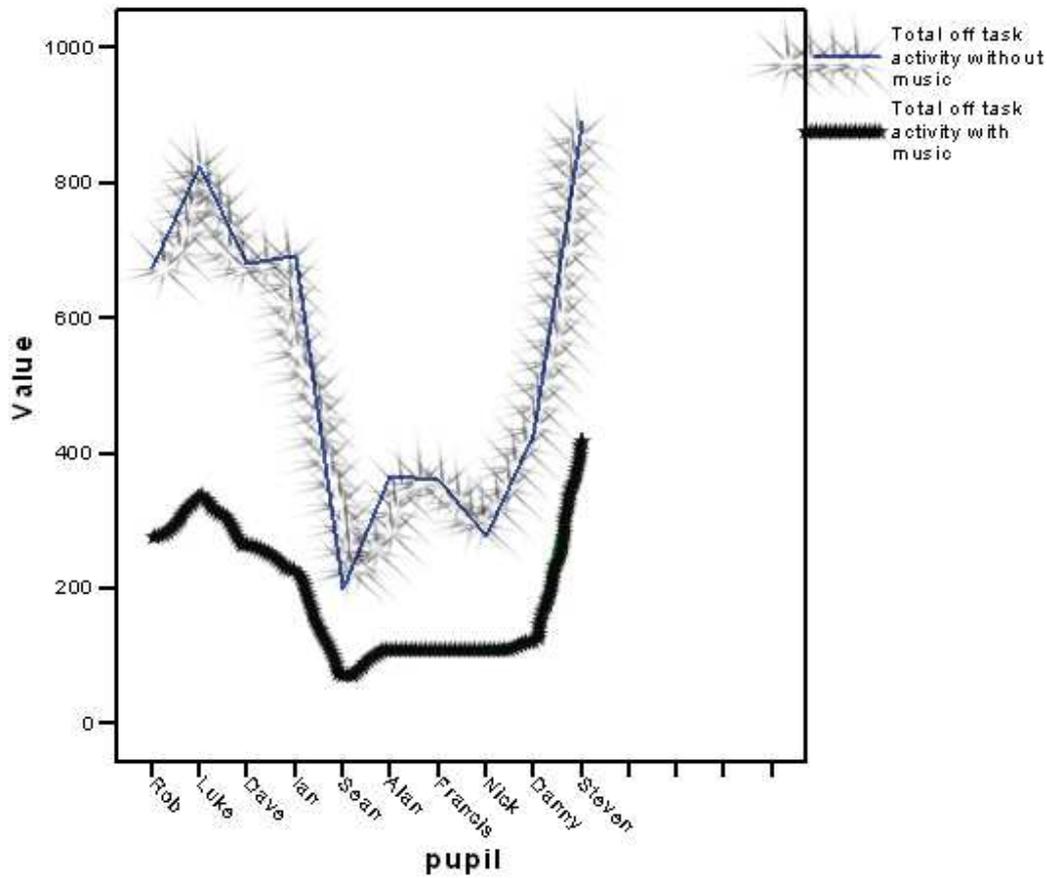
Graph 2: Correct answers with and without music



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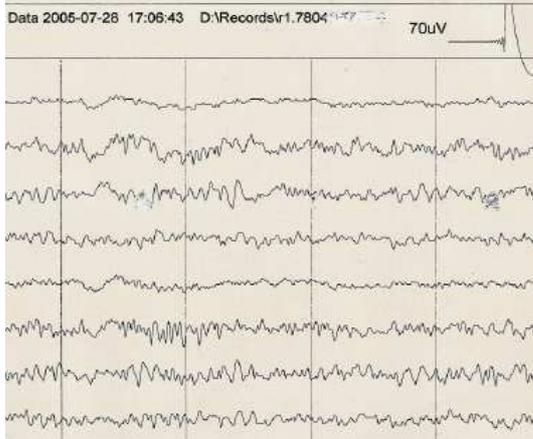
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Graph 3: Instances of off-task activity with and without background Alphamusic

THE ALPHAMUSIC IN NEUROTHERAPY

Mrs. Danuta Andrzejak, an EEG (electroencephalography) technician, recently witnessed a case in



which a man's speech improved significantly as a direct result of Alphamusic Therapy. This gentleman, aged 27, had been referred by a psychologist for EEG testing. His speech was a stream of "babble", talking so quickly that people found him unintelligible. He couldn't find a job; employers didn't want somebody they couldn't understand. It was affecting all areas of his life. He felt that his "world had crumbled during childhood" when he was diagnosed as having a speech impediment. His self-esteem was at an all time low. He sought psychological help. Results from the EEG examination for which the psychologist ordered showed abnormal brainwave activity. It was irregular and erratic.

In response to these findings, the psychologist prepared a Biofeedback Neurotherapy program. The program lasted approximately one year, starting in July 2005 ending October 2006. He had two series of thirty sessions – sixty in total. The last few sessions used

Figure 1. EEG recording from 2005, before John Levine's Alphamusic has been used.

Alphamusic, specifically 'Silence of Peace'. The patient chose the time of day when he wanted this music to be played to him.

After this therapy he underwent another EEG examination. The results were phenomenal. Nobody could have predicted the findings. The basic activity went to 11-12 Hz, the amplitude slightly lowered around 35 uV. There weren't any sharp drawing elements. The alpha rhythms were very regular.

The patient's speech improved significantly. He is speaking clearly, more slowly and has recently gained employment – a huge change in comparison with the previous year. He is very happy and can't express his admiration for John Levine and his Alphamusic. He claims that he feels exceptionally well, motivated and more comfortable meeting and interacting with new people.

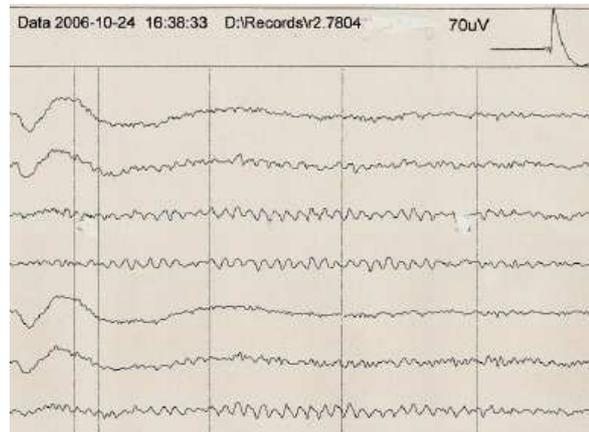


Figure 2. EEG recording from 2006, after the session with John Levine's Alphamusic.

Conclusion:

After the session in which the patient had listened to Alphamusic music he always claimed:

1. A feeling of calmness. He wasn't tired and he didn't yawn as before.
2. An improvement in self-worth and feelings of well being.

As well as there being a visible improvement in frequency and regularity of brainwave activity.

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Child Cerebral Palsy

It was summer 2006. A mother with her eight-year-old son, Jas, came for an EEG examination. Jas suffers from child cerebral palsy (PMD - Pelizaeus-Merzbacher Disease). Pelizaeus-Merzbacher Disease is one of a class of neurological diseases known as Leukodystrophies, disorders that affect the formation of the myelin sheath, the fat and protein covering, which acts as an insulator on neural fibres (axons) in the central nervous system. For this kind of patient, it is recommended that the examination be conducted whilst the patient is dreaming.

To prepare this examination was difficult, because the boy had always experienced difficulties in getting to sleep. In the end, it took over an hour for Jas to fall asleep.

During the examination Jas' mother was talking about living with her son and the difficulties that PMD caused. Something that stuck out from this conversation in the EEG technician's mind was the emphasis she placed on his struggles to get to sleep. His mother had tried various different methods to help him, but so far she'd been unsuccessful. *"I propose she use Alphamusic CD called 'Silence of Peace' which I have been using to find if there is any influence of his music onto patients during the EEG process,"* thought Danuta Andrzejak, EEG technician.

It was over a month before Danuta heard anything back. One day a message finally arrived. *"It was a shock to me as I have never used John Levine's music with patients who suffer from cerebral palsy before,"* says Danuta. *"His mother was so thankful and happy that I recommended her this CD. She said that some issues that had been persistent for many years had melted away. Her son had gotten himself into a hyperactive state one day, which she knew from past experience could go on for up to three days. She put 'Silence of Peace' on. Over the next twenty minutes he became gradually calmer. It was astounding. Also, she said that during the nights he was falling asleep much faster than he was before,"* recalls Danuta. It was of great benefit to Jas' mother as she finally managed to sleep during the night and wasn't consistently woken up by her son.

Jas' caretakers have also noticed an incredible progress in his concentration abilities. One therapist said that he sees smaller muscular strain in his limbs, which allows him to facilitate more exercises with the patient, and even better cooperation from his side has been observed.

The Composer comments...

How does music effect behaviour?

Many people claim that they feel much better when listening to music. I think music allows people to reveal more easily their feelings and thoughts. They feel more in tune with themselves. My Alphamusic, according to the research, effects the brainwaves. When we are stressed it has been found that our brain activity has increased frequency, this bandwidth is called Beta. Psychologists call this state the 'Fight or Flight' state. In the blood stream you have more adrenaline and cortisol all aimed to help you spring into physical action. Energy is taken away from the areas of the body that are not required to 'Fight or Flight' such as the digestion, the immune system, the production of growth hormone, the energy to power right brain activity. Most people are stressed and are in this state 24/7 and because they are in this constant state. Most do not even know they are stressed! Alphamusic slows down the brainwaves. In alpha state we naturally have a better command of life, our health, our moods. We are able to think more clearly, consider responses and perhaps make more creative decisions, with better long-term results. It has been reported that Alphamusic can give relief from stress, positively affect our moods and emotional states, make us feel calmer, more focused and help us better cope with every day challenges.

Why can listening to music be medicinal or therapeutic - what are the benefits?

The Alphamusic compositions are appealing and easy to listen to, however the structure is methodically constructed based on a series of principles I have gathered from science, my own studies and life changing experiences.

It has been reported that my music offers the simplest path to the alpha state, without demanding that you sleep - or even leave your desk! From Gregorian Chant to timeless lullabies, the effect is reported being the same: as we listen, we feel better, more relaxed. A backdrop of Alphamusic may calm your over-busy mind while you are occupied with other tasks, when you study, work, play, eat and of course, sleep.

What kind of music can assist relaxation?

I would say try my Alphamusic and see what it can do for you. I have spent my working life studying the combined effects of music and meditation. I use this knowledge to compose Alphamusic. I have heard many clients saying that sometimes they find new age, relaxation music rather annoying than relaxing, whereas they say that music composed by me has something what makes it different. They find it easy to listen to, not disturbing and they keep coming and asking for more Alphamusic titles, which is very rewarding and motivating for me. They claim they find my music helpful.

What other positive effects can your music have on the listener?

Some of the problems listeners report Alphamusic having helped with are sleeplessness, whirling thoughts and the inability to focus, feelings of sadness or depression and low self esteem. It is also used by many of my listeners to settle their babies and toddlers at bedtime. Parents are pleased with the soothing effect the music has. Also students use Alphamusic to stay focused on their work for longer, and say that they find their memory and recall is notably improved. Many therapists are using my Alphamusic both to diversify their therapies and also to stay focused and relaxed until the last client of the day walks out the door. Also animals and their owners may find some benefits from listening to this music as it has been reported that Alphamusic calms down pets.

What type of music could therapists play to support their relaxing treatments?

The soothing and calming music is perfectly designed for this purpose. Like I mentioned, above I spent many years studying the combined effects of music and meditation and as a result I have managed to compose methodically constructed music ideal for various therapies where relaxation is vital. I have very positive feedback from a variety of health professionals, including doctors, dentists, nurses, addiction treatment professionals, counsellors, as well as the spectrum of complementary therapists many of whom have been using my music for a very long time now.

The Alphamusic of John Levine

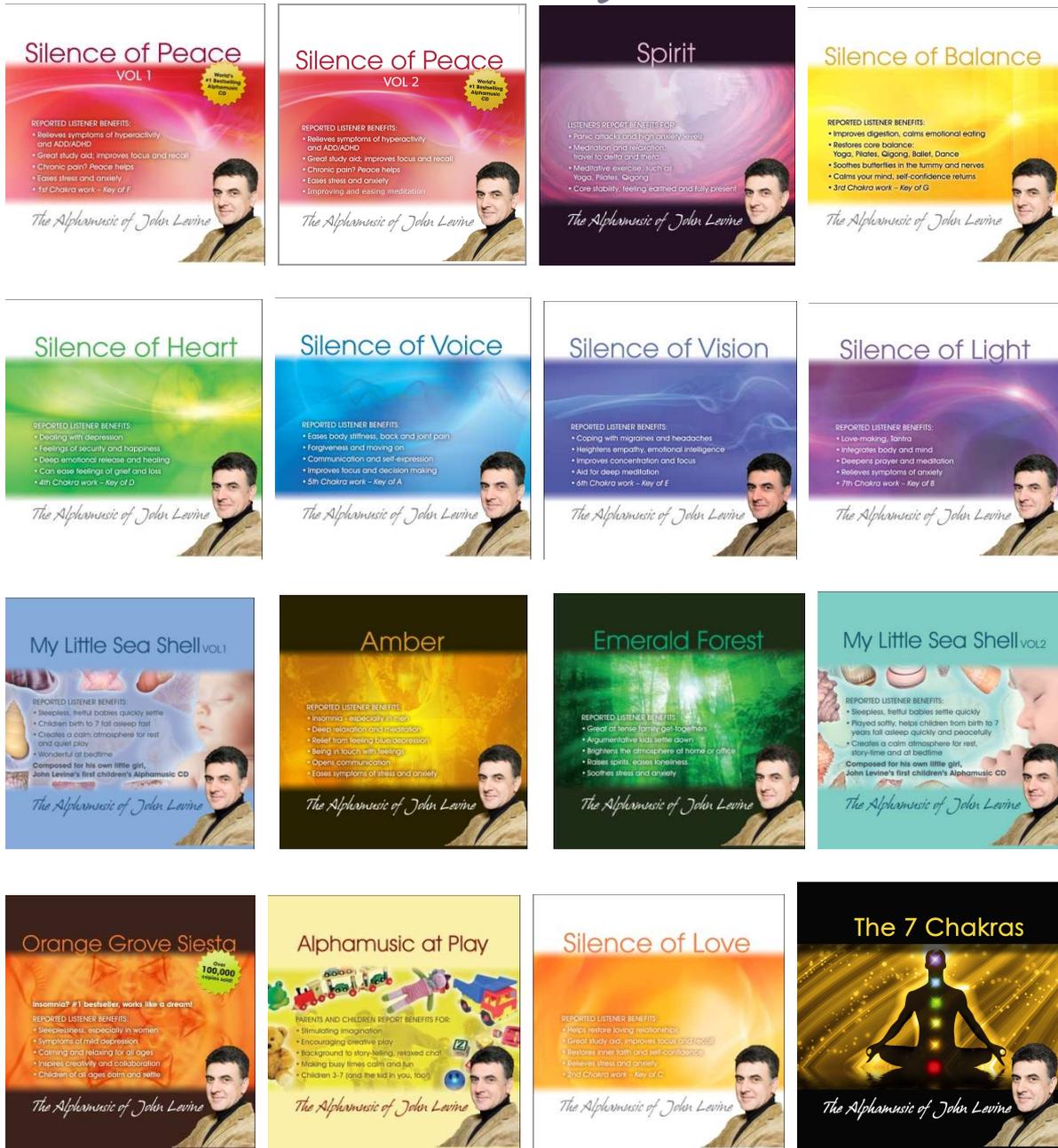
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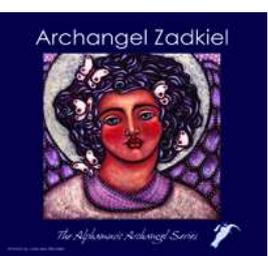
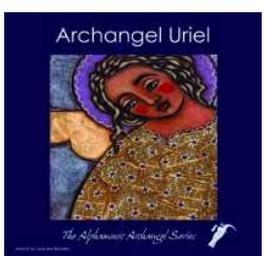
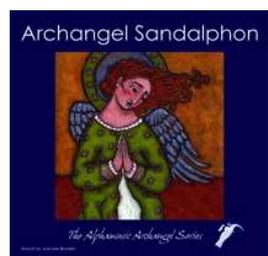
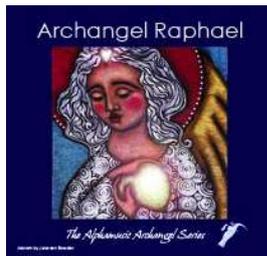
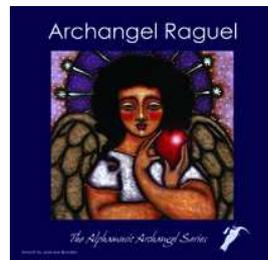
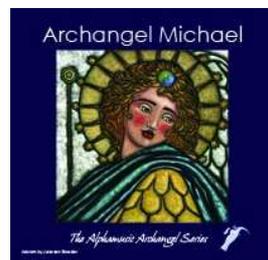
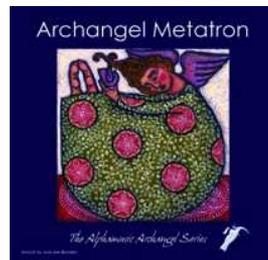
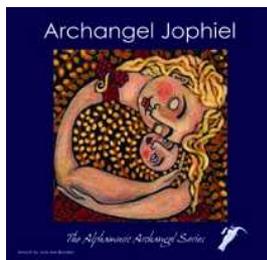
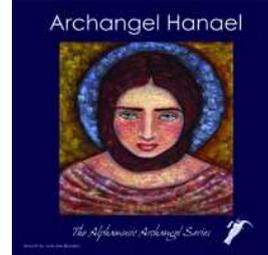
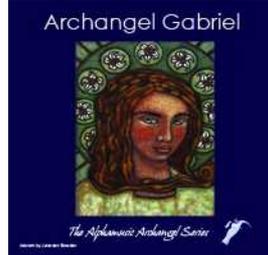
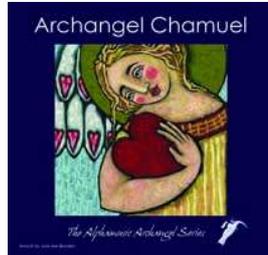
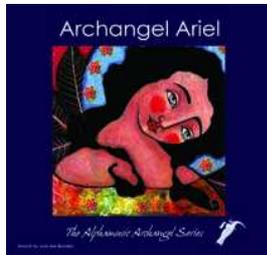
The Alphamusic of John Levine

Our Current Image (17 titles)

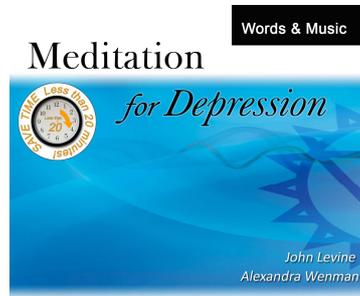


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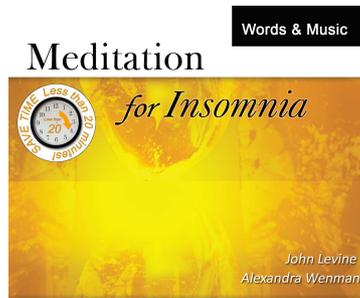
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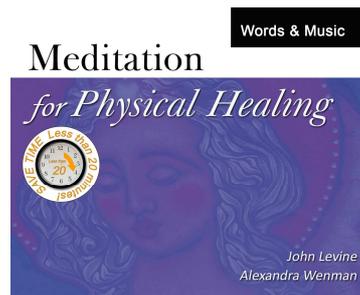
The Alphamusic Calmercuticals Series



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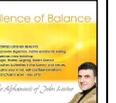
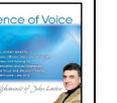
T&I Cross Reference Index

T&I Cross Reference Stories Index

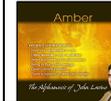
- 001 Eric Wharton - 'Passport to a good college'
- 002 Madeleine - 'Dealing with chronic pain and bereavement.'
- 003 Harvey Road Day Nursery - 'They played the CDs so much that they wore out!'
- 004 Peter- 'Too stressed to meditate.'
- 005 Paul Lane - 'Tame your dogs' energy.'
- 006 Mervyn Foster - 'Shiatsu, Quantum Touch® and Alphamusic send people to sleep.'
- 007 Sharon - 'Needle phobia. Can Alphamusic deal with it?'
- 008 Cameron - 'Calming down your son's hyperactivity.'
- 009 Tracey - 'I found help in John Levine's music.'
- 010 Rachael - 'Music to fight Chronic Fatigue Syndrome.'
- 011 Nicky Anderson - 'Dogs run amuck and ruin Nicky's working day.'
- 012 Kate- 'Alphamusic is the era of study difficulties.'
- 013 Richard - 'From aggression to peace - how my son put down his sword.'
- 014 Katerina- 'Soothing the baby's cry.'
- 015 Daniel - 'The best tool to concentrate during study.'
- 016 Ruth Parsons - 'Busy mother with anxious thoughts found a tool to calm her down.'
- 017 Parsons Family - 'Music which creates a peaceful atmosphere at home.'
- 018 Cicely Chan - 'John's music touches my soul.'
- 019 Dorothy - 'Sleeplessness caused by divorce trauma.'
- 020 Merryl Bowen - 'Busy property management company.'
- 021 Merryl Bowen- 'How to calm down your dogs to gain a peaceful atmosphere while working'
- 022 Tim - 'Message from one husband to another.'
- 023 EEG experiments
- 024 Danuta Andrzejak - 'To be in an Alpha state of mind'
- 025 Adult students with learning difficulties and mental health problems
- 026 Susan King - Full Therapeutic Range
- 027 Andrea - 'Quality for life, quality for sleep.'
- 028 Christian- 'How can nightmares turn into the beautiful dreams.'
- 029 Cynthia Hearne - 'Now you expect me to cure you... After 22 years of sleeplessness.'
- 030 Susan- 'The healing properties of music.'
- 031 Angelina - 'John Levine's music has vibrating effect on my body.'
- 032 Cindy and Terry - 'John Levine's music taking my mind off my worries.'
- 033 Jennifer Buergermeister - 'How I got addicted to John's music.'
- 034 Alphamusic Concert
- 035 Stewart Holmes - 'A caring but care-less life'
- 036 Carmen- 'Huge emotional boost.'
- 037 Jaslo School - 'On the beginning there was a one big chaos.'
- 038 Joanna - 'It makes them fell calm and relaxed.'
- 039 Debbie - 'The impact of the music on the rebirthing.'
- 040 Case Study - Speaking Difficulties - 'Alphamusic in Neurotherapy.'
- 041 Heather - 'Music that brings a change in the energy field.'
- 042 Tom- 'A colorful world gone to black and white.'
- 043 George- 'John's music helped my son with his sleeping problems.'
- 044 Alison - 'I found John's music very spiritual for me.'
- 045 Jas - 'Child Cerebral Palsy.'
- 046 John Lynch - 'The pressure and stress of my body are floating away.'
- 047 Stan Sakic - 'Totally at ease, totally relaxed.'
- 048 Minouche Kaftel - 'When I am listening to this music I feel that my life is in balance.'
- 049 Adrienne - 'What feelings and memories can Alphamusic bring out?'
- 050 Terry Weber - 'In to the market. Retailer's opinion about Alphamusic.'
- 051 Michelle - 'I have slept very well since using the Orange Grove Siesta.'

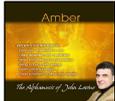
- 052 Anne twins - 'Alphamusic really works well with the babies.'
- 053 Jonathan Sedley - 'Strong hands that relief the pain.'
- 054 Sadhana- 'I helps to calm me and not get distracted while I am studying.'
- 055 Alphamusic Concert
- 056 Cancer patients - 'It works well with cancer patients too part 1.'
- 057 Cancer patients - 'It works well with cancer patients too part 2.'
- 058 Brad - 'We all experienced the reduction of the agitated state.'
- 059 Peggy- 'Musical Healing.'
- 060 Felicity- 'Through emotional blocks.'
- 061 Louise - 'Tinnitus declined with the tunes of Levine's Alphamusic.'
- 062 Louise - 'It must be the vibration that is coming from the music...'
- 063 Lydia - 'People missing out such a great opportunity.'
- 064 Lydia - 'Agitated boy managed to sit still after playing him John's Alphamusic.'
- 065 Macmillan Workshop - 'Living Well With Cancer; A complementary Approach Workshop
- 066 Mysiek - 'The influence of John's Alphamusic on energetic hamsters.'
- 067 Reiki workshop - 'The delightful company of Alphamusic composer at Reiki Celebration Day'
- 068 Kay - 'How John's Alphamusic helped with self-motivation.'
- 069 Peter Barnard - 'John Levine's Alphamusic played at three major concerts.'
- 070 Malgorzata Chodak - Sarah, the patient
- 071 Sue Homer - therapist - 'Panic attacks and extreme anxiety!'
- 072 Miroslav Sagan - insomnia - 'I have great coloured dreams with alphamusic'
- 073 Jenny Dorrington - shiatsu therapist
- 074 Chris Myszak - insomnia - 'I had fallen asleep'
- 075 Renee Zamel - shiatsu therapist
- 076 Drug addiction
- 077 Cotswold Care Hospice - 'I experienced a miracle.'
- 078 Arthur Rank Hospice - 'I couldn't understand why I cried and cried and cried.'
- 079 Shakespeare Hospice - 'We were fascinated with the whole idea.'
- 080 Other hospices - 'It may be something that brings them a sense of peace...'
- 081 St Oswald's Hospice - 'Everything seemed to slow down and become peaceful...'
- 082 Budgies - How it all begun
- 083 Louise - 'IN TUNE WITH MYSELF AND OTHERS'
- 084 Marion Shneider - Spa and Beauty recommendation
- 085 Sue Woods - dementia - 'High security ward under influence of alphamusic'
- 086 Dr Aronson - diabetes - 'Amazing! Blood sugar level in diabetes cats stabilized!'
- 087 Christine - 'Try how it works with your children!'
- 088 Schizophrenia - 'Beneficial effects of Alphamusic CD on Schizophrenia patients'
- 089 Dentist's story
- 090 Barbara Brown - Qi Gong -The Chinese Art of Working with Energy
- 091 Renee sigel - Silence of Heart
- 092 Sue Rugg - "It feels as if you have all but saved my life"
- 093 Deborah Robinson - Orange Grove Siesta cd trains the brain
- 094 JanineCarruthers aged care workshop, dementia
- 095 Jen Booth aged care workshop, dementia
- 096 Chronic back pain - Alyson
- 097 Silence of Peace in your school
- 098 Juli Quick Music that meditates for you
- 099 Karin Higgs - aged care - dementia
- 100 Sasha, cat - calm down, relax, stress
- 101 "Alphamusic makes rats well behaved"
- 102 Teaching - How to settle down students
- 103 Retailer testimonial - health food store
- 104 Hospital Miracle - Danuta hospital recovery
- 105 Depression case study
- 106 Lorraine - Facing The Pain of Loss
- 107 Insomnia - Elsa story

- 108 Lucks Clinic - Children Sleeping
- 109 Heart - Margaret Story
- 110 Delta Sleep - Alex
- 111 **MUSIC ACTIVELY ASSIST IN TREATING ADDICTION AND TRAUMA**
- 112 Life Challenges - Julie Ann
- 113 Col Maggs - Tai Chi
- 114 Jennifer Lynch story
- 115 Amy Dyslexia
- 116 Julie Erickson - Massage therapist
- 117 Francis Yoga
- 118 Dentists - Nader Malik
- 119 Boosting Immune system
- 120 Cancer patient
- 121 Toni Insomnia
- 122 Vivienne Insomnia
- 123 Monique - quantum touch
- 124 Rut - sleeping problems
- 125 Steve - Pain and Insomnia
- 126 Judy King - therapy
- 127 Emily - psychotherapists
- 128 Melissa Hogan - teacher
- 129 Avik - sport therapist
- 130 Laura - Night Terrors
- 131 Son sleeping problems
- 132 Geraldine - therapist - post viral encephalitis syndrome, autism
- 133 Ewa - Alphamusic is the future

Silence of Peace Vol. 1	Silence of Peace vol.2	Spirit	Silence of Love	Silence of Balance	Silence of Heart	Silence of Voice
						

ADHD / Hyperactivity	008	017	097																		
	064	102																			
Aged care	099	094	085	094	099	095	095	099	085	085	099	094	099	094	095	094	099	085	094	099	085
Agitated behavior	064	102																			
Anxiety	024	071					016									007					
Aromatherapy	026	036					026						026		026			026			
							036							036							
Autism	025																				
Back Pain	096																	096			
Beauty Therapy	084												018		018						
Boosting Immune System	036	119													036						
Business	011	020	030				050														
	046	050																			
Calming babies & children	003	008	013				035								037						
	037	097																			
Calming Pets / Animals	005	011	021																		
	066	082	101																		
Cancer	056	057	065				065						065		065			065			
	077	079	080																		
	081																				
Cerebral Palsy	045																				
Children's Behaviour	003	008	017																		
	097																				
Chronic Fatigue Syndrome																					
Concentration/Focus/Studying	001	005	009																		
	011	012	015																		
	017	029	024																		
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Concert	034	055	077				034	055					034	055		034	055				
	078	079	080																		
Creativity	011																				
Dementia	085	094	095	099	085	094	095	099	085	094	095	099	085	094	095	099	085	094	095	099	
Depression	105														002	042	062				
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Diabetes	056	057																			
	086																				
Disabilities	025	035	045																		
Drug addiction	111				111				111												
Dyslexia	035	115																			
	025																				
Emotional blocks/emotions	060	078					060								041	060	078				
Emotional Lifting / Balancing	035	080								091					036	048	080				
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	Silence of Vision			Silence of Light			Orange Grove Siesta			Amber			Emerald Forest			My Little Sea Shell			Alphamusic at Play		
																					
Empowerment	049			049																	
Energy field													041						041		
Facing life challenges	049			049						010											
Family/play time							017						017						017	087	
Fibromyalgia																					
Grief / Loss / Bereavement													024								
Holistic Treatments/ by practitioners	026			026			006	026		026	059		026			026			026		
Hospice	080	079		081			077			077			078								
Hypnotherapy	063	064								063	064										
Insomnia (Busy minds, Women)							009	016	019	059			051								
							029	027	051	093											
							062	077	092												
Insomnia (Men, Deep Sleep Aid)							074			072	100										
Insomnia (Children)							010	013	017							014					
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Life pressure													022	047							
Massage							038						053								
Meditation				079	080					078											
Motivation							068						068						068		
Musicians																					
Neuropathy																					
Nightmares																					
Pain - emotional							019	029					024								
Parkinson	063									063											
Phantom pain																					

	Silence of Vision		Silence of Light		Orange Grove Siesta		Amber		Emerald Forest		My Little Sea Shell		Alphamusic at Play		
															
Phobias															
Physical Pain									053						
Rebirthing					039										
Reflexology					038										
Reiki	061	068	068		068		068		068		068		068		
Relationships / Arguments										022					
Relaxation					006	047	047		024	047					
Retailer's opinion	050		050		050		050		050		050		050		
schizophrenia											088				
Separation / Divorce					019										
Sex therapy							059								
Singers															
Sound therapy	060				060		060								
Speaking difficulties															
Spiritual	049		049		047		047		047						
Stress					046				022	046					
Teaching															
Therapists	061	064			006	039			041				026	041	
	068														
Tinnitus	061														
Vibrational therapy					041								041		
Workshop									065						
Worries															
Yoga / Pilates			033				033		033						



PASSPORT TO A GOOD COLLEGE

Eric Wharton's story



"I can't concentrate. I am distracted by everything around me when I try to study". Sounds familiar? In many colleges and universities around the world this is a common theme. Around 40% of teenagers suffer from mild or severe depression. This can contribute to problems at school. Is there any hope for them?

Eric was distracted.

Eric Wharton (17), a former pupil of The Leys School Cambridge was one of those students who found it **difficult to concentrate** on his studies. It would take him up to three days to write a 2000 word essay! He was distracted and prone to procrastination. Wandering around his home, watching television, calling his friends and snacking diverted him from his books. If he eventually managed to focus on his assignments, it wasn't for long periods of time. Even for the subjects that he enjoyed, for example psychology and history. His problems seemed to worsen when he

moved from Canada to England to study, two years ago.

His help arrived in a form of a CD.

The Leys School was demanding. It was very stressful for him. The school day was long and when final exams came around, his problems with concentration were exacerbated. He turned to his favorite music but it didn't help for long. After five minutes of study and listening, his mind began to drift. He decided to try something new. He came across 'Silence of Peace', composed by John Levine. The information on the packaging read that other listeners reported benefits in concentration levels. Curious, Eric took home the CD. At home he listened to 'Silence of Peace' while he studied. The minutes turned in to hours and Eric was truly amazed by the results.

15 hours are better than 2!

"Before using 'Silence of Peace' I could only work for a **maximum** of two hours," said Eric, "But the first time I used it with my work, I worked from 11 in the morning till 2 the next morning". During this time he studied History, Physics and English coursework, and was able to do all that he had to without falling behind. A substantial improvement was shown in his grades. Eric's B grades turned into As. His marks went up an entire grade! He claims it is because of John Levine's 'Silence of Peace'. His academic achievements have guaranteed him entrance into the top state college in the country, Hills Road Sixth Form College. Now anytime he needs to concentrate he turns to his 'Silence of Peace' and his more recently owned 'Silence of Heart'.

Eric's future as a psychologist looks bright.

When asked about future plans, he was planning to continue his studies at either Cambridge or Toronto University, considering psychology as a subject. What does he say to other students who suffer from similar problems? "Try the Silence of Peace CD. It's working for me. It helps me a lot. Listen to it to aid concentration and increase your productivity levels".

**Depression,
Fibromyalgia**



Silence of Heart

DEALING WITH CHRONIC PAIN AND BEREAVEMENT

Madeleine's story

Madeleine (55) is already retired, as she suffers from **Fibromyalgia**. She's also been struggling with **bereavement** after her best friend Diane died. Fibromyalgia is a mysterious but chronic condition most commonly affecting middle-aged women. One of the main symptoms is persistent pains that can occur anywhere in the body and a particularly nasty offshoot of this is badly impaired sleep. With conventional Western medicine, there is currently no cure.

Madeleine's health problems began after a tragic car accident she was involved in, in 2002. She had always been a sociable, extroverted person who loved company, but subsequent to the crash and then her best friend's death, she developed symptoms of depression and agoraphobia, preferring to stay at home, rarely receiving guests. Sadly, Madeleine also hid her feelings and problems from her family and admits she became very clever at disguising them.



Negative voices and thoughts hounded her, causing insomnia and she then started experiencing strange pains in her body. She couldn't get comfortable in bed and could never relax: *"The more tired I got, the worse the pains became."* This pain and insomnia cycle is the most debilitating aspect of Fibromyalgia.

Being told that her condition was incurable made Madeleine's depression worse, yet somehow she believed there must be better ways to manage her symptoms than taking drugs. She began looking for natural therapies instead.

She tried various treatments, including relaxation music, but none gave her relief and some made her irritable feelings even worse. By the time she met John Levine, every 'New Age' CD and alternative therapy she had tried had wound up in the rubbish bin.

Fighting Hopelessness

About a year ago Madeleine met John Levine for breakfast at a local café. Ironically they discussed various methods to help people who had become physically weak through illness. As they chatted, John noticed Madeleine's low state of mind. Naturally concerned for her and wanting to help, he gave her a copy of *'Silence of Heart'* and encouraged her to persist with listening to it.

Madeleine recalls how she went home, put the CD on and immediately felt that the music was intrusive, invading her thoughts and stirring up uncomfortable emotions. She quickly decided she couldn't stand John's music; in fact she simply hated it!

Nevertheless, John's suggestion that she shouldn't give up - on life or on the music - somehow stuck in Madeleine's mind and she was determined to try and follow through. She kept playing the CD, without pausing and found she still didn't like it very much. Eventually she decided to give the music a rest.

After a little while, she reasoned with herself that it was **just music** and couldn't possibly do her any harm, so she tried again. This time she found as she listened to *'Silence of Heart'* that her mood began to lift a little and she felt noticeably more comfortable. As her mind became serene, she felt her whole body letting go as all her muscles that had previously been holding so much tension unwound as if they were magically unknotting themselves. Madeleine, for the first time for as long as she could remember, slipped into a state of peace and relaxation. She started to have the reassuring feeling that *"everything would be ok"*, and with that she took a deep breath and sighed.

"It stops my mind from racing, calms my body and lulls me to sleep."

Madeleine has now listened to *Silence of Heart* many, many times. In fact she claims to have played it over 100 times in one week! She listens to *'Silence of Heart'* whenever she has trouble sleeping or feels down and even uses it as a background to her housework. *"It stops my mind from racing, calms my body and sends me to sleep. It's wonderfully reassuring."*

For Madeleine there is no question about the effects of John Levine's Alphasound: *"I call 'Silence of Heart' a friend! It hardly leaves my CD player! John's music relaxes my body, calms my restless mind and in that way it also helps relieve the pain and alleviates my suffering. Now I am able to sleep again. Anyone who has the kind of emotional restlessness that affects their sleep and consequently affects their whole quality of life should give John's Alphasound a go. Take a chance - you may find it helps you go forward."*

**Calming
down
children**



Peace Orange Emerald Forest My little Sea Shell

“THEY PLAYED THE CDs SO MUCH THAT THEY WORE OUT!” The children of Harvey Road Day Nursery’s story.

Harvey Road Day Nursery is situated south of Cambridge city centre. It is a non-profit charitable organisation, which cares for children of working parents. Their aim is to bring up children in a friendly and attentive atmosphere. In total there are 45 youngsters, aged from 3 months up to 5 years old.

In three rooms called ‘Cubs’, ‘Koalas’ and ‘Polars’, children are placed according to their age. The nursery provides many activities to encourage the little ones to use their imagination. They organise events where children are introduced to different cultures, most recently it was African history month! Children had the opportunity to listen to African stories and dress up in traditional clothing. Other activities may include story sessions, musical movement or computer sessions.



Some of the little children feel anxious when their parents first leave them there. One of the main challenges in a nursery is managing the rambunctious and anxious. It is difficult to efficiently move groups of children from the garden to inside or to get them to quickly and quietly sit down at the table. Even harder is naptime! Children, no matter how shattered they were didn’t want to go sleep. They preferred playing.

Three years ago Christine Hall, officer-in-charge of the nursery invited John Levine to demonstrate his music to them. She was skeptical about their effectiveness. She knew that there were lots and lots of relaxation tapes and CDs around. She asked John what was going to be so different about his CDs. She couldn’t remember why in the end she took some. Christine put the music on to see if it would work. Initially, the children were noisy as usual, but it didn’t take long for the staff to notice the benefits of the music. The children stopped shouting, calmed down and simply went to sleep. It was quiet amazing to the staff. When they played different music the effect wasn’t the same. Children didn’t follow the adult’s direction. Their behaviour remained the same. They were noisy and couldn’t focus. Other music simply didn’t work for them.

Harvey Road Day Nursery staff now use John’s music predominantly at rest and meal times. They also use it during other periods of the day when they want to create a calm or creative ambience. Even the children ask staff to play Alphasound when they think it is too loud. One little girl once came from the garden and turned on the ‘*Silence of Peace*’ CD by herself. She said that it was too noisy inside and children needed to calm down! It worked as she wanted. The staff now easily manage the children and persuade them to rest on their sleep mats. Children love when this music is played. Both nursery workers and their pupils have found benefits listening to the CDs, as staff too, need their quiet times to complete administration and recharge their batteries. They listen to ‘*Orange Grove Siesta*’, ‘*Silence of Peace*’ and other Alphasound titles everyday. All of John’s music has been played so many times that they recently had to replace all the CDs as their original copies had simply worn out!

Christine Hall said that she would recommend it to everyone from youngsters to grown ups. If you have problems with keeping children calm you should try these CDs. “*If it helped us, it definitely will help you!*” exclaimed Christine.



TOO STRESSED TO MEDITATE

Peter's story



Working as a security guard

A security worker's duty is to protect our property and our safety. Sometimes they risk their own lives to do their job. Peter (42) started working as a security guard in a control centre about year ago. He was happy and hardworking in his job and quickly got promoted to manager. He enjoys it, on the whole, although admits that sometimes the paperwork can be tedious and time-consuming. However, in his personal life things haven't always been so easy. Two years ago Peter experienced the sad loss of his beloved father, who died leaving both wife and son behind. Now Peter cares for his elderly mother, who suffers from depression and loneliness. He too has also started to show signs of depression. On top of the difficulties involved in bereavement and being a carer, his marriage broke down and his wife left him. Due to the stress he was under surrounding these circumstances, his sleep patterns began to deteriorate. He would often wake up in the middle of the night and wander round the house, read books or try anything he thought might help him sleep but unfortunately it didn't help. He felt restless and stressed after a difficult two years.

At an exhibition stand he searched for a CD for stress and anxiety

Peter used to practice meditation but felt that he had become too stressed to meditate! Anxiety clouded his thoughts. He felt physically affected - he seemed to perspire a lot, suffered from tension headaches, migraines and high blood pressure. He needed help. A few weeks ago he met John Levine in Cambridge, who introduced him to Alphamusic. "*This is a small thing*" he said "*but it will help*". Peter decided to try it.

He listened to a few seconds of 'Silence of Peace' on headphones and noticed an immediate change.

Peter put the headphones on and listened. "*I couldn't believe it. In seconds I felt my heart slowing down and my whole body tingling,*" says Peter about the first time he heard the music. He said that it was something he yearned for, some peace of mind. He was extremely satisfied with 'Silence of Peace', from the first moment. Before listening to the music for the first time, he didn't see how something so small could impact him in any real way, but he was prepared to be open-minded. "*It's amazing that something like this came along*", explained Peter.

Happier, relaxed and he doesn't feel down anymore

Peter now uses '*Silence of Peace*' whenever he has a bad day at work or an argument with someone. People have noticed the change in his behaviour. He is happier, more relaxed and optimistic. Moreover, his sleep is back to normal. He recommends John's music to everyone because it really helps him. He can think more clearly and leave his worries behind if they get overbearing. His stressful job doesn't bother him anymore, because he has the right tools to deal with this.



TAME YOUR DOG'S ENERGY

The Cocker Spaniel's Story

Energetic Spaniels



A Cocker Spaniel's temperament is gentle and affectionate, yet full of life and exuberance. Paul Lane, a 39-year-old graphic designer, has two such dogs. He loves them very much. Five years ago, he set up his own graphic design business, having been in the industry since he was eighteen. Most of the time, Paul is out of his house, but he sometimes works from home. His dogs, therefore, are often left alone at home. Paul finds it difficult to concentrate on work at home because the dogs make a lot of noise. The worst thing is when Paul has to leave Ellie and Maggie at home while he goes to the office or to meet clients. The dogs scatter everything in sight. Usually this results in Paul having rather a lot of cleaning and repairs to do. Maggie, the younger Spaniel, is very nervous and barks a lot. She also chews things and scratches the walls. Paul is very concerned about his dogs when he is away on business trips or attending extended meetings.

Bringing the dogs' energy under control

One winter day, a year-and-a-half ago, Paul had a very busy week. He desperately needed to focus and finish some jobs by their deadlines and he was working from home. He was nervous because his dogs were making a lot of noise and wanting to play with him. He couldn't do anything. He sat down in an armchair and turned on his CD player, which happened to have loaded the CD called Silence of Peace, composed by John Levine. Within minutes Paul felt relaxed, more focused and like the music had filled the whole room with a positive energy. He also noticed something strange. His dogs had stopped running, making a mess and being noisy. Everything had simply gone quiet. His two little, energetic Spaniels had calmed down! He couldn't believe it! For the rest of the day, the dogs sat quietly by his desk, while Paul continued to work on his projects. *"I found Alphamusic two years ago,"* explained Paul. *"I needed something that would help me deal with the stress caused by long working hours. I didn't expect too much. I presumed you had to be fairly open-minded to that sort of thing. Everything that happened afterwards has been a bonus. Now dealing with my dogs is a lot easier. I didn't realize that the music would have an effect on my animals,"* continued Paul. Now, when Paul goes to work, he leaves Silence of Peace on so his dogs can listen to it. When he returns home, Paul is welcomed by happy dogs and a clean house. He can allow himself longer recreation and exercise times, because he knows that work time at home will be more productive. He doesn't need to be concerned anymore on his *"little ones."* Paul says that his life is much easier and happier now when he can see his dogs in such good condition. *"If you are a person concerned about your animals, you should really give Alphamusic a try. You will be more relaxed if you know your pets are in good hands and not suffering from loneliness,"* explains Paul.

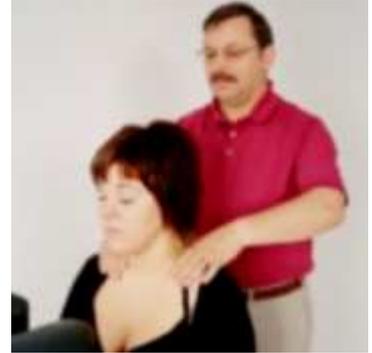
Relaxing to the patients		
	Silence of Peace Orange	



SHIATSU, QUANTUM TOUCH® AND ALPHAMUSIC SEND PEOPLE TO SLEEP

Mervyn Foster's Story

After serving in the Army for twenty four years, Mervyn was fascinated by Martial Arts and nine years ago he trained to become an Aikido instructor. Whilst going for his Black Belt he had to learn some Shiatsu techniques. This snowballed into him gradually leaving his communications work with the Police, the ambulance response service, the fire brigade and the Ministry of Defence and setting up his own business, 'Soothing Hands Ltd' as a qualified Shiatsu Practitioner and Quantum Touch® Instructor and Practitioner.



Alpha music, Shiatsu and Quantum Touch a Perfect Combination

Mervyn loves Alphamusic. Two years ago he had heard John Levine being interviewed on BBC Radio, a sample of one of his pieces, Orange Grove Siesta was played. He heard that John was in Cambridge showcasing his new album so he went along to the presentation and took couple of Alphamusic CDs. Mervyn said that radio program sparked in him enough interest that he wanted to listen to more of it. Previously he had used similar types of music but since he found Alphamusic he hasn't used anything else. He plays it in the background when he is treating clients, it really relaxes them and some of his clients have been known to fall asleep during the treatment which happens more now than before!

Mervyn's clients love the music and often ask him about it. *"I know they like it because they are so relaxed. If they didn't, they wouldn't and would stay tense and stressed,"* states Mervyn. The combination of Alphamusic and Mervyn's treatments help people to forget about their everyday problems and makes them feel good. *"Having wonderful music like John's in the background helps my clients and me,"* explains Mervyn. He used to feel tired after giving treatments all day, but the music helps him to feel revitalised and give a better service to his clients. He also offers John's music to his clients so they can listen to them at home. He believes in the music so much that it is the only one he uses for himself and his clients. Once or twice Mervyn forgot to take his CD player with him to treatment sessions and there was no music. Clients noticed the difference and told him he must not forget the music next time! Mervyn, as well as his clients, recommends John Levine's Alphamusic to everyone. *"Try it and see the difference, we have already noticed it!"* exclaim Mervyn's clients.





NEEDLE PHOBIA. CAN ALPHAMUSIC DEAL WITH IT?

Listen to Sharon's story

Doctors define needle phobia (Trypanophobia) as a medical condition that affects 10% of the population, resulting in people avoiding necessary medical care. Failure to inoculate against Rubella, for example, can result in deformed embryos, deafness and other abnormalities when mothers are infected during pregnancy. Symptoms of needle phobia include anxiety, dry mouth, heart palpitations, nausea, sweating, shaking, hyperventilation and loss of consciousness. There are even some documented cases of death caused by needle phobia.

Sharon, 43, has suffered from needle phobia for a long time. When she has to visit a doctor her stress levels rise, her blood pressure rises, her heart rate increases, her legs freeze and she feels more unwell than before she went to the doctor. As a happy mother and wife, she has a lot of responsibilities and she needed to find a way to not let this hold her back. A few weeks ago, Sharon had an accident and twisted her back. She is now in the process of recovering. The accident forced her to see an osteopath. This was a horrible experience for her. Only her supportive husband and a mysterious CD helped her overcome her fear.

Mysterious CD



Sharon's husband met the Australian composer, John Levine. They had a long conversation. Andy told Levine about his wife's problem. Levine, in turn, introduced Andy to Alphamusic. Andy went away with a CD entitled '*Silence of Heart*' and gave it to his wife to listen to. A few days later, Sharon had to go to the dentist. Predictably, she was afraid, shaky and panicky. She turned on her CD player and started to listen to John Levine's CD. She sat in her armchair and within moments felt her fears begin to dissipate. She forgot about the fact that she had to go to the doctor. She totally calmed down. Sharon took her CD player with her and continued to listen to '*Silence of Heart*' on her way to the dentist. "I was in shock," said Sharon, "It really took away the stress. I not only managed to enter the dentist's office without fear, I also felt no stress as I underwent the dental surgery," continued Sharon. "It was quite an amazing relief."

A couple of years ago Sharon received therapy for her needle phobia. It didn't help her much; she continued to suffer. Sharon also tried one of several spiritual therapies available on market, which was more helpful for her. However she did not want to have to sacrifice more family time for therapy. So when she received some Alphamusic as a gift from her husband, it was ideal for her, because she could listen to the CD whilst doing other things, and didn't need to take time out to attend other therapy sessions. Now she has more time for her family. When Sharon listens to relaxation music other than Levine's, she can hear the difference. "There is a spiritual vibration I pick up on in '*Silence of Heart*'. In Alphamusic, you feel like there's something around you creating a quiet and peaceful atmosphere, that helps you to concentrate and forget about your stress and fears," explains Sharon. '*Silence of Heart*' took a lot of pressure off Sharon. Whenever she has to go to the doctor, she puts her headphones on and listens to Alphamusic and it supports her through any difficult patches. She is full of energy and feels stronger. She enjoys gardening and long walks along the river. She recommends Alphamusic to everyone. "It is a natural alternative and wonderful tool to ease stress. It can't do any harm," says Sharon.



CALMING DOWN YOUR SON'S HYPERACTIVITY

Cameron's story

If a child is active it doesn't necessarily mean he is hyperactive. Doctors claim that 3-5% of the population has ADHD (Attention Deficit Hyperactivity Disorder) and that boys are two to three times more likely to have ADHD than girls. Symptoms usually occur in early school years or sometimes even earlier. ADHD is defined by its symptoms, so the actual causes are unknown. However it is claimed that some medications, lack of needed nutrients, allergies or infections may contribute to this. It is also said that states such as depression, anxiety, bereavement or medical disorders may lead to hyperactivity. Magnetic resonance imaging (MRI scans) show that there is a difference between the brains of children who suffer from ADHD and ones who don't experience this disorder¹. Around 20-30% of children with hyperactivity experience another specific learning disability (LD)². They tend to do badly at school.



Fortunately not everyone who is overly hyperactive, inattentive, or impulsive has ADHD. Some such children will develop ADHD, while others will not.

Tracey (38), a mother of two, cares very much for their welfare. She is active in the Parent-Teacher Association and the Scout Organization. She wants to be with her children as much as she can. Her younger child Cameron suffers from hyperactivity. He needs constant supervision. He has problems with concentration and is easily distracted. He disrupts both Tracey and her older sister. Tracy has tried several methods like therapy and music sessions but they didn't seem to have any impact on Cameron's behaviour. He still had school difficulties, anxiety and made a lot of noise at home.

One day Tracey met John Levine. At the beginning Tracey was very skeptical. She wasn't sure if it was going to have the effect John was talking about. But in the end she took Silence of Peace music home. "John was so convinced that I took one CD titled 'Silence of Peace' to see if it really works" explained Tracey. It was on a day that Tracey had to work from home. She needed to focus and have a quite atmosphere at home Unfortunately, Cameron was running up and down the house, screaming and crying because he had had an argument with his sister. He couldn't calm down. Tracey tried the Alphamusic. After about ten minutes she noticed something strange. There was an amazing silence inside the house. She couldn't believe it. At first she started to worry about her son, who had stopped screaming. She went to another room and was amazed! Her son was lying on the sofa and was sleeping. She was able to finish preparing for her appointment. "I was shocked and amazed at the same time. I couldn't believe my own eyes," explains Tracey. "The things that John told me about his studies on brain activity and the influence of his music are now a fascinating subject to me. It really works. I still can't believe it," says Tracey. She plays this music seven days a week as a background. Her children are calmer and easier to deal with. Her son doesn't have as many difficulties at school and can concentrate far better than previously. She can't imagine her life without this CD now. She even got a couple more to help her deal with different sorts of problems in her life. "Everyone must try it, to see the effects. I can't even explain how it works. Marvelous experience."

¹ Castellanos FX, Giedd JN, Marsh WL, et al. Quantitative brain magnetic resonance imaging in attention-deficit hyperactivity disorder. Archives of General Psychiatry, 1996; 53(7): 607-16.

² Wender PH. ADHD: Attention-Deficit Hyperactivity Disorder in Children and Adults. Oxford University Press, 2002, p. 9.



I FOUND HELP IN JOHN LEVINE'S MUSIC

Tracey's story

Tracey (38) has been working as an accountant for WHK Accountancy Company for nine years. She has two children, her daughter Lauren is 11 and her son Cameron is 10. Cameron was very active and had problems focusing. He also liked fighting and having arguments with his sister. For more information on how Alphamusic helped Cameron please see Client Testimonial 008. Tracey, like her son, had a problems concentrating. She found background noises, like street sounds, loud music, and her child's shouting extremely distracting.



One evening she was preparing for a very important meeting the next day. It seemed like the perfect opportunity to test out John Levine's 'Silence of Peace' Alphamusic CD. She was very tired and couldn't concentrate. Her son was racing around the house, screaming and complaining that he had had an argument with his sister. Within ten minutes of putting 'Silence of Peace' on, the house was quiet like never before. Her son was asleep on the sofa! The background noises, which she previously found distracting, seemed to no longer be audible. She was able to concentrate on her work and the next day's meeting was very successful. *"In one evening, I managed to do work that normally would have taken me two days to do."* claims Tracey. Both she and her children found the CD beneficial.

"John's CD helped me deal with unresolved pain. I actually found that it made me feel more balanced and comforted somehow."

Tracey lost her father to cancer earlier this year. He had been admitted to hospital just before Christmas and was subsequently transferred to a hospice, where he finally died a few months later. While at the hospice, Tracey visited her father everyday and took care of him. *"It was an exhausting time both physically and emotionally, but the eventual loss of him was most definitely the hardest thing I have ever had to come to terms with. He was always my biggest support, the person I turned to whenever I needed help and guidance. He was such a big influence in my life and the life of my children,"* explains Tracey. During her father's stay at the hospice, her colleagues were very supportive of her taking time off from work. However, after her father's death, she had to get back to work. *"That didn't really give me any time for grieving and I think I carried that pain with me for many months before I was really ready to face it,"* says Tracey. It was very painful for her. She felt like she had lost a piece of herself. After her father's death, Tracey began to have difficulties sleeping. Tracey recalled how Alphamusic had been helpful in the past. Once again she contacted John and tried 'Silence of Heart' for her emotions and 'Orange Groove Siesta' to help her get good nights sleep. Before going to bed Tracey turns on her CD player and listens to Alphamusic. This relaxes her and allows her to forget about her problems. No other music has ever had the same effect on her. *"Alphamusic helped me carry on with my pain. I actually found that it made me feel more balanced and comforted somehow,"* says Tracey.

**Chronic Fatigue
Syndrome**



Orange

MUSIC TO DEAL WITH CHRONIC FATIGUE SYNDROME

Rachael's story



The hardest times.

Janice, is an unemployed single mother of four children, fully devoted to her family, who leads a complicated life. When her younger daughter Rachael was thirteen years old, doctors diagnosed her with Chronic Fatigue Syndrome. From that day Janice had to care for Rachael on a fulltime basis.

Chronic Fatigue Syndrome, also known as Myalgic Encephalomyelitis (ME) or Post-Viral Fatigue Syndrome (PVFS), is a disease that affects the central nervous system and the immune system. It causes tiredness and the inability to perform daily tasks. Every kind of activity makes the symptoms worse and any attempt to

rest doesn't improve the patient's condition. The exact cause of CFS is unknown. It's been said that improper functioning of the immune system or some form of virus may contribute to emergence of this disorder. Typical symptoms of CFS are persistent fatigue, headaches, muscle and joint pain, sore throat, forgetfulness, lack of concentration and disturbed sleep patterns. Anybody could contract it, however, it affects four times more women than men. It develops most commonly in people in their 40s and 50s. However, children can also develop CFS, although it usually develops in late teenage years.

In the beginning, some of the family found it very difficult to believe that Rachael was suffering from this disorder, they thought that perhaps she was pretending because she didn't want to go to school. Her situation got progressively worse. It all started nearly four years ago from Glandular Fever; a viral infection causing a sore throat and fever. Rachael was extremely ill for three weeks and her doctors said that this triggered the virus. Her immune system stopped working properly and as a result she was constantly ill. As soon as one infection cleared another one would occur, becoming a vicious circle. She lacked the energy to go to school, so she spent her days at home in bed. Rachael was very tired, pale, couldn't focus or concentrate, and had to give up attending school due to her health problems. She also became sensitive to loud noises which caused her a great deal of discomfort.

The whole situation was really difficult for the entire Wilson family to cope with. This was a frustrating time for everybody; her mother worried not only for her daughter's physical health, but was concerned for her emotional well being too. It is not normal for teenage girls to never go out! She spent thousands of pounds and exerted massive efforts into helping her recover. She was very keen to find a natural, holistic remedy. In spite of her illness, Rachael was a very intelligent girl, she was so driven and competent that she studied independently away from her home, when she was well enough. Teachers visited Rachael to assist her learning as well as her mother providing constant academic and emotional support. Before she fell ill, Rachael was very lively and active girl with a particular fondness for horse riding and socializing. She also enjoyed ice skating, cycling, roller-blading and playing the piano.

There is very little medication available to treat CFS and doctors are reluctant to prescribe painkillers, because of the risk that the patients may become addicted to them, due to the longevity of the illness. In hospital Janet was told that Rachael's immune system needed a boost. Her doctors proposed various treatments, among them, vitamin infusions. Many of the suggested

treatments were very expensive, costing upwards of a thousand pounds - unrealistic for the budget of a single mother surviving solely on benefits and alimony from her ex-husband. After her numerous treatments which would keep them in hospital for up to 8 hours at a time, and hospital visits sometimes a long way from their home, Rachael was understandably very tired and drained from the travelling.

Sunshine after the rain...

Rachael's sister, Sarah, was one day in Cambridge when she met John Levine. After a few minutes of talking to John, Sarah reached for the 'Orange Groove Siesta' CD and looked at the information written on the back of the sleeve, noticing that others had reported that the CD had helped others to overcome sleeping problems. This was the one of the biggest problem that needed to be addressed in Rachael's case. Sarah was curious as to whether this might work for Rachael, so she rushed home excited to tell her mother about her discovery. Janice was intrigued and decided to give it a try, hoping it would help relentless fight to heal her daughter. The next day, full of hope, she came into Cambridge to get the 'Orange Groove Siesta' CD. *"I wanted something which would help her to get a good night's sleep. People with Chronic Fatigue experience problems with that. Their sleep patterns change and they go to bed very late at night and wake up several times."* explained Janice. 'Orange Groove Siesta' was played in the background when Rachel was ready to go to bed. It was the first time that Rachael had had a good night's sleep in a long time. She woke up in the morning fully refreshed. *"It had never happened before. It was a breakthrough. From that moment she was getting back into her normal sleep pattern. Big progress for my little sister."* said Sarah, her sister.

The music was played for another six months, every time Rachael was ready to go to bed. Her health began to improve. She is nearly a hundred percent better now, although she still easily picks up infections, each episode is not nearly as eventful as had been the case in the past. She is full of energy again, like old times. She goes with her sister to parties, stays for the whole night and the next day is absolutely fine. Her life is returning to normal. *"Rachael is being able to sleep and getting up at normal times, happy and healthy"* expresses Sarah joyfully. *"Everyone has noticed a difference in her behavior. She can go out!"*

Her mother is looking for a job and has some time to herself now. She doesn't worry anymore about leaving Rachael alone because she knows she is capable of taking care of herself. Rachael loves horses and next year she plans to go to college to learn how to work in the equestrian field. *"Eighteen months ago I would never have predicted that my daughter would go to college or could do so many things. It's wonderful that she's got back her life and has so many options available to her."* said Janice. Rachael has also started painting mountains, using *Alphamusic* to help her focus on her art. The mountains on her paintings look realistic, are very beautiful and worth seeing. The Wilson family recommends John Levine's *Alphamusic* to any one who is experiencing similar problems and have never looked back.



Dogs run amuck and ruin Nicky's working day

Nicky Anderson's story



Jonah, the roguish Jack Russell, rules the roost

Nicky Anderson, 35, is a garden designer who qualified at the famed English Gardening School in Chelsea and now runs her own business, *Capability Green*, in Cambridge, UK. Over the summer she has been running her busy home office, as well as minding not only her beloved retriever, Rory, but also two dogs belonging to friends. Rory, Nicky's full-time pet, is fairly mature at six and the third dog, Ben, is a sedate nine year-old who really likes to snooze. It is Jonah, the youngest and most active of the little group, who is also the most demanding and has become the ringleader of all the action. He demands the centre of attention, constantly jumping into Nicky's lap, and yapping at the other dogs until they play with him. When persistent interference and activity gets too much for Nicky she sends the dogs out into the garden, but Jonah can't bear being shut out and stands beside the door, yelping to be allowed back in. *"These constant interruptions leave me feeling frustrated, anxious and stressed. The dogs interfere with my work plans for each day, and jeopardize my goals,"* says Nicky.



Unexpected, pleasant surprise for the little pest

Just when Nicky was at her wits end with her animals' demands, she discovered an unexpected and thoroughly pleasant solution to Jonah's disruptive behaviours. In June this year she had attended a meeting in Cambridge where she heard John Levine's Alphamusic. She took a copy of 'Silence of Peace', hoping to create a calmer work environment and stimulate her creativity. *"I expected the music would work on me, make me calmer and help me to be more creative,"* explained Nicky. A few days later, Nicky was stuck with a design problem on her latest project and feeling annoyed and frustrated. Meanwhile, Jonah and the other dogs had their usual agenda, and wouldn't give her a moment's peace either, chasing a ball, barking and driving Nicky nearly crazy! That's when Nicky put on her new CD and Alphamusic filled the house. *"I turned on 'Silence of Peace' for myself, to try and tune out the hullabaloo, and it certainly helped me return to sanity. Then, after a little while, I noticed the whole place was much quieter. I started paying special attention to the animals whenever I put on the CD and found that after about twenty minutes or so of 'Silence of Peace', Jonah simply settled down. He curled up at my feet, perfectly calm. Since he's the disruption ringleader, the other dogs settled down when he did."*

In the past, Nicky has tried other music to help with the creative process, but none of it made a significant difference - and certainly had no effect on her animals. She now works in peace, concentrating and completing a design without frustrating interruptions. She says Alphamusic also helps her to work faster and more efficiently.

"Over an extended period, I've used the CD nearly every time all three dogs have been in my care. Whenever I sit down to design and put on 'Silence of Peace', the results are similar: Jonah quickly becomes calm, sometimes even falling fast asleep and he will happily stay there until I take a break," says Nicky.

Nicky has also come in possession of another Alphamusic title, 'Orange Grove Siesta,' which she uses when she needs a more upbeat and energetic atmosphere for creative work. She recommends both these CDs for people who have to work under pressure, and says they are a very good way to relax and stimulate creativity.



ALPHAMUSIC IN THE ERA OF STUDY DIFFICULTIES

Kate's story.

Waking up Cambridge.



Kate, 22, University of Cambridge graduate, has very unusual hobbies. Every Sunday morning she wakes up Cambridge residents by ringing the church bell and inviting everybody to morning mass. She has been doing this since she was fourteen and she says that she really enjoys it. Another activity that Kate enjoys is her volunteer work with the Guide Association.

When Kate finished her university studies, she took a well-deserved break all summer.

University times.

In June this year Kate finished her studies at the University of Cambridge. She graduated with a degree in chemistry. Kate claims that just before her fourth year exams she couldn't motivate herself to work. *"It was very strange, I just couldn't bring myself to work,"* claims Kate. *"It was like everything was trying to stop me from achieving my goals."* Her stress levels during this time were very high. Her concentration problems were certainly related to stress. Her studies and professors were very demanding. The University of Cambridge is famous for its high standards in teaching, as well as in its research activities. She had to spend many hours at lectures. She had 2 lectures a day and 4 hours for practical and tutorial classes. For fourteen weeks solid she had been doing a research project, which due to unforeseen circumstances went disastrously wrong. *"However, the work I had to do to get round the problems meant that I had a lot to write about in my dissertation. Only I couldn't work for more than an hour a day without becoming exhausted, I was hardly learning anything at all,"* explains Kate. Kate tried many methods to help her concentrate. For instance, she listened to classical music, like Mozart, and she tried to relax by going out for walks. But none of this seemed to work for her.

In March of this year, Kate came across John Levine discussing his music. He was explaining that Alphamusic was helping people with different problems. Kate was very interested in how the music worked. *"With all my problems studying, I thought it was definitely worth a try,"* says Kate. She told John that she was having problems with concentration. John suggested that she try listening to 'Silence of Peace' or 'Silence of Spirit'. She listened to both of them and she found that she preferred 'Silence of Peace'. The first time she listened to the Alphamusic CD, she was studying for her exams and couldn't focus. She turned the CD player on and within a few minutes she felt relaxed and calm. *"It just happened like that and it is very hard to explain how it worked,"* says Kate. She found that she was able to work all day, while listening to the music. She remembers how one day she went to the library at 9am and managed to study there until 5pm. While at the library, she listened to 'Silence of Peace' on her headphones. It was a huge improvement for Kate. She also claims that thanks to Alphamusic she achieved the same marks as she had in previous years when she was able to concentrate better. During her fourth year of university, there was more material to learn. She believes that **if she hadn't gotten help using John Levine's Alphamusic she probably wouldn't have finished university.** She listened to Alphamusic in the background whenever she studied or read a book because it helped her concentrate. *"I was desperate to find help and I am thankful to John for the music that he created. Thanks to this I went from not working or hardly working to working a lot. I also calmed down and started sleeping better. It was a noticeable change for me,"* expresses Kate. She would certainly recommend Alphamusic, especially to students or other people who are having problems with concentration. *"It really helps with learning and retaining new information,"* says Kate.

Calming
children

Silence of Peace

FROM AGGRESSION TO 'PEACE'

'How my son put down his sword'

The Manson Family's story

Richard, 44, runs his own business from home selling and advertising web space links to local business people. He has two stepchildren, Louis and Ruby. Louis is full of energy and always wants to take part in outside activities with other children. He is good at reading and remembering things. His sister Ruby is just three years old and still in nursery school. They are very energetic children, and often argue and make a lot of noise when they play with each other. At bedtime, Louis and Ruby always want to continue playing with toys, or watch television. Richard and his wife Hannah struggle to get the children ready to go to sleep.

Slaying dragons



About year ago Richard was given copies of John Levine's Alphamusic CDs '*Silence of Peace*' and '*Orange Grove Siesta*'. He had read about alpha and beta brain waves and was curious about how it worked in practice. He wanted to have some sort of relaxation music to be played in the background of his office. It was necessary for Richard to break away from the computer for at least a few minutes every hour and find a peaceful atmosphere to relax in and to have a break from looking at a screen. The atmosphere in the Manson household was far from peaceful and the air was filled with a cacophony of noise. Louis and Ruby were playing plastic swords with each other, pretending to fight imaginary dragons, accompanied to the sounds of clashing of swords, shouting and loud roars. His wife too was being

interrupted from her work around the house and had to keep checking on the boisterous children making sure that only dragons, not children, furniture and ornaments were under threat.

'*Silence of Peace*' caused the dragon slayers ceasefire...

Meanwhile she picked up the '*Silence of Peace*' CD and opened its cellophane wrapper. She decided to find out if the Alphamusic really worked, as it was reported to have calming effect on children, but it said nothing about little dragons! She put on the CD and returned to her household chores. A few minutes later, she suddenly grew quite anxious, as she realizing the noise had stopped, and dashed to see what had befallen Louis and Ruby. Their swords were found lying on the floor and the children were not fighting anymore. They had simply calmed down and were instead playing a much calmer and creative game, Fuzzy Felts pictures, sticking felt images on a board, with no aggression and arguments. Hannah called Richard to come and take a look, and they were both amazed! There was no doubt for them what caused this calming effect. "*During that time **the only thing that could force Louis and Ruby to put down their swords and put their aggression on hold, was this remarkable CD. It's no doubt that it has an immediate effect on their emotional state,***" explains Richard. Richard and his Hannah went one step further and started using another Alphamusic CD, '*Orange Grove Siesta*' before bed times. They had experienced a lot of problems at this time in the past when the children just didn't want to go to sleep, screaming and crying. With '*Orange Grove Siesta*' this problem has gone away. While listening to Alphamusic, **the children are easier to manage, more able and willing to concentrate, more relaxed and far less aggressive. "It really has had a soothing effect on the children,"** claims Richard. He recommends this music because he believes that it really works.

**Calming
down a baby**



Shell

SOOTHING THE BABY'S CRY

Katerina's story

Katerina, 32, a mother of two small children, works as an accountant in a financial company. Born in the Ukraine, she came to England six years ago with her husband Ken and son Daniel. Four years after they came to England and settled down, baby Samantha was born. She was a sweet and lovely child, apart from the first three months when she cried a lot. It was a hard time for both parents, as they had to get up many times during the night and see to the baby's needs. She only seemed to stop crying when one or other parent held her, so of course, it became very difficult to get on with even mundane household tasks, and the baby was easily disturbed as soon as they tried to put her down. They did try putting her down to let her cry herself to sleep, but the child's anxiety and noise didn't abate. Each day Katerina and Ken were very exhausted.



'It didn't work...', 'Yes it did, but he couldn't see the results because he fell asleep first!'

International composer and family friend John Levine, heard about their problems with Samantha and gave them a gift of his Alphamusic CD, 'My little Sea Shell'. He told them that the CD helps little babies who cry a lot to calm down. Ken, unlike Katerina was skeptical and was sure that playing a CD would not help. *"I didn't expect that it was going to work right away,"* said Katerina. *"Let's try and see what happens,"* she said to her husband that day. Samantha was lying in her cot, fractious and crying and not settling down after her feed and bath. Katerina reached for 'My Little Sea Shell' and played it quietly on the CD player. **A few minutes later the room became quiet, and baby Samantha stopped crying.** Katerina couldn't believe her own eyes, because her husband Ken was sleeping! Fifteen minutes after him, Samantha fell asleep too. **"This was unbelievable. The Alphamusic really worked! Not only for my baby but also for my husband!"** explains Katerina. When John met Ken a few days later, he asked him about the CD, but Ken was his usual skeptical self and answered that it didn't work. John was a little surprised and said that maybe it doesn't work for all babies. When he met Katerina the next day, she explained to him why Ken couldn't see the results. *"My husband simply fell asleep before Samantha did and couldn't see the effects,"* said Katerina. They started to laugh.



Katerina continued to use the 'My Little Sea Shell' whenever Samantha cried and had trouble sleeping during the night. She gradually became calmer and fell asleep more easily each night until she outgrew her night terrors and the need for the CD, and somehow the family lost the CD. Katerina often thinks that it would have been great to have the CD back when their

son Daniel was little because he, like Samantha, cried a lot during the night.

During the two years period of using this CD, the results were always the same, and their baby was calmer, more relaxed and stopped crying a lot at night. The parents were not woken up several times each night and they all had a good night sleep. Katerina recommends John's CD to other parents because she strongly believes that his Alphamusic is helping.



THE BEST TOOL TO CONCENTRATE DURING STUDY

Daniel's story

Daniel is the 10-year-old son of Katerina and Ken and attends a local primary school. Six years ago he came to England with his parents from the Ukraine. He is full of energy, a very active child, who likes playing outside games. He swims and he used to be good at basketball. Due to the cultural and school change, and the younger starting age of children in school in the UK, he has had to give up basketball and focus on his studies. He is very competitive and takes part in everything possible going on at his school, which is great for increased social interaction and building new friendships, but adds more pressure in his busy life.



At home, Katerina has to sometimes repeat requests perhaps as many as three to four times, for Daniel to do mundane things, such as washing his hands before he sits down to do his homework. In that respect he is similar to many boys his age. He really finds it difficult to sit down and study because he simply hates this period of inertia and would much prefer to be outside playing with other children. Whenever he studies, Katerina needs to be with him all that time, because he can't concentrate on tasks. He tries to find any excuse to give up. Katerina is also trying to teach him to write Russian. Russian letters are difficult to write and cause him a lot of trouble. After one or two sentences he gets frustrated and becomes very tired, although during that time he could have completed much, much more. He simply can't concentrate sufficiently. Katerina has sacrificed her choir, of which she was a keen member, in order to continue working with her son.

Katerina decided that she needed to find something to help her son to cope with his concentration problems. 'My little Sea Shell' was a gift for Daniel's sister and had stopped Samantha from crying at night, calming her down. So she got 'Silence of Peace'. Reading the back of the sleeve, she noticed that among the things that this CD has been reported to fight were concentration problems. After her earlier successes with Samantha's different situation, she believed that it might also be beneficial for Daniel, to help him with his studies. It was certainly worth a try.

She put 'Silence of Peace' on one day while Daniel was struggling to study as usual and within the first few minutes there wasn't any difference in his behaviour. He seemed to not be concentrating at all, but looking around, asking for a glass of water - all the usual excuses. But gradually **after fifteen to twenty minutes he became more and more focused on his tasks. He stopped showing signs of distraction and began to work diligently on his homework, even sitting at his desk for a staggering two hours without complaining and so he managed to complete all his homework exercises.** Katerina was ecstatic. From that moment whenever Daniel studied or did his homework, Alhamusic was always with him. **He did the exercises from the first to the last sentence without any interruptions. "There is also more free time for me,"** says Katerina, "I don't have to stand by him as much as I previously always had to do, because he is now far less easily distracted and can focus on the task in hand. I don't need to look after him to make sure he finishes everything, and he can be left alone and trusted to do all his homework". Katerina now can cook dinner without worrying about her son. "I can still see him but I am not sitting next to him and trying to tell him what to do. He is doing it by himself," says Katerina. It seems that when the music is played, Daniel doesn't even notice, because he sometimes asks his mother if the music was on while he was studying. It is so much in the background that he loses conscious awareness that it is playing.



BUSY MOTHER WITH ANXIOUS THOUGHTS FOUND A TOOL TO CALM HER DOWN

Ruth Parsons' story

Moving house can lead to stress and anxiety

Four months ago Ruth Parsons, 40, was living in her home near Basingstoke in Hampshire. During the summer, the family moved to live in Cambridge. Moving house has been recorded as the most stressful experience a person can have, even exceeding divorce and bereavement. Although Ruth says that Cambridge is a wonderful city and is happy to be there, she misses her friends and family whom she left behind. Ruth's husband, Jeremy, is a marketing consultant, who travels a lot to work on new projects.

Ruth used to be an English teacher in a secondary school and after qualifying, taught for five years before starting a family. She now has three children, Anna is nine, Louis is six and four year old Rafael. Not only do her own children demand attention in the evenings, but there is always lots of marking, report writing and paperwork. *"It is very hard to move to another city where you don't know anybody,"* says Ruth, *"My children didn't know anybody either, so I was really worried about them, whether they would get used to new situation or not,"* continues Ruth.



Anxiety

Ruth has always been a rather overanxious sort of person, and especially so where her family are concerned. Her sixty-three year old mother has recently undergone a serious heart operation and although her mother is now in recovery, it has been a very tough time for Ruth. If the worst had happened, Ruth feared that she couldn't have coped with the loss of her mother in addition to all the upheaval of moving and normal stresses in her life. She felt close to breaking point. *"Many people were talking about how it helps them and were saying a lot of good things about Alphamusic, so I thought 'Why don't I try it?', maybe it will help me to cope and control my anxiety,"* says Ruth. She took 'Silence of Peace' and 'Silence of Spirit' home and had relatively high expectations, as in previous years she had experienced back problems and had been soothed by a chiropractor who had used relaxation music. *"Healing music has to have that special something, so that when the tune rises, the spirits rise at the same time, so that's what I expected of Alphamusic,"* explains Ruth.

A miraculous recovery

Right from the outset, Ruth wasn't disappointed with John's music and it started to work almost immediately. Her anxiety symptoms including periods of short, rapid breathing began to return to normal. She admits that she did tend to be rather overanxious, but 'Silence of Spirit' takes her from that state of mind, lifts her spirit and helps her calm down.

She recently had an interview, and was even more anxious than normal and couldn't calm herself. The night before the interview, she had dizzying, whirling thoughts buzzing around her mind. Then she reached for 'Silence of Spirit' and she started to see more clearly her interview strategy. The interview went brilliantly for her, and although in the end she didn't get this job, she knew she hadn't lost the job due to her nervous state of mind. All her fears had gone away just a few minutes after she started listening to this CD.

She was also sleeping better, since she owned 'Orange Grove Siesta' CD although she doesn't know exactly how this music works. *"People should be aware that they can find simple, economical solutions to their everyday problems,"* exclaims Ruth. She has already recommended this music to many friends and family members.



MUSIC THAT CREATES A PEACEFUL ATMOSPHERE AT HOME

The Parsons' family story



The Parsons family own an amazing amount of Alphasound CDs and they say they wouldn't change any of them. Each CD has had a special part in their family life and does a world of good in their lives. When the family are having Sunday lunch together, the atmosphere is open and friendly; with no arguments, fights, or unpleasant words uttered in the heat of the moment to upset the ambience.

The eldest daughter, Anna (10), attends a very demanding public girls school as a day student and had been suffering from sleep difficulties. *"When mum got this music I thought it was very nice, and I liked to play the CD in my own room. I eventually managed to rest and sleep more in the evenings,"* says Anna. Her favorite CDs are 'Emerald Forest' and 'Orange Grove Siesta'. She can calm down, stay concentrated on her homework for the whole evening and have a good night sleep with pleasant dreams. Anna has two younger brothers, Louis (7), and the youngest, Rafael (4) has just started school. All three children are energetic, intelligent, very

extrovert children who tend to get over excited quite easily. *"It is good to have the Alphasound to calm them down,"* says Ruth, the mother.

The first time the family noticed that Alphasound really works was three months ago when the children came back from school. They live in quite a small house now, so when all three children come back home from school at the same time and they all want to talk about their day at once, you can imagine, it can get pretty loud! They can be noisy, even screaming and shouting at one another during petty arguments. Ruth, put on 'Silence of Peace' one day at this time and noticed a remarkable change in her children's behaviour. They stopped screaming and calmed down. Louis and Rafael went to play with their Lego and Anna went to her room to study. The tense atmosphere simply disappeared. From that day on, Ruth started buying more Alphasound to use in different situations.

The family usually goes to church on Sunday morning, and when they come back, the children run around everywhere through the house and cause a lot of noise. Ruth puts on 'Amber' or 'Silence of Peace' to calm them down, and it really has an immediate effect on them. When they play with each other, again they are noisy and often have arguments that cause one or more of them to cry. The best CDs for them during their playtime are 'Silence of Play' and 'My little Sea Shell'. *"They don't quarrel, fight or don't shout so much when I also play them these CDs,"* says their impressed mother. Ruth doesn't have to discipline and has much time for herself to relax - she has even had time to join the local choir, confident that her husband or a baby sitter will not have any problems looking after the children.

During bath time Ruth puts on 'Orange Grove Siesta'. It helps them to relax before bedtime so that she doesn't have any problems settling them down and getting them off to sleep right through until morning, when they awake refreshed, and full of energy to face the coming day. Ruth still uses Alphasound everyday. Whilst being interviewed for this article, she realized that the music had just stopped and she noticed something missing. Their lives seemed to be in tune with the music. *"John's Alphasound definitely makes things better,"* summarized Ruth.

**Relaxation
Beauty Therapy**



Balance Heart

'John's music touches my soul' Cicely Chan's story

Cicely Chan, 37, is a beauty therapist. Originally from Hong Kong, she came to England in 1992 and set up her own business, 'H2O Hair and Beauty Salon', where she specializes in aromatherapy, Indian head massage, Swedish massage and No-Hands massage®.

No-Hands Massage® is a new form of massage which developed in the UK. It was conceived by UK Massage therapist Gerry Pyves after an injury to both his wrists. This technique uses the controlled practitioner's body weight, combined with the soft front of the forearm and is beneficial for muscular complaints, stress and well being.



Cicely got her experience from both Eastern and Western practices. She always starts with her clients by conducting a consultation to see what treatment would be best for them. She has nearly 2000 clients, mostly women, but with a growing clientele of men.

"People who come to me want to relax or get rid of some sort of pain or tension. I need to be prepared for that," claims Cicely. When she went three months ago to Cambridge on holiday, she took home a few CDs, some relaxation music, some new-age music and then something a bit different – John Levine's Alphamusic - 'Silence of Balance' and 'Silence of Heart'. When she went back to work, she continued as usual playing any relaxation music in the background. Cicely believed that all relaxation music, from start to finish, was very similar, with few actual benefits to sway her decision other than how many times she'd heard it before and

whether she could bear to listen to it again.

One day she decided to try the 'Silence of Balance' CD during one of her client's Indian Head Massages. Within a few moments she felt noticeably more relaxed and calm, as did her client who immediately asked about this musical composition. "I found it more than just music, it really touched my soul. When I listen to Alphamusic, I feel more relaxed and I find more energy to work," says Cicely. It calms her mind and also her body's muscular tension. She thinks that energy is trapped in the body, like being held in a small tunnel and it needs to be released somehow. Alphamusic has such a huge soothing effect that it helps this trapped energy to get free. From that day, Cicely predominantly uses John's Alphamusic for all her relaxing treatments, because it has such a comforting and longer lasting effect.

An incredible difference

What she noticed specifically while playing 'Silence of Balance' was that virtually all her clients become so relaxed that they fall asleep. As well as her clients, Cicely feels calmer than when she listens to other therapy and relaxation CDs and when she does the massage with this music in the background, she enjoys providing the treatments even more! Meanwhile, she uses 'Silence of Heart' for customers who complain of suffering from depression, and for them, it really seems to give them an extra boost of energy. They confess that when they have a massage with this music, they forget about their every day problems and feel extremely rested.

Cicely recommends Alphamusic to everyone because it really works for her and she simply cannot say a bad word about it. "I needed music that I would feel comfortable with, and now I have found the perfect fit."

<p>Insomnia Divorce</p>	 <p>Orange</p>
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Sleeplessness caused by divorce trauma

How '*Orange Grove Siesta*' helped bring back a good night sleep

Dorothy's story

Nightmares...

Dorothy, 40, was at one time a very happy wife and mother of ten-year-old Jeff. She worked as a beauty therapist in a well-run, elegant beauty salon, enjoyed her job and was delighted that she was able to help her clients. She had everything that most women wished for, but her happiness wasn't to last forever, and life threw her one of the worst challenges women face. Ten months ago she started having more and more arguments with her husband when he lost his job and he began spending nights outside the home. Worried about him, Dorothy tried to search for help but couldn't find the right solution to her marriage difficulties. The couple started attending a marriage guidance service, but after two months he decided to stop going. He

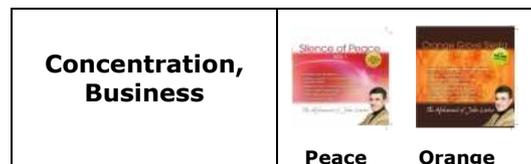


started drinking and became aggressive. It was very hard for Dorothy and her son. Dorothy began having nightmares. Her clients noticed the difference in her behaviour and her appearance. Unable to focus on her job, she knew that she and her son needed to move on, and she had to be strong for her child who shouldn't see his mother breakdown - he should at least have the comfort of one stable parent at all times. Dorothy was very distressed, unhappy and tired due to her inability to remain asleep for a reasonable period. She eventually received a divorce petition from her husband who had now found a new partner. From that day on, Dorothy, who still loved her husband very much, couldn't close her eyes during the night or rest her mind. She stopped going to work, considered abandoning her son for his own good and was incapable of leaving her house. Far from closure, the divorce seemed to focus Dorothy's thoughts on the past and things she could no longer control, and missing a few hours sleep became not only a regular occurrence, but debilitating night long endurance in its own right.

Sudden help from a friend

Fortunately for Dorothy, she had a very good friend, Christine, who couldn't watch her friend spiralling down a health and happiness black hole, especially as she was suffering from the actions of a man who eventually proved he wasn't worth her love. Christine took Dorothy to her apartment for a few days recuperation and they talked well into the night about Dorothy's situation. Christine played John Levine's Alphamusic CD '*Orange Grove Siesta*' quietly in the background, because she knew that it could help with insomnia. Dorothy told Christine that she hadn't slept properly for five months and couldn't stand it any longer. **When '*Orange Grove Siesta*' was played, Dorothy began to experience a new beginning in her life. The following nights followed the same pattern, and the pair talked less and slept more. Dorothy began to wake up in the morning fully refreshed, ready for whatever life chose to throw at her.** From that first night after listening to Alphamusic and talking her heart out with her best friend, she said that she hadn't known sleep like this since the days before her marriage difficulties. **She had slept for a full ten hours and had a beautiful dream.** Christine says that she was exploring just how beneficial Alphamusic could be, and she is happy to say that it is really effective. Her friend took this CD home with her, and **now her life has changed noticeably.**

From that day, Dorothy has been able to sleep again and consider her changed situation objectively without being morose. She has moved to another city with her son and they are starting a new life there together. The effects of her near breakdown have virtually completely disappeared, and she is a different person now, leading a full and normal life. Dorothy was surprised at how quickly her life improved after that long period of difficult times and inner unhappiness. Her divorce is now absolute, and she has again begun to trust men. She has even found a new partner and we wish her all the best.



Merryl Bowen's story

Busy Property Management Company

49-year-old Merryl Bowen is a typical businesswoman whose husband, mentor and friend, Geoff, supports her in her business venture as well as in their married life together. Before moving into business, Merryl was a professional artist. She has a Fine Arts Degree in painting. She used to teach art and she prefers landscapes in both oil and watercolour. She likes travelling and she paints places she has visited. Unfortunately, art doesn't always pay so she had to work elsewhere to support herself.

Marriage to Geoff allowed her more freedom to indulge her artistic talents, but the responsibilities of the Property Letting business prevent her from having the time to indulge her creative talents quite as often as she would like. *"I am going to do some paintings again,"* says Merryl, *"I am currently building a studio in my garden, so that I will have my own creative and working space there."* Unfortunately, her creative and changeable temperament does not always allow her to be as highly focused as she would like in a business context.



Distractions in the office cause a lack of concentration.

About year ago Merryl received 'Silence of Peace', because it was reported to help with concentration and distraction problems. She was listening to it as background music in her busy office, to help her and her husband to focus on the things they were working on. She found that in spite of the constant traffic of customers, their two big dogs running around and her usually artistic temperament, it made a glaringly obvious difference to her productivity and concentration levels. Merryl says she finds it hard to concentrate when people are talking to her about figures and she switches off, to the extent that after fifteen minutes or so, she feels very sleepy and can't hear what they are saying. Now that she has an independent business of her own, it is important for her to listen carefully to the professional advice being given to her!

One day she had an appointment with a lady who came to do some training with her on a new piece of accountancy software. Knowing ahead of time that she was likely to find this very difficult to focus on and absorb, she took precautions! She put on another Alphamusic CD, the 'Orange Grove Siesta' whilst the training was in progress, **Amazingly, Merryl was able to concentrate, stay awake and listened attentively for the whole afternoon. Whenever she listens to this music she feels more alert and tuned into what she was doing. She is able not to get distracted and stressed whether it comes to work or creativity.** The biggest pressure for Merryl is when too many people make too many demands on her so that she doesn't know which way to turn and longs instead to be lost in her creative artwork. **John's Alphamusic has really helped her to find her lost balance between creative and expressive need, and practical necessities.**

Merryl advises that whenever you try something new, you have to be completely open-minded, because it then works the best. Just let it be there in the background and then see what feelings come to you. *"What a lot of people try to do is that they are listening to it critically, as if they were listening to latest pop song. After a few minutes they ask themselves if they like it or not. Actually just what you need to do is to play the music, and after few minutes see how you feel and then judge it,"* says Merryl.

Merryl has also tried yoga and meditation to help her with stress and concentration problems, but it took her a lot of time to tune in to her creative or business situation, and as a very busy person she couldn't afford to waste time, whereas with Levine's Alphamusic she can listen while working, and stimulate both focus and creativity. She can listen to it at any time and everywhere she goes, including while waiting to see tradesmen. *"This music creates space for me,"* says Merryl, *"then I can explore my talents and abilities. You certainly become aware of them."* She feels much stronger and more confident. *"Since I have been using these CDs for myself, I have shared my experiences of them with friends and people I meet."*



How to calm down your dogs to gain a peaceful atmosphere while you are working.

Merryl Bowen's Dogs' story



The German Shepherd dog is also called an Alsatian. They are large and very strong dogs, agile and full of energy. They are also used as guide, sniffer dogs, police dogs and guard dogs, so as pets, they make good guardians. They like to be with people and shouldn't be left alone for long periods, because they can become bored and destructive.

Merryl's dogs

Merryl Bowen has two large German Shepherd Dogs. The oldest one, Ellie is eight years old, and her puppy, now fully grown is four-year-old Sparky. Energetic dogs, they like playing with one another and also with their owners. Unfortunately they bark a lot. Until last year they were guard dogs at Merryl and her husband Geoff's company premises. Today they only look after one office, a property management company. Whenever someone comes to Merryl's office, they are alert and if something is suspicious to them, they start barking - often. If you have heard the joke: What do you get if you cross a dog and a lion? Answer: a terrified postman; you will have some inkling of what happens at the Bowen's office premises with the morning mail delivery. The dogs wait intelligently every day for the morning delivery close by the door, and the peace and quiet is followed by a noisy cacophony of frantic barking whenever they see the regular post or later special deliveries. It is as though the dogs have to bring everything to their owners' attention to get their reward. It really distracts Merryl and her husband and is off-putting to customers and tradesmen visiting. Merryl and Geoff have problems with concentration and with the noise of the dogs doesn't help. *"When we are busy working, the dogs sometimes run around and like to play or let us know they want to go for a walk. If they don't get what they want, they start barking,"* says Merryl. Now the dogs have less formal guard dog work to do, they demand more attention from Merryl and Geoff, who don't have time to play all day.

Relaxed and happy dogs to the tune of Alphasound

When the dogs are relaxed, Merryl and Geoff's working environment can be happy and calm. Merryl decided to use 'Silence of Peace' to have an extended quiet atmosphere in the office. The biggest benefit the couple have gained from listening to 'Silence of Peace' with the dogs around is that the dogs can hear and react to the music, so the dogs calm down and often fall asleep. They don't bark or run around half as much as before. Just as dogs have their own food bowl, bedding and favourite toys; in the Bowen office, Ellie and Sparky have their favourite CD! Merryl and her husband are delighted because they can work. *"We can stay concentrated. We are happy to see that our little friends are not bored anymore and don't need our company so much. They often fall asleep which is what you want them to do to have a peace for yourself,"* explains Merryl. The family was amazed that it had such a calming effect on dogs. They really needed something like this. They also play this music when they have to leave dogs home alone. Neighbours claim that while the music is on, the dogs don't bark that much. Merryl says that she has no doubt that her dogs like this music and are thankful for her that they can listen to it.

**Calm down after
quarrels,
less quarrels**



Forest

Message from one husband to another.

Tim Gale's story.

Salesman on the road.



Tim Gale is a youthful forty five year old salesman from Bishops Stortford. He is a very lively, funny and confident person, who can easily manage professional conversations and put potential clients at ease. *"When you are the salesman there are always targets. You have to hit them. I need to grow my business because I am self-employed. I have to create my own business opportunities. If I don't sell anything I don't earn anything,"* explains Tim. Direct sales work has great highs and lows. During the highs, remuneration is very profitable, but there are not enough hours in the day to complete as much work as one would like to do, and during the lows, times can be lean as fickle market forces change situations and the working hours and effort to generate the same income need to be even greater.

Business that led to arguments

Tim's business began to struggle, debts began to accumulate and he was having increasing arguments with his wife, Carol as he worked harder and longer to cover the same ground and achieve the same rewards for his family. Carol didn't work and was kept busy raising their two growing children who, as they grew, demanded more attention. So as family breadwinner, the pressure to earn money was on Tim, and caring for children duties were left more and more to Carol - a recipe for additional stress and a reason for more household arguments based on work, pressure and financial turbulence. Tim is a good family man, liked to support local community and charitable activities and he had previously worked his way out of trouble, but since workload was partially the cause of his difficulties at that time, he needed a different strategy.

A reasonable solution

The first time he used Emerald Forest CD was after he had an argument with his wife. He went to his office, sat behind the desk and turned on the CD player. Within minutes he felt relaxed. *"I found that it helped me to slow down far more quickly. It enabled me to relax, calm my inner anger and begin to see things from a new perspective. You can't make intelligent decisions when you are angry,"* admits Tim. He says that whenever he listens to John's music he physically feels rejuvenated, emotionally relaxed and calmed. *'Emerald Forest'* is a lively composition, more in tune with Tim's energetic, enthusiastic approach to business sales and life in general, yet at the same time calming and relaxing.

Tim acknowledges that going to gym was also helpful for him, but unfortunately it didn't give the same comfort as he received from the music and isn't an immediately available option. *"Listening to music is a lot easier and more convenient, because it can be done anywhere and anytime you choose. It is more immediate. After a quarrel I could go straight to my home-office and turn on the music,"* says Tim. He didn't need to absent himself from the family home.

"Alphamusic helped me to calm down and consider decisions rather than making hasty ones," claims Tim. In his more rationally minded state, surrounded by the sounds of Alphamusic, Tim made the decision to sell his less profitable carpet cleaning business and focus instead on selling finances.

Tim recommends John Levine music to people who have high stress levels. *"I think it is an excellent piece of music for that. It takes your thoughts away,"* summarizes Tim.

**Undeniable
influence on human
brain, introduction
into alpha state**

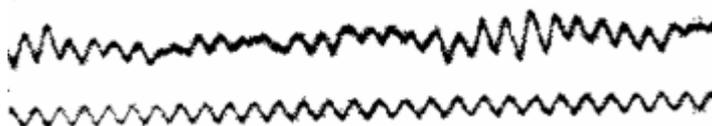


Silence of Peace

THE INFLUENCE OF ALPHAMUSIC ONTO HUMAN BRAIN

What is EEG?

EEG (electroencephalograph) is a diagnostic method that measures bioelectric activity in the brain. On top of the patient's head, electrodes are placed up against the scalp. They register the differences in bioelectricity between each electrode.



This method helps medics worldwide to identify epilepsy, brain cancers, sleep disturbances and death of the brain (if a patient is comatose). In 1924 German psychiatrist Hans Berger, made the first registered recording of an EEG signal.

Fig 1: The first recording of signal EEG executed by Berger.

Experimental research using John Levine's Alphamusic – Does it have an undeniable influence on the brain wave patterns?



The first EEG recordings in this experiment were control readings, taken when no abnormal stimuli was applied to the test subject, who had their eyes closed for ten minutes. The second wave of readings were taken in exactly the same surroundings with John Levine's Alphamusic being played in the background. This was the only changed variable. The music was allowed to play for ten minutes. During this exposure, the readouts began to change, leading us to believe that the music directly influenced the brain wave patterns. This was then repeated on different test subjects over the course of a few months, using different ages, genders, backgrounds, ethnicities etc.

The EEG technician decided to personally try the music on herself. Using two different compositions ('Silence of Peace Vol. 1 and Orange Grove Siesta) in each test - the first time she tried it was in a calm, relaxed atmosphere, the second whilst working and third whilst driving. She found the CDs had consistent effects, but were markedly different between compositions.

Listening to John's music during the Biofeedback session.

Biofeedback depends on manageable passing to brain the information about the course of current physiological activity and through this about the control above them. It uses bioelectric activities, which are generated by the active brain. Such training qualitatively improves our mind activity, what causes that our organism considerably better functions.

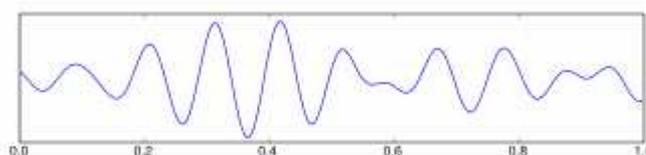


Fig 2: Alpha Strand – condition of rest, creativeness, relaxation, reduction of stress.

One test case she pursued independently was on a patient with dysphaemia, who agreed to listen to this music during half of his examinations – sixty sessions, to get a thorough comparison.

Undeniable influence.

There were varying reactions in test subject to the music, often seemingly linked with their diagnosis and current life situation. For some it made them very relaxed, for some quite drowsy! But its influence is undeniable.



TO BE IN AN ALPHA STATE OF MIND.

The meaning of the colors.

Danuta's story.



50 year-old Danuta Andrzejak is a clinical electroencephalographer (an EEG technician). She works in the Specialist Center of Procedural Diagnostic 'Medicina', in the rehabilitation center of EEG Biofeedback, as well as in Province Children's Specialist Hospital, all three in Krakow Poland. Her job is to make a full EEG examination of her patients. She has worked in this area for over thirty years. However in 2005 she received the certificate that gives her the right to also conduct examinations using a biofeedback machine (it uses bioelectric activities, which are generated by the active brain) as well as the EEG. Her youngest patients were barely few days old and the eldest was over 100. She sees up to two thousand patients a year.

How I met John and his music.

Three years ago John asked Danuta to research independently whether his Alphamusic had any physical effect on the human brain. Could there be a physical, proven shift into an alpha state, from a beta state, in the brain when the music was played? The research showed that there was and it seems highly likely that there is a direct impact on the brain waves when John's Alphamusic is played. John's music truly has the power to influence people, making them calm and helping them think creatively. Danuta didn't stop here. She continued to research on a wide spectrum of her patients whenever they consented. She also checked her own responses. One day when she was flying to the United Kingdom, she decided to listen to one of John's compositions with her eyes closed for ten minutes, to see if it affected her in any way. Ten minutes accidentally turned into forty five, and Danuta says that she saw the colour violet. Many people believe that this is common during meditation and when in an alpha state.

The interest in brain waves, the proper usage of the music.

EEG equipment distinguishes five main ranges of waves: alpha, beta, theta, delta and gamma. For John's music the most important is the alpha waveband, which is responsible for calmness, resting, creative thinking, better absorption of information, concentration and accelerated healing.

Danuta says, "John's music has a relaxing effect on me. I very gladly listen to it, because it comforts me with its softening tones and calmness. When my children go sleep, I turn on 'Silence of Peace' and it is much easier for me to concentrate and carry out different activities."

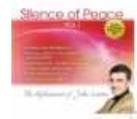
Danuta has also, over time, learned to prescribe the right music to herself. She knows which CD will benefit her most depending on her mood. For example, on the day of our interview she found out that one of her relatives had passed away. Even through such a sad event, she managed to come and spare her precious time to tell me about her experience with John's music. She said that in these moments it would feel inappropriate for her to listen to something as calm as 'Silence of Peace', but she'd rather something to lift her spirits, in this case 'Emerald Forest', which helped her to calm and diffuse her emotions.

"In stressful situations, when I need to calm down and I need to calm down quickly, listening to John Levine's Alphamusic makes me feel like something is truly falling from me; like I'm floating away. After fifteen minutes of listening to it I feel relaxed and calm and I notice that my breathing slows down. I know from my work that this means that I am in an alpha state." claims Danuta.

Danuta would be thrilled to see Alphamusic become more widespread, to help combat all the problems that lead people to her clinic, especially amongst young people, our future. She really believes in its power to teach people how to cope with the problems of this contemporary world.

"This music is a brilliant chance to let off an abundance of steam, quieten those impulses and listen to what we really need and want. Because it's such an inexpensive treatment, I think it could really change the world," adds Danuta.

Adult Students with learning difficulties, disabilities, mental health problem



Silence of Peace

'THEY WERE FOLLOWING THE MUSIC AS IF IT WAS A CLASSICAL CONCERT'

Adult students with learning difficulties and mental health problems - their story



In recent years there have been a number of films related to the subject of students with learning difficulties. Among them, two popular ones, 'Dangerous Mind' directed by John N. Smith, starring Michelle Pfeiffer and 'The Ron Clark Story' directed by Randa Haines with Matthew Perry as the teacher. They both show the reality of the teacher struggles with students who suffer from learning difficulties or have emotional problems.

Working with difficult students demands patience and understanding. Being a special needs teacher you have to give all your heart to your dependant. The situation is very different and far more specialised than teaching students or people who don't require that much attention. Teachers and classroom assistants have to find the right way to get students focused, interested and cooperative. They need an extraordinary amount of patience to achieve the slightest behaviour and learning response, but the rewards to teachers and students for each step forward is immeasurable.

Anne is an outreach worker and special needs teacher who works in lots of places with different groups of adults who suffer from learning difficulties, physical and mental disabilities and mental health problems. As a Community Education Tutor she provides various courses in the community for them; a job she has been doing for three years now and she has never regretted her decision to specialize in this area of work, and gets a great deal of pleasure from knowing she can make any small improvement together with these challenged and challenging students. Her students are all over eighteen years old. They suffer to varying degrees from autism, dyslexia, Attention Deficit Disorder, Down's syndrome, visual speech and hearing problems, physical disabilities, emotional and behavioral problems.

Working with these students can be very stressful as they all require a lot of understanding, encouragement and patience to achieve their potential. *"The sessions are never predictable and you have to be prepared for any type of challenging behavior"* explains Anne.

"I am always looking for resources to help in my classes"

It was a sunny afternoon, birds singing outside the room, and a warm fresh breeze was drifting through the windows where the students were being taught. An hour's work with these students can be sometimes arduous, and everyone was ready to break from their studies the minute the session ends for the lunch break. Everyone was very noisy and agitated as usual, but this day was different, as Anne had prepared a surprise for her students. She asked them to pay attention to a new music CD which she started to play on the CD player after this noisy lunch break. She turned off the lights and all the students were sitting at their desks. They were listening to the music and stayed amazingly concentrated to the extent that the incredible noise from just a few minutes earlier disappeared completely. The adult students calmed down and some of them even slept. It was a big break through. Since that day this music has been played for them after the lunch time and is also sometimes played at the beginning of the classes themselves and the effects are always the same. Adult students are calm, relaxed and they find it easy to pay attention to what the teacher says.

What exactly caused this incredible effect?

A few weeks earlier, Anne got a CD called 'Silence of Peace' which had been reported to help people achieve the alpha state after few minutes of listening, which means they are concentrated, calmed

down and more receptive to the learning environment. For Anne, when she received it, it was just another piece of relaxation music. She wasn't exactly enthusiastic about it, and bordered on the skeptical, but she decided to give John Levine's Alphamusic a go. *"I am always looking for resources to help in my classes and the music is always very important to me"* says Anne. Before she started using the 'Silence of Peace' CD, she played her students classical music and although they showed signs of listening to the music, they were not calmed down by it, and if anything, they were very talkative and didn't pay attention particularly well, but it was something different to the teacher's voice to listen to. So the search for a better alternative had been progressing for some time until the moment Anne played 'Silence of Peace' for her students.

Investigating to find a better learning environment

Anne had found what she was looking for her students lunch time activities, but could the CD be used to have similar effects at other times? John Levine's suggestion to Anne, was to play 'Silence of Peace' as background music, but she decided to do more than that. She turned off the lights in the room and asked students to listen to the Alphamusic while they were sitting in their desks and turned the music on loudly, so it made it look and sound rather like a concert. In fact they were following the music as if it was a classical concert!

After this, she turned on the lights again and started her teaching session, but to Anne's surprise, with a markedly different response, because all the students were quiet and listening to her intently. *"Before that it was sometimes very hard for me to teach these students, requiring me to give a lot of myself to each of the learners so that it became very draining emotionally, and I often ended each day feeling unwell or with a headache. But since the day I started using John's Alphamusic all my difficulties have disappeared". After each repeated session of this kind, I felt rejuvenated and relaxed, whereas it had been very hard to achieve that kind of state previously"* says Anne. She has already recommended Alphamusic to other tutors who also have very difficult groups with similar problems.

Anne, like Ron Clark, found her way to get to students. Ron showed the young people that being in the worst class don't mean being convicted of being a loser, and in the end of the film, his students went on to the best colleges in the USA. Although Anne students may not be as successful as Ron's, they do stay calm, relaxed and what is for Anne the most important thing, they pay her attention very well and can each make the most of their opportunities, no matter what their age and innate ability.

Stress, emotional
problems



Full range of therapeutic CDs

"I have used Levine's Alphamusic everyday since I owned it."

'Clients with emotional problems can release their emotions more freely.'
Susan King's story

Welcome to the Positive Health for Healthy Living

www.positive-health.co.uk



Ten years ago, forty-seven year-old Susan King decided to open her own business – 'Positive Health for Healthy Living'. She has always been interested in energy and healing, has studied multiple methods of massage and complementary therapies and is a fully qualified therapist. Susan specializes in Craniosacral Therapy, Somato Emotional Release & advanced Energy Healing Techniques and also working as a HypnoBirthing® Practitioner

Craniosacral Therapy (CST) is a subtle hands-on branch of alternative medicine, which can enhance the body's natural healing capabilities, developed by a physician, John E. Upledger, thirty years ago.

Susan uses Somato Emotional Release in her treatment sessions with clients. It is a technique that provides a safe environment for someone who had experienced emotional trauma in the past. Clients are guided into exploring and dealing with memories trapped in the mind.

When Susan opened her own business, she soon discovered an overwhelming need for her therapies ranging from newborn babies to old-age pensioners. She describes her healing methods as *"tuned into the individual's energies."*

Meeting at Olympia.

Susan listened to John Levine's Alphamusic and recognized it as exceptional immediately. *"Listening to John's music, I felt the positive energy pouring out of it. I immediately thought that my clients would benefit from this in our sessions. I was sure that my treatments were in sync with Alphamusic,"* explained Susan. When she returned to her work she started playing Levine's Alphamusic to her clients. She used different CDs for different patients. Since she has started using Alphamusic, she has noticed that the clients with emotional problems feel more relaxed and release their emotions more freely. Susan says that when the music is playing, oddly enough, *"The treatment room feels much quieter."* Susan claims that thanks to this she can complete her work better; she is more focused and her clients are taken to deeper levels. *"I have used Alphamusic everyday since I owned it."*

When asked how she thinks this music works, she explained that, *"The body absorbs the frequencies and the power. I think the music interacts with the body's bio-energy field and it can have an influence on the body which vibrates and releases emotions and pain, leaving us calm."* Susan had noticed this kind of release particularly whilst playing 'Silence of Heart' during Somato Emotional therapy. *"I have seen the biggest difference on a Foster child I work with who went back into some of his memories and emotions from the womb."* says Susan. She has been teaching this 10 year-old how to body dowse for things and learn about his own energy. In last session she dowsed all John's music in front of him and asked him which CD he would prefer to listen to. He chose 'Silence of Play'. *"This was interesting as he had an emotional weak - feeling that he was being suffocated and that every touch that his foster mother gave him was compressing him. In the treatment session he was yet again back in the womb and found that this is where the feeling of suffocation was coming from,"* explained Susan. Then this child asked if he could build in his mind what he would like for himself. It was an emotional release that's never happened before. Susan admitted that many of her clients are interested in owning some of Levine's Alphamusic CDs for themselves to listen at home as they really enjoy it.



Life Quality, Sleep Quality.

How I won over my insomnia

Andrea's story



Four years ago Andrea 35yrs, began her journey discovering England. Impressed with English architecture she decided to move her business over to UK. Andrea loves restoring historical buildings and was fascinated in the use of classical style. For her, England was the best place!

Fifteen years ago Andrea finished the Nelson Mandela Metropolitan University in RSA (Republic of South Africa) with a degree in fine art, started her own business working as a décor artist hiring well experienced professional decorators and artists. Her team offers clients both traditional and organic paints, art work and special images for interiors and exteriors. They're not afraid of any type of work

decorating. Whatever style their clients wish to have modern, periodic or cultural, they take up the challenge to meet their clients' expectation. Even though mainly working in England, she also travels to France, Spain, Germany and RSA on many interesting projects.

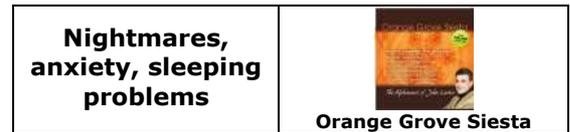
Very busy with little rest, getting up early caused her problems due to constantly changing sleep patterns. Whenever she wanted to close her eyes to rest even for an hour, it was impossible! Her mind was racing scared that she might be late for a business meeting or feeling guilty leaving her eight year old son, Christian, at home in the care of his nanny. Being allergic she couldn't take sleeping pills, Insomnia became her worst nightmare! And it got worse, experiencing problems switching off her mind, eventually causing her headaches and physical pain throughout her body. Constantly tired, losing enjoyment for her work, not completing her work in the way she planned, Andrea's life became a constant struggle. What way out? Leaving her job or having less projects wasn't an option.

She decided that taking sleep therapy should improve her ability to have a good night sleep. Although helpful, it took precious time and didn't work mentally she claimed.

Music which takes you on a wonderful journey...

About year ago Andrea started listening to John Levine's 'Orange Grove Siesta' CD. John suggested she try it as many women reported it helps reduce even eliminate insomnia. She started using it before going to bed. Within days her insomnia slowly disappeared. She began sleeping like a baby. From the moment she laid her down on the pillow listening to 'Orange', her mind switched off and allowed her to have a good night's sleep. "I haven't thought anymore about having to wake up early or leaving my son for a long time" says Andrea, "all that mattered to me was that I could lie down, close my eyes, then wake up with the alarm." Amazingly the next day she wasn't exhausted but refreshed like never before!

Since that time she has been using John's music consistently until her sleep pattern had stabilized. Acquiring another CD from the Alphamusic range 'Silence of Peace' helped her stay focused whilst painting. Andrea believes in fatemeeting John at the right place and time. "When I listen to his music I can imagine myself either being in the ocean or being as a bird flying high. His music takes me on an amazing journey. I can virtually visit beautiful places from my past or from my dreams" said Andrea. She now can better work, no longer distressed, and can rest properly. Andrea admits that she found the natural way to have a good night sleep and strongly recommends it to people who suffer insomnia. "I managed to beat my insomnia thanks to the 'Orange Grove Siesta' CD" confirms Andrea.



HOW CAN NIGHTMARES TURN INTO BEAUTIFUL DREAMS?

Christian's story

Evening, Eight o'clock. Sunday news ended. The TV presenter talking hurricanes, the forecast tonight in England. ...and the Iraq war. Seven years old Christian went to his bed, couldn't close his eyes. Thinking about all the disturbing TV news. The wind became tempestuous with torrential rain, a deafening din ensued. Waking up several times during the night, his mother had to calm him down every time.

Christian often experienced problems with sleep, not able to switch his mind off from everyday worries, nor from his nightmares.

Ghouls and Goblins?

About year ago Christian moved with his family from Manchester to Willingham near Cambridge. But moving from city life to the village school acem at a price. Christian, very ambitious, with high expectations, wished to excel at his new school from day 1. Frustrated if he didn't achieve top results, Chris's target was to get A marks in every subject. Less than this would disappoint would set in fast. Unfortunately life ain't that easy!.....there are always obstacles preventing us getting what we want. No straight A's for Christian, that really worried him. Every night thinking, about his low grades and the consequences, caused sleeping problems. **His dreams turned into nightmares.** Not only worrying about his academic results but also of his mother traveling constantly around the globe working on her assignments as an interior designer, bad dreams turned into ghouls and goblins!

A fresh breeze of Orange melodies?



Christian, very anxious, having insomnia, needed something that would switch his busy mind off and banish the worries. Christian's mother, Andrea, bought herself the 'Orange Grove Siesta' CD. Suffering from insomnia herself caused by changed sleeping patterns due to traveling Andrea was amazed how 'Orange' was so helpful for her that she decided to play it to her son. The first time when she realized that this music also helped her son was when he reported having a bad dream. She played 'Orange' for him and during that night he slept till the morning light, not waking up once.

The next day he woke up fully refreshed and went to school without any worries. An amazing experience for the family. Andrea no longer had to wakeup and calms her son.

"We mainly use John's music before sleep, especially when I have to leave on a project; I play the 'Orange' CD for Christian. He actually doesn't worry that much as he did previously. It helps him to have a better sleep" explained Andrea.

She also uses this CD when Christian is ill. He recovers much better when the Orange or Peace CDs are being played.

Christian admits that he likes Alphamusic very much. When he listens to its tunes he feels relaxed. He claims it allows him to use his imagination more freely. Since Christian started listen to this music he has better quality of sleep. His sleep pattern isn't anymore interrupted. His nightmares turned into positive and beautiful dreams. He doesn't dream about school or war.

It has been a year now since Christian has been using Orange CD. Eight years old is content that his mother got it. He would never exchange it for any other relaxation music.



" ... NOW YOU EXPECT ME TO CURE YOU."

After 22 years of sleeplessness, 'Orange Grove Siesta' changed Cynthia's life

Cynthia Hearne's Story

Twenty-two years ago, Cynthia woke to find her husband, at only 50, had passed on at her side. From then on, she never enjoyed another full night's sleep; she says: *"Perhaps it was post traumatic stress,, but I never slept again."*

Years went by and Cynthia sought every remedy for sleeplessness including listening to a wide range of music styles from a wide range of classical including- Mozart, Beethoven, Handel, New Age to relaxation music - nothing worked. She took up yoga, but she *"had terrible tension in my shoulders and head and depressing thoughts that yoga could not help."*

Cynthia describes a cycle of insomnia where you become afraid to go to bed, in case you don't fall asleep. Next comes the fear of over-tiredness; that you might over-sleep and be late the next day.

Sleep specialists? No help

A couple of years ago, Cynthia looked for help at a sleep disorder clinic. She filled in an extensive questionnaire where the last question was 'How long have you suffered from this condition?' She wrote 'Twenty-two years'. With wry humor, she describes her meeting with the sleep specialist, who read her questionnaire and had one comment: *"For twenty-two years you've had this condition and now you expect me to cure you?"*



Sleeping pills provided some relief, but over time she became resistant to them and the dosage slowly increased. At more than twice the original dose, she began to wonder how much more she could endure.

Relief at last! 'Orange Grove Siesta'

On a visit to London in 2004, Cynthia told her niece, Ruth, about her problem. Ruth listened sympathetically, then said perhaps she had something that would help: Alphasound by John Levine. Incredibly, she had one of John's CDs right there, 'Orange Grove Siesta', and she put it on to play. Cynthia says, *"It was so soft and relaxing that I said straight away, 'Put it on again'. I listened again: it was as if I saw angels, or I was flying in a parachute. I asked Ruth to leave the CD with me. That night I put it on to play and lay down on my bed. Again I felt as if I had wings, so quiet and serene. For the first time in 22 years, I fell asleep without pills and slept for more than two hours. When I woke, I took only one pill and went back to sleep for another five hours; at my age, that's a lot of sleep. The music relaxes me. I feel well."*



THE HEALING PROPERTIES OF MUSIC

'I was intrigued by John Levine's composition'

Susan's story.

An attorney's life.



Susan, a 39 year old attorney from New York City, is a typical business woman. In 1991 she graduated from New York University's Law School, passed her bar exams, and became a lawyer. A year later she set up her own practice, Hart & Hart LLLP, with her husband, also a lawyer. There they provide real estate services. Susan wanted to be a lawyer since she was 13 years old, and it was her father's wish that she pursue this career. Susan always wanted to work in the insurance industry. Her dream came true three years ago when she opened up Lexington Abstract LLC Company. There she provides title insurance services for commercial and residential properties. Having two companies requires a lot of sacrifices and Susan can hardly find any time for herself.

Too much stress in life.

Although Susan claims she likes her job, she thinks it can be extremely stressful. *"As an attorney I am confronted daily with highly stressful situations as well as tremendous anxiety and tension,"* says Susan. In fact she takes on many people's problems and there are always deadlines to meet. Susan is also a busy mother. She has three daughters, 13 year old Brianna, 9 year old Tami, and 8 year old Arielle. Fortunately for Susan, she hasn't got any problems with her children. Brianna and Arielle are already showing interest in their parents' profession.

Searching for alternative methods to help lower the stress level.

Susan was looking for something that could lower her stress level. A few weeks ago, she met the Australian composer John Levine, who was on his USA tour. Fascinated by the prospect of healing properties of music, she took two of his compositions 'Silence of Peace' and 'Silence of Heart' home. She was convinced to try those CDs by the description on the back cover of 'Silence of Heart'. It indicated that this music helps people get in touch with their feelings, refresh their energy, helps them be more alert, and releases hidden emotions. *"I decided to try those CDs because I thought this music could help me relax more and I hoped it would also help me stay concentrated at my work,"* says Susan, *"After listening to the CDs in their entirety I felt more in tune with my body and more at ease with my soul".* After a stressful day, she typically plays one of John's CDs and she thinks that she is able to calm her nerves and to relax. *"I was able to free myself from my chaotic lifestyle even briefly and be calmer when dealing with my clients and children after a long hard day's work"* adds Susan. Her life has been affected in positive way by Levine's music. It makes her feel like everything will be alright, and that she will be able to get through whatever happens. Since she started listening to John's music she can concentrate better at her work. She can push herself to work hard and can organize her thoughts. She claims that she is more predictable at work and calmer with her children. Thanks to John's music Susan has gained the ability to be a better person and a better mother. *"I highly recommend John's music to the people of all walks of life but especially to professionals who are dealing with highly stressful situation on a daily basis"* says Susan, *"It lifts my spirit and makes me feel better. Thank you John for your creativity and inspiration."*



'...vibrated my body, cleared my mind...'

Angelina's story.

Southern Cumbria and its surroundings.



Cumbria is a picturesque country in North Western region of England. Among its beautiful attractions is the Lake District National Park, the inspiration for artists. It contains the highest mountains and the biggest lakes in England. It's natural beauty can enthuse even the toughest opponent of traveling. It's breathtaking mountain views, deep lakes and dream gardens can enhance your imagination and inspiration. In this fairytale setting lives our heroine Angelina, a 29 yr old London University nutrition medical student. She started her studies six months ago as her interest in alternative health turned in to her passion. Angelina claims that she doesn't agree with lots of conventional medicine from doctors and believes that

there are more natural ways to help people heal. She has tried natural methods on herself and on others with success. Her routine is to maintain a well balanced nutritious diet. However, before she started studying, she hadn't had the easiest life. Health difficulties as a result of financial and family problems caused her high stress and were the main reasons for her insomnia. She couldn't sleep, exhausted, she couldn't face even simple everyday activities. Nights and her bed became her biggest aversion. She had to find a solution fast not able to withstand the feelings of being torn inside and out. Days were short whilst nights were endless. She graduated to advanced insomnia....wide awake all night long!

Patrick Holford an expert in nutrition.

Blue skies, cotton clouds, feeling washed out Angelina, only had the energy to read, Patrick Holford's book opened on the page about an Australian composer John Levine and his music. Holford, an expert nutritionist and researcher, specializing in mental health and nutrition, has written over 27 books, which have sold in the millions worldwide. Patrick noted the incredible effects of John's Alphamusic upon himself and others. Angelina searched John's website to learn more of his music and philosophy. After listening to samples of his CDs felt the best one for her was 'Silence of Peace' and magically from the very start she felt a calm pacifying her total body. After receiving her own 'Peace' via the internet, kept on listening to it every night when the sky turned dark, heralding horrible feelings....another long restless night being wide awake. ...but gradually over a few weeks listening to 'Silence of Peace' her sleep pattern returned to normality. She could sleep up to 6 hours at night, her health vastly improved.

"What I wanted to achieve was that I hoped that John's music would relax me and help me to forget about everyday problems and ease my stress. That would also lead me to have better sleep at nights" says Angelina. Angelina like many of us has to try for ourselves before being convinced.

"I like music that creates atmosphere rather than loud, heavy music which. I liked when I was younger, but now I have different musical expectations..." explains Angelina. *"John's music is very unique. It has a vibrating effect on my body and a very relaxing feeling on my mind. I feel very peaceful while listening to it"* continues our future nutritionist.

It helped her beat insomnia and released her hidden emotions and stress. A flat mate living with Angelina, has noticed that she is much calmer than previously and she is now full of life and energy. She recommends this music to anyone suffering from insomnia. According to Angelina, the key to success is choosing the most set of CDs for yourself.



LIFE IN NEW YORK AFTER SEPTEMBER 11

'John Levine's music taking my mind off my worries' Cindy's story.

September 11, 2001 four commercial planes were hijacked by terrorists whose only aim was to destroy and kill. American Airlines Flight 11 hit the North Tower of famous New York City' World Trade Center building, and fifteen minutes later United Airlines Flight 175 hit the South Tower. It took around an hour and a half to see one of the biggest tragedies in the United States' history. Both towers collapsed killing around 2,848 people. A third airliner was crashed into the Pentagon and the last one, thanks to the bravery of its passengers, didn't reach its target and crashed in a field near the town of Shanksville in rural Somerset County, Pennsylvania. The President of the United States declared war on terror, and rushed his army into Afghanistan and Iraq, spreading the scare to citizens globally. Thanks to that, less than half of America believes that the US is now safer from terrorism than it was before 9/11 and many people think that terrorists will soon strike again. A typical New York citizen worries that one of his or her relatives may become a victim of such a horrifying event. Some of them also worry what would happen to their families when they gone, with a higher consciousness than prior to these horrific events. Although the life has changed for many of us, we have to move on, because there is still some good in the world that we each have to cherish.



Most of the crises in the world are caused by stress



Cindy, 64-years old retired grandmother, is one of the New York citizens who well remember that day. Although she lives in Staten Island, this tragedy could also have happened in any this part of the city. Before retiring, she was a teacher of languages, including Arabic, at the University of Pennsylvania and she also taught in one of the High Schools. She retired two years ago. With her husband, Terry, she traveled a lot around the world. They particularly enjoy visiting Switzerland and England, and have returned many times because they so like these countries' polite citizens, good food and cleanliness. Besides traveling, Cindy likes reading the books, cooking, listening to good music and going to the gym. She claims that life as a whole, can be stressful and people should try all sorts of ways to make it less tense. *"I know that most of the crises on earth are because of stress, so I try everything in my power to distress myself"* says Cindy. She admits that she has a very busy mind and she worries about lots of things. She fears about health issues, as she knows she isn't young anymore, but we can say that Cindy is young spiritually; she worries about the end of life, how it is going to be, where she is going to be, about her children, grandchildren, about the earth in general and about life for future generations as there are so many wars today; she also worries if they are going to have a 9/11 type, deliberately caused, disaster again. She has two wonderful children, a son and a daughter, and four grandchildren, so she still has many relatives that love her and that she cares about.

Houston, Texas, where everything began

A month ago, the couple went to visit Houston where they attended a concert by composer, John Levine. The concert was organized by yoga teacher Jennifer Buergermeister, in a beautiful and huge piano shop's auditorium, and included seminars and workshops with John. He was playing his piano and he asked people what kind of feelings they would like to experience. *"One young lady said that she wanted to experience joy. So John really made us happy; he played on the spot, spontaneously a beautiful piece of composition and he created the joyful atmosphere"* explains Cindy. In the end

they took three of his CDs, 'Silence of Peace', 'Silence of Heart' and 'Silence of Balance' home. *"The only thing I was sorry about, is that it wasn't more advertisement, as more people could have discovered his music"* she continued. After getting those CDs and taking them home, Cindy received an all-to-brief telephone call from her doctor with potentially bad news concerning her health. She was very sad and started to worry, but during that evening she listened to the Alphamusic CDs and she managed to sleep, as she calmed down her busy mind. Later, fortunately for Cindy and her family, it turned out that the bad news was a mistake and everything was fine. *"I listen to John's music when I wake up in the morning to get the energy to start the day and the same again when I prepare for the sleep. It takes my mind off negative feelings and makes me feel happy and relaxed. I don't have to worry when I am listening to this music, there is more calm in me and more calm between me and my husband"* says Cindy. One day she took this music to her massage therapist's, where she attends once a week and played it to her. She encouraged her therapist to listen to this music. Her therapist was very content and she admitted that she too was in a relaxing mood, although it was she who had to lead people into that kind of state. Her children and grandchildren are also in favour of this music as they wished to have their own CDs at home. Cindy is very excited and would highly recommend John's music. *"It is very, very sad that more people are not aware of Alphamusic. I think it really has to have more exposure and publicity. John should do more workshops and have more meetings with people"* says Cindy. Cindy's husband, Terry, admits that. *"I think John's music is wonderful. It is amazing that we have it in our house, it makes an atmosphere of more harmony and it really works for us"* he says.





JOHN LEVINE'S PHENOMENON AT THE YOGA CLASSES

How I got addicted to John's music - Jennifer Buergermeister's story

Jennifer has a very impressive biography. She graduated at the University of Houston with a B.S. in Psychology and B.A. in Journalism. She is a candidate of PhD program specializing in Esoteric Studies at the American Pacific University in Hawaii. She is a Master Practitioner and trainer of Neuro-Linguistic Programming (NLP). NLP helps us to understand how we use language and how that affects us. She is a licensed massage therapist (LMT), Clinical Hypnotherapist, and after extensive studies of human connections with angels she became an Angel Therapy Practitioner (ATP). She has studied Yogi Philosophy, Anthropology, Communication, Kundalini, Feng Shui, Jewish Mysticism, Kabala, Huna, Body Talk, Quantum Touch, Emotional Freedom Technique, Matrix Energetics, Reiki and many more. Added to all of this she is an experienced, qualified yoga teacher!



In August, this year, she set up her own business call TEX YOGA. She is the author of new yoga style called Jennyyoga, in which she incorporates Hatha, Ashtanga, Vinyasa, Iyengar, and Forrest Yoga into a red hot yoga style which her students adore! She has studied yoga with famous people such as Ana Forrest, Robert Boustany, Jonny Kest, John Friend, David Williams and Shiva Rea. *"I don't feel that I am the same person as I was before I intensively got into my practice. It's like night and day, the transformation that takes place. Nobody can really understand what that means until they experience the moment when they have their own shift"* explains Jennifer. *"While practicing yoga you begin to see the world differently, because we are different inside and outside. It's so gratifying as every day you are reinforced positively."* Jennifer has been teaching yoga in Houston at the prestigious Houstonian Hotel, a private club, in a Jewish Community Center and in Eastern Harmony Fertility Clinic to encourage the body to conceive. She has got well over hundred students who come to visit her on regular basis.

"Music has its own breath."

Jennifer claims that music is everything in her classes. It creates sort of energy. She chooses sounds to sculpt the atmosphere she wants to achieve. *"To me everything is music. Its vibrational effect is the symphony I call life,"* she explains. *"John's music is so beautiful. It allies with my profile, which is to open people up and is very healing and relaxing,"* says Jennifer. She fell in love with John's music and decided to invite him to Houston so he could share his talent with her friends and students in an Alphamusic concert! She even had to open up a special class where only Alphamusic is played. *"Normally I play this music at the end of my classes, during the final meditation. In this class I also play it at the beginning, before we begin our practice."* All her students agree that this music has a very soothing and relaxing effect on them and it contains a very special element which comes from the intention of its creator, which is to open up to love and healing. *"And I believe that's part of John's mission"* says Jennifer. *"I feel very tender sweetness that I believe resonates from his gentle thoughts. I recommend John's music to everyone who wants to incorporate meditation and relaxation, so I think it should be every single person on this planet! Just relax and go then to find something deeper within yourself. I believe in the unity between yoga and music. It is the promotion of global healing. Appreciation, this is what we want to achieve in the end of our classes, conviction that we are one, not divided"* reminds Jennifer.



A CONCERT THAT MOVED THE WHOLE AUDIENCE.

John Levine Alphamusic concert in Houston



After using Alphamusic in her yoga classes, Jennifer Buergermeister, who owns TEX YOGA, decided to invite John to Houston, Texas so he could share his talent with her students. When she told him that she had prepared a concert for him he thought that perhaps she was joking. But the day he arrived he found that a big Brooklyn Piano Store was waiting for his music! It was too late to back out. *"It was a big turning point for me, because basically I only perform the music in the recording studio, usually by myself,"* says John. *"The music I compose is very private and the way I compose it is such that I play whilst meditating or in a trance. I wasn't sure whether I could play Alphamusic in a live environment. I knew that for me to reproduce Silence of Heart or Silence of Peace, to recreate the magic of these pieces would require a lot of work and focus."*

"The best way to make magic is by creating in the moment."

The concert hall in the Brooklyn Piano Store accommodated around 100 people. Jennifer invited her friends, family and students to show them how powerful Alphamusic is. Among them were doctors, lawyers, teachers, dancers, nurses; people from all walks of life. John was sitting on the stage, inside the room, where the lights were shining on him.

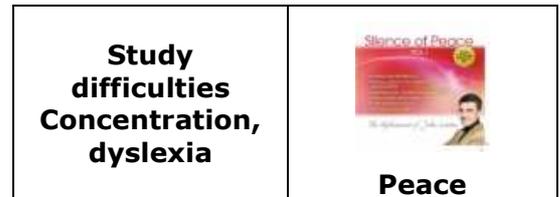
First he explained the basic concepts of Alphamusic and then announced that it was to be a group effort, - group energy. The audience had a chance to hear whatever they wanted to hear. John asked someone from the audience what feeling they wanted to achieve. One answer was gratitude. Sinking as deep as he could, John performed gratitude. Everyone was amazed. The encouraged listeners kept on asking for more, including harmony and joy. *"At the beginning, I felt I had to be careful - to not push their boundaries too far. But as the show progressed it took off which was amazing and wonderful,"* recalls John.

Jennifer claims that he opened them up. *"It was so beautiful. Everyone had different feelings that John would express while he was playing the piano. I heard many people saying how lovely and beautiful it was and how talented John was... they all enjoyed the concert,"* says Jennifer.

Among the very delighted people watching were Terry and Cindy Cohen, a couple from New York, who got John's CDs and played them later on at home. Shoshana claims that it was marvelous concert and one thing she regretted was that it wasn't more advertised so that more people could have experienced it.



Extremely pleased with the outcome, Jennifer says, *"I have never ever done something like this in my life. It was a big challenge for me to organize a concert! Fortunately I got help from my friends and it was definitely worth it. We all shared a lovely evening."*



'A CARING BUT CARE-LESS LIFE' Stewart Holmes' Story

As Stewart's story unfolds you're reminded of the magic that resides in every life. He is a plain-speaking man whose intelligence and passion shines through a tale of amazing bravery.

Despite the worst predictions, he survived coma and paralysis and self-managed the recovery of all his faculties. Then he decided to jump the hurdle of and apply himself to a postgraduate degree in Conservation Science. It has taken him nine years to get there, but he has achieved his goal.

We are thrilled that Stewart credits John Levine's alphasound as a significant contributor to his academic success.

"It's very interesting. I've not come across it before. The moment I switch this music on, I'm at peace. In re-hab they used music therapy, but I didn't connect with it at all; it didn't work for me at all. Now, I come in of an evening, I put John's music on and its like a curtain coming down over all the bother. When I study, I find the music somehow helps me direct my energy, to focus."

As a youngster, Stewart left the English countryside to find work in London. He became a successful theatre set-builder, but never lost a deep attachment to the land. He studied conservation as an amateur, but university seemed too great a challenge: "I was always afraid to get educated, afraid of what I might discover; things I didn't want to know".

Then the opportunity arose to join a documentary team filming indigenous farmers in northern Canada. It was a profoundly important journey. Stewart felt deep resonance with the traditional life of the farmers.

The team returned to England and he immediately began planning a return to Canada. Stewart and a similarly inspired friend arranged to take a group of paying guests on an adventure holiday in the Canadian wilderness. Things fell into place with astonishing ease: clients, planning and funding lined up perfectly.

An expedition like this needed sophisticated equipment, including a high-speed inflatable dinghy, of the sort used for sea rescue. On a test-run, with Stewart at the helm, the boat suddenly ran out of control and he was thrown head first at an embankment wall.

Ten days later he emerged from coma completely paralyzed. Doctors said it was unlikely he would ever walk, talk, read or write.

Slowly he gathered his thoughts and made the decision to manage his own recovery: "I'm a great believer in the subconscious. For me the accident was a way of taking away all the layers. I looked at my situation and I said, 'This is you, now do something about it' "

Though he is quite light about the process of rehabilitation, each step has been terribly hard won, still Stewart chooses to see it all as an opportunity:

"That accident saved my life," he explains,

"Up till then, I led a caring, but care-less life. I had plenty of money, plenty of adventure. At the back of my mind, I always worried about the environment, but I was afraid of going on with education, scared of what I might discover, things I didn't want to know. "

Nine years ago he decided to go to university and has now completed a Post-graduate degree in Conservation Science. He describes catching up to tertiary standard as starting school all over again.



Study is a hard grind for Stewart; not because he lacks the intellect, passion or big picture skills, but because he must coordinate his senses and apply them in a consistently focused way. He also suffered from dyslexia.

This is where alphamusic has changed things for the better.

Stewart talked to John Levine about his difficulties with concentration and focus. On John's recommendation, he took home a copy of Silence of Peace.

Stewart says the instant he listened to alphamusic he knew it was different from the music therapy he had previously encountered: "In rehab programs they use music. It's supposed to help you because you get so stressed and angry trying to recuperate. They use the music to calm you down, but I never liked it. I didn't connect with their music at all. It didn't work for me.

John's music is completely different. I put it on, it's like a curtain coming down over all the bother. Somehow it helps me focus, helps me direct my energy.

I'm so amazed I've been passing 'Silence of Peace' to others at the university, as well as physical therapists. It's interesting to me to hear all the different responses."

For Stewart there is no question that Silence of Peace helps. When alphamusic plays, he finds it is easier to focus, absorb and retain information more quickly. He finds it easier to formulate and describe his ideas. His big dyslexia problem turned out to be a minor one now with John's music.

Stewart recently came to visit and told John: "Where were you 15 years ago? I can only imagine how much faster things would have improved if I had had your music then!"

Therapy for the
clients,
massage



Spirit Peace Heart

"THE COMBINATION OF AROMATHERAPY AND 'SILENCE OF HEART' CAN GIVE ME A HUGE EMOTIONAL BOOST."

"When I am listening to John's music I feel like the world has stopped for an hour so that I can catch up with it."

Carmen's story.

Carmen's adventure with massage began seven years ago, when she started her training at the Clare Maxwell-Hudson School of Massage. The school is situated in London and is known as a world authority in this field. Carmen was trained in Swedish massage, aromatherapy, reflexology, Indian Head and Face massage, hot stones and is ever increasing her scope. Since graduating, she has been working part time at her home and in a Cambridge clinic called PHYSIC, which offers its clients the highest quality treatment of complimentary medicine. Carmen is a highly qualified individual, MA, ITEC, MTIGB (The Massage Therapy Institute of Great Britain) and IFPA (International Federation of Professional Aromatherapists). She also studied at the London Center of Indian Champissage.

Carmen is in love with her job. *"Contact with lots of different people and the power of practice are amazing. It is such a gentle therapy. That's way I love my job, although I can say it can sometimes be tiring,"* thinks Carmen. Before becoming a therapist she worked with young people with special needs for a very long time. When she left teaching she wanted to do something less stressful. She recalled a



situation from her childhood when she was massaged by her grandfather. She thought 'why don't I try it, maybe I could be good at it'. *"I can't imagine not doing this. I will do this till my hands refuse obedience. It is very much part of who I am. It is integrated with my life. For me it is a natural thing to do."*

John Levine's compositions

She has been familiar with John Levine's compositions for a couple of years. She has got an interest in different types of music. Additionally she lives with musician. They have a collection of music from all over the world. She experimented with John's music using different CDs

for different clients. *"I found John's Alphamusic music very helpful for certain types of clients. I use my intuition to decide whether this client needs that type of music or which CD would be effective for them. I have some clients who have been known to be very stressed or agitated and who needed something very calming or and to allow them to breathe more freely. John's music creates a very therapeutic and restful atmosphere for them,"* admits Carmen.

One of Carmen's long-term clients is Gemma Crabtree. *"I think Carmen is extremely accomplished at what she does. I usually go for aromatherapy as she always seems to know just what oils I want and what mood I'm in, she's very astute."* thinks Gemma. *"I always leave feeling serene and fresh and if we've been listening to 'Silence of Heart' then within perhaps 3 or 4 minutes of leaving her house **I start to feel rushes of euphoria.** It can be a phenomenal emotional boost, especially in times of difficulty."* Whenever Gemma feels physically low or ill she prefers 'Silence of Peace'. *"With 'Peace', afterwards I feel alert, awake and more prepared to face the week, especially when combined with the right oils – I really love Melissa and Black Pepper when I'm feeling run down."* adds Gemma. ***"When I am listening to John's music I feel like the world has stopped for an hour so that I can catch up with it."***

Carmen claims that her clients are very relaxed. They float to a different plane. ***"The more I play it, especially for certain types of clients, the more benefits I see them have,"*** explains Carmen, *"and it happens every time. They go into a much more relaxed state. John Levine's Alphamusic has an effect on me as a therapist too. I am more intuitive, more focused on the needs of the clients,"* observes Carmen. *"Alphamusic music allows my clients to give themselves up to the massage. They say that they don't use their heads and minds very much. They think more about physical sensation. **I would definitely recommend this music."***

**Calming down
children**



Full range of CDs

IN THE BEGINNING..... CHAOS RULED!

Changing Behavior at the Jaslo Primary School

Maryla has been a primary school teacher for about 28 years taught classes one to three. Currently she teaches first class.

For the last few years Maryla has been successfully using John Levine's CDs to relax her pupils.



It all started with one small cassette called 'Silence of Peace' (now thanks to technology recordings are only available on CDs). Maryla was asked to play this tape to her students during her classes. It was supposed to be a short session when children had to listen to the music and describe by painting with water-colors what kind of emotions and images the music made them feel and imagine." *The children were very curious. They asked me lots of questions. For example. Who composed such beautiful melodies?"* recalls Maryla. After the session they were also asked to write a short description how they felt, and of what they thought. All children agreed that it was beautiful; they felt light and

calmed. They thought about their mothers, holidays, generally about happy moments. "They had all calmed down..." admits Maryla.

Student's behavior.

Right now Maryla teaches the first class. "At the beginning it is always tough. They have to adapt to school duties, to discipline and this is where calming of the mind is so important" Maryla explained. "John's music hit the target! This music achieved it's aim to calm and relax the students' minds. It helps you to calm down, to find the right balance. You can think over many things, many every day problems. It is good for making decisions, definitely! It helps me to find new ideas, how to handle my students, what new games we should play for the moment" says Maryla.

Some children find it hard to relax, especially ones with ADHD. But even that kind of child when comparing their state before relaxation and after this process is so much calmer with John's music. "I really can say that after playing John's music they are easier and better to deal with" admits Maryla, "They can spend more time in one place, they are not disturbed especially by each other. I have been using this music for a long time and if it didn't work I would have stopped playing it the moment I saw no benefit. But fortunately it isn't."

Maryla plays Alphamusic before the start of each class and also many times during the actual class itself. It usually happens whilst they are having art lessons. Children become more creative and their paintings look exceptional.

"In these CDs there is some magnetism which shows John's character and which makes this music so special. The assortment of instruments are perfect. It's attractive..." shares Maryla.

All the parents compliment the use of this music. Maryla recalls a mother who attended the last P&C meeting and strongly recommended this music as her older son, a previous student of Maryla's is now much more calm and can actually now easily concentrate.

Everyone has no doubt about its calming effect. It is the elixir of good behaviour! This music is necessary for every teacher who wants to calm down students or to help them be more creative or better focused.

Nowadays we hear a lot of negative things about pupils. They laugh and make jokes of teachers; sometimes they don't pay attention or not even listen at all! They fight with one another during the breaks or cause even more dramas. In these circumstances John's Alphamusic is the answer to the desperate need to calm students down and allow teachers to get on with their work.

*N.B. Comparing two educational systems – Polish and English.

In England education is divided into primary, secondary, further and higher education. Compulsory education lasts for 11 years. As small as five years old children must start their education. The Polish educational system differs from the English as children start school at age 7 and schooling is compulsory until they reach 18. Their education system is based on three tiers: primary, secondary and higher education. The first tier is divided into 6 years primary and 3 years gymnasium.



IT MAKES THEM FEEL CALM AND RELAXED

Joanna, a therapist.



Two years ago Joanna met Angela, the owner of 'The Therapy Room' and never expected that this would be a life changing event. A waitress and a jewelry maker at the craft market she had a chance to become a therapist. She never thought of helping people, helping relieve their pain. At 35 years old she learnt therapeutic massage, reflexology and now qualified in Indian Head massage. Also receiving a Diploma in hypnotherapy, she was training to become a psychotherapist.

As she is new in the business she has yet to build her client base, and the numbers are growing rapidly. People who come to Joanna usually suffer from muscle tension, stress and related ailments. They are people from all walks of life, generally over the age of 30. *"I like helping people, making them feel better physically, that's what I want to do in my life"* says Joanna.

Underneath the Therapy Room there is a shop where Joanna's friend Deborah sells a lot of goods. Saleswoman has known John Levine, an Australian composer, for a long time. He has been selling his CDs through her and one day Angela along with Joanna decided to use this music while doing the therapy. It was like a breath of fresh breeze. Joanna haven't seen that content clients for a long time. *"This music really helps people to relax and that is the whole idea of the massage and reflexology"* thinks Joanna. *"John's CDs aren't rubbish, messy and irritating like other relaxations CDs. They are what they are. They are simply relaxing."*

Joanna also practices from home in the past playing her clients Spanish classical music. Her clients admit that they were paying too much attention to the music, and not to the therapy and due to that they weren't relaxed. They needed something which helps them relax easily.

Joanna wanted to have pleasant music to be played as background during her therapy session. That is the reason why she chose Alphamusic. *"Most of John's Alphamusic CDs are so soft that I actually don't hear them. They have such a soothing effect on me and my clients. I admit that my favorite one is Orange Grove Siesta, as when I listen to it I enjoy the atmosphere"* claims Joanna. This music is with her most of the time, and never gets boring.

Clients fall in love in with John's music. They find it very relaxing and it sends them often into dream mode. They often fall asleep. A new client a couple of weeks ago, a young lady who was so content with the music being played her session, that right after she went down to own a copy for herself. *"It's also very relaxing for me too"* claims Joanna, *"it helps me work better, feel more refreshed to help heal people. If the clients are relaxed it means that I did what I was supposed to do."* Because of Alphamusic's real relaxing and calming effect Joanna has already recommended John's music to many people, especially to other healthcare professionals.

**Excellent for
rebirthing**



Orange Heart

THE IMPACT OF THE MUSIC ON THE REBIRTHING

Debbie, rebirther.



Rebirthing is a breath work technique. It's a healing method which helps you gain your physical, emotional and spiritual awareness. The simple act of breathing is used to work through the blocks and barriers. Respiration conducted in this way generates energy used to self-heal, and for spiritual and personal development. It enables us to live on the highest level using our whole potential. Breath takes us where we should go to develop our own life. Rebirthing is a journey towards freedom so it is claimed.

Debbie, 47, started exploring rebirthing around 5 years ago. For the last 25 years Debbie has had 25 years working with people as a social worker. Now as a teacher and lecturer, she is constantly on the move as her students and clients are all over Cambridge, making her travel thousands of kilometers a year. But her real passion is rebirthing. At the back of her garden, she has a room providing her therapy. "It is a good energetic space. I've created a calm and peaceful environment, creating a perfect atmosphere for breathing" says Debbie. A whole session lasts around two to three hours, but the breathing session lasts approximately 60 to 75 minutes. Breath work is a deep therapeutic process. People bring up their own things within rebirthing. In fact some people can bring up a lot of birth trauma during the therapy. For others it can be transportation, transformation of past experiences which have been stored in their bodies and the integration with who they really are. So it is quiet a complex therapeutic process. In 2001 Debbie decided to learn drama therapy. Enrolling with the Artemis Foundation, they're method involved therapeutic drama using rebirthing. "Until then I've never heard of rebirthing." At the moment Debbie is a fully rebirth breath practitioner and a member of the British Rebirth Society. In fact she is the only practitioner in East Anglia. The most amount of clients she is able to work with at the moment is five. People come for a variety of reasons. Some have already heard of rebirthing and they come to try it out, others come to relinquish their phobias or background for anxiety. "People like all of us have fears and worries about every day lives and it is a great process to go through, to look at where all your emotional blocks are. Leonard Orr described rebirthing as a breathing through fears. It is about looking at what the fears are, what the phobias or anxieties are and how we can move through them" says rebirther.

For rebirthers music is important. Debbie uses all sorts of music from hard rock to child's softy sounds. Two years ago she met John Levine, a composer, who to her surprise knew a lot of about rebirthing. He actually composed special music for rebirthing sessions. Debbie started by testing John's cd out having listened to several she chose her favorite the 'Orange Grove Siesta' and the 'Silence of Heart' CD. "The Orange Grove Siesta' CD is deeper than any other music I have tried. Its beautiful melodies help me to connect more" says Debbie. Sometimes the music is chosen by her clients. They decide what sort of music they would prefer to listen to during the session. "What is about John's Alphamusic is that the therapy versions are about an hour long making them very useful to use as background for treatments. I play Alphamusic during the entire therapy session. The music tends to take you on an incredible journey. John's music does that very well. It tends to be for clearing the deep problems related to the chakras. Alphamusic is good for me also as I am an experienced rebirther. John's music is great when listened to on headphones" explains Debbie. During the session music connects you with different emotional things. When the music is being played it is like some strength or sound has been capturing you and connecting you with something inside yourself. Music does have an impact on rebirthing. People experience something incredible which can't be described by words. My clients say for example that it has put them in touch with something deeper or emotional."

"I would certainly recommend John's music as it is a good tool for rebirth therapy. I can also see that this can be used in any other modality or therapy. It is a shame John's Alphamusic compositions are not more widely known and used. Some therapists don't care much about the quality of the music, but they certainly should do! Their clients would benefit more. The quality of music is very important to me."



THE ALPHAMUSIC IN NEUROTHERAPY

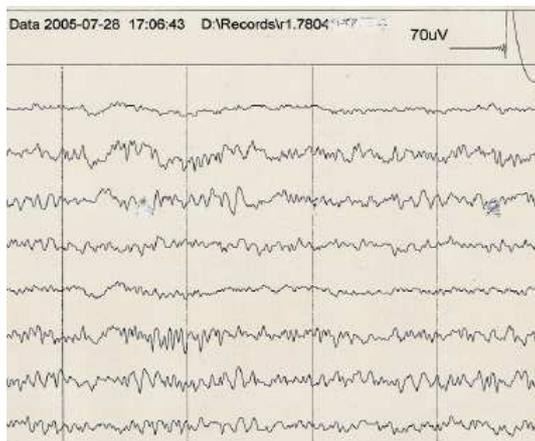


Figure 1. EEG recording from 2005, before John Levine's Alphamusic has been used.

Mrs. Danuta Andrzejak, an EEG (electroencephalography) technician, recently witnessed a case in which a man's speech improved significantly as a direct result of Alphamusic Therapy. This gentleman, aged 27, had been referred by a psychologist for EEG testing. His speech was a stream of "babble", talking so quickly that people found him unintelligible. He couldn't find a job; employers didn't want somebody they couldn't understand. It was affecting all areas of his life. He felt that his "world had crumbled during childhood" when he was diagnosed as having a speech impediment. His self-esteem was at an all time low. He sought psychological help. Results from the EEG examination for which the psychologist ordered showed abnormal brainwave activity. It was irregular and erratic.

In response to these findings, the psychologist prepared a Biofeedback Neurotherapy program. The program lasted approximately one year, starting in July 2005 ending October 2006. He had two series of thirty sessions – sixty in total. The

last few sessions used Alphamusic, specifically 'Silence of Peace'. The patient chose the time of day when he wanted this music to be played to him.

After this therapy he underwent another EEG examination. The results were phenomenal. Nobody could have predicted the findings. The basic activity went to 11-12 Hz, the amplitude slightly lowered around 35 uV. There weren't any sharp drawing elements. The alpha rhythms were very regular.

The patient's speech improved significantly. He is speaking clearly, more slowly and has recently gained employment – a huge change in comparison with the previous year. He is very happy and can't express his admiration for John Levine and his Alphamusic. He claims that he feels exceptionally well, motivated and more comfortable meeting and interacting with new people.

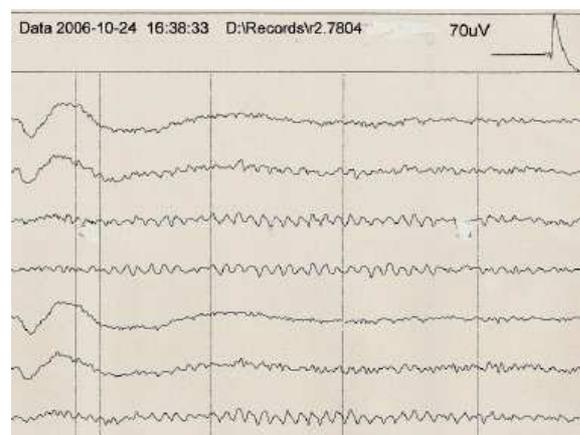


Figure 2. EEG recording from 2006, after the session with John Levine's Alphamusic.

Conclusion:

After the session in which the patient had listened to Alphamusic music he always claimed:

1. A feeling of calmness. He wasn't tired and he didn't yawn as before.
2. An improvement in self-worth and feelings of well being.

As well as there being a visible improvement in frequency and regularity of brainwave activity.



MUSIC THAT CHANGES THE ENERGY FIELD

Heather's story.



Heather as a child was afraid to tell her friends and family how and what she could see. It was if she was a real live comic character being able to see energy with her super x-ray vision. She knew then that working with healing energy would be her life's ambition.

But young Heather when ill was toddled off to see the family doctor. Back then alternative medicine was treated like magic, not to be regarded seriously.

The world is changing and healing methods are now being respected and recognized by a growing proportion of the community.

Just a few years ago Heather incorporated the use of energy as part of her therapies. She now calls herself a vibrational therapist. It's also called Energy Medicine which creates a space where sound lowers the intensity of brain wave activity. It enables blocked energy to be released. Thanks to Heather's fascination for energy and vibration she has qualified as a Reiki Master, Certified Holistic Health Counselor, Sacred Sound Therapist, Master Certified Himalayan Singing Bowl Therapist and Shamanic Practitioner.

"I am not just using Reiki, I am using many different levels of energy work through the study I've done over the years, combining to make it my own, unique form of energy" says Heather. She has studied with Himalayan shamen who taught her how to use Phurbas and other Himalayan instruments.

The aim of her job is to bring the mind into less stressful state; to bring the cells back to balance, to their original state of memory. Her clients vary from young children to the elderly. Her youngest client was 8 years old and the oldest 86. They suffer usually from emotional blockages, which usually come about from trauma. Some have physical illnesses like cancers. Others suffer from stress, anxiety or have fibro trauma. They seek Heather A Strehse's help knowing that it will take a course of treatment. Once they experience relief they keep coming back.

Mind Body Spirit Expo.

In October 2006, in Pennsylvania, the Mind Body Spirit expo presented a range of complimentary and alternative medicine approaches. "I remember John Levine approaching my stand, from the moment we started chatting I felt that this man really is bringing some terrific work to the world. I wanted to find out more. After acquiring three of his CDs" explains Heather. One of them was '**Silence of Heart**'. She bought that one because she does a lot of work on heart issues such as pain, trauma. When people are opened up they can experience much more. The Heart CD was for opening people's hearts."

"**Silence of Play**' brings you to the point where you can be more joyful and have fun, into childlike behavior. It can assist people to experience more joy daily. This CD I felt will help people to find what they have inside themselves" says Heather. The third one she enjoys using is '**Emerald Forest**'. From the moment she hear the first few notes she felt an energy shift around her. "John has a fantastic way of bringing the different levels of sound into his music. I found his music works the best with the Chi Lounge chair. It brings people to a different level in their journey on this chair" says Heather. She found out that people are able to move more freely and connect quicker than they did before. "It is such moving music. I really feel each of John's compositions moves energy blockages" says Heather. "This is very therapeutic and healing for me as well. It takes me to a deep level."

The first session.

Heather plays John's music during a therapy session, usually before she starts treating; she talks with them for about 20 minutes to get to know them. John's Alphamusic helps my clients down and be familiar with the place where they are. The music is played from the first the moment they have their first session. "It was 'Silence of Heart' that goes on first. I had a very emotional client who cried during that session. She even wasn't aware what was going on in the background. It moved her to a place where she was able to release her energy that she had blocked for many years" explained Heather. Another client who despite other instruments that were played during his session noticed beautiful sounds of John's music. "I would definitely recommend 'The Alphamusic of John B. Levine' it's very different from the any other music that's out there and I think it would be wonderful for everyone to experience it. It gives the opportunity for everyone to help release their emotional blocks more freely".



“A colorful world shattered to black.”



Depression is a mental state characterized by a pessimistic sense of inadequacy and a despondent lack of activity. Most common symptoms of depression are feelings of hopelessness, anxiety, sadness, helplessness, insomnia, concentration problems, irritability, disturbed appetite or loss of energy.

According to the National Institute of Mental Health 10 percent of the world's population suffers from depression. In the United States it's estimated app. 15 million people are afflicted whilst more than three million people can be depressed in the United Kingdom, 2 million in Poland and 1 million in Australia. Women are twice as likely to experience depression than men. 30% of women suffer, whilst Men's statistics were previously thought to be half that of women, but new estimates are higher. Around 6 million men in United States are reported to suffer from depression. In 2004, more than 5,500 people in the UK died by suicide. However, British men are three times as likely than British women to die by

suicide (Samaritans Information Resource Pack 2004). The World Health Organization claims that by the year 2020 depression **will be the second largest killer after heart disease.**

What causes depression? Family violence, trauma, loss of job, extreme stress, homelessness, medication, isolation, poor diet, genetic basis, social failure, divorce or loss of someone close. These are just few. In United States there are 2,2 million citizens under the age of 35 who divorce each year and even greater numbers will breakup from a serious relationship.

Tom is a nursing assistant who works in the Psychiatric ward at Fullbourn Hospital having done many other jobs previously. He was a picture framer, working for artists, and has travelled extensively. Above all India, his favorite, having explored the country far and wide....beautiful surroundings, friendly people, Indian culture and wonderful trips on elephants.

Now his life has bounced back to normal but two years ago it was bleak. Very much in love with his girlfriend they settled down and had a child, baby girl. They were so happy, it seemed as if nothing could go wrong, unfortunately life can be cruel. The perfect relationship began having serious problems. The ominous dark clouds hung overhead. His lady taking their baby girl, left him, and what made matters worse he also had problems with his daughter from his previous marriage. He was alone feeling emotionally destitute, a few days of loneliness darkened to black depression. He couldn't handle his situation, feeling low with no energy; he was confused, suffered insomnia having motivation to get up in the mornings. At the crossroads, his personal tragedy made him realize that his situation had to change....and quickly at that!

The first step that he made was to get a new job. *"I needed to do something a bit deeper with my life and I wanted to help other people somehow and rebuild my life again"* said Tom, *"I needed the experience working in hospital for some reason. I think I made my decision more intuitively than logically. I just went for it even though it was difficult, it was good for me."* In this hospital there's just negative energy. There are so many people with mental illnesses, who desperately need help and someone close to care for them.

“My Body Tingled”

Tom likes spiritual life, close to Hinduism, meditating and chanting. His favorite book “Autobiography of Yogi” by Paramhansa Yoganada Tom calls his “spiritual treasure” sharing the message of hope to all truth seekers wanting to begin a great adventure.

One grey autumn day, the weather reflecting his low feelings, Tom met John Levine, a composer, who specializes in therapeutic compositions. Tom told him about his problems and that he was searching for rational help. John gave him his CD ‘Silence of Heart’, explaining that when he felt low and miserable to use it....to help him survive the difficult times. This CD was specially designed for people with depression or who've lost someone close.

"I listened to this music on the headphones and felt good with tingles around my body, in fact goosepimples. It was cheerful and warm music. After five seconds of listening, I knew that I want to take it home" recalls Tom. *"I didn't have any hesitation that the lights were turning on! I wanted it... I enjoyed listening to 'Silence of Heart'. I guess I was just in the right place at the right moment."*

He went home and played this music straight away. *'Silence of Heart' just let me be quiet. I had calmed down and almost felt like I had meditated with actually doing it.*

It moved me. Sometimes you can read a book or poem or just watch something on the TV and it moves you, it makes you cry and you don't even know how. The same is with John's music. I could feel something special coming over me from his music...I can't describe it", explains Tom.

"When I started listening I remember playing the CD every day for maybe three or four weeks, and even though I had it playing all night, I felt his music was giving me an emotional nutrition for which I was craving...playing non stop repeat during the entire night gave me the sleep for which I was so desperate.

At the same time Tom, attending two courses, also helped in his recovery. After all his self devised management of his illness he became better and much stronger. Now he doesn't have to listen to John's music so often, only using it when he feels that it is necessary. *"Two years ago I really needed it, but now I don't. Even though I still like it and always come back to it when necessary. John's music is very spiritual, very deep and powerful"* states Tom.

He strongly recommends alphasound to everyone who suffers from loneliness and depression. One day he took his favorite CD to the hospital. He found a small girl depressed, gave her 'Silence of Heart' and told her that when he was feeling low he listened to that and it helped him. It was time to share with others the gift he received from the Australian composer. The girl listened, and agreed it was peaceful. *"John's music is very useful with good energy The kind necessary for my patients"* says Tom.



“JOHN’S MUSIC HELPED MY SON WITH HIS SLEEPING PROBLEM”

George’s story.



Alison, previous fashion model and an holistic health center manager, is now a full time mother to her two small children. She’s been always interested in complimentary medicine, so being a center manager was perfect for her. This awareness helped her to be open minded in discovering a natural remedy for her son’s problem.

George is seven years old and attends to the primary school. He had one major problem. He was struggling with sleep and when he finally closed his eyes, it wasn’t for long. This affected Alison’s sleep as she had to get up several times to look after George, so both couldn’t rest properly. Alison searched for some relaxation music that could help his son calm down before sleep time. George is a bright child, with no problems at school, his mind is extremely busy.

He is also very energetic, involving himself in everything that’s going on around him. One day when Alison was on holiday, she met an Australian composer, John Levine. Telling him about his son’s problem, John suggested to Alison to try a few of his compositions, which people reported to have helped in similar situations.

The reason behind George’s sleeping problem is unknown, but the importance to calm him down before bed time was a key point for Alison. She played the CDs she obtained that day a few minutes before George went to sleep. After a few days of using them, she found they really helped him. She used primarily ‘Silence of Peace and ‘Orange Grove Siesta’. He calmed down and slept properly through the entire night. George, same as his mother loves, reading books. The other sources of help, combined with Alphamusic, were being told Fairy Tales. The combination of the two made George sleep well at night. *“I think my son needed to hear something calm reassuring and peaceful before sleep to calm his busy mind. John’s Alphamusic definitely helped my son with that”* shared Alison, *“So I really recommend it to all parents whose children suffer from any sleeping or behavioral difficulty and who can’t find any reasonable solution for them. Alphamusic is really worth trying.”*



"I FOUND JOHN'S MUSIC VERY SPIRITUAL FOR ME."

Alison's story.



Alison is a full time mum to Emilia 3 and George 7. Previously she was a fashion model and because of her interest in alternative medicine also worked as a manager of an alternative holistic center. Alison loves horse riding and reading. Her favorite book is 'The bluest eye' by Toni Morrison.

Alison was searching for relaxation music to help her son, George suffering from insomnia. After finding John Levine's Alphamusic and using it successfully the family realized that

this music really was peculiarly special. Having helped her son to sleep by calming down his busy mind, he could easily relax before bed time.

Alison has her own favorite Alphamusic CD called 'Silence of Heart'. "I find John's music very peaceful and very calming. My husband was a bit of a skeptic, as he has a different personality to mine, he isn't interested in any alternative medicine, but he likes this music, he likes 'Silence of Heart' in particular" says Alison. "I find it very soothing, I easily get wound up and distressed John's Alphamusic steers me from the inside." Although her daughter Emilia is a calm and relaxed child, she also enjoys listening to this music. She can express herself by humming along with it's tunes and it is therapeutic for her as well. "I hear John's music on a different level. I find this music very spiritual for me, imaginative and emotional. If I want to meditate, I will always put on John's music, especially 'Silence of Heart' it easily brings emotional issues up to the surface" shares Alison. "It helps me to feel much more central and calmer while meditating." Alison admits that John's music is perfect for meditation. She plans to bring meditation into schools and would like to use 'The Alphamusic of John Levine'. "I would recommend it because I think it is beneficial for someone who is very emotional. If you are for example a therapist, this music can help your clients to release their emotions more freely. It is absolutely perfect, a natural way."



Child Cerebral Palsy

Jas' Story.



It was summer 2006. A mother with her eight-year-old son, Jas, came for an EEG examination. Jas suffers from child cerebral palsy (PMD - Pelizaeus-Merzbacher Disease). Pelizaeus-Merzbacher Disease is one of a class of neurological diseases known as Leukodystrophies, disorders that affect the formation of the myelin sheath, the fat and protein covering, which acts as an insulator on neural fibres (axons) in the central nervous system. For this kind of patient, it is recommended that the examination be conducted whilst the patient is dreaming.

It was a challenge to prepare this examination, as Jas had always experienced difficulties in getting to sleep. In the end, it took over an hour for Jas to fall asleep.

During the examination Jas' mother was talking about living with her son and the difficulties that PMD caused. Something that stuck out from this conversation in the EEG technician's mind was the emphasis she placed on his struggles to get to sleep. His mother had tried various different methods to help him, but so far she'd been unsuccessful. *"I propose she use Alphamusic CD called 'Silence of Peace' which I have been using to find if there is any influence of his music onto patients during the EEG process,"* thought Danuta Andrzejak, EEG technician.

It was over a month before Danuta heard anything back. One day a message finally arrived. *"It was a shock to me as I have never used John Levine's music with patients who suffer from cerebral palsy before,"* says Danuta. *"His mother was so thankful and happy that I recommended her this CD. She said that some issues that had been persistent for many years had melted away. Her son had gotten himself into a hyperactive state one day, which she knew from past experience could go on for up to three days. She put 'Silence of Peace' on. Over the next twenty minutes he became gradually calmer. It was astounding. Also, she said that during the nights he was falling asleep much faster than he was before,"* recalls Danuta. It was of great benefit to Jas' mother as she finally managed to sleep during the night and wasn't consistently woken up by her son.

Jas' caretakers have also noticed an incredible progress in his concentration abilities. One therapist said that he sees smaller muscular strain in his limbs, which allows him to facilitate more exercises with the patient, and even better cooperation from his side has been observed.



'THE PRESSURE AND THE STRESS OF MY BODY ARE FLOATING AWAY'

John Lynch's story.

John Lynch, an entrepreneur from the United States, is currently President of the leading promotions company LYNKA. He funded the company in 1992. Today it is a powerful venture with over a million dollars in sales and with thousands of clients.

John was relocated to Poland in 1991 as a part of a program sponsored by the US government and organized by American business schools. They were sending American business to central European Countries to help them get started after the changes in the economic system. He is currently the President of the American Chamber of Commerce.

John has a huge experience in business. He finished Lehigh University in Pennsylvania with degree in Engineering and completed his MBA at The Wharton School of Business. At the beginning of the nineties he worked as a marketing director for the first Polish American Bank. In 1994 John funded in Poland a Krakow branch of the American Chamber of Commerce. He was elected to the Board of Directors of this organization. His passion is travel and golf. He has visited 44 countries around the world; many of these visits were business trips.



John Lynch remembers that he met John Levine, a composer, few years ago through a business connection. John Levine was involved in training for different companies. LYNKA hired him to do some workshops for their company. John Lynch has a huge collection of Alphamusic CDs at home now. *"I like different CDs for different purposes. I have 'Silence of Heart' for when I feel like crying; it is really good for that. I feel calm in my sadness then. Some of the CDs are more energy giving, some are better for helping to tackle stress,"* says John. *"I especially like 'Silence of Peace', even though this is the first one of John's it has a special meaning for me. It is so relaxing. I remember I was in a very stressful period in my personal life when I first found 'Silence of Peace' and it was really wonderful to me; it gave me a way to escape from the stresses of that crisis."* John has tried many other relaxation CDs in the past, but Alphamusic has something special, something unique that couldn't be heard in any other composition. *"I found myself really achieving a level of relaxation and peace that I have never received from anything else. John is a great composer and pianist. He was able to combine the compositions with his own Alphamusic concept. It has been done in a way that no one else has done before,"* thinks John. *"I am a business executive, I am very busy and I travel a lot. I have lots of pressure in my life. John's music allows me to ease that state of strain. The pressure and stresses of my body are going away. When I play it I can feel that all the cells of my body begin to let loose the stress and the pressure and by the end of the session I am really feeling very happy and relaxed. It is very professional, very melodic, composed and performed with the great passion and most of all effective."*

For more information about John Lynch business please visit www.lynka.com.pl



TOTALLY AT EASE, TOTALLY RELAXED.

“When I was a child I knew that I needed something, I didn’t realize that this was relaxation music.”

Stan’s story.

The Canadian mountain ranges.

Stan Sakic, 57, originally from Yugoslavia, emigrated to Alberta, Canada thirty one years ago. He fell in love with the beautiful Canadian landscapes. His passions are photography and travelling. Every year he visits either the Caribbean Islands, Hawaii or Mexico and captures the wonderful scenery with his camera. In Edmonton Stan works as an electrician in Provincial Court House. He looks after lights, computers, telephones and other “energy” machines. “I’m glad that I am in Canada. I am very happy here. I enjoy new experiences, new people and the new scenery” says Stan.



An adventure with Alphasound music.

A year and a half ago Stan was injured at work. He sustained a strain in his shoulder. At a rehabilitation centre, he was introduced to relaxation music. He underwent a course of treatment where he was taught how to de-stress and relax himself at home. Since Stan was a child he’d known that he struggled with this and believed that there was something out there for people like him. When he grew older he found the missing piece from his life. He felt that relaxation music had been calling to him for his entire life, and finally he could hear it! From that moment he was always looking for the best relaxation compositions, hoping to improve what he had. One day when he was surfing the net, he came across John Levine’s website www.silenceofmusic.com. “I read John’s story and how he composes the music. I found out everything about this process, read the testimonials and decided to try it for myself” recalls Stan. “From the first moment I heard the beautiful melody I knew I must have it in my home. I find it hard to explain how this process works. When I listen to Alphasound I feel tranquil, almost floating into different state of mind. I am different physically and mentally. I am totally relaxed.” Stan is astounded by the long pauses that he can hear in ‘Silence of Peace’. “To hear that long pause makes you feel like your body and mind are being transported into a different area, into an area where you can rest and find your own peace” says Stan. “It is like being in a bubble, feeling content with one’s life.” Stan listens to John’s music whenever he has the opportunity. He listens at home. He plays it at work during lunchtime and presents the music to his colleagues. He remembers that one of his co-workers almost fell asleep while he was listening to the music, he was so relaxed. Stan thinks that everyone of us has our own relaxation patterns because we are different. So it is important to find the right music that will be helpful in any particular situation. “When I play ‘Amber’ and don’t achieve the things I want, I switch to ‘Silence of Peace’ and it works. Same with the other Alphasound CDs. There is nothing wrong with the CDs, of course, it just depends on your mood and your needs at that specific moment” explains Stan. “When I listen to John’s music I am totally at ease, like there aren’t any constraints on my mind or body. I don’t feel any pressure, I am just relaxed. This music really affects me any time I play it. What can I say generally about these wonderful compositions? It is very gifted man who has created this. I am glad that he shares his talent with us. I recommend this music to the people who need to relax or wind down. Music speaks to the soul and none more so than Alphasound. So I would say to anybody - just try and see what it will do for you and you will be amazed.”



"WHEN I AM LISTENING TO THIS MUSIC I FEEL THAT MY LIFE IS IN BALANCE."

How John Levine's Alphamusic affects other musicians.

Minouche Kaftel, a famous singer and actress.



In one article her voice was described as, "as pure as spring water". Some compare her even to Barbara Streisand. Who is Minouche Kaftel? Born thirty-nine years ago in South Africa to a composer's family, claiming to have singing in her blood, fourteen years ago she came to London to start her international career. Like she says, she didn't choose the music, the music chose her. Her first major concert was just few years ago in Russia when she sang in front of 12,000 people. It was an "unforgettable and incredible experience" for her. She has released 5 albums to date.

A few months ago Minouche attended the Yoga Show in London where she met John Levine. She was introduced to his music and decided to see if it really works, as he claimed, although she didn't expect any huge changes to take place. "I thought it was "new age' music, something interesting to listen to and nothing more. At home I put it on and I was listening to it in another room while I was doing the dishes. It was 'Silence of Heart' and it affected me very strongly. I started crying. I came into the room, sat down and I was totally amazed how it could happen," recalls Minouche. She was wondering how this could affect her when she wasn't even trying to listen to it. It was just in the background. "I see music as being spiritual vehicle, I am very interested in the healing process but I wasn't familiar with alpha waves," says Minouche, "I didn't know that John's music could affect me so immediately. It is very beautiful, very simple and on the other hand extremely powerful music. I think this music keeps me in balance; it is all about having balance in my life. I've been listening to lots of 'new age' music and it didn't affect me as strongly as John's music did."

Everything that occurs for Minouche whilst listening to Alphamusic is natural, not contrived in anyway; happens on its own. For her, there is no need to focus on music, it washes over her freely.

"When you are a creative person, I think you have about a thousand thoughts a minute, and you need to focus on one to achieve your goal. I think John's music perfectly fits that needs – to allow you just to focus on one thing, to keep the balance in that. When I hear these tunes I feel very calm, soothed, even though sometimes it brings up emotions, it's a safe place to cry and after I'm very relaxed and safe," explains Minouche.

Recently she was moving house, it was very stressful experience for her and she found out that 'Silence of Heart' was something that she was looking forward to, like having a friend. "All the things I am doing at home are quiet stressful and also after coming back home from a tense day of working, I can sit down and relax within the 'Silence of Heart' melodies" says Minouche. "I recommend John's music to the individuals and therapists. Alphamusic is not what you think! I know that people start to think that all this music is alike because I thought that too, but this is something different. This one moves you gently into an alpha state; it hits you right in the middle. It is not going round in circles. I think it gets right to the root."



MUSIC DESCRIPTION

What feelings and memories can Alphamusic bring out?

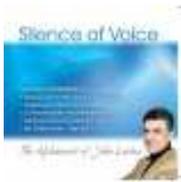
Adrienne's story.

"I love the music and it is part of my life," explains Adrienne. "Music is the key to the human soul. Through it, one can discover what is deep inside."

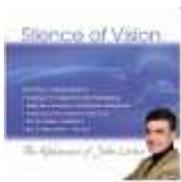
Adrienne has been in possession of John Levine's Alphamusic for a few years now, and she has never regretted spending her money on them. Despite the years gone by, she still continues to listen to them. Adrienne is the head of a large, corporate company and every day she has to face many challenges. After a long, hard (albeit profitable!) day of working, Alphamusic is how she unwinds. Here are some of the things she has said about Alphamusic and the ways in which it affects her.



"When I am listening to 'Silence of Light' I am filled with hope. It feels like waking up fully refreshed and happy to face the new day after a long night's sleep. It feels like I have sunshine on my face."



"'Silence of Voice' - Sorrow that yields joy. It gives me an urge to weep, but in a good way. A hopeful sorrow... it's a lot like letting go of something. Teary and tearful but ultimately beautiful because I can see the light at the end of the tunnel."



"It's like a Cosmic WOW-ness! It gives me an overwhelming assuredness that we are not alone. It sounds like wisdom, it gives me the feeling that I want to explore;. I want to go out and learn what is there. It instills in me a motivation, a desire. It's empowerment."

Shop Selling CDs



Silence range and others

INTO THE MARKET

Retailer's opinion about Alphamusic.



Terry Weber established his shop 'Mystery Mountain' in Dorking, about twelve years ago. He'd been encouraged by friends and professional therapists to provide them with a reliable source of materials for their therapies and healing. Amongst the wide array of goodies that he stocks are some CDs. The ones he recommends the most for everybody are his favorite Alphamusic range, composed by John Levine. Five years ago Terry had been visiting Spain and had heard about Alphamusic. It sounded too good to be true so he decided to try it and find out if it was anywhere near as special as he'd heard. From the first few tracks that he listened to, he fell in love with the music. Since that day anyone can get Alphamusic from his shop! Terry's clients are, on the whole, therapists who want to find the best products for their clients. *"I always recommend them John's music, because I know they will be content with their purchase and indeed they invariably are. I know that because they keep coming back to thank me for the advice! They believe that this music is perfect for treatment. The length, beautiful and calming melody is what they are looking for,"* says Terry. Terry keeps on selling Alphamusic, because he always has someone interested in trying one. Mystery Mountain is now available online too at www.mystery-mountain.co.uk. Terry likes to stock a wide variety of goods for his clients and has in store some other 'relaxation music' but he says, *"None of them are as pure as Alphamusic. I'm not a huge fan of dolphin squeaks or jingling bells. I feel very still when I play Alphamusic in my shop or at home. John is a very talented man and his music is incredible."*



One of Terry's friends, Beverly, helps him out in the shop. Thanks to Terry she is familiar with Alphamusic. She works primarily as a Shiatsu practitioner and a Reiki trainer. She thinks that John's music is absolutely amazing and everyone should have the opportunity to experience it for themselves. *"I play Silence of Heart during my sessions and I've seen Alphamusic work really well with the vibrational work that I do"* shares Beverly. *"My clients love this music and often ask about it, wanting to know where they can get hold of a copy for their homes. Alphamusic is very calming and relaxing. It sounds like it pours directly from the composer's heart. He is a very talented musician; he puts a lot of positive energy into his work and everyone who listens to that can really feel it. Some people do things just to make money but John's music and work really carry the energy."*

Both Terry and Beverly encourage everyone to give Alphamusic a go. *"This music really has something special in itself and it is worth trying."*



I HAVE SLEPT VERY WELL SINCE USING 'ORANGE GROVE SIESTA' Michelle's story



Michelle, a school community service worker, met John Levine on one of his workshops. She was really pleased with his concert and the Alphamusic presentation. Eventually she acquired three of John's CD titles having read a lot about his creative output on his silenceofmusic.com website. Although being a bit skeptical about not yet medically proven things, she decided to give Alphamusic a try.

Michelle had sleeping problems for a long time and was unable to rest properly during the nights. She blames her sleeping difficulties on family problems and the menopause. Her mother having a severe breathing setback, although copes well, suffers panic attacks. Knowing that her breathing will not improve and might even deteriorate spreads fear amongst Michelle's family.

Alphamusic is reported by other listeners to help with certain difficulties such as insomnia by taking people's minds off their worries. Having heard and read so much on the web regarding the good John's Alphamusic is doing for people around the world, Michelle decided to try it out one night. ...she wasn't disappointed. "I have slept very well ever since using the Orange Grove Siesta. I play it just before bed time and as I drift off. This music really calms me down. In the past I have tried radio or music to calm myself and help me get off to sleep but these have had the effect of filling up my brain instead of calming it" admits Michelle. "I have been playing The Emerald Forest in my kitchen, and a great testimonial, in my eyes, is that neither my 25 years old son nor husband have said 'what's the rubbish you're playing? And that's their usual comment! In fact they seem not to notice at all. At the very least I can say that they are not irritating CDs! I shall continue to use them and see what happens."

Besides 'Emerald Forest' and 'Orange Grove Siesta', Michelle listens to 'Silence of Heart' CD. It really calms her down, she can rest properly and it also takes her mind off worries and lifts her spirit. Being happy of the positive effects using John Levine's music, Michelle has decided to also play Alphamusic to her mother.



ALPHAMUSIC WORKS WELL WITH BABIES

Anne twins' story



A few years ago, Anne became a very happy mother of twins. While wonderful, it wasn't easy - having two babies doubles the effort of looking after just one! But Anne was prepared for everything she would have to face. She had a secret weapon she had received before the babies were born from John Levine; a CD which was composed to help calm down children. Anne had attended one of John's concerts and was astounded at this man's effect on the entire audience. She got a chance to speak to John

backstage, and he advised her to try his 'My Little Sea Shell' CD when the babies were born. John had a personal understanding of her concerns and what she was facing due to his own twins. Many sleepless nights and a lot of noise is a standard for the greatest numbers of parents. They seek for any sort of help they can receive. Music has always been claimed to have a healing effect on people, and John's wish is to help the greatest number of people through his music.

"When I was pregnant I was playing this music for myself and to my unborn children just to have a peaceful atmosphere at home where we could relax and it worked really well then. All the background noises automatically disappeared" says Anne. When the twins were born, everything changed for Anne's family. Two new members were among them now. The twins were named Megan and Simon. They turned out to be very active children who enjoyed playing up and misbehaving. Anne found that her children were sometimes very active or even a bit nervous when she put them down for the afternoon nap. "After listening to 'My little Sea Shell' for ten minutes they fall asleep in peace. They are calm and we are then able to rest and go about our business. I was a housewife for a while so I can take care of them fully, and without this CD it could have been pretty hard for me" admits Anne, "it is really great to have this composition of John's, it works well with the babies. I have no doubt about this. When you are listening to it, there is different mood in your heart."

Her twins are now older and it is easier to cope with them. After listening to 'My little Sea Shell' countless times Anne decided to get a new CD so that the twins could settle down with different melodies. She bought 'Silence of Voice', a CD that also works for herself and calms her down. It is really important to choose the right CD for each person's situation. "John has a fantastic homepage and I like to listen to the samples he provides there. I wish him all the best and good luck for new inspirations."



STRONG HANDS RELIEVE PAIN

Jonathan Sedley, massage therapist.



Have you ever suffered from back problems because of your sitting job? Ever spent too much time behind a desk, then wondered why your neck's so painful? Years ago doctors treated back pains with drugs. Nowadays it seems that such treatment may have been more damaging than helpful, weakening the back and causing addiction to drugs.

33% of US population suffer from chronic pain¹. It is estimated that 100 billion dollars relates to the cost of pain in USA².

Jonathan Sedley, a massage therapist from Hills Road Clinic Cambridge, is well built, with strong hands helps to relieve your muscular pain. His five years experience and in depth training ensure a good quality massage. "I treat people who have various back issues and sport injuries. My most common clients are people who sit at a desk the whole day suffering neck and shoulder pain" says Jonathan.

Jonathan in his therapy has never used music before. "I ask clients to participate in my treatment, so it is irrelevant to play any music when we talk over the subject. I have already had John's music but I had never tried it during treatments. Then, when I met John again, he explained how his music works well in the background and is particularly good for talking over. So I started playing his CDs" he explained. "I have 'Emerald Forest' and 'Silence of Peace', but I find Emerald more relevant for my clients. It is very good for them because they're too stressed and they need to relax. All I need do is just play them Emerald Forest and they really chill out. It seems as if they go into a trance during treatment. When they wake up, they don't know where they are..as well I am relaxed too. I feel more relaxed at the end of the treatment...quite unusual."

Jonathan thinks that Levine's music helps to create the scene. "My clients can totally float away for an hour and they can forget about all their problems. It's a pity then to take them away from the couch, they're in such a wonderful state. Clients really see the difference. It helps them lift their stress. It gives them a break for an hour. One of my clients for example after such a therapy with John's music said to me that everything was so amazing like he was in a different world. He never felt like this before."

Jonathan recommends Alphamusic. "I think it is really important not to be stressed out in these days. Everybody has more stress in their life than one needs. Something like Alphamusic is extremely important. You can just play the music and relax. All anger, and stress disappear. It is particularly good for any therapist who provides treatment aiming to relax..Alphamusic takes their worries away."

¹ Bonica JJ. Importance of the problem. In: Anderson, S., Bond, M., Mehta, M., Swedlow, M. eds. Chronic non-cancer pain. Lancaster, UK: MTP Press, 1987.

² Bonica JJ. International Association for the Study of Pain (IASP).



IT HELPS TO CALM ME AND NOT GET DISTRACTED WHILE I AM STUDYING

Sadhana's story

The Open University has more than 180,000 students and is known as the largest academic institution in United Kingdom¹. Most of its students are mature and 70% are in full time employment². Typical learning methods are distance learning using the Internet & audio visuals, DVD, VHS & Cassettes, with monthly tutorials.

One of its students is Sadhana, a 41 years old account manager in the corporate & media travel industry. Last year she went through three Psychology courses at second year degree level and is now doing History of Film and TV. She claims that she decided to study in order to change careers and to retrain. Psychology was an interesting subject for her, as "It is a good foundation for management because you can understand what motivates people" says Sadhana. "On the other hand it was a totally new academic subject for me, so I was a little bit apprehensive. It was challenging for me as I am the sort of person who can do lots of things at the same time. When you are studying you have to concentrate on just one thing, you have to focus. For me it is easy to get distracted because my mind likes to be interested in a variety of items. I could only stay focused for a little while. I needed something that could help me focus and concentrate longer than that."

One day Sadhana was reading Healthy magazine and she found the information about 'Silence of Peace' CD, composed by John Levine, which helps people focus and concentrate. She went on his website, silenceofmusic.com and read about John's background. It wasn't after she participated in Silver Meditation Program where she met a few people who had also heard about John Levine and listened to his music. She wrote to John and asked him which CD he could recommend her. He proposed 'Silence of Peace' for study and 'Orange' for when she is giving Reiki treatments.

"I started using the CD in September when I was revising for my exams. It helped to calm me and to concentrate after only a few minutes. 'Silence of Peace' really filters out the distracting noises as I live on a very busy street in South West London" she explains. "I could easily lead myself into alpha state. I was very pleased with the results! It worked really well for me. I got 81% in one exam and 74% in the second which is a grade B pass. I am always very nervous about exams; the 'Silence of Peace' and Reiki really helped me up with the revision and nerves. In order to enjoy what you are studying you need to be calm and not feel overwhelmed by the amount of work you have to take in. We don't know what our mind is capable of; it is capable of so much more than we believe. I think 'Silence of Peace' helps us to tap into all of that potential that we have. I would advise people to listen to this CD from the beginning of their studies to get them into the practice of focusing and studying. I would especially recommend it for degree level students, because the concentration level needs to be very high." Sadhana explains that this music is also brilliant for art students as it takes people into the imaginative side of the brain.

Sadhana was so impressed that she bought another 'Silence of Peace' CD for her niece who will be doing her GCSE exams this June and she gave a copy to friend for Christmas to help revise for their osteopathy exams in March. When she listens to the other CD, 'Orange', it puts her in a mellow and reflective and mood.

¹ www.open.ac.uk/about/ou

² www.en.wikipedia.org/wiki/Open_University



"What an incredible experience."

John Levine's Alphamusic concert in Houston.

Audience opinions.



This was the first time that John Levine realized his live performances could be as beneficial for people as his music listened to at home or during a therapy session.

The concert hall at the Texas Center accommodates around 100 people. Jennifer Buergermeister, who organized the event, invited a lot of her yoga students and friends so that she could share this experience with them; to

be involved in this group experience. These were people from all walks of life, doctors, nurses, lawyers, teachers and others.

John Levine was sitting on the stage, inside the room, where the lights were shining on him. First he explained the basic concepts of his Alphamusic and then announced that it was to be a group effort – a group energy. The audience had a chance to hear whatever they wanted to hear. He produced the sounds that were coming from within him.

The audience had a chance not only to listen to it, but also take active part in the concert and the workshops



Elaine was one of many at the concert. She thinks that the concert was exactly what she needed at that point in time and in her life. *"When Jennifer told me about the concert I was curious to see a live performance from the man whose music we listen to at our yoga classes, that brings us such freshness. When I was there, that evening, I felt so relaxed after a long, busy day. I was very moved by it, very touched. I really enjoyed it, like a fresh breeze. I would certainly recommend it to others. It is worth trying. John's CDs are very helpful tools to calm down people. I know that from my own experience,"* says Elaine.



Kristin, a psychologist from Houston, went there with her child. *"I know it was worth it to be there. I am very thankful to Jennifer that she organized it. My child was dancing at the concert. There was such a joyful atmosphere. And it was great that we were surrounded by our friends."*

Among the very delighted people watching, were Cindy and Terry, a couple from New York. Shoshana exclaimed that it was marvelous concert and one thing she regretted was that it wasn't more advertised so that more people could have experienced it.



Maxine, Dance Director in a Jewish Community Center in Houston was also there. After the concert she asked John where she could buy some Alphamusic to take home with her. *"It was incredible. I managed to stay focused, calm, happy and reflective all at the same time. I won't miss it next year, that's for sure."*



Peggy attended with her fiancé and she, like the others, has wonderful memories from that concert. *"When I heard John's Alphamusic, it made me feel good. It brought up my confidence. I really like that John's method of healing comes through the music. At the end of the concert I was treated by my fiancé to one of his CDs and I'm looking forwards to hearing more in the future."*

Jennifer herself summarizes the concert: *"It was so beautiful! I heard many people saying how stunning and lovely it was and how talented John was... they all enjoyed the concert,"* says Jennifer *"and I am happy that I could give it to them."*



IT WORKS WELL WITH CANCER PATIENTS TOO!!!

Cancer and diabetes patients' story part 1



Malgorzata Chodak is a clinical psychologist, therapist, trainer and supervisor for the European Socio-Somatoanalytic School, former President of the Polish Somatotherapy Society and a member of the European and International Somatotherapy Society. She has worked with patients who suffer from pain syndromes for twenty years. Her many years experience in the CMUJ Orthopedist Clinic enabled her to become a specialist in the individual psychotherapy of patients with pain syndromes, a psychotherapist specializing in patients with phantom pains and cancer, using methods of visualization based on the work of C.Simonton and J.Achterberg. She also works with deep consciousness changes and transcendental experiences. She is the author of over 30 publications and a hundred reports on international congresses, conferences and conventions. Recently she received a European Psychotherapy certificate in Vienna.

A few years ago she met John Levine, a composer that creates therapeutic music ideal for use in her work. *"I've been using all sorts of music and it depends on the individual patient's preferences and needs. If they are unable to decide, I choose the music for them,"* says Malgorzata. *"Right now I have lots of patients who need immediate relief. I play the music in the background or sometimes as fragments that we listen to in silence. In the most severe cases, the time is limited as those patients exert a lot of energy in short periods of time. I played my first copy of 'Silence of Peace' until it wore out! I also used it for general relaxation in less severe cases. All my patients seemed very settled when I played them John's Alphasmusic. Some of them even took it to play it in their homes in their personal time."*

One of Malgorzata patients was Tom. He was about 60 years old when his legs were amputated due to his severe diabetes. He was brought into clinic in a wheelchair. It was very sad to see him suffering; his wounds were reluctant to heal at this point in time and he felt that he had had a bad experience with doctors. He went through almost every form of therapy available and he was told that there was no treatment that would help him ease his pain. At this time, doctors refused to treat him and he was left to deal with his phantom pains alone. *"It happens sometimes with phantom pains that conventional medicine becomes useless, but it is important not to give up and to search for other, less conventional, methods that may help,"* Malgorzata told us.

Tom discovered that Malgorzata works with amputees and decided to try her methods. *"I remember he came only twice to my clinic and it was enough. I worked with him using relaxation method and I played him John Levine's 'Silence of Peace' CD to relax him"* recalls Malgorzata. *"It was an amazing experience for him. He felt that his absent limbs were being massaged, that he could connect properly with them, and then he felt his pain evaporate. He experienced his first moments pain-free whilst listening to John's Alphasmusic. He was over the moon. The time came for his next appointment and he told me that his pain had stabilized at a reduced level of 50%. After our last session, again using John's Alphasmusic, he called and told me that he felt able to move on, that his life had changed and that he felt like a new person."*

Tom's case is a signal, an opportunity for patients who cannot find help in traditional medicine to not give up hope.



IT WORKS WELL WITH CANCER PATIENTS TOO!!!

Cancer and diabetes patients' story part 2



Malgorzata Chodak's patients are so grateful to her for the methods she uses to treat them that many have invited her to stay with them as their guest, in houses all over the world. Unfortunately, her astronomical volume of work usually prohibits this. The reason that people feel this way towards her is clear. For example, a patient that had been diagnosed as terminal went to Malgorzata for help. Naturally, he was very afraid and did not know how to live the rest of his life. She was able to alleviate his worries, fears and pains and allow him to enjoy the time he had left.

Isabelle, another of Malgorzata's patients, had cancer of the pancreas. She was played 'Silence of Peace' in the background of her session as to help her relax. During this session, her "horizons broadened". She saw her world from a different perspective. The music released the pain from her body and changed her direction, filling her with motivation and passion for life. *"It is important that music has space within,"* claims Malgorzata, *"Usually people who come to see me don't have the ability to feel the space around them, like their thoughts become their universe. They complain of feelings of being constrained and trapped; they know that their life is ticking by, that every second moves time on and brings them close to their end. They need stimuli that can broaden the room and release the confines these patients feel they are bound by. John Levine's Alphamusic is certainly one that meets these criteria."*

Malgorzata's treatments last for an hour at a time, and a large chunk of this is focused on relaxation - about 20 to 30 minutes. The relaxation time often incorporates music in the background. *"It allows patients to bounce themselves from the state they habitually think in; under what is usually extreme pressure, to a peaceful, calm state."* When the patient becomes comfortable enough in their own skin to view the situation from an external position, rather than being trapped by their thoughts and predicament, huge shifts can be achieved.

Recently, Malgorzata played some Alphamusic to a young woman called Alexandra, who suffers from Recklinghausen's Syndrome. It is neurological disease where inlets are formed in the central nervous system. In her case it was in cerebellum, in medulla. It also gives her a predisposition to cancers, especially of the brain. *"This case needs a really specific attitude because I also work with visualizations here. She really took to the music incredibly well. She managed to put herself into alpha state and to broaden her mind. The process of stopping disease or opening somebody's life back up as a viable opportunity is very long and arduous; it takes a lot of time and effort,"* thinks Malgorzata, *"But in the end it is worth trying."*

"Every patient reacts differently to therapy. Sometimes they can't find the words to describe what has been going on with them. Then all of a sudden, whilst listening to the music, they'll suddenly say that it is something elusive, wonderful and special, that makes them feel incredibly comfortable and suddenly all ailments abate or are taken differently."

Malgorzata says that John's compositions are the type of music that her patients like and it is helping them. *"John's music is beautiful. I would definitely recommend this music, especially to therapists and people who deal with suffering on a daily basis."*



**Agitation reduced – my daughter could sit down and eat!
Brad’s family story**



Brad is a Director of an Electrical Services firm who’s been in this business for over sixteen years. It’s a demanding job requiring hard work and concentration. Mostly spending time for the business whilst little time for himself. To be responsible for the business, ensuring all goes smoothly is stressful for Brad. It is necessary for the person in charge to have something that will help him stay focused and calm to make good decisions. Brad was lucky that he met John Levine, an Australian composer, who specializes in Alphamusic. At one of John’s Alphamusic talks he suggested for Brad to try the ‘Silence

of Peace’ CD. The CD was reported to help with concentration and it is a great source of calm, especially with children. Brad’s three year old, energetic daughter wanted to be the center of attention, so she did everything she could!

Both Brad and his wife when getting back from work need a little peace to rest, after a long tiring day. But with such a small child it’s sometimes impossible to achieve. Brad is open minded to anything new and highly recommended by others. That’s why he decided to start using John’s Alphamusic at home. He didn’t have to wait long for results. Brad waited for just the right moment..he didn’t have to wait long before Ellen wanted to rule the house. This time dad decided to play ‘Silence of Peace’ to see if all he heard about this powerful music was true. He realized, after what he saw, that ‘this music was no joke’. It’s a serious instrument for calming down children.

Ellen doesn’t like eating. It’s hard for parents to get her to eat something, to sit still behind the table. So thanks to the Alphamusic of John Levine, Ellen managed to sit on her chair and concentrate on eating rather than on other distractions. „The problem was” says Brad, “that both my wife and myself were tired after working all day so our patience with Ellen was shorter than normal. We needed to rest rather than listen to Ellen’s cries or screaming. The music really helped us with that. She managed to sit calm and focus eating her supper.”

Recently the family was given a new baby daughter, Lily, who is now nine weeks old and like all little babies needs a lot of attention. With John’s Alphamusic to hand Brad successfully helped his baby calm done and sleep.

“I think it is real blessing to play this music in the background” says Brad. “After a stressful day when I do play Levine’s Alphamusic, I do feel that the stress becomes more manageable and at home the agitation is reduced and everything seems fine. I encourage everyone to try and see what this music can offer you and your family.”

**Sleeping
problems,
Holistic
medicine**



Amber

MUSICAL HEALING

Peggy's story



"Whenever I listen to Amber there is, kind of, more of me... I feel a little sexier. It makes me feel good and boosts my confidence."

Peggy began studying holistic medicine about seven years ago. She believes that this is her true vocation. *"I want to help people; finding natural remedies to make people feel better is what I love to do. My goal is to become healer,"* states Peggy.

Many healers have claimed that Peggy is showing a great deal of promise; that she is clearly gifted and will be powerful healer one day. She has set up her own company called Energy Workzz.

"I am dedicated to spread to the world the benefits of Eastern healing and philosophies. They have been maintaining the body's energy system for centuries. My mission is to promote that, to let people know that this kind of healing is beneficial," says Peggy.

Penny is also a member of the holistic community and a big fan of Jennifer Buergermeister, her yoga teacher. It was through Jennifer she discovered the Alphamusic of John Levine. She was one of the crowd at his Texas concert last year. After his performance, her fiancé gave her an Alphamusic CD to help her sleep better.

Sleep... like a baby.

"From the first moment I heard how soothing his music was, I knew that it could be very healing. When I heard the Amber CD, I really wanted to have it at home; to keep listening to it all the time when I am unable to rest properly during the night. While playing this music in my room when I am in bed preparing for sleep, I am able to fully relax to a point where I believe my mind is open. Open to healing and for the guidance from my angels. This music makes me feel really good," thinks Peggy. *"I've had hard times falling asleep in the past. I'd tried various techniques to help me drift off, but was unenthused by the results. John Levine's Alphamusic was different straightaway. Nothing around me distracted me. A part of me thought that maybe it would be counter-productive, that music would keep me awake! But I'm able to sleep through the music, it calms everything down in my mind and my body."*

"It brings out people's emotional side."

*"Thanks to John's Alphamusic I can express myself better. That is worth a **lot** to me,"* says Peggy. *"I believe that his music will lower not only my stress levels, but also the stress and anxiety levels of my children and other family members. That is why I am planning to buy more Alphamusic CDs. John is really a true healer in my mind. It is wonderful that he does it for others, that he shares his secrets and talent with us. I would definitely recommend it. It is soothing for the soul and helps people to relax."*

Often in today's society it can become difficult for people to express their feelings. People can hide their emotions because it might be seen as a weakness, for instance in a high-powered job, and we are possibly training ourselves to suppress emotions, albeit at a seemingly reasonable cost, like the protection of our careers. Pushing emotions down can cause problems though. An extreme case might be the school shootings in America, or a more easily identifiable case might be shouting at somebody you love and saying something you don't mean after a hard day at work. Finding a method to release what can become pent up inside is invaluable. John Levine's Alphamusic can be a tool for release.

Voice and sound therapy	The whole silence range
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Through emotional blocks ***Felicity, voice therapist.***

“Come to balance in the voice when there is a well integrated balance between the mind, body and soul.”



Felicity, a graduate from the Royal Academy of Music and the Guildhall School of Music and Drama, is currently qualified energy therapy practitioner, advanced EFT (Emotional Freedom Technique) practitioner, vocal advisor, voice therapist, singing teacher and the coach of new girly group All Angeles. The girls were set to bring the new life to classical music. Recently they were nominated for the Classical Brit Award for the Album of the Year. It is a big success for the beginners who work very hard to achieve their goals.

By sound therapy Felicity tries to get to the people who have emotional blocks that might have been created by difficult situations in childhood or by stress or depression. She listens to their voices and reviewing the sounds that they produce. It is important to find the balance in all chakras. By doing vibrational work with the voice, we can actually free emotional blocks incorporated by many traumas. People start to speak within their own voices, with their own authenticity that comes from inside us. This is highly beneficial for them.

Levine’s music.

The common thing that connects many therapists, is the music they use. Many of them admit that the leading melody that their clients listen to while therapy is John Levine’s Alphamusic. Felicity is also one of them. “I play John’s music when I am in the section of doing actual healing. I use it during the meditation and hands-on healing process” states Felicity, “I find this music very sensitive. It takes me back to a very still point in myself. It makes me feel very calm and helps me stay grounded. My energy flows much better within the tunes of Alphamusic. My clients positively react to this music as well. It relaxes them and takes them to a still place.”

Felicity plays Levine’s Alphamusic as well in private, at her home. “When I listen to this music in my home after tiring, working day, I can relax and drop into meditation. It helps me meditate better” she says.

Changes in energy field.

Everything that lives on the Planet earth has its own energy field. There are people who can see it or feel it. Medical science has shown that all living creatures maintain electro-chemical processes in their bodies.¹ Although scientists and physicians remain skeptical as to its existence, alternative practitioners claim that humans have a field external from their bodies that strongly affects actions and feelings.² As an energy practitioner Felicity is familiar with energy field. “When the Alphamusic is being played I definitely notice some changes in energy field. When I am doing healing, I would say that the energy field comes down, integrate with me more”, says she. “I do use other music as well. Other music is very pleasant to listen to, but it doesn’t bring me to stillness in the same way as John’s music does. This music is very helpful and it has a quality that actually clears studded energy. The clients with psychological stress find it very useful and they can release their emotions in easy way.”

“I would definitely recommend John’s music because of its stillness. Most people don’t have any idea how to become still. I think Levine’s music does take them to that point of stillness.”

¹ <http://www.trans4mind.com/psychotechnics/energyfield.html>

² wikipedia

**Reiki,
tinnitus,**



Vision

Tinnitus declined

Reiki healer with the power of Alphamusic

Louise's story

From geophysicist to reiki healer.



Not that long ago Louise worked as a geophysicist for an oil company, traveling constantly visiting many different countries, learning about a multitude of cultures. Fifteen years ago her first son was born, Louise turned her interest toward complementary medicine. A few years later Louise completed Reiki 1, 2, 3, Master Practitioner, is now a full member of the Reiki Healers and Teachers Society.

In her therapy room, at Shosha-san Therapies, she offers her clients reiki and flower essences healing treating physical, mental, emotional and spiritual problems.

Can animals benefit from reiki too?

You can treat with reiki almost everyone, even animals and plants. Animals are not easy patients but when you put your hands near them, they will often sit quietly and will let you treat them. After ten minutes of treatment they feel better. "I treat animals that were frightened. I am trying to calm them down", says Louise. "I had once a rabbit that was frightened by a fox, so I did reiki therapy on it, and it really helped the fox become much calmer."

Louise clients usually suffer from stress and related disorders. They are all very busy people. It was important for Louise to find the right tool to help them feel their stress to become more manageable.

"(...) and then I have noticed John Levine's stand."

At a Brighton complimentary health exhibition Louise heard John Levine explain the principles upon which he based his compositions. "I started talking to John and listened to his music. I acquired a few of his CDs. Since that day I have been using them during my therapy sessions and everyone finds them very relaxing and restful," admits Louise.

One of Louise's clients suffers from tinnitus. It is the perception of sound in the human ear in the absence of corresponding external sound. When the ringing is constant, it can be annoying and distracting. Sometimes it can be so severe that it may prevent a person from leading a normal life.

Terry is 60 years old, a very fit and healthy man, who plays lots of tennis. A year ago he caught a very bad cold which resulted in tinnitus. After visiting many doctors and specialists, he tried many alternative and complementary therapies. However nothing helped significantly.

Doctors couldn't explain why he got tinnitus, then he came to Louise for her reiki therapy. "I started playing him 'Silence of Vision' stated Louise, "the result was marvelous. In the end of the treatment, he felt much better. His tinnitus declined. Before when I previously treated Terry with reiki without Levine's Alphamusic, he didn't notice the same results nor had the same feelings. So the combination of my reiki and John's music is just the best combination.....I treat him once in two weeks and he feels much, much better, better than ever."

While doing the reiki treatment Louise used to play other new age music, but it didn't work as well for her clients, so when she found John's, she hasn't thought of changing it for other types of music as she says 'I have finally found what I was looking for.' „I would recommend this music to other therapists, definitely. It seems to work very effectively with energy treatment such as reiki healing. It creates a very calm atmosphere and feelings in the room. It is nice music for background, you don't have to focus on this, you are only aware that there is something in the room that changes the mood perfectly in the right way" admits Louise.

**Depression,
Sleeping problems**



Heart Orange

It must be the vibration that is coming from the music that affects people's energy.

Children - the boost to start carrier in reiki



Louise is 50 years old, and a Reiki Master Practitioner. She set out on her path to holistic medicine when her first son has born. "Having responsibility for someone else's life led me to explore alternative options to conventional medicine" says Louise. "When you have small children, they often get sick and you don't want to give them lots of sinister medication. So I started to look at the different ways of treating children, avoiding giving them drugs. A couple of years later, I was invited to learn Reiki, which started a journey into vibrational healing. Now I can use it with my children."

"Before I met John Levine", she continues, "I hadn't got as much confidence as I have now. I started playing his music with virtually all my clients. I have such brilliant results from using his compositions. When 'Silence of Vision' is being played during the therapy, I myself feel very calm and relaxed. In fact the first time I played this music, I was in danger of falling asleep when I was giving a treatment! I was so relaxed and afterwards extremely refreshed."

Children's sleeping problems.

Louise has two sons. Since they were little they have always had problems with sleeping, seemingly without any specific cause. The older son had many nightmares and experienced sleepwalking. With John's Alphamusic in Louise's reach, she didn't hesitate to play it to her sons too. The CD recommended by others who also experienced sleeping problems was 'Orange Grove Siesta'. "I play them this CD before they go to bed and while they sleep. It really helps them to fall asleep more quickly. They love this music. More importantly, they admit that they feel that this composition is helpful" claims Louise.

Depression

One of Louise clients suffer from depression. The lady was in a terrible place because her marriage was breaking up, and the situation seemed to become more steadily out of her control. She came to Louise seeking help. "While doing her therapy I was playing 'Silence of Heart' and she really started showing feelings of relief, like all her problems were flowing away from her. She forgot about everything bad and she feels much better now, after just two sessions with me. She is certain that it is really helping her" states Louise.

Changes in energy field

In the therapy centre where Louise has her practice, other therapists have noticed lots of changes in the energy field when Louise plays Levine's Alphamusic. They are amazed about the power of this music, that its effects are so strong, and can be felt everywhere in the building. Louise explains:

"There is something special in this music that gives a touch of magic to the therapy we practice. It must be the frequencies within John's compositions. It doesn't have lyrics, you can't sing it. It must be vibrations coming from the music which affects people's energy field".

Hypnotherapy, Parkinson, Agitation



Heart Amber Vision Peace

Why miss out?

Lydia's client's story

Peace and Vision recommended by hypnotherapists!

Bird's phobia – a way to hypnotherapy



When Lydia was ten years old she developed a dreadful phobia. She was afraid of birds to the point that when there was a pigeon on the side walk she couldn't side step it but was forced to cross the road. It happened so frequently that it really made her life difficult. Moving forward to Lydia as a mum, her daughters encouraged her to eliminate this limiting phobia. Once she participated in a Paul McKenna hypnotherapy workshop this sparked her interest in hypnotherapy and helped her fully recover from the phobia.

After years of training Lydia is now a qualified Hypnotherapist providing habit breaking therapies to clients in Cobham near Esher and surrounding areas.

Hypnotherapy therapists use the person's subconscious to facilitate making positive changes to habits and behaviours. Many phobias and fears can be treated this way. It can be also used treating anxiety and stress problems, to stop smoking, to aid eating/drinking problems and weight loss.

Ideal music? Only John Levine's

While treating her clients Lydia puts them into the alpha state so as to help them to 'reprogram' themselves.

Lydia has a friend who works as an aromatherapist in a nearby Hospice. "She told me lots about the special music that she uses frequently with her patients. She encouraged me to try John Levine's Alphamusic with my clients and that I wouldn't regret my decision. She was so impressed with this music and it really caught on, as it impressed me too" admits Lydia.

"John's music is the only one that I play to my clients and also encourage them to listen to at home. Once I used different music, which was supposed to be calming, but it turned out that it wasn't. It didn't have the same effect as John's Alphamusic."

Clients' reaction – Parkinson

"My friend's husband suffers from Parkinson for about eighteen years now. She came to me and asked me if I would treat him with hypnotherapy. At the beginning, I wasn't sure if that was of help, but as time went on, it convinced me that the way I've been treating him could do some good for him. Part of Parkinson symptoms is an awful shaking which really makes someone's life difficult. I've been trying to give him some relief from it, but then during hypnosis I play him John's 'Silence of Heart'the results were absolutely fabulous. Under hypnosis he doesn't shake at all. When he came round from the session he felt much energized because he had been totally rested for an hour. It didn't occur when he was in normal sleep. Another part of Parkinson is an **easily agitated state**. I asked his wife to play him 'Silence of Heart' anytime that it was possible. She has been doing this for the last couple of weeks, and has reported back that it really makes him calmer" says Lydia. "Not only she states that, but also her husband sees the difference in his own behaviour. He says that his agitated state lessens anytime he hears the Alphamusic tunes."

"People do relax and become quiet. I can say that from my own experience and observation. I personally use it when I am working. It helps me concentrate because when I know I've so much to do it makes me stressed, when I play John's music it becomes the aid to my work. All my working process is much more effective. I highly recommend John's Alphamusic. Don't miss out having the opportunity to benefit from Levine's music at your work. It can make your day look brighter" recommends Lydia.

Hypnotherapy, Agitated behaviour



Amber Vision Peace

Agitated boy still in seconds

Lydia's client's story – boy with agitated behaviour

Peace and Vision recommended for hypnotherapists!



Hypnotherapists treat clients with a wide range of problems; Stress related problems, anxiety, phobias, eating disorders, smoking and agitated behaviour.

Lydia Thorsen is a hypnotherapist in a Cobham practice, her youngest client, Matthew of 14yrs had agitated behaviour and couldn't sit still for long, causing problems at school for his parents.

"I try to put people into a relaxed state so I can help them make the changes they want to achieve" says Lydia, who's been practicing hypnotherapy for 2 years."

She recently discovered Alphasound which makes her work so much easier. "One of my friends was very impressed and encouraged me to try it, I haven't looked back. It's one of the most successful therapy tools I've ever tried for myself and patients."

"People relax, become quiet when I play them John's Alphasound" continues Lydia. "I use 'Silence of Vision' or 'Silence of Peace' with every client I see. I once tried using different music, but it didn't have the same effect."

However, Matthew presented a challenge having what seemed uncontrollable agitated behaviour; not sitting still for a second, hands constantly moving, searching for something in his clothes. Lydia understood his mother's concerns. She hoped Lydia's hypnotherapy could help him break this habit; become more focused on tasks and to concentrate on his school work.

"I tried 'Silence of Vision' with him and was amazed at the result. After just one week of playing him this music, he calmed down tremendously. The next time I saw him he managed to sit still in one place and didn't search his clothes" says Lydia. This music really has had a profound long term effect on him his mother told me, even at home in his normal surroundings, all his exaggerated reactions had stopped, he was definitely more peaceful and calmer. Matthew is aware of the change himself, and Lydia encouraged him to play this music while doing his homework. He is now able to sit still and do his homework from start to finish without interruption which means he enjoys more time for family and friends.

"The most effective Alphasound CDs for de-stressing most of my clients and the ones I would recommend other therapists use with clients are 'Amber' and 'Silence of Vision' but 'Silence of Peace' also works well to relax me. Clients tell me that the music helps them to successfully complete their work" admits Lydia. "I would highly recommend John's music. It is a truly excellent therapy tool. When using it, it helps me stay concentrated on my work. It makes the whole process much more effective. People should try it. It does have a very quick and very profound effect an absolutely amazing thing which could be enormously helpful for children. It is such an unpacked force! I am sure that this could be brilliant in schools, if this was playing in the background. I really do believe in this method!"

Living Well with Cancer Macmillan workshop	Workshop
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Living Well With Cancer; A Complementary Approach *Macmillan Workshop.*



Macmillan Cancer Support is a charity organization that provides emotional, financial and medical support for those affected by cancer. About 90% of organization income derives from voluntary donations made by people offering their support.

Macmillan is also well known for its nurses who give support to people with cancer and to their families and close friends. There are around 2,500 Macmillan nurses, who work both in people's own homes and in hospitals. If you need their assistance you can always contact nearby Macmillan administration and you

can count on caring support.

Last year Macmillan nurses organized an event which helped fund raise and also gave its participants a new boost of energy. By popular demand after the 1st year's success they organized it again in March, this year. "Living Well with Cancer; A Complementary Approach Workshop" gathering cancer patients, their families and friends. One of the guest speakers was John Levine, a composer, whose mission is to help the greatest number of people through the healing powers of music. His Alphasmusic is reported by its listeners to be one of the best supports that's really worth trying.

Susan Anderson, who works in Macmillan administration, one of the workshop organizers, *"I think John's music is lovely, very calming and peaceful",* says Susan, *"John, himself is a very interesting speaker. He is very passionate about his work. All the participants have noted that, and all were deeply involved in it."*

The workshop took place from Wednesday morning till Thursday afternoon. John spoke at the last session which took about 2 hours. He explained about the background and phenomenon of his music and in the end all attendants were involved in a deep meditation session which John prepared. *"The Meditation that John prepared was very good. It helped many people to relax and forget about every day problems and about the unfortunate disease that they have to manage their pain. Many of them have already participated in his relaxation exercise and couldn't miss the chance to be there again",* says Susan. *"Many of them continue to listen John's music at home during sleep times, stressful situations and they report this music helps them."*

"John's input helped to make this workshop such a great success. All the participants gave excellent feedback to John. They have taken away with them a lot of useful tools to help them in the future", continues Susan. ***"The atmosphere was very positive and many participants are already looking forward to next year's event!"***

What have people said after the workshop? Just a few examples were.. ***"John is a lovely and wonderful guy", "John Alphasmusic is a must" or "John seems to link several concepts of which I was previously aware."***

The organizers surveyed the participants, its results were excellent for John and his contribution. For the question *"How interesting did you find John Levine's Alphasmusic session",* **86% answered yes, most definitely** and **14% yes, quiet a lot.** For the other question *"Do you think the use of Alphasmusic would be a helpful tool at home",* **64% said yes, most definitely,** 29% yes, quiet a lot and 7% said yes, perhaps.

Many of them can't wait for the next year's event hoping John will return!

<p>Energetic animal hamster</p>	 <p>Peace</p>
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The influence of John's Alphamusic on energetic hamsters

Mysia alias Miki, the hamster story

How Mysia became Miki



Miki is a hamster. He was born in May 2007. When Miki was brought home from the pet shop, he needed to confront his new environment – a new home, new people and new adventures were waiting.

First few days

Within the first few days Miki was getting to know his new home and I was getting to know him too. The nights were really difficult for both of us. People normally sleep at night whether hamsters starts their days and prepare themselves for fun. I couldn't accompany him and he had to play alone.

He made so much noise that I needed to leave him in another room! Half the night he was running in his wheel and the other half he was climbing the cage bars. In the mornings he prepared for to sleep while my boyfriend had his breakfast.

Levine's experiment

Working with John Levine's Alphamusic and having met so many people who found benefits and help within his music, I realised that I should try it on on Miki the hamster to see if it works for him.

It was Friday evening and Miki was preparing himself for his usual play time. His games seemed to be a bit dangerous for a little hamster. He was climbing his bars but falling a lot, and I started to worry about him. He tried to get out by biting the cage. Although I played with him, I couldn't do this the whole night. When the noise from the other room was too difficult to deal with, I decided to play 'Silence of Peace', which in the past has had a calming effect not only on humans but also on animals. After about 20 minutes of playing 'Peace' music, the noise from the other room has completely gone. I went to see what had happened. Miki was sleeping inside his nest. He didn't climb or bite the bars. He was very quiet and just looked at me. I cannot tell if he stayed this way, but all I know is that I went to sleep and nothing woke me up till the morning so I assume that Miki was peaceful until the morning lights.

Now, any time he is too aggressive and demonstrates that by making a lot of noise at night, I play him 'Silence of Peace' and it makes him sit quietly.

I think Miki is also happy with that.



Workshop Reiki Celebration Day and Festival 2007	Whole range
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The delightful company of Alphamusic composer at Reiki Celebration Day

John Levine's after-lunch workshop

In May 2007 at the 'Reiki Celebration Day and Festival', attendees experienced a taste of mediation, spiritual uplift and relaxation led by Australian Alphamusic composer, John Levine in his workshop. During the event, John explained what are brain waves, how they are connected to hormones and behaviour, how brainwaves, music and sound affect the mind and body.



The workshop started after lunch, which if you regularly give or listen to presentations, you will know can be fraught with difficulty. It is often called the 'graveyard slot', because attendees, replete with food, exhausted by a busy morning, can be as silent as a graveyard; many feel over tired and may not be sufficiently energized to respond to even the most lively and extrovert speakers. However this session proved to be very different.

John Levine began talking softly while he played 'Silence of Peace', and invited people to fall asleep if they needed to. The audience, including many regular conference attendees fully expected to do just that. Louise Cardon was there and after the workshop, reported: "The music was indeed soporific, but try as I could I remained alert, enjoyed the ambiance and felt invigorated. This was interesting for me as I usually fall asleep after lunch". During his talk John Levine explained that when he played the music for stressed people, many would fall asleep, whilst those who were already relaxed would not. After the workshop, comments from Louise and others affirmed his observation. This was for John one of those moments when a listener suddenly understands and internalizes his explanation for themselves, when 'the penny drops' as though suddenly activating a slot machine or dukebox, and which John Levine recognizes amongst his listeners and clients as one of those '**ah....ah moments!**'

Louise contacted John again later. "In the week following his talk, having his music, I played it for my clients and his statement has been verified again and again. For myself (using a different CD) I had the same reaction. Although I am normally stable emotionally, I do experience extreme tiredness in parts of the day and have to meditate to recharge. As a result of using his music my meditation periods have been shorter and I have been even more productive and helpful to my clients. For many years I have been searching for music which has the right balance of peace and interesting content so as not to be tedious and **at last have found it!**"

During the workshop session John invited everyone to hum or tone with the music and many joined in, resulting in **a delightful** interlude of each person coming together with Angelic sounds. Louise recalled that in the workshop, Tracey, who normally suffers from intense fear and panic, became the most peaceful and serene that anyone who knew her could ever have imagined. Kay Paterson, reiki practitioner, says that the workshop and getting to know John was one of the most wonderful things that has happened to her. "I **very much enjoyed** John's talk and got his entire collection. I have been playing the CD's for my clients with interesting and gratifying results. I have noticed that **my energies have been enhanced too.**" Many of the people who met John at that workshop are now using Alphamusic. One of the **teachers** from the school used as the event venue has found 'Silence of Peace' to be very effective with one of her classes 'problem' pupils. She said, "**Truly a wonderful meditation exercises and music!**"

**Reiki, self
motivation**



Full range of therapeutic CDs

How John's Alphamusic helped with self-motivation and complements therapies such as reiki.

Kay's story



Kay is a therapist who has specialised in reiki for five years, in combination with other techniques such as massage, counselling, Emotional Freedom Technique and psychotherapy. "I treat people for various different problems, and generally they want more than just pure reiki. These are people who suffer from physical illness, or mental and emotional disorders, for which other therapies are beneficial. Sometimes they just need some extra spiritual connection, which reiki provides."

People were sceptical when Kay started out. It was a lot of work overcoming her lack of confidence in order to achieve her dream of becoming a reiki practitioner. As time went by, she managed to break the chains that prevented her from believing in herself, and today she is able to offer her reiki treatment to the world.

This year she attended 'Reiki Celebration Day' where she participated in John Levine's Alphamusic workshop. She enjoyed it immensely and found it very valuable: "I usually fall asleep after lunch. John played us 'Silence of Peace' which instead of making me fall asleep kept me focused, relaxed and awake. I was able to enjoy John's blend of humour and information, which he delivers with clarity and respect. He explained that people who are stressed are unable to stay concentrated and need more sleep. With 'Silence of Peace', staying both concentrated and relaxed becomes possible."

Kay has the full range of John's therapeutic Alphamusic CDs. She loves playing 'Silence of Spirit', 'Light', 'Vision', 'Balance', 'Amber', 'Emerald Forest' and 'Voice'. She uses the music as part of the treatment with clients. She recalls one very stressed woman in particular: "She had been coming to me for a long time and I was trying to help her with my various different expertise. Her life was composed of hurting and she tends to go round and round in circles, dwelling on the same things, finding it impossible to move on. The first time she completely relaxed was when I played John's Alphamusic to her. At the beginning of the session she was extremely anxious and worried, but with the gentle influence of Alphamusic, she became calm and chilled out".

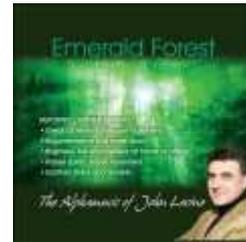
Many of Kay's clients are so happy after sessions with John's music that they seek it out themselves to play at home. "I play this music quietly in the background during sessions, and it complements reiki very well. It soothes me as well as the clients. I don't feel tired, rushed or stressed". The most significant benefit of John's music for Kay was to help motivate her to write the Reiki II manual for her students. It allowed her to focus on the project that she had been putting off for ages. "The music also helped to improve my relationship with my husband. I usually reacted to him rather than responded. Now I find myself concentrating on him a lot more, and responding genuinely".

Kay asserts: "I absolutely urge others to try it. Go online, try some samples and decide which one is best for you."

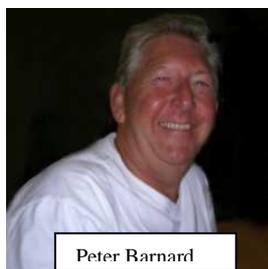
The big turning point

John Levine's Alphamusic played at three major concerts:

- * **CONCERT FOR DIANA**
- * **HYDE PARK CALLING**
- * **LIVE EARTH**



More than 60,000 people at Concert for Diana, 65,000 at Live Earth and about 40,000 at Hyde Park Calling had a chance to listen to the soothing music of Australian composer John Levine. Peter Barnard, a distributor



Peter Barnard

who imports and exports loud speaker systems and who is the proprietor of Sigma Audio Visual Ltd, has introduced Mr. Levine's music to the Britannia Row, a professional sound rental company that supply many concerts and festivals around the world. Britannia Row was a contactor for Concert for Diana, Live Earth and Hyde Park Calling. They were delighted to play John's 'Emerald Forest' during the

band change over period at these three major concerts.

Peter's aim was to get this music played there, in front of large audiences, he succeeded. "I was actually present at Hyde Park Calling and Live Earth and heard 'Emerald Forest' John's magical and calming music being played over the Tannoys. About 100,000 people at both concerts had a chance to listen to Emerald Forest" said Peter. "I went there as a system support as it was part



John Levine

of my job. After being there the entire day since early morning till very late at night, the sound engineers felt that John's Alphamusic was perfectly matched to help keep the audience happy and peaceful that they



played 'Emerald Forest' on numerous occasions. At Live Earth there were about 16 bands playing on the main stage. It might have been played eight or ten times during that show. That certainly means John's music has really something going for it, he has a unique gift of combining styles, although calming it has a cheery side whilst captivating the imagination...you never get bored listening to it!"

According to Peter, there is no doubt that hundred of thousands people have heard part of 'John's Alphamusic and believes that this is the big turning point for John and his music career.....the door has finally opened!

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Malgorzata Chodak is a clinical psychologist, therapist, trainer and supervisor for the European Socio-Somatoanalytic School, former President of the Polish Somatotherapy Society and a member of the European and International Somatotherapy Society. She has worked with patients who suffer from pain syndromes for twenty years. Her many years experience in the CMUJ Orthopedic Clinic enabled her to become a specialist in the individual psychotherapy of patients with pain syndrome or cancer, using methods of visualization based on the work of C. Simonton and

J. Achterberg. She also works with deep consciousness changes and transcendental experiences. She is the author of over 30 publications and over hundred papers at international congresses, conferences and conventions. Recently she received the European Psychotherapy certificate in Vienna.

Malgorzata Chodak's patient, Sarah, after a relaxation treatment with 'Silence of Peace' CD of John Levine, being just before serious surgery, said:

"I heard sounds that had a very silent effect on me. I could easily calm down. These sounds imbued a feeling of safety within me.

I was in a state deep peace that permeated throughout my entire body. It felt like warm bronze. Repetitive, recurring melodic canons of this music were intertwined through my personal energy vibration. This music makes people calm, but isn't either monotonous or dull.

It definitely didn't interrupt, but really helped to calm me down before a serious operation."

**Sarah S.,
Malgorzata Chodak's patient**



Panic attacks and extreme anxiety! No more! "Silence of Peace encouraged me to go to London on my own!"

Tremendous story of Alice who suffers from extreme anxiety and panic attacks. Despite horrific panic attacks and allergy to crowds, she managed to go to busy London on her own, thanks to 'Silence of Peace' CD composed by John Levine.

Alice is in her late thirties, has three children and a problem that prevents her from a normal living. Extreme anxiety and panic attacks, thoughts out of control that are spinning in her head all the time, verging on nervous breakdown, makes her life extremely difficult. She doesn't feel comfortable when being in a room full of people, on the street, in crowded places. All that evokes a nasty and hostile ambience inside her head.

People like Alice, who suffer from panic attacks, may avoid public or unfamiliar places; sometimes they are even confined to their homes and experience a difficulty traveling outside. They feel very bad in spaces that they have little control of. This fear and panic attacks are sometimes compounded by possible social embarrassment for revealing their state to the public, when panic occurs while being in crowded places.

There are several causes associated with this condition ranging from family to personality factors such as anxious parent role model, high need for approval or control or high amounts of sodium lactate in the bloodstream. Women are twice more likely being in that state than men.



Two years ago Alice sought help from homeopath, Sue Homer. Although she responded well to homeopathy, it was just on a surface level. She needed something more in depth.

"I let her have 'Silence of Peace' CD composed by John Levine" says Susan, "with the recommendation that she plays it as frequently as possible." After several days of treatment whilst playing 'Silence of Peace', this is what Alice reported: "I have been playing this CD all the time and I have been having quite a calm time. Actually I managed to take children

to London on my own! Just made sure we went out of the rush hour time. I was very relieved when we got home, but also pleased with myself for doing it. I have been sleeping well too, which helps. Thank you so much for 'Silence of Peace' CD."

"Would you imagine that this is the woman who couldn't face going into the room full of her friends without going into panic attack?" says Susan "who hasn't been able to face the world for a long time? She has been utterly exhausted with it all, and the last thing I would have expected of her, was to take her kids to London!"

"I am keener than ever to use John Levine's Alphamusic within my homeopathic practice and I will be letting my colleagues know how effective it has been in this case," adds Susan.



Insomnia - I had great coloured dreams! **Miroslav Sagan, insomnia**



Miroslav is a corporate worker who suffered from insomnia for months due to stress and endless thoughts. He emailed us to let us know that ever since trying the 'Amber' CD, he has managed to sleep well.

"When I first tried 'Amber', I was at the end of a few months of extreme stress, having fallen very ill which affected work and life in general. I had some sleepless weeks and my emotions were sometimes taking over. During the day I was becoming angry and aggressive even though I used to be a calm and reasonable person.

'Amber' changed my life. After I listened to it for the first time in bed with a book, I suddenly found myself waking up, and it was morning! I had 2 dreams that I remembered clearly. After a week of using the CD to help me sleep, I started having great coloured dreams, 5-6 per night, and my emotional stability returned during the day. Today 'Silence of Peace' arrived in the post, and it is brilliant.

Thank you so much for your help John, I am sure you are receiving a lot of such emails. I am enjoying both days and nights, and life in general, again. Hopefully my work buddies will also take my advice and look on your website, my recommendation to the team I love is the least I can do."

Client Testimonial 073

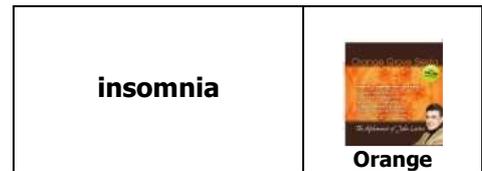


Jenny Dorrington, shiatsu therapist



“John's music is often played during treatment sessions in our classes and listened to by clients who attend our student clinics. Listening to 'Orange Grove Siesta' as I write this, I am aware of the correspondence between the smoothness shiatsu cultivates in transitions around the body and the subtle transitions in the tempo and textures of the music. The inclusion of indigenous music invites grounding, calms and settles. Another quality this music holds is in its gentle coaxing - it invites one to follow it on a sensitive journey of sound. This

is analogous to the practitioner inviting the client to come on a journey of discovering the subtleties within their own body and of consequently healing.”



Shortly after listening to the CD I had fallen asleep



"I met John Levine when I visited the Cambridge, at one of his talks.

From my conversations with John I sensed that he is a man with a lot of integrity and good will. His own discovery of Alpha Music came about through a series of realizations, following the upheavals within his own life. And yet, Alpha Music was something that John had already discovered and created many years before he would realize his 'calling'.

Since then, John has devoted his life to promoting the healing benefits of Alpha Music through his own compositions. He works tirelessly to generate awareness of the wide range of applications that his Alpha Music recordings can be used for, from creating relaxing environments for both adults and children to stimulating creativity and learning, and even accelerating the natural healing processes for almost every known disorder.

I had a bout of insomnia and asked John whether he could recommend one of his Alpha Music CDs to help. He suggested 'Orange'. I listened to it a few times and as the music progressed I found myself gradually becoming more relaxed. Shortly after listening to the CD I had fallen asleep."

Chris Mizensak, Creative Director

Client Testimonial 075



“John Levine writes music that builds a Body/Mind Connection; and he does it so well!

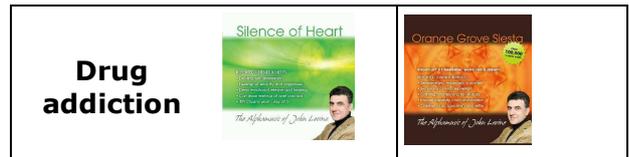
His music speaks with such gentle compassion that I am yet to hear from any other composer.

As a Shiatsu Therapist I need to create a nurturing and comfortable healing space for my clients. Since I began to use his music in 2006, I feel that my treatments became more effective as it allows for greater relaxation and ultimately a greater sense of body awareness.

My favorite Cds are Amber, Orange Grove and Emerald Forrest. I use Amber when patients need a deep and grounding treatment and Orange Grove and Emerald Forrest when a client seeks a more uplifting treatment.

Thank you John for giving the world such a beautiful collection of music, that opens us and nurtures our mind body and soul.”

Renee Zamel, shiatsu therapist.



Only another addict could possibly understand the desperation of this disease. I find it difficult to paint an accurate picture to 'normal' people (what we call non-addicts) about how it feels, as addiction is one contradiction after another. I was raging ball of emotion and the same time as empty as a vacuum. I hated myself, I thought I was the mud on your show and same time I thought I was better than you, more intelligent, a better person inside. I loved myself, I just presumed that nobody else ever would or could. The worst thing about it is the loneliness. Isolation breeds fear and by the end of my using I lived in constant fear of everything, particularly myself. I had no control. I was lost, worthless and hopeless.



The reasons giving up drugs is so hard is because you're convinced yourself for years that it's helping. Whenever you use, your feelings, those hateful, wretched feelings are chemically blocked out and you feel safe. I've had people ask me if I was scared to use drugs and I find myself baffled by this question – drugs were keeping me safe. They were my protector. So taking the drugs away, your emotional armour, the barrier between you and the agony of being alive, leaves you raw and vulnerable. Only raw and vulnerable are just words and don't come close to the animal pain, terror and loneliness that getting clean entails.

Addiction is a peculiar disease, with a horrific stigma attached to it. Is it a moral deficiency? Is it their choice? What does an addict look like? Is it the crusty old man on the park bench with emphysema and a can of Special Brew? Is it the prostitute, working for her next fix? Is it the little old lady going to a different doctor every week for a new batch of prescriptions? Is it the high-powered businessman with the colossal arrogance and a penchant for cocaine? There is no right or wrong answer. Addicts look like us; you, me, anybody. Addiction does not discriminate.

There comes a point where the pain of using becomes so acute that one begins to question its effectiveness. There are physical rock bottoms, where one's body begins to give out. There are mental and emotional rock bottoms, where the pain of being alive becomes so overwhelming that you believe you will never feel happy again. There are spiritual rock bottoms, when the gaping hole inside the addict, that they've been frantically trying to fill with narcotics, with sex, with television, with alcohol, with *anything* becomes so urgently large that they think it's going to consume them, going to become so large that it will burst outside their physical body and swallow them whole. There are circumstantial rock bottoms, when due to the consequences of your using you face homelessness, prison and hospitalisation amongst infinite possibilities of negative consequences. And these rock bottoms are poorly named because they do not signify an actual bottom. There is always further to fall. But these rock bottoms are exit points. When one has a moment of clarity and realises that their actions, actions that had been designed to keep them alive are in fact killing them. Sometimes slowly, sometimes not so slowly. In these moments of desperation you are faced with a choice. And to explain this as well as I can, please forgive a quote from the film 'The Shawshank Redemption'. You either "Get busy living or get busy dying". I've met a lot of addicts in my time and I've never met one who hasn't seriously considered death to be the easier option.

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In one of these moments of clarity, in one of my rock bottoms, I became acutely aware that the way I was existing was not a way to live, but a way to die. And not a quick, easy way, but a slow, excruciatingly painful way to disappear into nothingness. For some reason, and I truly don't know why because I was in so much pain that I barely knew what to do with myself, I chose to live. Then the real struggle began.

During a counselling session at the very beginning of my recovery, when I was still shaking from withdrawals, my counsellor asked me, "What do you want to get out of these sessions?" I thought about this for a minute and replied, "Some peace of mind. I want everything to be easier. I want to be enough."

It was recommended to me to try yoga or meditation, to try and calm my racing thoughts and improve my quality of sleep. Just about any addict, regardless of their drug of choice, has sleep difficulties when they first come into recovery. After having spent years controlling my sleep and how alert I was during the day with narcotics, I think my body has just plain forgot how to do it. I was practically catatonic for weeks on end, and then I'd be awake for four days straight with the addict monkey on my shoulder. From as far back as I can remember into my childhood, I've had this part of my psyche, the monkey on my shoulder, telling me that I'm not enough, that I'm insufficient and don't deserve to be happy. I thought that maybe yoga or meditation would provide me with some quiet time, a time when the monkey could be gagged and made to sit quietly in the corner. I used drugs to shut that monkey up, to get some peace of mind. First I tried yoga. I remember clearly being in a large hall with a group of other people that I didn't know during this yoga class. From about five minutes into the session, I began to cry. I tried to cry as quietly as possible, hiding my face so that nobody could see. I felt like something was being released from me, something I needed to get out but I felt exposed and uncomfortable because I didn't want these people to see my weakness. This continued for about forty minutes, be just about keeping the noise down whilst tears poured down my cheeks. To this day, I have no idea what I was crying about. All of a sudden, the dam really burst, and gulping in big gulps of air and grabbed my shoes and ran from the class, sobbing and humiliated. Yoga was a brilliant idea, but not practical for me. I already felt defenceless and allowing that to come out in a public setting was crippling. I spent the next week in bed. And so I tried meditation. Again, I went to a class because as with yoga, I had no idea what I was doing and needed guidance. It was an unmitigated disaster. Looking back (hindsight is a wonderful thing!) it was a ridiculous thing to do. The concept of sitting quietly with oneself was something so far out of my capabilities at that point in time that I simply don't know what I was playing at. As soon as I was told to try and empty my mind and focus on only one thing at a time, I began to freak out. I snuck a peak out of my closed eyelids at a room full of apparently serene people and began to internally rage at my incompetence. True to form, I waited until I was having a fully-fledged anxiety attack; hyperventilating, sweating, crying, feeling dizzy before I hotfooted it out of door, never to return!

The fact that these two events affected me so dramatically triggered alarm bells in my head. I usually ran a mile at anything remotely difficult, and I knew this was a part of my disease. I came to believe that my peace was in there somewhere; I just needed to find a different access point.

The first Alphamusic CD I ever listened to was 'Silence of Heart'. I lay on my bed, turned the volume up moderately loud and listened to the whole piece, from start to finish. I thought it was warm and uplifting at first, but nothing out of the ordinary. After about 20 minutes I began to feel a physical change. Don't ask me to tell you what changed, because I haven't got a clue! But my body felt different somehow. I had the one-hour professional version of the CD and by the time I got to end of it I felt safe and held. I thought this was great, really excellent stuff. And then it hit me. Like a ton of bricks. From about 20 minutes in, until the end, I hadn't worried about a single thing. I hadn't obsessed or craved. After I felt it change something in my body I was paying attention to how the music made me feel. I went for 40 minutes with the monkey silenced. I've heard people say that 'Silence of Heart' is a release of emotion for them, but for me the crying came afterwards. When I realised that this could give me time off from myself, with down withdrawals and no come down I knew I'd found something incredible.

That same night (after listening to 'Silence of Heart' again in the bath with some candles... hey! I'm an addict, I like extremes...) I decided to try the 'Orange Grove Siesta' to help me get to sleep. At

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this point in my recovery it usually took me about two, maybe two and a half hours from getting into bed before I would fall asleep. It wasn't that I wasn't tired, but I could never seem to switch my brain off. It made me feel ill. When I'm over tired, my jaw tenses up really tight and gives me a headache in my temples and behind my eyes. So I put 'Orange Grove Siesta' in my CD player, turned the volume down quite low and crawled into bed. I listened to the first few tracks thinking impatiently, "Um, why aren't I asleep yet? It's been ten minutes already!". The last thing I remember thinking that night, as the first digeridoo kicks in, was, "This CD's rubbish. It doesn't work." And then I woke up the next morning, after sleeping all the way through with no interruptions. After listening to the CD again I discovered that the digeridoo begins almost exactly 20 minutes into the CD. At this point I admitted defeat with this CD too. Twenty minutes is a dream compared with two hours.

Since discovering Alphamusic, I've collected the entire therapy collection. Alphamusic was the gateway for me into a new world. I still find meditation difficult, but bearable. But I love yoga! I wasn't at a level where I could cope with them, Alphamusic eased me into it. I use Alphamusic in my yoga too, I prefer 'Silence of Voice' and 'Silence of Balance' for this. I don't really have cravings anymore. I found that 10 minutes of 'Silence of Peace' is a cure-all for cravings. The thought will still be there afterwards, that I had wanted to use, but the obsession is lifted by about 4-5 minutes. I came off anti-depressants not long after I found 'Silence of Heart' after years of being on and off them. For the most part, I sleep well. I have bouts of insomnia, usually when I'm menstruating, that I successfully treat, usually with 'Amber' or sometimes with 'Orange Grove Siesta'. Also, I love to make art. I prefer 3D art and have made some silver jewellery and ceramics, but I also paint at home. I love 'Silence of Voice' and 'Silence of Light' for getting that connection with myself that I need to focus on my art.

More than anything else, I see Alphamusic as a way of life. I have it on the background when I'm trying to read ('Silence of Peace' and 'Silence of Spirit' seem to work best for me on this front), when I'm doing the washing up ('Emerald Forest') and when I go for a massage ('Silence of Heart' or 'My Little Sea Shell' are my favourites for traditional massage or aromatherapy, but 'Silence of Balance' seems to really hit the spot for Shiatsu and Craniosacral Therapy in my opinion). I haven't had a panic attack for over a year. I've had a lot of help getting clean and staying clean. I have a brilliant support network and an amazing family. But there came a time when there wasn't anybody around to watch me, when I had to start learning how to cope by myself, and for this I would like to sincerely thank John Levine and his Alphamusic. I've been clean and sober for 2 years. I'm still learning and I suspect I always will be. Life isn't perfect, but with my hand on my heart I can say that most of the time I'm OK. A lot of people helped save my life and it's come as a bit of a shock, but I think it was worth saving. I'm enough.

Gem



"I experienced a miracle!" Olga, a Cotswold Hospice patient, finally managed to sleep and relax!

John Levine's hospice tour.

Patients and staffs' testimonials after the concert.



John, playing his Alphamusic and patients in deep relaxation state

Cotswold Care Hospice is situated in the heart of southern Gloucestershire. The professional team offers a range of services including day care, complementary therapy, social work, counselling and diversional therapy. People at the centre with life limiting illnesses can find therapeutic help and support at a very difficult time in their lives.

John visited Cotswold Hospice at the beginning of his Hospice Tour and was warmly welcomed by both staff and patients. One of the staff members, Linda Woodman who has been working at the Hospice for seven years and who co-ordinates and develops complementary therapy and creative art therapies said, "I didn't know John before, but I was pleased with his generous offer to donate his time for us. I thought it would be interesting to see what it was all about" says Linda. The patients, staff and volunteers gathered in the patients'

lounge. Everyone sat in their relaxing armchairs. John, at first, explained his music background and later encouraged his audience to actively participate in his concert. John managed to put everyone into a deep relaxation state, where they could forget about their current problems and worries. The atmosphere was friendly and enjoyable.

After the concert Linda said that the patients, volunteers and staff who heard and contributed to John's music on his visit to their Hospice, found it very relaxing and beneficial. They didn't want John to stop playing and hoped he would come back to them for a much longer time and help them experience this enjoyable moment over and over again.

Impossible?

Olga is one of Cotswold Care Hospice's patients. She was diagnosed with a life limiting illness. Her major trouble was her sleep pattern. She couldn't rest properly and found it difficult to fall asleep not only during night time but also in the day. "For Olga, relaxation and good sleep were a huge problem for a long time. We had tried to find a CD of relaxing music that would help her sleep, but we failed. There wasn't any music suitable for her from the large selection had in our library. We've also tried many other things to help her, but nothing worked. Olga continued having trouble sleeping" explained Linda. When John came to the Hospice, it looked like he brought magic with him. Olga finally managed to sleep during the meditation session with John's music. "It **was a miracle**" said delighted Olga, "After 15 minutes of John's music I **experienced a miracle!** I received the rest that I was desperate for!"

Another Hospice patient, Colin, who was unable to sing, found that humming came more easily to him than expected. He said, 'John's Alphamusic **was simply remarkable!**

"Just give it a go. Its benefits might surprise you too" encourages Linda, "Give yourself an opportunity to experience a deeply relaxing therapy through the power of Alphamusic and feel how the music vibrates through your body."

Hospice care patients' concert



"Why I cried and cried..."

Emotions flowed at Arthur Rank Hospice.

John Levine's 2007 Hospice tour

The Arthur Rank Hospice was established in the early 1980's and since then it has offered a wide range of services to support people with cancer and other life limiting illnesses.



Helping with Art..

Filipa Pereira-Stubbs provides creative services for hospice patients and helps them freely reveal their stories through music, poetry or film. The life of people who become hospice patients drastically changes, Filipa's role is to help them cope and go forward.

"The idea to invite John Levine to donate his time to perform a concert of his Alphasmusic at our hospice was excellent" says Filipa, "Hospice patients were a very good audience for him. We had a good mix of both patients, volunteers and staff, it was

pleasing to see everyone gathered together. Even the director of the hospice participated in John's concert, she really enjoyed it."

Excellent manner with the hospice patients

As Filipa states John, at the concert, was very professional, calm and friendly which basically helped people to be more confident. "His manner with the hospice patients was excellent" adds Filipa. "The structure of the concert was incredibly well organized. The chairs were organized to extend like a rhythm circle around his music. The way he set things up by having people to participate, was very skillfully done, we all enjoyed the concert. When John played, the patients simply loved it, it brought them some sort of relief. The sense of calmness, that they experienced whilst listening to this music, had an after-effect for a long time. The patients liked it so much, that when John stopped playing, they didn't allow him to go. They wanted more. It was the first time ever that we had patients and staff involved in a concert, a truly unique experience. Patients and staff were treated equally and had to be creative as part of the active concert participation. The wonderful thing which eventuated from John's performance was his will to encourage everyone, that they were all able to participate. We all experienced something unique; a deep state of relaxation."

Release of emotions

Serena, the hospice patient, said after the concert that being involved in the naming process of the melodies gave her a real sense of ownership. She could have named John's music whatever she wanted, the fact was it was such a thrilling experience for her. Another patient Christine was very moved by how John introduced his music. "It allowed me to release my hidden emotions. I couldn't understand why I cried and cried and cried whilst listening to John's music" said Christine. "It was the kind of relief I needed." {A staff member let us in on the secret that Christine a few months previous after being told she had Cancer was stoic and never cried!...but John's music changed all that!}

Tom, who was very ill, said after the concert that the music was so peaceful for him, that he wanted to hold the moment forever.

Go for it!

"John's Alphasmusic concert was really worth it, having him spend his valuable time with us, "says Filipa, "We will definitely invite him again, if he agrees. Benefits were unexpected, a truly authentic experience. John is committed, and involved in the music he composes. You feel that, you sense that. I would say absolutely go for it! John made his music extremely open to everyone. Patients gained another aspect of themselves, another way of expressing themselves through the music. It was really, really therapeutic."

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We were fascinated with the whole idea.

John Levine's tour of hospice at Shakespeare Hospice

John, during his hospice tour, couldn't omit Shakespeare Hospice. From the very beginning he was greatly welcomed by everyone. "We didn't know what to expect, however we were very pleased to be able to agree for the concert, besides it was a very generous offer, we could find out more about his music" said Chris Corner, a divertional and creative therapist at the hospice. Patients were curious and interested in the idea. Whilst John was explaining the history of how he started creating Alphamusic, the gathered audience could hear the soothing sounds of his music being played gently in the background. After the introduction



John sat behind his keyboard and let everyone feel the magic that elicited from his talented hands. Patients, staff and volunteers could participate in every aspect of John's "in the moment session". The relaxation process began, John's music was about to move the audience into a place where they could forget about their everyday problems, unresolved emotional issues or unhappy memories. The more he played, the more the audience was moved forward to that of release. Most felt deeply relaxed after the concert. "The idea was to let people feel relief from stress and their health challenges that they face during their remaining years. It's healthy and motivating for the residents to get involved creatively with my concert. Each guest felt they were making a contribution, a wonderful feeling and boost to their self worth." says John. Indeed it worked. A few minutes of relaxation, the effects lasted the entire day. After the concert Chris explained that the concert was really useful John had addressed his concert for the right audience. "It was wonderful to meet John. He is very interesting person. The music he creates is lovely; it was pleasant to listen to it. We all enjoyed it. It resulted in many happy faces and it was incredible experience for us. What is more we were fascinated with the whole idea; how can music influences peoples' minds or how can it slow down the brainwaves. John's music is light and very easy to listen to. I am with his Alphamusic every night. Every time I go to bed I can enjoy it and have a good night sleep."

Not only patients found John's music and the concert very beneficial but also therapists did as well. Besides using Alphamusic during the therapies, they also play it at their homes and enjoy these wonderful moments.

"We would certainly recommend the concert and the music to others, especially where the relaxation process is so important. It is a very useful thing" admits Chris.

Hospice care patients concerts	
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**It brings them a sense of peace...**

Katharine House Hospice provides a range of services offering help, care and support for people with advanced life-limiting conditions across mid-Staffordshire. In September, this year, John offered a free concert to the hospice patients. "We were very interested to see what it may be, as it might help control symptoms" said Katherine, Day Unit Sister. The patients were very happy to participate. The concert took place in the patients' lounge. People really enjoyed the concert it brought a sense of calmness to them. What is so special in John's music? "Its calmness" said Katherine, "It broadens people's horizons and it may just be something that brings a sense of peace, and not only to the patients." "The hospices has an open mind to John's concert and his music" admits Katharine.

The Rowans Hospice exists to enhance the quality of life for those suffering from a life-limiting illness. It supports patients and carers in the belief that each person is entitled to dignity and choice with the best provision of care.¹ Again John offered his free concert to another hospice, The Rowans. "People here are always happy to try new ideas" says Tracey Jeffreys, a Bank Nurse at Rowans. "During the concert patients seemed to be in a deep relaxation state and some patients even fell asleep. John's music has a calming influence. I am sure the concert was therapeutic for the patients. People can learn how to relax and to be taken out of themselves and need a structured environment to be able to do so."



Birmingham St Mary's Hospice was founded in 1973. The hospice cares for over 1,000 people each year, who suffer from life-limiting illnesses such as Cancer, Motor Neurone Disease and Multiple Sclerosis. The aim of the hospice is to give everyone a good quality of life for the time that remains as well as support for them and their families. During the hospice tour John performed his concert at St Mary's. Kate Palmer, the Day Hospice Manager, reported after the concert. "All enjoyed the concert very much. One lady sang 'Danny Boy' along with John, which was quiet unusual. Several patients said how they found it very relaxing and helpful. It was a real feast of music and relaxation." One volunteer suggested doing the concert also for the ward patients, to bring them relief and calmness. General feedback was very positive for John and his performance. He is greatly welcomed for a return performance!



"I experienced John's music at **St John's Hospice**, Lancaster, and I felt very uplifted; the feeling lasted all day!" says the St John's Hospice patient; Veronique. "I found the whole experience wonderful and uplifting!" St John's Hospice provides care for adult patients and their families during those very difficult times. Started in 1985, is a place where people can find support and receive services at the level that gives them respect and preserves the dignity of every individual in a very friendly and supportive environment.

St Benedict's, Exeter Day Care and Lions Hospices also followed with positive feedback. They all enjoyed the concert and are happy to see John again. The sense of calmness and relaxation they experienced lasted for a long time.

¹ Romans Hospice - <http://www.rowanshospice.co.uk>

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Everything slowed down and became peaceful...

St Oswald's Hospice testimonial
John Levine's Hospice Tour 2007



St Oswald's is a purpose-built hospice in Gosforth, founded in the early 1970's, providing care for adults and children in the northern areas of England. It offers specialist care for children with progressive; life shortening conditions, as well as support and advice for parents, within a relaxed, home environment...

Day Hospice patients at St Oswald's Hospice were recently paid a visit by the International composer of Alphamusic, John Levine, who performed his Silenceofmusic concert and meditation to the hospice patients and staff.

"This engaging, interactive concert was to help promote feelings of calm and joy amongst hospice patients. John performed original Alphamusic and guided his audience through sensory exercises and meditations that brought them into calmer, more centered place" said Anna Miaso, Hospice Tour coordinator.

Comments after the concert...

After the concert John received very pleasing feedback from all the patients and the staff. Sarah Turnbull, Day Hospice team leader, said that she, as well as others, were delighted that John chose to demonstrate his unique style of music to their hospice patients, staff and volunteers. "Everyone who attended found John's concert fascinating, enjoyable, beneficial and extremely relaxing" reported Sarah.

Reaction of the hospice patients was similar to the ones of staff.

Here is what St Oswald patients said after the concert:

"I felt so calm and relaxed – really good";

"Everything seemed to slow down and become peaceful. Really enjoyed it and found this beneficial";

"My brain feels at rest after listening to John's music..."

"It was really worthwhile to invite John, listening to his music and participating in the meditation he provides. We really hope that John will include us in his next year's tour" Margaret Schofield, community fundraiser.



What happened to some budgerigars...

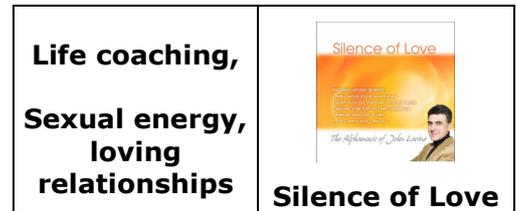


It was a warm and sunny September afternoon. Cziko, Czako and Dako - my 3 budgies - were joyfully cackling as they usually do when it's so bright outside. They're so active at that time. They're chirping, fluttering their wings, jump all about, and eat and drink. I'm a violinist and every time I need to practice I have to leave the room to have peace and silence.

Sometimes I cover their cage with a blanket to calm them down a bit. That day, after dinner, I started doing my homework. I needed to concentrate so I turned on "Silence of Peace" which always helps me to focus while studying. After a while, I noticed something strange. I started listening out for my parrots. There was silence. I felt even a little worried and decided to check what had happened. To my surprise they went silent since they had all fallen asleep!! It's amazing because usually they sleep only in the evenings at around dusk. I knew that "Silence of Peace" has a relaxing influence and helps me to fall asleep when I'm tired, but I never expected that it might have such a strong power to put my garrulous parrots to sleep! To my amazement, after I turned the music off, they became more active again. I wonder how would it influence other animals, e.g. turtles?

Margaret, Jaslo, Poland

The story about budgies was featured in national Australian TV – Channel 9 popular program 'Mornings with Kerri-Anne' as well as in many international magazines and newspapers.



IN TUNE WITH MYSELF AND OTHERS

Love and acceptance among people

Louise de Caux story

"Friendship achieves its real value and totality when it supports the love of two friends amongst all odds. There are always friends who can do anything to support the love their dear friend hails in his heart. It stands as a guardian angel waiting to sprinkle its miracle wand on the couples in love."

Ella Wheeler Wilcox



Louise de Caux is a life coach. She works with people who want to improve their ability to feel, and develop true relationships. She often deals with very difficult situations in her work. Many of her clients suffer from depression or don't appreciate anyone. This has an effect on Louise, leaving her stressed after a day of coaching.

Louise has known John Levine for some time. Just before Valentines Day, John played her his new release, 'Silence of Love'. She has a few of John's CDs but felt a special interest in this one, as she practices emotional work and wanted to see what sort of feelings it could evoke during the treatment.

Louise owns many alphas music compositions. In her apartment, she has a collection of so called 'new age' music. She notices a difference between much of this and John's work: "John's music definitely affects me. Comparing it to relaxation CD's, it keeps me more conscious and aware of my entire body, which is more effective than being in trance state.

"As a part of my daily routine, I play "Silence of Love" as it releases positive energy in me. It makes me more open, alert and helps me understand what love and acceptance among people is" admits Louise. "What is more while listening to 'Silence of Love', without a doubt, I can feel my sexual energy moving. This music also gives me an encouraging boost to get up early in the morning, which is fantastic, considering the fact that I am not generally a morning person. While at work I am focused, don't feel stressed, and my daily routines aren't chaotic."

"I play 'Voice' and 'Orange' whenever I want to chill out or relax, but 'Silence of Love' is perfect in conjunction with connecting in a loving way, restoring loving relationships either with oneself or somebody else. The effect of that CD lasts longer than you can even imagine".

"This CD, as well as John's other titles, is definitely worthy of recommendation. I believe it can help people in any emotional state. It is also immensely beneficial to therapists involved in any sort of therapeutic work in helping you relax and de-stress! Anyone in need of relaxation or reconnection with themselves and others can feel the benefits of John's music."



Spa and Beauty about Alphamusic



Marion Schneider is the owner and manager of the Klinikzentrum Bad Sulza Spa and Hotel. She has worked in the health care business since 1983, focusing on human health and its improvement through effective short-term therapies using water, heat and light, as well as architecture, music and art. She met John Levine during his seminar as a guest lecturer at the British International Spa Association annual conference in Malta and decided to see if his music was beneficial to her work.

'John's music is soothing and calming. It is ideal for both therapists and spa visitors who come to my resort to find the opportunity to relax. We usually play Alphamusic at the very beginning of therapy and in the sessions before the actual spa treatment. We have around 350 000 visitors each year, seeking a peaceful atmosphere here. John's CDs are perfect for those who wish to truly slow down. I personally use them when I need to unwind. Managing such a big resort can be sometimes very stressful.'

'I would certainly recommend John's Alphamusic to spas, therapists and wellness centers. The music is calming and peaceful and gently eases stress.'

**Diversional
Therapist
Dementia**



The Entire Alphamusic Series

ALPHAMUSIC – AN EFFECTIVE INTERVENTION IN HIGH CARE DEMENTIA SECURE UNIT

Amazing results discovered by diversional therapist Sue Woods.



Sue Woods is not only a diversional therapist and a qualified complementary health care practitioner but engages audiences in Australia with her warmth, integrity and humour at workshops and training courses.

We have experienced the frustration of finding something.....anything!...to relieve agitation levels in our residents with dementia" says Sue.

"Whilst researching the possible use of Meditation as an intervention to relieve agitation and stress levels, I discovered John Levine's Alphamusic. Upon investigation, it appeared that Alphamusic could produce a similar emotional state to that of a person practicing light meditation."

As the name suggests, Alphamusic is specifically composed to change brainwave patterns from the *Beta* stressed state to the *Alpha* calm state. High *Beta* levels are associated with the 'flight or fight response', producing symptoms of anxiety, whereas the *Alpha* state induces deep relaxation and encourages the production of the 'feel good hormones', such as serotonin and dopamine.

Following her intuition, Sue introduced the residents to Alphamusic.

A trial was devised with the aim to play Alphamusic for a 2 week period, then substitute classical music for the following 2 weeks and evaluate any changes demonstrated.

The first fortnight period produced a marked reduction in behaviours of concern (see below).

On the first day of the second fortnight, Sue replaced the Alphamusic CD's with classical ones. Care staff were not informed of the substitution. "The afternoon RN in charge of the unit sought me out to question what had gone wrong with the music. It wasn't working as it had previously. I explained that I had substituted the Alphamusic with classical music and planned to continue to gain trial results.

"The planned trial was vetoed by the care staff in the unit, they didn't need a trial. In place of the trial, I created feedback sheets for the care staff to comment on observed results when they used Alphamusic" explained Sue.

"Here are some of those comments and observations".

"Sue, this music is fantastic. It has made a difference with the residents and me. Everybody was a lot less anxious. It even settled "B" (a resident who is presenting major agitation levels)."

"Sue, I put the 'Silence of Peace' CD on about half an hour before tea and I had everyone, (except "D"), sitting at the dining tables. I didn't have to chase anyone for tea. I love it."

"Very settled this evening. Residents less likely to get upset with other residents' noisy behaviour. Most sat quietly together for most of the shift. All settled for bed well."

"I have found Alphamusic particularly useful. When a resident is behaving in a disruptive manner, the music seems to keep the overall environment calm and the disruption does not spread to the others."

"Exceptional in palliation. As an environmental management tool - very much noticed by visiting family members. It has positive effects on the unit staff as well as the residents."

"As a result of this trial, Alphamusic is now the daily music of choice in our secure dementia units" adds Sue.

If you would like to know more about the effects of Alphamusic on other symptoms of stress and anxiety, Sue is available to deliver free talks to professional groups in all health modalities.

<p>Insomnia, chiropractic, diabetes, Diabetic cats</p>	 <p>Peace, Voice, Orange</p>
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Amazing! Blood sugar level in diabetic cats stabilized!

A chiropractor, diabetic cats and insomnia.

What do they have in common?



Dr. Steven Aronson is a Doctor of Chiropractic , and has more than five degrees and diplomas, including a master’s degree in clinical psychology. Since 1997 he has helped over six hundred people to overcome their pain, using the McTimoney Chiropractic Method. Due to the gentle nature of this method he has successfully treated clients of all ages including young babies, pregnant women and the elderly. He is also qualified to perform chiropractic treatment on animals including horses, dogs and cats. In 2008, he was elected as a Fellow of the Royal Society of Medicine. This is the highest honour awarded by the Society, and thanks to being elected a Fellow he was invited to meet HRH Queen Elizabeth II of England.

“Steve was astounded by the instant calming effect of my Alphamusic. Before being introduced to it he had never used music with any of his treatments. Steve is a highly qualified and sought after practitioner, with patients flying in from various countries around Europe.” John B. Levine, composer.

Dr. Aronson and John Levine first met a few years ago at an appointment which John arranged. *“It was at the end of the day, I was really exhausted after having a very hard day at work and all I could think of was to go home and rest. However I had made a commitment to meet John, so I showed up having no idea what he would like to talk about”* says Dr Aronson. *“I remember that John took out his laptop and put on some music. Whilst he was introducing himself, the music was on and I suddenly noticed something unusual. While John was talking, with this unfamiliar music playing in the background, a **wave of relaxation just came over my whole body.** I interrupted John to ask about the music, **I felt so good and relaxed that I had to find out what was it.** It was then that I discovered about John’s Alphamusic and its benefits as reported by other listeners. From that day I enjoy using Alphamusic, especially when people may be a bit nervous about their first chiropractic treatment, not knowing what to expect. I find John’s music helps to calm them down and make them less nervous about treatment itself, it reduces their anxiety.”*

Steven recommended Alphamusic to a friend who was suffering from insomnia. She was finding it very difficult to fall asleep and she was also frequently waking up at night. She started playing ‘Orange Grove Siesta’ and ‘Silence of Voice’. The effect for her was

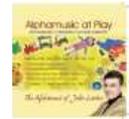
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immediate. She overcame insomnia and now her sleep pattern is normal. Steven noticed something interesting in this story. *"I must admit that it certainly helped her and her insomnia disappeared, but the interesting thing is that she happened to have two cats who were suffering from diabetes. Their vet had tried for several months to get their blood sugar level to stabilize. They were both on increasing doses of insulin, however it seemed not to help them at all. The vet admitted that it may be due to some stress factors that they were unable to stabilize their blood sugar level.*



My friend noticed that when she put the 'Silence of Peace' CD on, the cats would come to the speakers and lie in front of them totally chilled out", continues Steven. *"In fact a few weeks after she started playing the music, the cats had another check up, after several months of being totally unstable their blood sugar levels had now stabilized. Their vet was astounded! John's Alphamusic had a great impact on this friend and on the lives of her cats! I truly recommend this music!"*

**Children at play
time**



Alphamusic at Play

Alphamusic at Play

Try how it works with your children!

The Rutah family story



Christine and her husband Mark live in a big house near Krakow, Poland. They have 3 children. The three year old Isabelle is very independent, likes her own company and prefers playing alone. Alex is four and the exact opposite – a real attention seeker. Michael is 9 and a slightly hyperactive boy who enjoys rough and tumble. When the three are together, a lot of fighting, screaming and running around are guaranteed, and lots of noise! This distracts their parents and causes real headaches.

The family heard that John's composition, 'Alphamusic at Play', was reported as having a calming effect on children, especially during playtime. Others had stated that children stopped fighting and calmed down to play with one another while the CD was playing. This is what

the family wanted to achieve.

It was Friday afternoon. Alex and Isabelle came back from nursery and Michael from school. Christine and Mark wanted to rest after a very busy day at work and all they dreamt of was a peaceful evening without screaming and fighting. Alex and Michael started playing the new game they had received from parents called 'Jungle box'. Isabelle wasn't happy with that, and in her persuasive charming way tried everything to provoke an argument between the three, and succeeded. The house filled with a horrible racket and distressed cries.

Christine took out the CD and played it to the children. After a while they all calmed down. Isabelle stopped screaming and played Jungle Box alone. Then Michael and Alex joined her and for the first time they managed to play together in a peaceful and friendly atmosphere.

"This is amazing" says Christine. "I have never seen them so calm and joyful. I am so happy to have this music. I think it will be now played non stop whenever they plan to play any game or do something together. This is really important as Isabelle always did things alone and didn't interact with her siblings. Now they are able to play together, which makes my life a lot of easier!"

Since then, 'Alphamusic at Play' is always with the family. They truly recommend John Levine's Alphamusic.



Beneficial effects of Alphamusic CD on Schizophrenia patients – EEG tests.

Medical research paper

Last year I started to work co-operatively with the new medical center. This meant that my current activities have changed. Now most of my patients are adult people with different health problems as well as different types of examinations. Most of them are patients from the Mental Health Center, among them those with serious mental disorders.

Working with them is very hard and sometimes arouses strong emotions. You can say that it may even be dangerous.

Having used John Levine's music with different patients, I didn't know as yet which of his CD would be best for such patients. I knew that the composition had to be effective, not to worsen the patient's health or wellbeing.

I was wondering which music to choose. I decided to use the 'My Little Sea Shell' CD.

This particular CD has been proven to be excellent for children. I had to check if it also could be valuable for the patients with Schizophrenia.

Thesis: Is 'My Little Sea Shell' CD appropriate music for schizophrenia patients and what results can this produce?

During the first two months I had many patients diagnosed with schizophrenia. Sometimes I had four patients a day. 'My Little Sea Shell' was played quietly in the background, so it didn't interrupt the EEG examination.

Later on between April 2008 and August 2008 I had ten patients who had participated in the previous examination while "My Little Sea Shell" was being played. These patients were the most important to me. I knew their EEG recordings from the previous sessions as well as their emotional state and their reaction to different stimuli.

Results:

All these ten patients confirmed that:

1. The subsequent examination took far less time than the previous one
2. They felt comfortable
3. They felt peaceful
4. They were calmer
5. After the examination they were relaxed despite the huge effort they had made.
6. They felt a little drowsy after examination.

During an examination of these 10 patients compared to the rest with no music, it has been noticed that these patients were more often in alpha state and they had less muscle tension. Dr Teresa Jaskiewicz – Wozniakowska has also noticed better frequency within upper amplitude/ mild alpha rhythm.

Conclusion:

The influence of John Levine's Alphamusic on schizophrenia patients has been observed. In many research papers it has been proven that music has undeniable influence on patients with mental health problems. "My little Sea Shell" with its proven EEG recording, and which had been previously used with little children, has been marvelous for mental health patients, bringing them absolute calm and relaxation.

Danuta Andrzejak

EEG technician

Examination date: period between January 2008 - August 2008.



Anxious dental patients: can John Levine's Alphamusic help?

Can music influence patient anxiety during dental treatment? The prospect of dental surgery is never pleasurable and for some causes intense negative emotions, from low-level anxiety to almost phobic fear. Can music help reduce or even eliminate those feelings?

John Levine felt certain that Alphamusic would beneficially effect fearful dentistry patients. To prove his concept, he requested the help of Drs M. Zarow and I. Olszewska, partners in a successful Warsaw dental practice. Setting up the Study of Anxiety in Dental Patients

The study group consisted of 200 dental patients. Half the patients (100) had "Silence of Peace" played in the background during their treatment. The remaining patients had no music playing.

Prior to testing, patients were asked to rank their level of anxiety around dental surgery, on a rising scale, where 10 represented "Very frightened". Age, gender and type of treatment were also noted.

General results



Patients who listened to Alphamusic during treatment reported a definite decrease in feelings of tension and stress, compared to their usual experience. This result applied regardless of patients' sex, age or the nature of treatment received.

The most pronounced positive effects were reported by patients who had listed themselves at the highest levels of fear.

Some patient observations after receiving dental treatment with "Silence of Peace" playing in the surgery. With music to distract them, patients reported less nervousness during dental operations. Patients felt the music created atmospheric "commonality" with their dentist. Patients reported said the music helped them feel more physically relaxed during treatment. When dental treatment was complete, patients said they felt more satisfied with all aspects of the procedure than in the past. Some patients fell asleep during their dental surgery.



Patients in the control group of one hundred, who did not have music during their treatment, did not report any specific changes to their usual responses and attitudes during dental treatment.

In the course of researching and developing his music, John Levine has consulted with a wide range of specialists. Some are renowned teachers of meditation technique, such as Jacob Bloom, one of the founders of alpha relaxation theory and Robert Murphy, with his well-known course, "Mind Language".

Other consultants are engaged in studying the physical and psychological nature of hearing. Malgorzata Szurlej, psychologist, psycho-sociologist, audio-psychophonologist, is the owner of Centrum Audiopsychofonologii in Warsaw, an institute that cooperates with the Tomatis Centre in Paris (Patrick de la Rogue, MD).

The importance of Dr Alfred Tomatis in auditory research is not longer disputed. He was the first to research the relationship between ear function and how the brain interprets sound. The generally accepted medical term for this inter-relationship is the "Tomatis Effect". Malgorzata Chodak has worked at CMUJ University Hospital in Krakow. She has used John Levine's music as part of pain management strategy for patients undergoing cancer therapy. Dr Chodak is a specialist in clinical psychology, psychosomatotherapist, supervisor of European Socio-Somatoanalytic School (EEPSSA Strasbourg, France) and President of the Polish Somatotherapy Society. She currently works at CMUJ University Hospital.



"The practice of Qi Gong is embedded in Taoist philosophy. We follow nature to discover our own true nature. We are the clouds that move slowly across the sky, the changing patterns in water, the tree that moves through the effects of the four seasons. We find our centre deep in the core of the body and from there experience stillness and movement, breathing gently in and out. John's music amplifies breath as it rises and falls. The sounds are

non-intrusive; they don't interrupt our process of inward reflection and outward movement. The sounds themselves are like the passage of clouds, the movement of water. They contain a sense of weight and also of lightness. We have used this music in our Qi Gong practice and find that the quality helps, subtly, to enhance the Qi Gong state of relaxed awareness. "

Barbara Brown, Qi Gong: The Chinese Art of Working with Energy

091 Renee Sigel: Modena, Italy, Editor of
'iPeace.com'

<http://www.linkedin.com/in/reneesigelb06>



I've been spending quite some time with John Levine's Silence of Heart & Silence of Love CD's. It's become like walking through a cathedral of suspended canticles: the tactile aural sensory is extraordinary in its weightlessness for being such an encompassing labyrinth of sound: it shifts itself imperceptibly beyond standard lyricism...

and Levine holds it back from

sentimentality.... reminds me a little of equine dressage :) Well I tell you what I am finding increasingly fascinating is that while superficially the effect of both pieces are very ethereal and give me a sense of taking elements of Ravel into the "new ageness" of 'mood music" as a genre.... it's what's happening 'pianistically" underneath that catches my serious attention.

Composers like Chopin, Ravel Debussy, explore an aural landscape through the Piano as a technical medium almost, and yes create stunning compositional complexities both for the performer and the listener; it's almost as though Levine is inverting the entire process... delving rather into the inherent textural landscape of the instrument itself as an exploration of its own essential expressiveness, and not purely as a means of compositional instrumentation or technique..'

it seems to me that Levine is engaging in a different kind of musical abstraction; not purely as an expression of his own compositional intellect and creative canvass but allowing the instrument to unfold its own intrinsic tonal light and line while embellishing the shading with such subtle strokes of chromaticism as to be almost imperceptible, yet is anything but...

and it creates this acoustic conversation with itself that alters ever so slightly each time I hear it... like looking at an art work at different times of the day, in different light and seeing different things within the work each time...

its that kind of multiplicity that never loses its cohesive core because the composer is not layering it compositionally as a structure... rather he is allowing it its own kind of organic freedom to do that within its own natural tonal landscape:

I'll tell you another secret.....

Levine has utterly spoiled new age mood music for me for life... not that it wasn't doing its own job splendidly, but this cut a different kind of slice through the irrelevance of what others are "committing"....

Levine is in such a different league as to really send the bunch packing with their "composer" tails between their legs...

Even my husband walked into the living room and asked me what I was listening to...and is impressed: he is a bass baritone.

I am really fascinated by the way this composer thinks musically

In the time I have been listening to the two long versions of Silence of Heart and Silence of Love Levine increasingly makes me think of Beethoven...

This contemporary music composer should not lose his faith of 'being discovered'...he certainly will be soon!.... his writing is quite extraordinary and if there is one thing I'll be doing my damndest to prevent is his talent going to waste!...

John is doing something so incredibly daring and immensely courageous artistically..

no contemporary composer today, none I know of anyway, has even considered to venture into this realm musically it isn't even considered a viable genre by most

and what him doing.. please bear with the comparison, as it's the only way i can clearly explain ... what I am hearing is the orchestral skill of a composer like Beethoven, whose passion and artistic interest lay in exploring and unfurling the textural complexities of the orchestral sound palette, but instead of using the standard vistas of contemporary composition today, be that in opera, chamber music, orchestral music or even single instrument composition, he has chosen to go off and unfold a singular musical vocabulary in a known, totally non-classical genre, already replete with enough kitch to kill Tutankhamen....he excels at his orchestral ear and eye in exploring the piano to create what I can only term "musical zen"...

at any level, the musical audacity that takes is huge precisely because it begs the impossible simplicity and emotive restraint that the best and worst of composers rarely possess whilst Levine, well, just seems to breathe it and to me what this implies of his intellectual and musical alacrity is nothing short of amazing!



"It feels as if you have all but saved my life"

Sue Rugg's story



I am in the U.K. and after taking a homeopathic remedy over 4 years ago have been dealing with PTSD at almost its very worst level. My friend told me about you but I had a collection of very similar music already!

Still I ordered almost wearily Orange Grove Siesta CD for insomnia and Silence of Peace. They came the next day and I duly dusted off my walkman as I climbed into bed. This was the

woman who slept about 3 hours and woke every 45 mins. The improvement happened from night one, now just one week later I am sleeping 6 to 7 hours. If I wake - which is becoming rare I simply tune in again! I haven't heard the end of the CD yet. For me you outshine the rest! Thank you John Levine it feels as if you have all but saved my life.

Insomnia	Orange Grove Siesta 
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Orange Grove Siesta cd trains the brain Deborah Robertson's story



"It's as if John's Orange Grove Siesta cd trains the brain how to fall asleep effortlessly and without the 'worried busy mind' syndrome"

"Both me and my mother couldn't sleep well for the last couple of years. Since I attended John's talk and started using Orange Grove Siesta, I have slept very well. Levine's Alphamusic really works! I play the album even for my dog whilst I'm in the bathroom at night before bedtime. Would you believe that my dog falls asleep! In the morning usually my dog used to wake me up but now I am actually waking him up first! My dog suffers from epilepsy and I believe that Orange Grove will help him with that as he now sleeps better than ever!"



Client Testimonial – after John’s workshop – Australia, aged care



My name is Janine Carruthers and I am a Diversional Therapist. I recently attended a seminar on Alpha Music with John Levine. I had heard previously about alpha music through another DT Sue Woods who has been using alpha music successfully in her Residential Facility for some years and chose to go along and see what it was all about.

After a 90 minute train ride I arrived at head office with a bad headache, related to stress and tension in the neck and shoulders, but once there, did not have the opportunity to take pain relief prior to the start of the seminar.

John played his music softly in the background during the seminar but within 30 minutes I noticed my headache had gone completely and I had not even noticed a change. Within 60 minutes the tension in my neck and shoulders was also gone. I thoroughly enjoyed the day and went home feeling better than I had in weeks.

With this in mind I decided that I needed to see for myself how this music might affect Residents. So... first thing in the morning I took my portable CD player and went to the room of a resident, I know to be restive and unsettled, calling out constantly. This Resident is bed bound and often non-verbal but makes loud moaning sounds that often disrupt the residents in surrounding rooms.

I placed the CD player in the resident’s room and put on the CD that came with the information and Testimonial Pack at the seminar. After starting the music I sat outside the resident’s room where I could see in but the resident was unable to see me and watched and noted down the resident’s reaction to each piece of music.

Within 1 minute of the music starting I noticed an immediate cessation of the insistent calling out and before the end of the first track, noted a

marked reduction in the resident's body tension and movements. The residents had begun to relax and started listening to the music in earnest. The resident did not respond this way to all tracks and with varying degrees of success in other tracks but after listening to the CD from start to finish again remain relaxed and quiet for a further 2 hours before resuming her restive behaviour and calling out.

I also trialed the use of Alpha Music in the Dementia Unit where I played the CDs with 6 residents with a variety of behaviours relating to their dementia. At this time, again using the CD I also had good results. Different tracks affected residents in different ways. Those who were wanderers remained seated and to some degree, settled. For the verbally disruptive residents there was a marked reduced the number of episodes of calling out and staff stated these people remained calm for a short time after the CD finished.

I feel that the reduction period of behaviours of concern could be lengthened by playing the entire CD's of the music most effective to Individual residents.

I would like to see more education offered with regard to alpha music and have a greater variety of staff involved in this education, including Care Staff, Nursing and Clinical staff and Service Managers as I feel this could be very beneficial to all levels of care and not limited to Residential care only.

Thank You for the opportunity to participate in this seminar.

Janine Carruthers

Diversional Therapist



Client testimonial – after John’s workshop Australia, aged care

Hi John,

Thanks for the opportunity to attend the Alphasound workshop.

And just to give you some feedback of my own; I received some CD's for my own use. I took them with me on the following two afternoons when I worked in the Dementia Unit and enjoyed the lovely calm environment and co-operative residents.

Over the following days staff and residents in Hostel remarked on the lovely music.

Yesterday at our high care facility one of our ladies was frustratingly disruptive with constant negative chatter during the activity and lunchtime newspaper reading. This is usual for this lady and we regularly ask her to stop but yesterday's episodes got to all staff and residents. Today I put the CD's on during the activity and lunchtime and not one word was spoken. It was unbelievable! Later as I passed through the dining room I came across a gentleman still there. I offered to take him to the lounge or an area where he could watch the comings and goings and he said "no thanks, I just want to stay here and listen to this beautiful music". It is lovely background music and works well being played during activities. During Bingo today no one and especially those with hearing impairments appeared distracted or unable to focus except for the usual few who fall asleep anyway.

I intended to give one of the CD's that I have to my daughter who is studying teaching and also suffers from migraines. She has shown a lot of interest in it and the possibilities for the school environment. We also chatted about it's uses in her daughter's day care centre. It was also nice background music for my husband as he practiced his guitar playing. He is only a beginner.

I agree with Janine on the matter of training other staff. The comments vary and there are a few sceptics and of course we D.T.'s and Activities staff are not always available.

Anyway thanks again. I feel that Alphasound will have a big impact as more people come to know of it.

Jen Booth, Diversional Therapist

chronic back pain

Silence of Voice

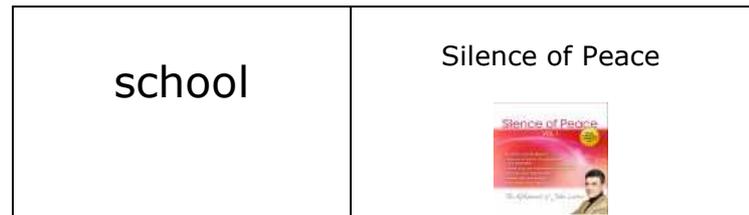


Chronic back pain, alphamusic benefits



"One Alphamusic listener, Alysan, said that her daughter Megan had a problem that maybe his Alphamusic may help with... she and her daughter came for a consultation and did a resonance test...out of my entire range she chose 'Silence of Voice' - it calmed her - she had a warm smile whilst listening to it she noticed her daughters reaction with a knowing smile..."

John continued, not letting on too much about the depth or the principles he used to create his Alphamusic... "Alysan knew that her daughter would benefit. Megan, who lives in the USA, suffers quite a lot from chronic back pain, a great deal of which could stem from being very overweight, and that in turn from an interesting underlying problem. Alysan told me that she felt that 'Megan doesn't know what she really wants, she's not able to explain her true feelings and thoughts and that's part of her underlying problem. If she could sort that out, (she felt) Megan would be so much happier', and she could tell herself more easily not to over eat, and listen to her own inner voice, instead of ignoring it and just eating as a type of solace." John's application of Caroline Myss' book to this composition had led John to believe that Megan might benefit, but without influencing her in any way, Megan carried out a resonance test listening to three minute samples through headphones and only referring to titles by track numbers, not titles - so she was the only person interacting with the music - to find out which of all John's compositions seemed to help her. She chose 'Silence of Voice' and smiled much more while listening to that composition. Her mother gave her daughter the new CD as a present. Later, Megan reported far more than the 'positive steps forward' John had anticipated. John goes further, "Megan, on a visit to Cambridge UK to see her mother, Megan was able to walk through the long sprawling university pedestrianised city centre after listening to 'Silence of Voice'. Previously she had not been able to walk for more than a few minutes without chronic back ache. On seeing me later, Alysan said it was a miracle! (and made the visit so much more beneficial and enjoyable for mother and daughter)."



Silence of Peace in your classroom

Posted by: Miss Farah

<http://missfarahsclass.wordpress.com/2010/03/07/silence-of-peace-in-your-classroom/>

Brain waves, alpha music and productive calmness!!

This type of music, the alpha music, called Silence of Peace by John Levine would work great if you put as a background music in your classroom. It will calm your students down and helps them concentrate on the activity that they are doing. Students enjoy using this music as a study aid, insisting that "Silence of Peace" quiets the mind and makes it easier to focus, absorb and retain information. So i took the CD and put it in my classroom while my students were working on an activity. I noticed a big change in the atmosphere. It was much calmer and the kids were able to focus more. This is the second time I post about this music because it works like magic and every teacher who is suffering from a hyperactive classroom would love this.



This is what the alpha music did to the students! They were working and concentrating on their work!

What does Alpha music do:

- Reduces stress and anxiety
- Settles down hyperactive behaviour
- Feelings of panic or being overwhelmed subside
- Background for meditation, physical therapies or gentle exercise

“Silence of Peace” by John Levine is the first in the “Silence” series of CDs, all of which demonstrate this philosophy. Children are often especially responsive to “Silence of Peace”. Children as young as 3 often go into a quiet, even entranced state when they listen to it and children of all ages find this music relaxes them and gives them easy access to their imagination.



Here the students were sitting quietly in the story corner and I was very surprised because I didn't tell them to do so. It was the alpha music!

<p>Stress, agitated patterns</p>	<p>Silence of Peace</p> 
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"Music that meditates for you"

Have you ever come across something that's so wonderful you just have to share it? A while ago I met John Levine, a musician and composer who after several successful years in commercial music has pursued his belief in meditation and the healing properties of music. He has devoted himself to developing his unique Alphamusic which enables the listener to get into their alpha brainwave state very easily & so de-stress, focus and relax, coping so much better with life!!

It's amazing how calming it can be for lively children and also agitated adults - I recommend you all to check out John's website.

We have found benefits for de-stressing and promoting good sleep patterns, and are very excited about the possibilities of it helping with ADD & ADHD. What a great tool to have at your fingertips! (or in your CD player - but not in the car!!)

*Julie A. C. Quick MAR, DipILT, Cert Spineworks, MBHMA
Heathside Centre for Health & Healing Ltd Director*



Client testimonial – after John’s workshop Australia, aged care

Hi John,

It was nice talking with you the other day.

We have used your CD already with great effect. After attending the workshop, I brought the music into work the following Monday. That morning one of our young Cerebral Palsy clients arrived at the centre in a more “noisy” state than usual. This client communicates with loud grunting noises that can be quite distressing for other clients. After identifying that he didn’t seem to have any unmet needs, I suggested we seat him in his wheelchair near the CD player and play the CD. Up until this point, we could barely hear ourselves talk over his grunting. After only **2 minutes** he was quiet, with a smile on his face. He stayed quiet listening to the music and seemed to not even notice when it changed tracks. After approx 20mins, we needed to move the client to attend to his hygiene, and he didn’t revert to be as loud as when he arrived. We again put the CD on in the afternoon for his enjoyment though he wasn’t particularly loud at that time, he certainly appeared to be very happy and smiled a lot.

We also put the CD on as background music when another group of young disability clients were doing indoor activities, and 2 staff commented that they seemed to stay on task with their activity longer and the whole group seemed calmer.

I will definitely get some more CD’s in the future; as I am keen to trial these with other clients attending our centre, who have challenging behaviours. I am also keen to let their carers know about Alpha Music.

Good luck with the future workshops.

Regards,

Karin Higgs, *Respite Coordinator*

Insomnia cat	Amber 
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"Our cat has found some relaxation in her life"

Sasha the cat's story



Both my husband and I are great cat lovers and have taken in many rescued cats over the years. They all arrive with particular hang-ups and anxieties, caused by the trauma of early life experiences.

Normally, just love, kindness, affection and food on tap restore their trust in human kind. This can turn the most feral, underweight and un-trusting

animals into lovely family pets. This was a fail-safe method, until we rescued a scrawny little tortoiseshell kitten.

She and her sisters were all gathered up and dumped in a ditch by an awful person and left to fend for themselves. Fortunately they were found and taken to a shelter. When we visited, we strongly felt that we chose each other. She didn't want to leave our hands when we held her, maybe because she was content with us, or because she was too terrified to move!

Over the last 8 years we have coaxed her with all sorts of food and toys – you name it, we've tried it. She has always been so nervous that none of our friends or relatives have seen her as she hides for hours on end whenever someone else is in the house.

Her only comfort has been coming to bed with us each night, and then it's only to settle us in, she never stays all night.

That was until my husband, a long-suffering insomniac, was playing John Levine's 'Amber' CD to help him sleep. All of a sudden Sasha (our little tortoiseshell) curled up by the CD player, contentedly fell asleep, and stayed in the room with us all night.

It is so lovely that she's found some peace in her life. We now play John's music throughout the day to keep her calm and content.

Thank You!



"Alphamusic makes rats well behaved"

Briana and her rats story

My name is Sharon and I am a Graphic Designer, Artist and Crystal Energy Practitioner, trading as 'Celestial' and co-run 'Serenity Gems & Crystals' with my husband Dale (www.serenitygemsandcrystals.co.uk).



I met John Levine at a Mind Body Spirit festival and listened to two of his Alphamusic CDs, 'Silence of Peace' and 'Orange Grove Siesta'. I took them home for my daughter Briana, who was having great difficulties at the time coping with life in general, especially sleeping and stress levels. She has Sensory Integration Disorder, aka Sensory Processing Disorder which is a form of Autism and also suffers from Seasonal Affective Disorder (S.A.D.). I was hoping the CD would help her sleep, and allow her to function at a calmer level.

Briana had been resistant to listen to the CD 'Silence of Peace' initially but asked me to put it on so that she could try it again; she admitted it had made her feel calmer when she had listened to it previously. When we first put the music on, her rats had been squabbling. We were used to them being restless; they were new pets and were establishing who was taking the dominant role in the cage. Briana then noticed they were suddenly calm and sat on their bellies looking really chilled out.

We tried this on several occasions when they started squabbling, the same result occurred, they just sat down. We all were very surprised, as we hadn't envisaged this effect on the rats. Briana thought it was funny that it worked on her pets as well as her. The most aggressive rats were Dopey Dave and Cheeze who fought to dominate in the group. The fight could have started any time, over food, sleeping position, or who goes first drinking. They would stand on their hind legs, square up to each other, front paws in a boxing pose, 'kung-fu' kick each other, push each other, bite each other, and roll around on the floor of the cage until one of us

separated them or one submitted to the other. When they started to fight, we played them 'Silence of Peace.' It simply relaxed them so that they could co-exist in harmony!



Personally I have found 'Silence of Peace' great for when I am trying to meet crazy deadlines and am feeling stressed. I have it playing on my computer whilst I work, it levels me out. Briana says she can feel it calming her down.

I recommend it every time I come across someone with a child that is hyperactive, prone to meltdowns, autistic or anxious. It is important to me that people realize that we can help these children WITHOUT drugging them. These children find our world too loud, too fast, too bright, too stressful. If we can help them feel calm this empowers them to function so much better.

Case study

Carolyn Bartley - Exclusion Project manager and teacher



Jim was a 14 year old excluded student being taught on an Exclusion Project.

He had low self-esteem and very poor literacy skills, including dyslexia.

His general behaviour in the classroom was high-level disruption.

One day, when Jim had been particularly disruptive, John Levine's music was played following the break.

When Jim entered the room, he stopped in the doorway and said 'Something's different!'

I asked what it was, and he said 'The music'. I asked if he liked it, and he said 'Yes'.

He rejoined the class, and worked well until lunch. I feel the music provided a calming effect on Jim.

Testimonial 103 - retailer, full range

Nancy Flexman, Health Food Store, owner, retailer



With the EU threatening to take a lot of good products off our shelves, I thought you might like to know we are having success at our shop playing and selling a new type of music called John Levine's Alphamusic. These CDs are totally different to anything we have tried before, and are selling beyond our expectations.

You can find further information at www.silenceofmusic.com, and you can even request samples. If you want to know more about how it works at my shop, you can just reply, and I will be happy to tell you anything you want to know.

Every good wish, Nancy Flexman, shop owner

For over ten years I have been looking for music to play and sell in my shop. I have tried three of the "systems" available that customers can press a button and hear a selection of the music. Selections of music were also played automatically. After a short time, the musical selections, regardless of whether we liked them at first, became intensely irritating to my staff and me. The last system we had gave you the option of changing the pause time between selections. The staff quickly copped on, and increased the pause time to the maximum, and also "forgot" to turn the unit on frequently. I can't say I blame them.

I was looking for an alternative when I saw that Patrick Holford recommended a CD called *Silence of Peace* to help generate alpha brain waves. It appealed to me because of the research. This was more than just pleasant music—I hoped it would be therapeutic in my shop and offer my customers music that would be good for their health and well-being. I bought the CD and then visited the alphamusic website to discover that *Silence of Peace* was one of fourteen or so CDs in the series.

Ordinarily I would not be able to work with music playing, but I found *Silence of Peace* unobtrusive and centering. I tried it out in the office, and the others working there found the same. I purchased three other titles. My husband and I particularly liked *Silence of Spirit* for relaxing at bedtime.

For more information please feel free to contact us. Australia Telephone: 02 8003 3132,
UK: 020 3239 8108, USA: 347 408 0457, Irl:01-443-3861, SA: 11 0835 177
info@silenceofmusic.com , www.silenceofmusic.com

I lent my copy of *Silence of Peace* to a regular customer who heads a nursing home. She just put it on one night without saying anything to anybody. The next time she saw the nurse in charge that night, the nurse asked her about the music. Patients who suffer from dementia tend to get agitated at a certain time of night. With the music on, they were calm, relaxed and cooperative. The difference was remarkable. The customer came back and bought more CDs, for the nursing home, for herself, and as gifts.



I experimented with playing some alphasound in the shop. The staff liked it, and didn't find it at all annoying or intrusive, even after it was played over and over for the whole day. I can't say for sure that it had a positive effect on the customers, because none of them commented on it. I think it creates a positive ambience without calling attention to itself. Hmm, I wonder if that is why we seem to be having fewer awkward customers...

I ordered the entire range, and within 2 weeks we placed a second order. There is simple but effective point of sale material which engages customers. I came back from holidays to find that *Silence of Peace* had sold out again. John has offered to do staff training by Skype link, but we haven't managed to organize it yet. Sometimes the CDs just sell themselves. I also put all the sample tracks on an MP3 player, so customers can listen to them on headphones. One lady bought 7 or 8 in one go!

There are also three CDs for "busy places," which come with a license to play them in your shop. This keeps IMRO off your back.

Nancy Flexman

Eats of Eden

Limerick



"Alphamusic hospital miracle"

Danuta's story



In August 2009, Danuta went into hospital for a standard stomach operation. Nobody predicted the worst, and everything seemed to go smoothly. Unfortunately, due to post-operative complications, she started bleeding internally and doctors were forced to fight for her life. Danuta went into a coma, and when she woke up, she was experiencing tremendous pain throughout her entire body. She was given strong painkillers and drugs to help her reduce it, but sadly they didn't help, and the pain continued long after it should have. Danuta believed it was getting worse, and there was no respite from it.

Her son brought her two of John Levine's CDs, 'Amber' and 'Emerald Forest', to listen to on her headphones in the hospital. At first she couldn't focus on the music due to the persistence of the pain, despite the strong painkillers. But she decided not to give up, and continued playing alphamusic to herself. Each day, she noticed that she was feeling better. She refused to take the painkillers that the doctors encouraged her to, even though her condition was still very bad. To everyone's amazement Danuta's condition improved drastically, and she was able to leave the hospital just seven days after she began listening to alphamusic.

Danuta believes that it was thanks to John Levine's music that her condition improved, and the reason she didn't have to take painkillers. "I can't explain this in any other way. I fully recovered a few days after I started listening to alphamusic in the hospital" she says. Danuta acknowledges that alphamusic has a significant influence on our brainwaves; it puts the brain into an alpha state, a relaxed condition. This aids faster recovery and allows the body to heal itself while the mind remains calm.

* This story is not suggesting alphamusic as a substitute for medical operations or life saving medicines. Alphamusic can be listened to as a supportive method to help improve your condition but should not be used as a cure in itself. Alphamusic is recommended as a supportive method for your treatment, not as an alternative.



Case study:

Case: Severe depression
 Homeopathy treatment
 Country: South Africa
 Doctor A., practicing homeopathy for over 5 years.

Doctor A testimonial:

I've had success treating cases of severe depression in patients who have been on chronic medications for many years with little or no effect. What I have found is that using Alphasound alongside homeopathic treatment or supplements results in a much higher success rate than treating purely with homeopathy or supplements alone.

Having a CD at hand reassures the patient that they can get help any time. They can have a copy of the calming music with them constantly.

Depression has many different causes. Some people can be affected by a chemical imbalance, which can be the result of stress. Or there may be a disposition towards depression if it runs in one's family, either genetically or through imitating behaviour. The question therefore arises of whether to treat the body or the behaviour of the sufferer.

Normally, for depression, I would combine homeopathic treatment with supplements. I found this to be more effective than using supplements only. Homeopathic remedies have the potential to unblock emotional issues in individuals.

Alphasound aids the healing of the psychological element, and helps calm the erratic behaviour of the mind. If you are in a depressed state your depression may come in waves, or it can be continuous. Not knowing when it is going to come about, you cannot predict when you might need to see a professional to help you. The CD can be with you all the time, play it any time and anywhere, and allow it to instil some calming continuity.

Patient B with severe depression.

Patient B had tried many different treatments over the years. It is likely that her depression originated in childhood, but it didn't emerge until her late forties. I knew that in order to help her we had to take a really deep, comprehensive look at her entire individual lifestyle. She is deeply against chemicals, as she was exposed to strong pharmaceuticals over the years, and suffered from some unpleasant side effects. I don't want to advise patients not to use anti-depressants because for some they work brilliantly. But in the case of patient B

and some others I have known, they were not helping, and people are keen to find alternatives.

I recommended John Levine's 'Silence of Peace' CD, which we started playing at least half an hour every day initially. The music was at hand from day one and was used longer than the treatment itself. She was transformed from somebody who could be impossible and uncontrollable at times to a normal, happy person, and that was achieved without chemical influence. It was fantastic to observe such a profound effect from one CD played for only half an hour every day. I encouraged her to listen to it more often as she suffered from insomnia, which was largely as the result from depression and was particularly manifest when she was in a manic state. It really helped. Since then, I have been regularly recommending John's CDs to other patients with severe forms of depression. A lot of people are dismissive of the effects a simple CD can provide, but for a start it certainly won't do any harm, and in fact may work wonders. It is much more productive to spend money on something that it is going to last for many years than on a pill that provides a mere moment of relief.

From my point of view as a therapist, alphasound makes people feel better. It is scientifically shown to stimulate the brainwaves. When people listen to music it can be profoundly affecting and produce a vast array of powerful emotions from happiness to despair. Everyone has different reactions to different types of music. But alphasound seems to be having a powerful and positive effect on more people than other music would ever do. It's not annoying or over-stimulating. It tends to remain more in the background, calming the mind and relieving worries that may aggravate depression.

Client Testimonial 106

Loss Pain	Silence of Heart 
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Facing The Pain of Loss - Within the Silence of Heart

Words by Lorraine Faith-Porter

Music by John Levine



Nearly every one of us, at some time in our life, will have shared our life with and perhaps loved another who dies. Countless words have been written about death, loss and grief, in as many differing ways as there are stars in the sky and countless words will no doubt continue to be written but here I would like to add my words and use some of the stars that haven't yet been taken.

In my 38 years of life, I have experienced the death of someone who shared their life with mine, deeply, 6 times. There have been others I have known of who have died, but those 6 all shared in my life experiences in extremely meaningful and significant ways and I cherished them all, very much. Twenty three years have separated my last two experiences of death, the latter just happening a few short months ago and it is of this I now write.

Different from before, this time I allowed myself to want to feel what the emotional pain of loss feels like. On one particular day, I sat down and while *Silence of Heart* was playing on my stereo I wrote about how I was really feeling. For the first time, ever, I allowed myself to be honest. I could actually feel the pain in my heart and really cried when I thought about the fact that I would soon never again have those moments of physically talking to and sharing with this person, who had really touched my life. My throat ached when I remembered some of our shared moments in the past. The depth of pain I felt was nearly overwhelming, but as I continued to write I did eventually become silent and quiet. I realised in the stillness, underneath all the pain, at the core, all of this was happening because I had never been brave enough to say 'I love you' to the person who was dying and honour our connection. I had never talked with her about what she had meant to me because I had been too afraid that that might make me cry, and then I would actually have to feel the very real pain of the inevitable loss. In a way, it would almost make the death become 'real' or 'true'. I had been very afraid of the pain of loss.

But then, just at the very moment my realisation of this subsided, unbelievably - if it had not been me experiencing all of this - my phone rang. I believe grace was given to me because I actually had, with that telephone call, the opportunity to pass on the words 'I love you' to the person who was dying.....I will never be able to fully describe the feeling I felt at being able to say those words. What I can say, however, with certainty, is because of that experience, a circle, for me had been completed after twenty-three years. I knew, deep down within me, that I would never ever fear the pain of loss again as long as I lived, and for me, that is a very deep healing.

During all of this time, as I was sitting, writing and feeling everything and being so brutally honest within that, Silence of Heart was playing and I truly believe that this music helped comfort and lift me - working in partnership with me actually wanting to face the pain - to the 'middle ground' or space where I was able to do that. I absolutely believe that some music can contain within it the power of healing - healing which manifests in many many different ways - and I really feel that Silence of Heart 'held my hand' as it were, as I travelled down the road of this particular life lesson of mine, and for that I am truly grateful.

If you would like any further information about John Levine and his music please visit www.easyinsomniasolutions.com



‘I managed to free myself from sleeping pills’



‘I would just like to thank you for creating the Orange Grove Siesta CD. After being on sleeping pills for eight years, I managed to free myself from them just by listening to your CD for a couple of weeks. I have a bipolar disorder, which some also call 'sleep disorder', since it invariably affects the sleep of the patient. I was given the CD as a present and at first was reluctant to believe that it would do me a lot of good, however it transpired that it was a most welcome, great surprise that your CD was so effective. God bless you John Levine, and your team.

Love,

Elsa Cepêda from Portugal!

Client Testimonial 108

**Stress, insomnia,
back pain, children
sleep, bath time**



Full range of therapeutic CDs



Tone Tellefsen Hughes Owner of Luck's Yard and Chiropractor

Tone started Luck's Yard Clinic in 2007 where she was able to realize her vision to create a centre of complementary health care. At Luck's Yard all the therapists work as a team looking after the best interests of the patient together and linking with other health care providers in the area.

<http://www.lucksyardclinic.com>

Client testimonial:

As a family we have been visiting Tone at Lucks Yard Clinic for many years now. My children have always had difficulty falling asleep and I am a firm believer in alternative remedies.

The children go "Ga Ga" after they have been treated by her and are "floppy and dopey"! If we could transfer that into their post bath state in the evening then we would have not issues at lights out time.

Tone suggested trying the John Levine music to help with our issues. The music creates an atmosphere of calm and tranquility in the background while we are starting the bedtime routine. It has become a way of life for us all now to turn on the CD player as we get pyjamas on.

On the odd night we are away from home unable to take the music with us, the children are lost and in suspense waiting to have the silence filled with John Levine. It is on these nights that it is most noticeable the subtle effect his music has on us. It gives the children something to listen to that calms them into a state ready for sleep.

It can still take a while for them to fall asleep but I get comfort knowing they are in bed relaxing slowly to the ambience set by the music.

Jane Sampson, Lucks Yard's clinic patient.

Therapy, Grieving	 Silence of Heart
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As a practitioner of a combination of therapies I've the honour to meet & work with many different people & energies, which I'm always delighted that they choose to work with me.

I've been using Alpha Music for nearly a year now, my favourite at the moment is Silence of Heart.

I find myself playing it throughout the day when I'm at home chilling, & after a little while of listening to it, I find myself in the middle of a job that I've been putting off e.g. writing this piece 😊 or that cupboard I've been meaning to clear & sort out.

However lately I've noticed that I'm working a lot on my own heart chakra & opening it up more & more, dealing with issues that I've buried for years but not resolved. The death of a loved one, which was painful & traumatic to deal with, however I do feel listening to Silence of Heart has helped me to have peace of mind & heart, & deal with my feelings in a more proactive way. So for that I'm truly thankful to John Levine for sharing his music & bringing it to Ireland & especially to my ears.

In my therapy room I tend to play a selection of music which I would choose before my client arrives. Lately Silence of Heart has been top of my play list. If a client has booked an energy treatment I may pick up on their energies before their appointment which makes choosing the music a little easier.

In one such session, a gentleman had arrived & as usual I took a few notes before getting him to pop up onto the plinth & making him comfortable. This is when I started to notice he wasn't fully in the room. By using different techniques together we got his attention on the real problem areas. He found he was going to any & every practitioner, healer and reader, anybody, to hear what they had to say, what direction he needed to go in, what he needed to work on or what was next? However he never took the time to put all this useful & helpful information into practice, he just kept running from one thing to another.

So we worked a little deeper & found that while he appeared to be happy, really he wasn't, he couldn't settle at work, home, with family or friends. I held the space for the energy to work through & when I felt he was ready, he sat on the armchair in the room; this is when I find some people get more from a treatment. Silence of Heart was still playing in the back ground & after a few minutes in silence he started to cry, deeply. When he was ready, he explained that over the past he has felt an overpowering feeling to step back from family & friends & spend a lot of time on his own, relationships were worsening at home.

He had been through a traumatic experience as a child & never dealt with it himself. Even though his mother & father had got him the best help they thought he needed but he had just shut down & didn't want to go there. He felt he never truly let go & dealt with it, but in this session he felt the pain & hurt come up through his body & instead of running away from it, he worked through it & breathed deeply for the first time in years.

I felt giving this man Silence of Heart to bring home could help him more with clearing & dealing with the feelings he had. He returned for two more sessions and since he has continued to clear & move on in his life. For him getting back to himself & normality was top of his list.

**Boosing
Immune
System**



Vision

John Levine case study: Alexandra Wenman



My name is Alexandra Wenman and I am the editor of Prediction magazine, UK, as well as a children's author, Angelic Reiki Master Teacher and alternative health practitioner. I am 35 years old.

I was introduced to John Levine last year through a contact at the Nutricentre and we collaborated on a guided meditation (my words combined with John's beautiful angel music) for a December 2012 event held at the centre.

Since then, John's music has helped me immensely through some very challenging times.

For the first part of 2013, I encountered quite a few challenges with my health. My immune system seemed to be totally out of balance and my GP couldn't give me any answers. I had the vomiting bug three times in quick succession, a nasty kidney infection, tonsillitis, flu and sinusitis and this was all capped off by a constant cold that just wouldn't go away.

My health is normally great. I exercise regularly and eat very healthily, so this constant feeling of being under the weather was really baffling me. I was also scheduled to travel for 5 weeks to Australia and America and I was really worried that I wouldn't be well enough to go.

When I spoke to John about this, he asked me if I was sleeping well. To which my answer was 'no'. In fact, I was sleeping very lightly and restlessly.

John suggested that perhaps I wasn't getting enough deep delta sleep – the sleep during which our body does most of its repair work and the immune system is strengthened. He suggested that I try listening to his CD *Silence of Vision* once a day and see what happens.

John sent the MP3 over via email and when I opened the email, it started playing automatically, so I just left it playing on a very low volume as background music while I was working on some writing and then forgot all about it. I must have only been a few minutes into the music, but I was writing away and suddenly realised my eyes were beginning to get very heavy. I almost felt like I was going into a trance. I realised I still had the music playing and I thought, 'My god, it really does work!' It was like a wave of drowsiness was washing over me - almost like I had taken a sleeping pill, but a lovelier and far more comforting feeling.

So I took my computer into my bedroom and had a lie down and drifted off into the loveliest, deepest sleep I'd had in ages.

I started listening to *Silence of Vision* daily for the next week or so before I flew out to Oz and my health improved really quickly. For the whole trip, my health was back on track and I had lots more energy to do all the things I needed to and wanted to do. I even listened to it on the plane to help me sleep on the flight and it worked like a dream.

It's amazing to think that a piece of music can have such a profound affect on our brainwaves and our physical bodies, but it really works! I now feel totally back to my old self with lots more energy besides.

HOW CAN MUSIC ACTIVELY ASSIST IN TREATING ADDICTION AND TRAUMA?

John Levine links music to brain waves – and therapist Richard Scanlan reports how this has helped his patients' process of recovery.

Addiction Today journal

"While at the UKESAD conference last year, I met Richard Scanlan, a senior specialist therapist at Castle Craig Hospital," writes John Levine, the creator of alphasound which links to brainwaves. "Richard was attending my joint presentation, at which he shared with other participants that he had been using alphasound to great effect with his clients, in particular when used with EMDR, eye movement desensitisation and reprocessing. Afterwards, he decided to utilise alphasound in a group therapy setting, to see what further effect it might have in complement to his treatment of addiction and trauma clients. The following is his account, one year after the symposium, of the effects of alphasound on patients attending a trauma group."

THE THERAPIST'S CASE HISTORY

"For the past five years, I have facilitated a trauma group at Castle Craig Hospital. The group addresses the complex issues of treating traumatic stress and addiction simultaneously in a 12-step rehab. Our members include combat veterans, survivors of sexual assault and physical violence.

The aim of the group is to learn skills to cope with the 'here and now' and problems associated with traumatic experience. Individual members will receive Cognitive Behavioural Therapy and EMDR outside the group setting. The group is seen as a sanctuary or a safe place to tolerate the effects of the past, not revisit them.

Soon after setting up the group, I discovered alphasound. I had previously used ambient music to create a calm atmosphere at appropriate stages of the group as there is a strong psycho-education component in learning about the body's reaction to stress and teaching mindfulness or self soothing strategies. I replaced Brian Eno's ambient music with an alphasound recording during one session and found a profound change in the patients' response. I was intrigued.

A US soldier described to me that 'The education made more sense... I felt calmer... [and] was able to visualise a more positive future'. Other members reported similar findings.

I had been working with this patient individually and was aware of his deep complex trauma and diagnosis of post-traumatic stress disorder. He had received EMDR and it was not unheard-of for patients to have such moments of clarity. He stated that the music had a direct influence on him. I continued to use the alphasound and have heard this consistently reiterated by other members. I tried ambient music with the same group and they reported calmness but not the same profound sense they got from the alphasound.

Alphasound is now permanently integrated into the group work. It would be interesting to see some more scientifically validated studies on the music."

Marriage breakdown challenges	Alphamusic CDs
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Alphamusic has been life changing

Firstly, for me, the alphamusic has been life changing. Words cannot express what it has meant to me. I really am truly grateful for the harmony it has brought to my life. I am now able to sleep soundly and peacefully again. My mind is clear and I'm able to process things quicker, not feeling as if I'm going around in circles. The extra stress, pressure, feeling overwhelmed and over active mind that had developed as a result of a marriage breakdown is under control and I am moving forward as a calmer, happier person. For my children, they love the music and they fall asleep within minutes of it being turned on. It also creates a wonderful atmosphere after a long day or during homework time.



Based on the huge success in my household, I thought I'd purchase some music as Christmas presents and extend my own collection, hence my order with you.

After my order I discovered I had a friend that has been under immense stress with personal issues that wasn't sleeping - averaging about 2 hours per night. I gave her my CD's to see if they would help her and the effect was immediate. She too is ever so grateful for the music, her first comment to me being that **it is worth it's weight in gold**. She told me it's the best thing anyone has ever given her as a suggestion to help her. She is sleeping soundly and finding the other pressures of life easier to deal with. She also decided to try the CD's at homework time, as her daughter finds it hard to concentrate and tends to complain during the process. She came to me, giving me the biggest hug saying for the first time ever, homework was completed without any arguments or complaints. I think maybe the hug I got should have been for you guys, but I'm just happy to see the music helping someone else.

So to finish my story, I find myself without Christmas presents again, as my friend has purchased off me the CD's that were doubles of the ones I already had that were going to be presents so that she can continue using the music.

Keep up the amazing work that you do. I would not hesitate recommending the music to anyone I thought it would be useful for.

Julie-Ann Beattie

Client Testimonial 113



Col Maggs, Tai Chi Instructor



"At Cambridge Kung Fu we have been using The Alphas of John Levine to enhance our Tai Chi Chuan programme for many years. We teach people of all ages in a variety of different settings, including Staff classes and Student classes at Anglia Ruskin University (Cambridge), members at Nuffield Health (Cambridge gym), open community classes, and courses specifically designed to be run during the day for various business.

We have found that Levine's Alphas greatly improves people's ability to relax while practicing Tai Chi, enabling them to block out any distractions and focus solely on what they are doing. As such, it has become known as a staple part of our classes, helping create a warmer and softer feeling environment for all members where-ever whether we are training inside or outside."

Col Maggs
Director and Adults Programme Coordinator
Cambridge Kung Fu Ltd.
www.cambridgekungfu.com



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THE ALPHAMUSIC OF JOHN LEVINE

By Jennifer Lynch Massage and Reiki Therapist/Author @ www.angelwisdom.co.uk

I have been using John Levine's music for my therapy clients for several months now. I have regular clients who visit me for both Reiki Healing and Massage, and I am finding that it greatly assists me in my work. Clients have become not only more relaxed, they consistently report that they really enjoy listening to the music. The music is called "Alphamusic" and it aims to induce alpha brain waves. When the mind is in an alpha state the body can function properly. This can significantly improve healing, digestion, the immune system, concentration and emotional well being just for starters.

The albums which I use frequently are **Silence of Peace**, **Silence of Love** and **Silence of Balance**. I have also used **Silence of Vision**, **Silence of Light** and **Silence of Voice**. I tend to choose the music which is most suitable for the client.

For a client who is having trouble settling down to anything and cannot relax at all, I would use **Silence of Peace** because this relates to hyperactivity, reduces symptoms of stress and anxiety. Most of my clients like this album and I use it the most. I like the fact that it has an oriental sound. I also find it to be very grounding and I often listen to it myself when I am not giving therapy. **Silence of Peace** fascinates me because there is part of the music which sounds a little like *Close Encounters of the Third Kind*! This makes me smile as I feel that that the music helps you to connect to your soul. It is as if the universal spark in you is attempting to wake you up, and as such I find **Silence of Peace** very grounding and integrating, as if it is aligning parts of your soul which may previously have been fragmented.

I decided on the **Silence of Voice** album mainly for my son who is a trained singer, to help his voice when it became tired, and also to aid communication skills. To be honest, he has not listened to it often because he has been too busy however I use it in my professional practice and noticed that some clients have benefited from it. For instance whilst giving a particular client healing, I discovered that her throat chakra seemed very blocked; this had been an on-going issue. I decided to introduce **Silence of the Voice** during the treatment whereupon the pathways cleared immediately and enabled a deep healing to take place.

Combinations of John's Alphamusic albums also are worth considering. For example, I have used both **Silence of Peace** and **Silence of Voice** with a client in one therapy session. We were working on strength, balance, relaxation and back pain.

I should add that I have found that the length of the therapy professional version albums work well with the length of the therapy treatments. I always give hourly treatments – so perfect!

Here are some further examples of how I have found John's Alphamusic to work and how I use it in my practice:

Silence of Balance I have found to be good for confidence and low self esteem – it restores core balance. Whilst the music plays gently in the background, I ask clients to visualise a column of light entering from the crown and coming right through the body to form roots. Generally clients respond by reporting that they feel stronger within, and so more able to confront situations.

Silence of Light I use primarily on myself, to increase my vibration and energy levels. I work as a therapist and healer, and I also work with the angels - I believe that this music resonates well with that frequency. I would also use this on clients who are therapists themselves and are involved in energy work.

Silence of Heart I use the most with clients who are emotionally upset as well as feeling physically drained. I have also played this piece of music for myself whilst I lay on my own therapy couch. It is interesting how quickly it restores your energy. With this album in particular I always give treatments to the entire length of the album so that the clients can receive maximum benefit.

Silence of Love I have used on two very different clients, both female. One of them seemed obviously a little irritated by what she experienced as the repetitive nature of the music, the other did not respond in this way. The first client had never had a treatment with me before and found it a little difficult to relax. The second client said that she felt the music was helping her go into a deeper state of relaxation, as if skins were being shed. I would imagine that if the same music was used continuously with both clients then eventually they would both relax into it. The resistance experienced by the first client is entirely normal, as often we reject the healing we need most. I changed the music with this client to **Silence of Heart**, and she became much more comfortable with that. This client came for a one off therapy treatment as she won it, and unfortunately I haven't been able to work with her any further. However, if she came back, I would continue with using **Silence of Heart** for a few treatments and then return to **Silence of Love**.

To conclude, I have found that using John's music with my treatments to be extremely effective and that as a result I have gained more healing clients. In addition to this I have also received healing from The Alphamusic of John Levine personally, as I often listen to it to rest and rejuvenate. It is my belief that this music can raise your own vibrational frequency and thus help with the therapist's healing journey. Please contact me should you wish to experience the beauty of a Reiki or Massage treatment combined with John's Alphamusic.



Jennifer Lynch Author of 3 books Holistic Therapist & Aura Drawings at events throughout UK
Magnetic products at English Heritage Craft Fairs, The Ideal Home Show and The Vitality Show.



I felt stupid until.....

My dyslexia problems eased with The Alphas of John Levine!



'I found I wouldn't get as tired and I could focus on studying more than ever before. I achieved excellent results in my degree and Alphas helped me to get top results.'

Dyslexia is a specific learning difficulty, which makes it hard for some people to learn to read, write and spell correctly. While no conclusive research has been carried out to determine how prevalent it is, studies in many countries would suggest that approx. 8-10% of the population are likely to be affected. People with a learning difference like dyslexia may have trouble with reading, writing, spelling, math, and sometimes, music. Brains of people with dyslexia show very little activity in areas known to be highly important in linking the written form of words with their phonetic components. So in order to read, people with dyslexia must develop alternative neurological pathways. There are few famous people with dyslexia that you may know. Cher, Tom Cruise, Salma Hayek, Anthony Hopkins, Jamie Oliver, Albert Einstein, Agatha Christie are among them and so is Amy.

Amy Turner-Monk was diagnosed with dyslexia when she was only 9 years old. Among the challenges she experienced were mixing up words, spelling problems, having a good understanding but not being able to write it and not progressing as quickly as other children.

'The main thing I experienced was a constant feeling that I was stupid, as I struggled with the basic tasks but the complicated ones came easily to me. I felt I had to hide my condition as I had no support in school. My attention span was very short and I became very tired very quickly when studying' says Amy.

Amy was determined that her dyslexia was not going to stop her realizing her dreams, so she applied to the Open University and asked for assistance with her learning difficulties. The dyslexia assessor recommended she use John Levine's Alphas album Silence of Peace whilst studying. *'The Open University had me fully assessed and they helped me understand the condition and the physical differences in the brain. This helped how I felt about myself, offered solutions such as colored glasses, computer software - read and write gold, dragon software and Alphas. The glasses helped me to read better as it stopped words getting mixed up. Computer software helped with spelling. Alphas worked in conjunction with these to help concentration and tiredness'* says Amy.

Silence of Peace vol1 helped Amy with concentration. Until her discovery Amy could only read for 10 minutes before being tired and distracted and needing to take 30 minutes to rest before continuing, *'it all was quite draining'*. *'Using this brain wave transforming album 'Silence of Peace' I found I could study for more than an hour at a time without any exhaustion. This increased my productivity immensely,'* admits Amy. *'Alphas helped to keep me calm before exams and on route to my wedding! Thanks to Silence of Peace my studying was easier and helped me to achieve grade 2 pass overall with a distinction in the last year. I also used Alphas Amber album to help me during labour. This helped to keep me calm and focused.'*

'I would recommend Silence of Peace to everyone with dyslexia or with concentration problems. Alphas truly helped me to concentrate, I found I wouldn't get as tired and I would focus on the studying more than ever before. I achieved excellent results in my degree and Alphas helped me to get these results.'



I have experienced greater results with clients when using Alphamusic CDs



Julie Erickson is a massage therapist focusing on recovery from injury or trauma (medical massage with a twist toward integrating mind-body awareness).

She has been introduced to Alphamusic couple of years ago at the FHT gathering. Although being skeptical initially (as we all do) Julie has quickly become intrigued by John's story and the research, as well as testimonials. She has since then gathered full Alphamusic therapy set and is renewing each year her therapist license respecting music as therapy and as a great tool helping boosting her treatments.

'I use "Silence of" CDs during my massage sessions, selecting more mindfully once I get to know my clients' issues and/or needs. Several of my clients over the years have purchased the CDs for their workplaces or home, especially to help them fall asleep. For home use, we play "Silence of Balance" and others to keep our puppy calm while we are away during the day. When we have guests and want quiet music, Emerald Forest is a favorite. When we have trouble sleeping, especially while traveling, Orange Grove Siesta for me and Amber or Silence of Peace for my husband work the best. I have a good friend who was given Silence of Heart CD when dealing with a situation that involved a broken friendship. It was the only thing that helped her calm down emotionally at night and fall asleep' says Julie.

'I have experienced greater results with clients when using Alphamusic CDs. While I'm working on the outside of their bodies, the music is touching something on the inside, causing greater relaxation, creating a calm focus, and bringing them to a body-mind connection that otherwise wouldn't be present. If I know there is a particular area of the body that is energetically blocked or problematic, I choose the corresponding CD (example: Problems with neck pain will lead me to choose Silence of Voice).'

'As a therapist I have the typical stresses of daily life, and using the Alphamusic definitely helps "take the edge off". In several situations over the years I have encountered periods of higher stress or an unwelcome conflict that needs greater focus to deal with. I use the CDs while I am in mindful thought or prayer. Thankfully, no serious medical conditions...'

'I recommend it to anyone, but especially someone who is having a particular health issue, emotional or physical, which are often times related, as we know. Give it a go! It is really worth it!'



'There are sounds that really do elevate our spirit'



Fateh, one of the co-founders of CityZen, a BACP accredited counsellor, Hanmi Buddhist Chaplain/Teacher, Mindfulness, Yoga Nidra and Kundalini Yoga Teacher.

His journey in self discovery started in a big way over 15 years ago as a trainee counselor struggling with plenty of his own issues. He studied various therapeutic approaches and then in 2002 stumbled on Kundalini Yoga - a mindblowing experience! This technology changed his life, but it wasn't his 'spiritual home'. He continued searching out new teachers and practices (including Mindfulness), until one day, his spiritual teacher Zen and Esoteric Master Dechan Jueren, found him.

Here is his testimonial how he incorporated The Alphamusic of John Levine into his practice.

'There are sounds that really do elevate our spirit. As a student and teacher of yoga and esoteric meditation I love chanting for this reason. However, in our often secular world, it's sometimes not appropriate to use mantras. In these situations I turn to Alphamusic because it is the only music I know that has a similar purity. It is wonderful for calming the mind and relaxing the body.'

I've been using Alphamusic cds for many years. When I teach yoga or meditation I often use them before the class starts (to help students settle down) or for the relaxation at the end. As a counsellor I sometimes play them in the background for myself in between clients (to help refresh), or occasionally for a client if they are waiting for me to be free. If my wife wants music to help her sleep it's the first thing she reaches for.

We have over 10 cds now, including about 5 from the 'silence of...' series, 3 Angel cds, Orange Grove, Emerald Forest and My Little Sea Shell. I'm sure as time goes on more will be added'.

Fateh

Kundalini Yoga, Mindfulness, Yoga Nidra and Tantric Buddhist Teacher
BACP accredited Counsellor

Director of CityZen

www.cityzen.org.uk



For more information please feel free to contact us. Australia Telephone: 02 8003 3132,
UK: 020 3239 8108, USA: 347 408 0457, Irl:01-443-3861, SA: 11 0835 177

info@silenceofmusic.com , www.silenceofmusic.com

Dental Anxiety



Full range of therapeutic CDs

Concerned about the possible negative side effects of dental sedation on both my patients and staff, I incorporated natural drug-free methods such as the Alphamusic of John Levine with excellent results!



Dr Nader Malik, a graduate of the University of Sydney Dental School, took an immediate interest in understanding and treating the strong links between teeth and our total body health. These links include the effect of your teeth on your head and body posture, the importance of correct nutrition and the treatment of dentally related headaches and jaw pains.

A firm believer in total patient health care, Dr Malik collaborates eagerly with medical doctors, nutritionists, naturopaths, and physical therapists (such as osteopaths, chiropractors and physiotherapists) to ensure the best outcome for patients.

Having a strong desire to offer his patients a drug-free alternative to conventional methods of sedation, he discovered the Alphamusic of John Levine. Initially, from a recommendation by Patrick Holford, a world-renowned nutrition expert, Dr Malik began incorporating the use of Alphamusic to reduce dental phobia and aid relaxation.

“We use them in the waiting area of our dental clinic, our exclusive Recovery Spa™, and during patient treatment (with headphones),” says Dr Malik. ‘Levine’s Alphamusic is unique in that it is deliberately designed to induce a relaxed and meditative state in the brain by switching off the neurons associated with stress and anxiety’.

Happy Teeth dental surgery moves dentistry into the future thanks to Dr Malik’s in depth knowledge combining traditional dentistry with a truly holistic approach. Using relaxation techniques to ease the stress and dental anxiety level is one of Dr Malik’s fundamental principles on how to treat each of his patients.

‘Quite a few of my anxious patients have found that John’s music relaxed them sufficiently to not require drugs such as nitrous oxide sedation or IV sedation. A few of my patients have also fallen asleep during their dental appointments! I was happy to trial John’s Alphamusic as I wanted my practice to be as drug-free as possible as I was concerned about the possible health side effects of various methods of dental sedation on both my patients and staff’ says Dr Malik.

‘My personal favorite is Silence of Heart as it gets me into the alpha state the fastest of all of the Alphamusic range I have trialed. Whilst I own the complete Alphamusic therapy set, I would recommend Silence of Heart as an excellent soundtrack for the “newbies” to experience how it reduces anxiety and stress levels. I found that most men prefer the Amber soundtrack and multi-tasking women with a very “busy mind” often choose the Orange Grove Siesta soundtrack.

You can read more about Dr Nader Malik and the services he offers at: <http://happyteeth.com.au/>

Boosting immune
system



Silence of Peace

Alphamusic boosts my immune system



'I felt miserable, super tired, sneezing, coughing, sinuses blocked, red eyes, sniffing. Taking vitamins but they didn't help until I tried John Levine's Alphamusic. Within ONE hour I felt my immune system was boosted, my symptoms were gone! I was amazed!'

Polly Morgan,
Shop Assistant

Sleeping problems



Peace, Heart, Orange, Amber

For many years my wife Mary had suffered from sleepless nights, sometimes lasting for weeks at a time. She would find it difficult to get to sleep, then wake after only an hour or two and struggle to get back to sleep. Then through several twists of fate, destiny, intuitive guidance (or whatever you chose to call it) we met world-renowned Alphasonic composer John Levine. It was in August 2011 that we just “happened” to find a copy of Patrick Holford’s wonderful book “*The Feel Good Factor*” in the holiday home we were renting, and as we are both musicians we were fascinated to read about the wonders of Alphasonic. Then just days later I opened our local newspaper and was amazed to find an article about John’s upcoming Irish tour that September, including visits to several health stores nearby. Coincidences? I don’t believe so. John was incredibly generous with his time and knowledge on the day that we met him in The Granary Health Food Store in Mallow. This meant a great deal to both of us as the previous two weeks had been extremely traumatic and stressful due to the sudden passing of Mary’s father, and it was also the second anniversary of my own mother’s death. To literally “escape” that afternoon into a world of peaceful, relaxing music was just what the doctor ordered. I think we were simply meant to be there. John recommended the “*Orange Grove Siesta*” CD and there was an immediate and dramatic improvement in Mary’s sleep pattern from that very first night. Although I have (thankfully) never suffered from insomnia, not even during the darkest hours of my own cancer, Alphasonic has definitely improved the *quality* of my own sleep, most especially the “*Amber*” CD. Mary now regularly gets six to seven hours of uninterrupted sleep, and if we *do* wake, the music puts us back to sleep quickly. We hardly ever hear the last track on the CD!

While writing this I have been listening to the “*Silence of Peace*” and “*Silence of Heart*” CDs, both of which help my concentration, and when Mary’s niece was a medical student studying for her final exams, she found “*Silence of Peace*” to be a tremendous help. Both CDs have also helped me cope with the persistent and sometimes debilitating fatigue that is a long-term side-effect of my treatment for bowel cancer during 2005 and 2006. They are also brilliant for relaxation at any time, particularly while meditating or practicing tai chi and qigong. Medical doctors and drugs may have physically cured my cancer, but the potential benefits to mind, body and soul of holistic healing therapies like Alphasonic should *never* be underestimated. Without them I don’t know where I would be today.

As a *very* lucky survivor, one of the many wonderful things I have learned on my cancer journey is the importance of thanking, in whatever way we can, those people who touch our lives and make them better in some way and this is exactly what John Levine’s Alphasonic has done for both myself and Mary. Quite apart from the inherent beauty of the music itself, it has brought much peace and joy to our lives and for that we will be forever grateful.

Gerard and Mary I., Cork, Ireland

<p style="text-align: center;">Sleeping problems, Stress Insomnia</p>	 <p style="text-align: center;">Orange Grove Siesta</p>
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Orange Grove Siesta helps me relax and stop the torrent of thoughts



Toni Ellis, suffered from insomnia and stress

‘I heard Orange Grove Siesta CD at a massage session Treatment by John Psaradakis at ‘Alleviate Therapeutic Clinic’ in 2013. Fascinated by the concept of alpha brain waves and finding how the sound was so soothing, I thought it was worth trying at home.

My main problems were stress and insomnia. I have a small child and work. I am also a single parent so my everyday life is very stressful. I have issues with insomnia and the ability to switch off my busy mind. It was a reoccurring issue which I suffered for years, it’s a very serious problem when it occurs. Let me explain, you are wide awake at 3am and have to get up for work at 630am and you are tired and not ready to face the day. This was the story of my life until I started using Levine’s Alphamusic.

I have tried Meditation to help me with my issues but I found getting my mind still very difficult. The Alphamusic of John Levine helps me adjust my brain waves faster. When I listen to Orange Grove Siesta, I tend to relax and if I concentrate on the music it helps me relax and stop the torrent of thoughts. Alphamusic has a slightly hypnotic effect on me. I use this every night especially when I’m wound up, can’t relax and need to sleep.

I was prescribed sleeping pills to help with my problem but I refused to take them. John’s Alphamusic is a non-intrusive and natural method of helping your mind relax, I really recommend it.’

Toni Ellis

Sleeping problems, Insomnia	 Orange Grove Siesta
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*I had to accept that disturbed nights were the norm, until...
I discovered Orange Grove Siesta*

Vivienne Nicks, insomnia sufferer

My name is Vivienne. For the last 5 years I suffered shallow intermittent sleep with long periods of being awake. I had to accept that disturbed nights were the norm as there seem to were no hope for me to change that. The days were long and I felt very tired, so I had no energy to face the day.

In November 2014 I read an article in Telegraph newspaper about Australian born composer who claimed that his music was reported to work better than sleeping pills.

I thought I would give it a try as it didn't cost much and would not have any side effects as I don't have to drink it or eat it.

First two nights, it didn't work. I still had the problems getting to sleep and I woke up frequently. But night three finally brought a change. Subsequent nights have shown an improvement and now I have slept soundly over the past few nights. Long may it continue.

When I purchased Orange Grove Siesta composition, I was hoping for better nights sleep. I wasn't disappointed. It is a great relief that I am now sleeping so much better.

I feel much calmer and fresher in the morning and face the day with more energy.

I recommend to try it and don't give up if you don't see the results at the first few nights!

**Sleeping problems,
Insomnia**



Orange Grove Siesta

Ever since I started using it, my sleep is more relaxed and undisturbed



I have your Orange Grove Siesta music, and have used it daily for creating
a peaceful sleeping rhythm.

As soon as I am ready to sleep, I turn on my iPhone and play the music. Ever since I started
using it, my sleep is more relaxed and undisturbed. I fall asleep quickly, for it works like a
self-hypnosis, my body responds right away to it, but I also continue to
sleep better through the night.

I love your Alphamusic so I would and are recommend(ing) it to everyone that tells me they
have trouble sleeping.

Monique Verhaar

Quantumtouch instructor

The Netherlands

**Sleeping problems,
Bowen therapist**



Orange Grove Siesta

Most of the people that see me say they sleep better



It is my pleasure to give you feedback on Alphamusic. I have been using John's music in my Bowen clinic since the fall of '08 starting with *The Orange Grove Siesta* and *Silence of Balance*. Even though I haven't treated people with insomnia most of my "people" are having sleeping problems – waking up several times at night. Even infants who are irritable anywhere else, calm down and the serenity the experience is in no doubt!

I had a female at the age of 64 and suffers from sleep deprivation with all the nervousness and irritations that follow. She immediately falls a sleep as soon as she lays down on my massage table – with Orange Grove playing!

Most of the people that see me say they sleep better.

Take note that these people do not have the cd's at home – only hear them playing during Bowen sessions.

I usually tell people story of my dog, a Chihuahua I had 'till recently. No matter what time of the day or weather or not he just woken up or not – every time I played *Silence of Balance* which I usually play at home – he would crawl back into his bed and slept while the cd played. I have the one hour version which is perfectly designed for therapists!

Since then I have purchased: *Silence of Vision*, *Silence of Peace vol. 1*, *Amber and 7 Chakras* and I love them all and are useful for various purposes.

I recommend Alphamusic – it stands out in my opinion!

Rut Kristjansdottir

Bowen therapist, Iceland

<p>Sleeping problems, Pain management</p>	 <p>Orange Grove Siesta</p>
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Your music has helped me in my battle with insomnia

My name is Steve Hughes, I'm 43. An accident few years ago left me with chronic neuropathic leg pain. I struggle on a daily basis to manage my symptoms and I often have difficulty in getting to sleep due to pain or feelings of stress and anxiety.

I recently bought two of your Alphamusic albums and listen practically every day.

I practice Mindfulness meditation for pain management and since I started using your Alphamusic, I have noticed a definite improvement in the efficacy of the practice. I am also finding that I can more rapidly reach a state of relaxation by playing the music.

Your music has also helped me in my battle with insomnia. Listening, in conjunction with simple mindful breathing exercises, has really improved my ability to relax, to calm my anxious, racing thoughts and to help me fall asleep quicker.

I find your music has a beautiful calming and soporific effect, both for wakeful relaxation and for bed-time.

I'd like to thank you for your fantastic artistic skill, your music has enriched my life and aided me in my pain management.

Steve Huges, Denver, USA



I am an independent Speech and Language Therapist and work with people who have complex physical and learning difficulties. Most of my clients have Cerebral Palsy as a result of lack of oxygen around birth and have little or no natural speech. My role is to develop their Augmentative and Alternative Communication (AAC) using low tech word or symbol boards or books, and high tech electronic Voice Output Communication Aids (VOCA). Many people with Cerebral Palsy have difficulties with emotional control and under stress / nervousness / excitement can over 'react'.

The young lady in the photo, Lisa-Marie also has severe cortical visual impairment and is 'blind'. When I first started working with her, she used to laugh and giggle uncontrollably during the whole session. Other people thought that she was really enjoying our work but in fact it got in the way of Lisa-Marie being able to activate her switch to operate her communication aid.

It was at that time, about 2 / 3 years ago that I bought the Silence of Love CD and so I tried playing it in the back ground during my sessions. It worked beautifully, **Lisa-Marie was able to calm herself and then concentrate on what she wanted to communicate or what I was trying to teach her.** We have now built up so many positive experiences of working calmly, that Lisa-Marie no longer has this emotional stress reaction.

I continue to use the CD for myself too and with my 2 teenage children, having it playing in the background at the weekend!

Judy King

B.Sc. Cert HCPC MRCSLT MASLTIP

Independent Specialist Speech and Language Therapist – AAC, 07710 514812, judy.king001@gmail.com

**Sleeping problems
psychotherapist**



Orange Peace vol1

'It helps me ease into a relaxed state and I just drift into a restful sleep'

Emille Boland, psychotherapist



I met John at the RDS Dublin Show and purchased couple of his cds to use during my therapy and for myself. I was having trouble sleeping and needed something to help me unwind after long working day. Alphamusic cds seemed to be a perfect tool for that. The two that works best for me and my clients are Orange Grove Siesta and Silence of Peace vol1. I play that music each night for about 30 minutes while I am getting ready for bed and then when I get into bed I play it in the background while I'm reading. When I am stressed it calms me down during the day if I play it in the background. At night it helps me ease into a relaxed state and I just drift into a restful sleep. Clients have found it calming also. I like the fact that I don't have to use head phones to listen to John's music and that it can be played to create an atmosphere. I feel much calmer, my mind stops racing and my body unwinds and lets go of tension.

As a therapist I treat people with a variety of issues but often stress related including sleeplessness, anxiety, depression and recovery from addictions. I always recommend them Alphamusic cds for their health problems. I usually teach my clients relaxation techniques and they use music to help them relax. For those who listened to Alphamusic compositions, it was very relaxing and helpful.

<p>Teacher, school</p>	 <p>Orange Peace vol1</p>
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Teacher discovered miraculous formula for schools



Dyslexia, stress, anxiety, suicide, aggression – these are the main problems schools, students, parents and teachers face these days. Between 1% and 5% of adolescents develop fear of going to school. This could be linked to health problems, learning disorders or behavior disorders. Students suffering from dyslexia or ADHD are not fully understood by teachers and this results in poor academic achievements and no satisfaction from school-related activities.

Melissa Hogan, a former teacher of primary school level, has been chosen to coordinate the project called ‘Early Focus’ done in Primary schools in Dublin. This project assists children within the school setting who are struggling in terms of social/emotional issues such as violence, addictions, fights, behavioral problems. The project uses nurture based activities including therapeutic play, art work, talk and dialogue, cookery classes, imagination gym, primary movement, mindfulness, breath-work yoga and interactions based on attachment theory to build positive relationships with the children in care. Along with many sensory approaches to enhance the work, Melissa recently incorporated Alphamusic CDs composed by John Bram Levine. The aim of Alphamusic is to induce alpha brain waves. When the mind is in an alpha state the body can function properly. This can significantly improve healing, digestion, the immune system, concentration and emotional well being just for starters. Alphamusic has been reported to help students ease stress and concentrate to achieve better academic results, parents to better manage their children at home, teachers to calm classes and has been called ‘The Elixir of Good Behavior.’

As part of the project Melissa has given Alphamusic CD's to teachers for use in the classroom and the feedback has been very positive. ‘Adding Alphamusic to our toolbox of approaches has been a very valuable experience’ says Melissa. ‘Many of the children I work with struggle

with anxiety, hyperactivity and concentration issues. Alphamusic has proven to be extremely helpful here. In terms of my own life I can tend to get into overwhelm if I am not mindful and practice sensible self care – so I was interested to see if these CD's would have a positive effect on my own well being also. I have long been conscious of the value and importance of sound in terms of promoting well being. I have used the CD's myself to ground me when I find myself getting stressed and overwhelmed. They are especially good in the evening time for me as I head to bed. I have found that having the music on in the background as I go about my daily routine keeps me very level and I have noticed my productivity and focus improves when I am consistent in using them. They increase my sense of calmness and being present to whatever is happening. I just feel clearer and less foggy – especially if I am in challenging situations or circumstances.'

Ms Hogan says the calm atmosphere at the school now is a long way from her experiences as a teacher more than 10 years ago, when children were unsettled, angry and violent outbursts were common.

<p style="text-align: center;">Sport therapist yoga</p>	 <p style="text-align: center;">Peace voll</p>
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Cooper Cronk, an Australian famous rugby player recommended Alphamusic to me!



I met John at last years OM Yoga show in Manchester. I visited his stand after purchasing his CD Silence of Peace Vol 1. I'm a big sports fan and particularly rugby league. An Australian player whom I really admire is called Cooper Cronk. On his own personal website he discussed his pre match rituals. A lot of people asked him what he listened to prior to a game. Mostly assuming he would listen to rock or hip hop to get him up for it. But he used Silence of Peace to keep him calm and level. I found that very interesting for a start and so decided to buy the CD.

I'm a sports therapist and yoga teacher based in Wigan. I use Alphamusic in all of my yoga classes. Mainly at the end during relaxation. I also use this music during some of my therapy sessions depending on the client and their mood. Alphamusic has had a profound effect on my life. I use it when I want to deepen my meditation practise or just want some assistance when switching off. It isn't your typical background music. Although it doesn't over power you, it does just help with I guess the vibrational nature of the atmosphere, and induces not only a state of calm to me but also it seems to the atmosphere around me.

I've been asked many times by the students who attend my class about John's music. Out of all the relaxation type of music I play, his has had the most feedback and also positive.

Without a doubt I can ensure that Alphamusic cds work well for me and my clients. I play them 5 times during my yoga classes and then at different times during the day when with sports therapy clients.

Avik Mitra

**Baby sleeping
problems = parents
tired and exhausted**



Shells

‘We were on our knees waking up to 20 times a night until we discovered brainwaves music!’

Laura Mulligan and her little girls story



My daughter Niamh is nearly three and she hasn't been a good sleeper since birth, because she has allergies, asthma, hay fever, she is intolerant to dairy, so she has always had something that kept her awake. We were on our knees waking up to 20 times every single night! When our second daughter Annie was born (now 1), we had to move each night between the two children, without any possibility of having sleep ourselves.

Niamh has always been anxious. We used to use white noise when she was a baby, that used to get her to sleep because it apparently sounds like what they would hear in the womb. As she got older it stopped settling her and because of her allergies she

would be awake a lot keeping us up. It got worse progressively over the last 3 or 4 months. When babies don't sleep, it's exhausting trying to get through the day with them when you're not sleeping at night either. With my partner James, we were literally only getting 1 or 2 hours sleep at night. James has to go to work, travelling a lot around the country was finding it really difficult to motivate himself to get to work, because he wasn't getting enough sleep also. Niamh was screaming the house down. She woke us all up, there was no way just one of us could stay awake with her, it was all of us, she would even wake the baby up. The health professionals were saying it could be night terrors that was causing her to wake up screaming.

Currently I am a full time mum whilst also studying a part time psychology degree. It's really tough for me. James works away 2 to 3 nights a week, so I have to deal with it all on my own. During the night trying to get 2 children back to sleep, you can't split yourself in two. With 2 children crying, screaming, trying to get one asleep before the other wakes up, it is hard. There have been moments when all three of us have just sat on the bed sobbing our hearts out, asking myself how can I cope anymore? There were times when I thought I could just go and spend a couple of days on my own somewhere and regenerate. ***I wished someone would just take them for me when they were sleeping*** and when I came back it would all be fine. It was really, really strenuous and at times I did feel like at the end of my tether. I did say to James that I really needed some support here, ***we desperately needed help!*** I don't think we were managing very well. I thought we needed some outside help to deal with this because it's just ridiculous.

The health visitor came around to help. She suggested slow retreat which was rubbing her tummy and gradually saying nite, nite, leaving a bit more space and then leaving the room.

That wasn't too much trouble but it didn't really work because Niamh screamed, not just crying but screaming, jumping up and down and kicking. She would run to her baby gate and bang on it and bang the door into the baby gate trying to get us out of bed.

I felt guilty. I felt like a bad mum, because I couldn't get my children to sleep. A lot of people mentioned the cry out method and maybe I should have tried that before. There is some web site that says to just let your baby cry. But that wasn't my way and I didn't feel like it was a way I wanted to go. It does work for some people, I am not saying its a bad thing. We tried gradual retreat where baby gets used to you moving further away from them. It didn't work for us, as she doesn't have a problem going to sleep. It is more waking during the night. We could sit in the room for 2 hours trying to settle her, but that's not sustainable as much as I would like to sit with her. She is my little girl but I need sleep too, to be able to look after her during the day. *I was actually scared about driving the car, because I didn't feel safe as I was so tired.*

My friend Nicola came to help me. She saw how exhausted I was. We met at soft play one day. I broke down bursting into tears. Seeing me like that and how upset I was about it all, she gave me a big hug and said she would help me. Nicola recommended I play Levine's Alphanumeric. I got My Little Sea shells track. The results outstood our expectations. We now put this music on all night on a loop and if she briefly wakes, she goes back to sleep immediately without fuss. She has a broken sleep cycle and instead of going back to sleep she was getting up, screaming, banging the door. Levine's music is now helping her to go back to sleep without us having to calm her down. Both me and James are now sleeping soundly. I can face the day with new energy and can now look after my little ones without having to worry that I am too exhausted.

This music is also helping during play time. While the craft work, on the kitchen table, normally girls are fighting and pulling, there is a lot of jealousy that goes on. I just put this special brainwave music on and Niamh is a lot calmer whilst they are cutting and playing with each other.

I would like to thank John for composing this piece. I can't tell you how much a difference this has made in our lives. I'll tell everyone that will listen. I would love other parents to benefit from this music as well.

Client Testimonial 131

Silence of Heart – sleeping problems children

Alphamusic is training him to have a good sleep pattern



My sons' sleeping problems started when he was 4. He was experiencing bad dreams and was not comfortable going to sleep. Me and my wife were very concerned about his condition. We tried crystals before to keep the bad dreams away. We were not keen to give him any medications as we prefer natural approach to health problems.

In 2003 I met John and listened to his story. A story that was so incredible and convincing that I decided to get a set of his CDs. At first I thought it was illogical that music could heal, but John's story really resonated with us and yet we were not disappointed.

First time we've seen that Alphamusic works was when my father was at intensive care. Whilst being in an induced sleep, he became agitated (which was also noticeable on his vitals, on the monitors). We took in a CD player and played Silence of Heart, and it simply calmed him down. We also used to read a script to my father, explaining where he was and why, and how he can get out. Interestingly, the energy on the ward changed to 'calm' when the music was played. We never played it loud at all, but it just seemed to filtrate everywhere as the nurses loved hearing it play. So much so, they played it when we were not there, they loved it too.

We met John again in Yorkshire at a Mind Body Spirit show and we bought the full set of therapy session CD's for the Chakras. These are now loaded on our phones, so no matter where we are, we can check-in and see which colour we need to listen too. My son loves them all. The main one tends to be Green, Silence of Heart.

The music creates a calming environment. It's now become a bit of a Pavlov's dog perhaps, but when we don't have the music at hand, we just sit with him and he drifts off to sleep. In essence the music is training him to have a good sleep pattern. If during the night he wakes with bad dreams, we/he puts his music on and this helps him get back to sleep.

John's music is an integral part of our life and we recommend it lots of people.

Client Testimonial 132

Silence of Hart – post viral encephalitis syndrome, autism

A heartbreaking David's story



David is a young man in his late twenties, whom I have known in the course of my work for over ten years. He has a definite diagnosis of post viral encephalitis syndrome, following encephalitis when he was six years old. There is also a tentative diagnosis of autism. Viral encephalitis, when it localizes in the brain can cause swelling of the brain tissue, and destruction of nerve cells, leading to possible brain damage. Generally the symptoms may require some months before complete recovery is achieved. However in some cases, there may be some permanent brain damage, leading to

impairment of memory, speech, muscle control or sensations. In David's case he was diagnosed by the medical team caring for him with post viral encephalitis complications.

David came into the service twelve years ago from the local special needs school, where he had been reported as being too quiet, and difficult to motivate. In his present day service staff found he disliked a structured classroom setting, and much preferred practical work such as cooking and art, although in art he has never painted in colour but always in black and other very dark colours. He would often refuse to stay in a class, and would become very emotional, sobbing, and might lock himself into the bathroom, refusing to come out. When he would eventually open the door he would go back to usually sitting on the floor and in this situation sitting beside him on the floor, but not too close resulted in him slowly settling down, and coming out to a quiet place, usually on the landing at a window, where in the last number of years he could be found for large parts of the day. Stopping to speak with him rarely elicited any response, but he showed no objection to you sitting with him (similarly to when he would be in the bathroom, you did not sit too close to him). When he did stay in his own unit (a room with approximately ten to twelve other young people) he rarely if ever communicated directly with them, but would frequently ask staff questions about them.

Family dynamics also play a large role in David's wellbeing, and even though his parents are living apart, they live very close by to each other. David's primary carer is his mother, but he would have quite an amount of contact with his dad, and he can sometimes play one parent off against the other. It was feared that if both parents could not come to agree a cohesive approach around their parenting, that because his behaviour was becoming so disruptive, residential care was put forward by the community care team as a possible last resort. His mum was totally against this idea.

His sisters were asked to support the parents in their approach and this was done with varying amounts of success.

From 2014 David was becoming more and more isolated in the day centre. Any attempts to include him in trips out were always met with an outright refusal, and often followed by an outbreak of crying, resulting in him returning to sit by the window. To give him a greater sense of security, a male staff member was assigned to David for one day a week, with the plan to take him into town (a very short walk) and perhaps have a cup of coffee and maybe buy a newspaper. This was not very successful, even though he agreed to go out with the staff member, he failed to get any enjoyment from the outing. He repeatedly said that he was from the country, and that the town was a dangerous place to be, and there were bad people in it. He reluctantly, after a number of weeks agreed to go to a coffee shop for a coffee, but was very uneasy when there, and usually rushed out after a very brief period of time. This outing was continued on a weekly basis until the second half of 2015, when David was reviewed by the psychiatrist, who increased his anti-psychotic medication with a resulting catastrophic deterioration in his behaviour. His mother reported numerous aggressive outbursts at home coupled with what she described as episodes of “speaking oddly” i.e. “wanting to be evil or to bite people”.

At this stage his mother and ourselves were in despair as to how to help David. I had started using alphasound with some of the other people I looked after and wondered if it might be helpful to him. There was however a long road to travel before getting to the stage of playing the music for him. We were still in the heart rending situation of watching David sitting in isolation day after day, with no interaction with any of his peers. Then I remembered finding him, one day in an office looking at a map of the world, and saying to me “I like other countries”. So armed with a map of the world I asked him would he like to have a look at it with me, and we could talk about all the countries we would both like to visit. Very slowly and painstakingly he allowed me to sit with him and eventually after 2-3 weeks of this exercise on a daily basis, he started to point out different places and name those that he liked. In an attempt to guide him towards the idea of listening to music, we started talking about what kind of music was special to all the different countries he liked. During our chats he seemed to like the sound of the word “special”, which allowed me to tell him that I had some “special” music in my room, and how would he feel about coming and listening to it. Initially he said “no thanks” and I would not refer to it for maybe another week, but to keep the idea of “special music” fresh in his mind we still chatted about the music of different countries. Eventually, after about three to four weeks, I once again asked him if he would like to listen to the special music I had, and we could decide ourselves what country it belonged to! So, in October 2015, I asked David to tell me the time and the day he would like to come to my room, and he picked first thing in the morning when he came in from home. That first morning he arrived at the time we had agreed, looking very fearful. I let him go into the room first, and the main lights were on, leaving it very bright. He went in, touched most of the furniture very briefly, and then just stood there. I explained that we would listen to the music together, and it might be nicer if we lowered the lights, as they were very bright. He readily agreed to this, but on that first day he chose to sit on the floor, and I sat beside him with the c.d player between us, to let him know that he was in control, and could stop the session

and leave any time he wished. Bearing in mind his past history of communication difficulties and emotional turbulence with a lot of weeping, I felt that Silence of Heart might be the right choice. That first day, it was obvious that something had touched David very deeply, as he stayed for about twenty minutes, with his eyes closed (this would have been previously unheard of). When he got up to go, he made direct eye contact with me, usually avoided this, and said "same time tomorrow Geraldine". Since that first day in October, David has been increasing his time from twenty minutes to the present time of forty minutes, four times a week. After the first day when we sat on the floor, he happily moved to the treatment couch, where his ritual is to remove his shoes, placing them neatly together under the chair, and lying down with two pillows (his own choice), no blanket and his arms folded across his chest, and his eyes closed. After a number of weeks I felt it was important to establish if there was any physiological changes taking place during the session. With this in mind I felt that monitoring of David's blood pressure was likely to be the most effective, and also from his point of view the least invasive. I explained what it would entail for him, and that the small inflatable cuff would stay in place on his upper arm, and he would feel it squeezing slightly when it was recording his blood pressure at the beginning and the end of each session. With his agreement we decided to monitor it twice a week. Consistently, at the start of each session his blood pressure reading was slightly raised(144/95). With someone of his age and general good physical health, the reading could be expected to show around 120-125/70-80. At the end of each session the reading was consistently lower at a reading of 130-133/78-80. The second change noted in David, was by his male staff who accompanied him on his outings to town. His constant referring of being fearful of the town itself and the people in it diminished greatly three to four weeks after starting his alphasound program, and by December had stopped completely. He also initiated "trying somewhere new" for coffee, and enjoying the experience of new places, culminating in him going to the newsagents and buying the paper of his choice. Then in the ten days or so leading up to Christmas 2015, he stopped coming to his sessions of alphasound, all his peers were going to parties and discos for the season, he declined to go to any of them and reverted back to sitting alone. Despite my daily encouraging of him to come back, he just replied "no thanks." Following the Christmas holidays, I received a phone call from his mum, who asked if his music had stopped. I explained to her that he had not come in the lead up to Christmas and had declined our efforts to encourage him to return. She said she had guessed that herself, as his behaviour had reverted to the time before his music sessions, and the Christmas season had been a very miserable one for the whole family, but chiefly for David himself. He was seriously restless, could not sit still, moved from room to room constantly and had numerous outbursts of weeping. His mum referred to how much happier and less restless she had found him from October, and I assured her that I would help him to come back to his music. As it transpired he needed virtually no encouragement to come back, as he appeared smiling outside my door on the first day back after the holidays, and we happily picked up again with Silence of Heart. I have attempted only once to give him a sample of Silence of Peace, but within 20 seconds of playing it, he sat up and said to me "wrong music Geraldine".

Finally, we tell all of our charges to always remember there is “nothing about them, without them”, and with this in mind the final words go to David. “ I love my special music, sometimes I feel sad, and sometimes I feel afraid, but not when I hear my special music, thank you, thank you”.

Having believed previously that David would have a very long road ahead of him, things have become extremely bright for him. About ten days ago, with his agreement we changed his c.d. to silence of voice, with a quite remarkable difference noted. Staff in his unit report that he is now staying the full time in all his programmes during the day, he is speaking with the other members in his group, and laughing and joking with them, and most surprising of all he has tentatively expressed an interest in seeking out a supported work placement in the community. This change was not ever envisaged by any of us working with him, and from the silent and isolated young man last October whom none of us could reach, we owe alpha music a huge debt of gratitude. So from all of us here and especially from David, in his own words, “happy days” .



(Photo by Irish Independent)

Geraldine Moore is a nurse, pioneer of the innovative music therapy and complementary *therapist* who works in the Order of Malta day centre for people with disabilities.

Geraldine with her innovative therapies was featured by Irish Independent:

<http://www.independent.ie/regionals/argus/localnotes/music-therapy-for-older-people-31548822.html>

John's Alphamusic is the future!

Ewa Jamitzky, Finance Professional from Sevenoaks, Kent



Complementary therapies are my new discovery. The subject recently became so fascinating to me that I decided to investigate more. I've heard people talking about mindfulness, meditation and so on but I never thought it was for me. It started, however, with the energy. At some stage of my life I noticed the energy circulating between my hands. I felt good vibrations and I decided to go a step further and learn reiki. Now, this is my hobby. I practice it after work, at the weekend, mainly with my friends and neighbours. I remember

one of my first sessions. My neighbour came to me with a headache and I put my hands over her head to start the healing process. Suddenly, she felt a sharp pain in her toe, so we stopped the session and went to read more on this subject as I was unfamiliar with reflexology at that time. I didn't know what could have been responsible for it. Then I read that there is a connection between the head and the reflex points on the big toe. After several sessions, she felt much better. I was so happy I was able to help.

I came across Alphamusic by John Levine through the health store on the High Street in Sevenoaks. I found out that Alphamusic was going to be presented on a recorded concert at Knole Academy. So, I went along with my friend. This was my first contact with Alphamusic. At the concert I felt very grounded, very still and my spirit was very high. It was an absolutely amazing feeling. My friend was in theta state. She was almost sleeping. The atmosphere at the concert was incredible. In my opinion, Alphamusic is not just therapeutic music, it brings much more to life.

After the concert, I went to read more on John's website and I bought couple of downloads. My first choice was *The Last Dragonfly*, which I bought with the intention to be used by my son and ended up using it myself as well. I also got *7 Chakras*, which is great for chakra clearing – I absolutely love it. Considering the fact that people have different problems and kinds of different days, I knew I would need many more of John's albums. Each track is recommended for a different purpose. *Orange Grove Siesta* is for insomnia and *Silence of Peace* for stress. I also fell in love with *Silence of Voice*, which is great for communication and expression of yourself. I found Alphamusic fascinating. It really put you into an alpha state. This has been scientifically tested and confirmed by hundreds of users. If money wasn't an issue, I would recommend all of John's music to everyone! It certainly is a good health investment.

My son was going through the school exams to 11+ classes at the time. I thought that Alphamusic would really help him. The last two tracks from *The Last Dragonfly* album were aimed to enhance his concentration. I noticed that he was actually sitting and doing his homework as he listened. He wasn't distracted. He could just sit and study, which was really difficult for him before. *The Last Dragonfly* is quite aggressive music recommended for youngsters who live in a different, loud and fast world. This music reaches them. The last two tracks relax them and bring them to the alpha state where they can concentrate better and stay open to new ideas. They can absorb more. I personally like to listen to this album from the

middle; this is where I channel the energy. *7 Months* and *the last harmony* are absolutely outstanding. These two I listen to before my work.

Alphamusic makes me concentrate better, more aware about what is going on, makes my mind much sharper, faster and responsive. I am looking forward to what the day can bring. I find this absolutely amazing.

I started to benefit as well. I listened to Alphamusic before my work and I noticed that I became more focused. I no longer have problems with speaking my ideas or expressing myself. The music affected me more than my son. He likes it, but I love it.

When you are a finance professional and you deal with numbers and working under pressure to meet deadlines, it is extremely important to stay focused. You cannot lose your concentration or make mistakes as this could lead to fatal consequences. This is a new generation of problems we are facing now. People easily get stressed, lose control, are getting anxious and don't always know how to deal with it. This could lead to tension, unpleasant situations which could have been easily avoided if they knew the proper stress free techniques. This is exactly where John's Alphamusic is helping. If people ever ask me about how to get through a job interview and the techniques used in work to calm themselves down or to avoid stress or anxiety, I immediately respond: Alphamusic.

I believe there will be more questions like that asked soon as companies want to hire people who can work under pressure and deal with stress easily. They want to know if people are aware of techniques which help to calm them down etc. If you don't know or don't use any of the techniques, you can easily fail to get the job you want. I think that playing John's Alphamusic in the background or through headphones to chill and calm down for a moment is one of the best techniques. I use it still myself.

Stress can also lead to insomnia, which is a plague of our times. The employer doesn't care if you had a bad day or didn't sleep at night; you need to work a full day. This can lead to accidents, unwise decisions, mistakes, which could then lead to more and more bad consequences. So listening to such music makes you relax and makes your awareness work at the same time. The mind is stimulated to be fast, sharp, flexible, inventive, responsive, better concentrated, more aware about what is going on. I listen to John's Alphamusic before my work and look forward to what the day can bring for me. I find this absolutely amazing

There is a big difference between relaxation or new age music and John's Alphamusic. They are in different dimensions. John's music brings intention with the music, puts you into an alpha state. It affects your body, spirit and mind. *Silence of Heart*, for example, will influence your heart. I know practitioners are using this track to deal with heart problems. It regulates your heart beat and circulation. This is a self healing process. That is why I found this fascinating. I cannot find the words to describe it. John's Alphamusic is the future!

Video testimonial available from https://www.youtube.com/watch?v=UyHmnsitx_I

The Alphamusic of John Levine

Press Clippings

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HITTING THE HIGH NOTES

Some things complete a fantastic treatment; it could be the fragrance of the room or the chitchat of the therapist. But sometimes it's the melody wallowing around in the background that makes the experience worthwhile. While new age sounds become increasingly popular to play in the salon or spa there is a new creation; Alphamusic that locks into the body's senses offering amazing benefits for you and your clients. **JULIE VUONG** meets music extraordinaire John Levine to find out what tune we should all be humming to.

Meditation in music

John Levine: composer, teacher and motivator. This musical mogul has accumulated years' worth of experience in the physical and emotional characteristics of music, exploring it to its deepest trenches and examining how it affects us.

John's love affair with music started at the tender age of six when he discovered the delights of the piano, then in his youth he joined the Kathmandu band which won the competition for the most original music at the Sydney Opera House until going on to study composition at Sydney University under the guidance of master composers Peter Sculthorpe and Moya Henderson.

John has worked on numerous high profile projects including top 40 hits and film soundtracks, but it wasn't until the release of *Silence of Peace* that he found his niche.

This CD has created an undercurrent of excitement on an international level, gaining cult status among those in the know.

John's philosophy relies on his ability to produce harmonies that connect with the inner consciousness of the mind. The first research on brainwaves was made in 1908 by Hans Berger, an Austrian doctor who discovered alpha waves (8-12 Hz frequency) while studying the phenomenon of telepathy using EEG apparatus. The waves are since then named alpha.

John explains, "My music works to connect with the alpha layer of our minds, a level that allows you to gain a sense of stability, calm and relaxation. Most of us run on a daily basis in the beta mode – this is a state of mind where the body is charged up ready for battle. This is sometimes referred to as *The Fight*, preparing the body for onslaught – in certain circumstances attaining this manner can be useful, but in a normal situation it can have bad results. This includes shutting down the immune and digestive system; which is no wonder why 80% of all illnesses are stress-related. Alphamusic helps to slow down the brainwaves allowing your body to settle in a more composed condition," John reveals.

Time on our hands

Nowadays clients are squeezing time in from their busy schedules to get the rest bite they deserve, Alphamusic allows the listener to meditate without having to lock and bolt the door in a secluded room. Instead, John suggests it should be played during the stressful situation. "For those who work in an office, play the music to soothe the atmosphere or pop it on your iPod while commuting to work – make use of the spare time if you're finding it hard to schedule anything extra into your life – it's amazing how many people don't utilise the power of music."

Health and harmony

John also encourages therapists and technicians to rethink what they choose to blare out of the salon speakers. "Many people don't realise the damaging effects listening to the wrong music can have on a person and the atmosphere.

For example pumping up the volume during a meal or while working through a deadline can have detrimental side-effects on your health. During a treatment Alphamusic soothes the client and therapist, which makes the receiving and performing of the service an altogether enjoyable experience."

A native Australian, John attributes most of his success to eastern influences. "My inspiration comes mostly from the East, I connect especially with the values of martial arts like Tai Chi. Meditation and control are also important influences in my work," John explains. "But I'm afraid it's not appreciated fully. When Westerners hear Chinese music they think of a Chinese restaurant, this can also be said of other types of Asian music. In fact they should have more respect for them – Alphamusic is merely the tip of the iceberg to what they have been creating for thousands of years, it's now time for the western mind to fully embrace this."

Far reaching effects

"Amazing, amazing!" bellows John when asked what the response has been so far. "On one occasion I was booking into a hotel and once the receptionist found out who I was she couldn't stop heaping praise on the *Siesta Orange* CD, that's a great feeling."

One of Australia's top five salons Be Pampered recently announced how Alphamusic has changed the way it works, "His music has had the remarkable effect of slowing our clients down, which assists our therapists to give them full focus. It helps put the client into a meditative state, which is part of the 'mental cleansing' process we think is such an important feature of modern day beauty treatments," employee Helen Mansour comments. Listening to John's music has also shown beneficial results in other fields including in schools where an investigation has concluded that Alphamusic helped reduce problems such as boredom in the classroom. The report stated: "There was a positive change in the behaviour of the children which was almost certainly brought about by the use of John Levine's music in the background. The pupils seemed calmer and more focused which created an atmosphere more conducive to academic work. Average impulsiveness was reduced by 71.6%, hyperactivity fell by an average of 46%, talking went down by 87.2%."

John hopes to open up the important and integral role music can play in the workplace. "Most people don't realise the impact music can have on their working practice – loud, throbbing vibrations distract people and create a tense environment." John continues, "I promise, play my music and you'll notice a difference in your body and your workplace." John is continuing to lecture at conventions and is available for specially arranged workshops at your place of work.

John Levine

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www.silenceofmusic.com

Cambridge Evening News

16 EVENING NEWS, THURSDAY, FEBRUARY 17, 2005

www.cambridge-news.co.uk/news

Tweet dreams, baby bird



Calming influence: John Levine and a budgie at DJ Pet Supplies.

Picture: Warren Gunn 223717

BUDGIES usually only sleep when it is dark – but one composer in Cambridge has managed to create music to make the birds nod off even in broad daylight.

John Levine carried out the experiment in DJ Pet Supplies in Akeman Street, Arbury, Cambridge, to the astonishment of owner Dave Hudson.

As the music started to play, the budgies calmed down and started to go to sleep.

Mr Hudson said: "I was quite sceptical at first because budgies don't sleep in the day."

"I am still quite sceptical but the music definitely did calm the younger birds down."

Australian-born John Levine has spent the last three years developing alphasound, which he claims slows down the brain waves to make the mind relax while remaining completely conscious and alert.

An alpha state takes years of meditation practice but John says his music can take people there in less than five minutes and has been proved to help arguing couples, naughty

By **Lizzie Murphy**

children and high levels of stress.

"When I was at university my friend took me to learn transcendental meditation," said John. "The new age relaxation music was boring stuff and I criticised it so much my friends said I should have a go at it."

John, who has a degree in music composition from Sydney University, took the music even further by using it to send messages from the brain to different parts of the body by putting it into an "alpha state".

He says one woman has even used it to reduce the pain caused by her cancer.

John added: "A lot of people come up and tell me the music has helped them."

He has now produced eight CDs, which he sells at All Saints' Passage market and on his website. Click onto www.silenceofmusic.com

Angela Lattimore, a lecturer and complementary health therapist, uses alphasound for hypnosis and also to relax her clients at The Therapy Room in Napier Street, Cambridge.

Pianist has developed Alphamusic to take stresses away

His music soothes their ravaged souls

NOT many of us could successfully meditate in the middle of a rock band sound check, but musician John Levine is a master at evoking calm in any situation, as patients at St Luke's Hospice have discovered.

The Australian-born composer visited St Luke's, in Basildon, to perform a type of music he calls Alphamusic, in a bid to prove it can have healing powers.

John, who now lives and works in Cambridge, started a tour of 20 UK hospices at St Luke's day centre, in Nethermayne, where he spent an hour performing for patients, their carers and staff.

The professional pianist and composer, who has supported some of Australia's most famous bands during his career – including INXS and Men at Work – began designing Alphamusic 20 years ago.

His work has been widely praised by healthcare professionals around the world for having a positive affect on people.

Alphamusic is said to work by tapping into the brainwaves. When we are calm, peaceful and happy we are said to be in an alpha state, but when we are anxious or stressed our beta brainwaves take over.

John works with audiences by performing relaxing scores on the piano, while also taking them through a range of sensory exercises and breathing techniques.

As a youngster John had two hobbies – electronics and music.

Through years of hard work he eventually found a way of combining the two to create a type of music to transport people to a calmer place.

The music can be particularly beneficial for terminally ill patients, such as those at St Luke's, who are living with cancer and other lifelimiting conditions.

John said: "I wanted to find out how the mind can affect the body. I discovered you can keep calm in a state of chaos, if you really want to."

He told the audience how it is possible to block out even the most blaring of sounds and used an example of meditating during a

By EMMA PALMER

blaring sound check when he was a youngster.

"The group was doing a sound check on stage and there was bashing and screeching going on and musicians yelling at the top of their voices.

"So, I sat on the floor and eventually managed to relax and find my centre. It is possible to let ourselves block out stress, we just need to know how."

“When people told me how much my music was helping them I just thought they were being nice

John's music has been the subject of academic research into pain management and the topic of a University of Cambridge thesis into behaviour management.

Deb Hickey, head of care services at St Luke's Hospice and organiser of John's visit, said: "We are delighted to be able to offer this alternative therapy concert to our

patients. It offers support in a very non intrusive way.

"This is powerful type of therapy and one which the hospice is continuing to explore."

John spent the afternoon working with hospice staff, teaching them how to use his de-stressing skills on a regular basis.

Patient, June Hopkins, 76, of Wickford, who is recovering from several bouts of chemotherapy after being diagnosed with breast cancer, enjoyed John's concert.

She said: "I feel really relaxed. This is not something I ever thought I would try, but I'm glad I've experienced it."

Across the globe 250,000 people, including health professionals, have bought John's CDs and use his music in many forms of therapies.

During the summer John's Emerald Forest composition was played at the Live Earth concert and the Concert for Diana, both at Wembley Stadium.

John added: "At first when people kept telling me how much my music was helping them I just thought they were being nice.

"But then I realised they were being honest and now I want to share these experiences with as many people as possible."



■ Gentle tunes – John Levine performs at the hospice

Picture: MAXINE CLARKE 7UC394

HOW TO SLEEP WELL

You can sleep your way to good health, says nutritionist Patrick Holford



'A low GL diet can make a huge difference to those suffering from insomnia'

Patrick

GETTING ENOUGH SLEEP doesn't just make you feel good; it's vital for your health. A study of more than 10,000 people in Britain conducted by the University of Warwick and University College, London found that, compared to those who sleep for seven hours a night, those who sleep for just five hours double their risk of fatal cardiovascular disease. Having too much sleep isn't good either. Mortality rates are higher for people who sleep for more than eight hours. Seven hours of uninterrupted sleep is ideal.

Dietary and lifestyle changes can make a huge difference to those suffering from insomnia. Along with stress and stimulants such as caffeine, sugar is the substance most likely to be keeping you awake. A good night's sleep begins with a low-GL diet. Cut back on sugar, refined foods and carbohydrates, including very sweet fruits and fruit juices.

Caffeine can keep you awake not only because it is a stimulant, but because it depresses the sleep hormone melatonin for up to 10 hours. It's sensible to avoid it in the afternoon if you're having trouble sleeping. Alcohol is relaxing at first, but its after-effects cause anxiety. It would be better to avoid alcohol, rather than depend on it to get you to sleep.

Towards the end of the day, serotonin levels rise and adrenalin

levels fall. As it gets darker another neurotransmitter, melatonin, kicks in. Melatonin regulates the sleep/wake cycle. Both serotonin and melatonin are made from the amino acid tryptophan. To support your brain's ability to convert tryptophan, take a high-potency multivitamin that contains at least 200mcg of folic acid, 20mg of vitamin B6, 10mg of zinc and 100mg of vitamin C.

Calcium and magnesium work together to calm the body and relax nerves and muscles. A deficiency can trigger sleep difficulties. A small handful of pumpkin seeds or almonds provides both these crucial minerals. In addition, make sure you are eating plenty of magnesium-rich

foods such as green vegetables, wholegrains, seeds, nuts and seafood. Some people find it helpful to take a supplement of 500mg of calcium and 300mg of magnesium in the evening.

Used for centuries to aid sleep, the herbal sedative valerian is the subject of numerous modern studies. It's powerful enough that you shouldn't mix it with alcohol or other drugs. A sensible dosage is 150 to 300mg, 45 minutes before bed.

For more information read *Food Is Better Medicine Than Drugs* by Patrick Holford and Jerome Burne (£16.99, Piatkus).

PSYCHOLOGIES

MAGAZINE

Your perfect deep-sleep environment

- **The bedroom is for sleeping (and making love) only. It's not an office or TV room.**
- **Minimise electromagnetic radiation. Turn off your mobile phone, and keep cordless phone base stations well away from the bedroom.**
- **Play quiet, calming music to slow down brain activity as you go to bed. Try *Silence Of Peace* by John Levine, £14.99**
- **Keep your bedroom at a comfortable temperature, and in complete darkness.**
- **If you have a bedside light, try a blue lampshade or a blue-toned bulb to help you relax.**
- **Lavender essential oil promotes sleep. Put a few drops in a warm bath each night to slow your system down.**

EVERYONE'S TALKING ABOUT... ALPHA MUSIC

What is it? A unique type of music that encourages the brain to produce alpha waves. These slow frequency waves are automatically produced when you're feeling relaxed and calm, meditating or dropping off to sleep, so they're highly conducive to good health. Alpha music has been developed over the last four years by Australian John Levine who has studied music, brain function, meditation, psychology and the metaphysics of illness. 'It achieves more than new age music, which just seeks to relax,' says Levine. 'And it's actually pleasant to listen to.'

What can it do for me?

'When your brain is in the alpha state, you feel happier and healthier, and you think and learn better.'

says Levine. These effects are largely brought on by hormones which the brain releases. Listening to alpha music is reputed to help insomnia, ease stress and anxiety, increase concentration, boost creativity and calm hyperactive kids. It's even been used to reduce pain felt by cancer patients, due to the meditative state reached.

What happens? You put on headphones and listen to your chosen CD. How long you listen it for but, according to Levine, it can affect a change in minutes. 'I've seen kids go from tantrum to angel in 60 seconds,' he says. 'Research shows it takes 30 days to change a habit so use the CD daily for a month, or whenever you feel the need.' Just not when you're driving!

For a CD or more information, visit www.silenceofmusic.com.

healthy **BODY**...

Healthy

MAGAZINE

The search is over

You're looking for a spa holiday, possibly a retreat, but feel overwhelmed by the thousands of options. How are you supposed to know who offers the best yoga tuition, the tastiest food, the most qualified therapists and the finest surroundings? Well, now you don't have to, because the independent team of experts at Wellbeing Escapes have hand picked the best range of holistic holidays for you, and they promise to find your ideal break. Call 0845 602 6202 or visit www.wellbeingescapes.co.uk.

The tired woman's guide to blissful sleep

Having trouble getting to sleep, keep waking in the night? Before seeing your GP, try these alternatives

A good night's sleep can have a huge impact on your general health and happiness. But with our 24/7 lives, it's hard to get the recommended seven hours, even if you go to bed at a decent time. The more you worry, the more you lie awake, starting a slippery slide into insomnia...



Waking up too early was driving me mad
Sarah Jackson, 35, is a marketing manager from London.

I've always gone through periods of sleeping badly!

I started a new job a year ago which I love but it's very stressful. I didn't have problems dropping off, but I'd wake up in the early hours and my mind would be racing. Worries started to swim around in my head and I found it impossible to get back to sleep, until one night I had to get up. It put a strain on my relationship and made things tense at work, which made me more worried and so the cycle continued. I tried counting slowly and deep breathing, and also kept a notepad by the bed to jot down anything that popped into my head, but I then developed a habit of waking up at a certain time to jotting down. I tried various over-the-counter medicines, but they made me drowsy the next day at work. My mum suggested I try an alternative supplement, and I found Sedarin in Boots. I liked it because it said for sleep and stress, so I thought it would help me birds with one stone! Over a couple of weeks I gradually stopped waking up in the night. It didn't have any side effects, so I now take it on an almost daily basis. I'm a lot calmer I'm thrilled with the result!

Lichtwer Pharma's Sedarin costs £4.99 for 25 tablets, from all chemists.

What is it?

How does it work?

Where to buy?

Valerian

Alpha waves

Passiflora

Serotonin (5HTP)

Eucalyptus

Essentials

MAGAZINE

A root with a small, earthy, somewhat taste.

If you're relaxed, your brain produces alpha waves, which help you think positively. Stress, however, produces beta waves, which can result in insomnia.

A herb that is derived from the passion flower part of a rainforest.

A naturally occurring amino acid extracted from the West African herb Griffonia simplicifolia.

An Australian essential oil derived from the leaves of the eucalyptus tree that has a fresh, like-treat.

Several constituents, mainly valerenol and bonyl esters, have a sedative effect and aren't habit-forming. Drinking a tea made with 1-2 tea spoons of valerian root before bedtime will promote sleepiness. Many neuroscience studies support the effectiveness of Valerian.

An alpha-state can be achieved through meditation, but now you can listen to alpha music, which is an acronym and has no words, leading to slowing of your brain waves back to the ideal alpha waves.

Passiflora contains phytochemicals, like nectarin, which reduce blood pressure and stress levels. They help to soothe and relax an overactive mind, so you can sleep peacefully and wake up refreshed.

5HTP is the precursor of serotonin, the brain chemical that controls mood. Taking it can help maintain a balanced outlook and a relaxed approach to life. Don't take if you're pregnant.

It's a painkiller for respiratory problems, like colds, sinusitis and flu, which makes it difficult to settle at night. Eucalyptus has natural decongestant, anti-inflammatory and antiseptic properties. Always inhale, don't ingest.

Dr Stuart's Valerian Plus Botanical Tea (£1.89 for 20 bags) from Holland & Barrett and all major supermarkets, and **MediHerb's Valerian Night-Time** (£5.99 for 60 tablets) from Boots.

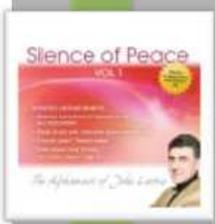
Silence of Music (£14.99 for a 45-minute CD) is available from silenceofmusic.com or call 0845 130 3854.

Vegal Passiflora Complex (32.25 for 15ml) is available from health stores. **Ferrim herb's Sweet Dreams** (£4.99 for 56 tablets), from supermarkets and chemists.

Higher Nature Serotone 5HTP (£12.40 for 30 capsules) is available from health food stores.

Put seven to eight drops diluted in water in an oil burner, or try the new **Sudated Vapour Plug** (£4.00, from supermarkets and chemists), which works like a plug-in air freshener, except it releases eucalyptus, camphor and menthol vapours.





BACKGROUND

All of us who work with people with dementia have experienced the frustration of sourcing something, anything, to relieve agitation levels in our residents, particularly non-pharmacological interventions.

While researching Meditation, I discovered John Levine's **Alphamusic**. As the name suggests, Alphamusic is specifically composed to change brainwave patterns from the *Beta* state to the *Alpha* state. High *Beta* levels are associated with the "flight or fight response" producing symptoms of anxiety, whereas the *Alpha* state induces deep relaxation and encourages the brain to produce the "feel good hormones" such as serotonin and dopamine.

TRIAL

We purchased and trialed Alphamusic in our dementia secure units with very positive results. We created Feedback Sheets for the unit staff to comment on their observed results when they used Alphamusic compared to other music, in the secure units. Here are some of the results reported by staff:

"Sue, this music is fantastic. It has made a difference with the residents and me. Everybody was a lot less anxious. It even settled "B" (a resident presenting major agitation levels)."

"Sue, I put the [Silence of] Peace CD on about half an hour before tea and I had everyone, (except "D"), sitting at the dining tables. I didn't have to chase anyone for tea. I love it."

"Very settled this evening. Residents less likely to get upset with other residents' noisy behaviour. Most sat quietly together for most of the shift. All settled for bed well"

"I have found Alphamusic particularly useful. When a resident is behaving in a disruptive manner, the music seems to keep the overall environment calm and the disruption does not spread to the others."

"Exceptional in palliation. As an environmental management tool - very much noticed by visiting family members. It has positive effects on the unit staff as well as the residents."

As a result of this trial, Alphamusic is now the daily music of choice in our secure dementia units. If you would like to know more about the effects of Alphamusic on other symptoms of stress and anxiety, I am available to deliver free talks to professional groups in all health modalities. Please contact me through FutureAge Care: ph 02 9877 5208 info@futureagecare.com

Sue Woods – Diversional Therapist

To purchase Alphamusic resources go to: <http://www.silenceofmusic.com>
- you can view the CD range, hear samples of Alphamusic and order online.

(Australia)



Alphamusic

Levine has spent the past 25 years developing music that offers many benefits. It's called Alphamusic.

The idea is to play it in the background and allow it to weave its magic. It works by settling brainwave activity to an alpha level, prompting the body's production of feel-good hormones such as dopamine, serotonin and acetylcholine.

Sound therapy The benefits of listening to Alphamusic are many. Levine says it can be used as a tool to reduce stress, improve learning and concentration, and enhance relaxation. "It can even speed up the body's recovery from illness and help people cope better with symptoms of anxiety, pain and illness," he says.

Those of us who struggle to get a good night's sleep can also tune in to Alphamusic. Turning on the soft tones before hitting the hay, helps us fall into a comfortable lethargy. The music has a

similar impact as meditation, allowing you to go into a deep state of relaxation where it's easy to nod off.

Melodies for bed Levine says insomniacs commonly report that Alphamusic puts them to sleep very quickly – usually in under five minutes. "They also report that if they wake up during the night the music will knock them out again just as quickly as before."

Play a lullaby Levine says Alphamusic's subtle effect is a reliable way to settle sleepless babies.

"Recent research shows some children coming in to childcare each morning are in a state of anxiety. Alphamusic helps them calm down."

There are different styles of Alphamusic, available online at www.silenceofmusic.com.

Rock/pop music

It's no secret that exercising improves your mood but, according to a US study, adding up-tempo music to your workout can improve mental performance. The study's lead author, Charles Emery, a professor of psychology at Ohio State University, says "Exercise seems to cause positive changes in the nervous system, and these changes may have a direct effect on cognitive ability."

Motivating rhythms Music is often used at the gym to get you pumped up

for your exercise regime. Music therapist, Stephanie Thompson, says music can motivate people to keep going on the cross-trainer.

"If you look around any gym, it's easy to notice when someone is listening to a song they like, or one that has a fast and strong pulse. They start to work harder and the speed at which they are working synchronises with the song's tempo," she says.

Behind the beat Up-tempo music works by narrowing our attention, which consequently diverts our attention away from the sensations of fatigue when we're sweating it out. It also alters our arousal levels and can be used as a stimulant before competition or as a sedative to anxious athletes.

Rock music, on the other hand, has been found to



make people feel angry or uptight. Of course, it depends on the individual but if you're looking for mental and physical benefits it could be wise to limit your listening to rock music.

Key notes on rock Levine says rock music, in particular, is a great example of how music can create mental tension, since it exacerbates the beta state.

"In beta we experience the heightened state known as 'fight or flight'." This response is so well understood, military tacticians in the present US war on Iraq have piped 'death metal' rock into the helmets of tank bombardiers rolling into Baghdad.

Levine ends on a high note – always listen to your body and play music that most suits your current state. ○

SOUL MUSIC MAGAZINE

MEDICINE FOR THE MIND

Certain sounds have specific effects on our emotions and brain. Choose music, not only for your listening pleasure but to improve your wellbeing. Music is an untapped inspiration, and can deliver a stack of health benefits.

The healing power of music

Pat Herbert talks to composer John Levine whose Alphamusic is used to enhance practice by many complementary practitioners, including aromatherapists

"And whenever the evil spirit from God was upon Saul, David took the lyre and played it with his hand; so Saul was refreshed, and was well, and the evil spirit departed from him." | Samuel 16:23

The familiar story of how David's music calmed the stormy soul of King Saul is just one example down through the centuries of the healing power of music. It's a power that Australian composer John Levine has spent over two decades researching – exploring brain function (how our brains respond to sound, especially music), meditation techniques, and music's potential to improve mental and physical well-being.

Drawing on his musical skill and training, the knowledge gained from his research, and his belief in music's healing properties, John developed his own form of music designed to bring natural relief to people burdened by anxiety and stress. His Alphamusic is now used by individuals, therapists, schools, hospitals and hospices worldwide.

John Levine has been creating original music and playing the piano since he was six. A graduate in Music Composition from the University of Sydney, Australia, he spent several successful years in commercial music, recording for bands like INXS and Midnight Oil, and writing advertising jingles for international advertising agencies and global companies.

The turning point in his musical direction was prompted by an experience with his father, an individual who was artistic but driven and in a continual state of nervous tension. John's attempts to interest him in meditation failed but one day he put on some quiet peaceful music and was amazed by its effect on a turbulent personality.

For John, this experience opened up possibilities of music that could, as he puts it, "meditate for you" and he finally left the mainstream music business to devote himself to developing Alphamusic. He is evangelical about helping people to live calm lives, to be released from the stresses and tensions that lead to ill-health and dis-ease. "My wish", he says, "is to help the greatest number of people with the healing properties of music."

HOW DOES IT WORK?

Of course, listening to any kind of music produces an emotional effect; it can be soothing or enervating, induce melancholy or euphoria. But these effects are not predictable and can vary according to the listener's mood or the context in which they are listening.

What Alphamusic aims to do is achieve a calming effect whenever and wherever it is needed. To do this, John Levine explains, it "induces alpha brain waves to achieve deep relaxation and concentration."

When we are consciously alert or feel agitated, tense or afraid our brains emit a predominance of beta waves. When we are in a state of physical and mental relaxation, although aware of what is happening around us, our brains generate alpha waves. Alpha waves are responsible for the feelings of deep relaxation during a massage, for example, or in meditation, and for the peaceful glide into unconsciousness as we fall asleep. Certain sounds trigger the brain to produce alpha waves and John's research using electroencephalograms (graphic records of brain waves) has shown that his music can induce alpha waves within minutes. He explains: "When the mind is in an alpha state the body can function properly. This can significantly improve eg healing, digestion, the immune system, concentration, emotional well-being, and can even help to keep you looking younger."

SUCCESS STORIES

The many case stories on the Alphamusic website (www.silenceofmusic.com) illustrate the wide range of people, and conditions, that have benefited from this music. These stories chronicle how it has helped individuals to deal with problems such as depression, anxiety, emotional issues, insomnia, bereavement, post-traumatic stress, and fear.

It has also been used successfully to calm fretful babies and restless toddlers, enhance study performance, assist pain management, stimulate people coping with chronic fatigue syndrome, relax dementia and Alzheimer's

patients, reduce cancer patients' physical and emotional pain, and help resolve behavioural issues.

For example, a study carried out with adolescent boys with emotional and behavioural difficulties at a Cambridge secondary school found that, in classes where Alphamusic was played, there was a significant reduction in 'distracting' behaviour (hyperactivity, talking, impulsive behaviour). According to the study report the music affected mood, leading to increased productivity; masked extraneous auditory stimuli, allowing participants to concentrate; and affected the subjects physiologically, reducing stress levels and increasing concentration.

At the Cotswold Care Hospice in Gloucestershire Olga, a resident diagnosed with life-limiting illness, found it difficult to fall asleep, either at night or during the day. Linda Woodman, who co-ordinates complementary therapy and creative art therapies at the hospice, said: "For Olga, relaxation and good sleep was a huge problem for a long time. We had tried to find a CD of relaxing music that would help her sleep and we had tried many other things to help her but without success." When John Levine visited the hospice Olga finally managed to sleep during a meditation session with his music. "After 15 minutes of John's music" she said, "I received the rest that I was desperate for!"

Aromatherapists, and a variety of other complementary practitioners, are using Alphamusic to enhance the effects of their treatments. IFPA member Jacqui Taylor, for example, is convinced of the benefits of Alphamusic and on pages 26 you can read two reports illustrating how and why she is using it in her practice.

PHILOSOPHY AND TECHNIQUE

A conversation with John Levine is a relaxing experience. He has a gentle strength, a wry sense of humour and the kind of calm steadiness and confidence that his music expresses. And he is passionate about using his skill and knowledge to help people live calmer, more focused lives.

So, is his approach philosophical, developed through ideas, or practical, developed through the use of certain notes or chords? His answer is that these, and many other factors, influence his music. In philosophical terms he says "a major principle is love. Another is safety. If people don't feel loved and safe they can't relax and wind down". In practical terms, John likes to mix different scales in his music. In his *Silence of Peace* CD, for example, he uses both Pentatonic and Lydian scales (the kind of modal structure employed in medieval music or chants).

Although both eastern and western influences are at work neither is dominant. "I am writing music for people living within a Western tradition so I need to tap into their cultural reference points, John explained. "The sound of a Tibetan gong, for example, is beautiful within its own context but an hour of Tibetan gongs is more likely to irritate than calm the Western ear."

If, like IFPA members at the recent Liverpool conference, you have listened to John Levine's music you'll know that it has an ethereal, weightless quality, a spiritual peace



Hospice residents and staff enjoy John's music sessions

made concrete. Wordless and arrhythmic, it ripples over the listener like waves.

John explains: "In music there's always tension and relaxation, a rise and fall, to create interest. Alphamusic provides interest for the mind but keeps the body calm and I achieve this through a rocking movement – repetitive but not exactly repeating. There's always a difference, a progression"

That progression, in John's view, is what makes his music different from so-called 'New Age' or 'relaxation' music. "My music is certainly not New Age or relaxation music. In the 1980s many therapists bought into 'relaxation' music but quickly tired of it, finding it ultimately unsatisfying. What therapists say about Alphamusic is that they are still playing it, and still finding something new in it, much later, even years later."

Since Alphamusic's launch five years ago over 200,000 CDs have been sold and John Levine has been introducing people from all walks of life to the healing power of music. He has taken his music to schools, colleges, hospitals and hospices both in the UK and abroad, runs Alphamusic workshops, speaks at conferences (his IFPA conference presentation this year was very well received), and hosts a fortnightly 'Happy and Healthy Hour' show on 105 FM Radio Cambridge.

Music has been described as the "mediator between the spiritual and the sensual life" and John Levine's music, to judge by the reports of those who have experienced it and therapists who have used it in their practice, can help to relieve stress and anxiety and perhaps help restore the vital connection between our spiritual and temporal lives. ►

CLIENT 1

Aromatherapy practitioner and IFPA member Jacqui Taylor uses Alphamusic to enhance her practice. Here she describes her treatment of nine-year-old Adam who has Attention Deficit Hyperactivity Disorder.

Medication: Ritalin was initially prescribed by referring doctor but not given

Nutrition prescribed: Omega 3, Multi vitamin/minerals

Alphamusic CDs used: *My Little Sea Shell*, *Silence of Heart*, *Silence of Peace Vols 1 & 2* (therapy versions)

Essential oils used: Brain Power (YL combination blend), Peace and Calming (YL combination blend), and Lavender (*Lavandula augustifolia*)

Brain Power blend contains: Frankincense (*Boswellia carterii*), Sandalwood (*Santalum album*), Melissa (*Melissa officinalis*), Cedarwood (*Cedrus atlantica*), Blue Cypress (*Callitris Intratropica*), Lavender (*Lavandula augustifolia*), Helichrysum (*Helichrysum italicum*)

Peace and Calming blend contains: Blue Tansy (*Tanacetum annuum*), Patchouli (*Pogostemon cablin*), Tangerine (*Citrus nobilis*), Orange (*Citrus sinensis*), Ylang Ylang (*Cananga odorata*)

Consultation notes: Adam was brought to me in March 2008 with severe attention difficulties and behavioural problems. His school had referred his parents to a behavioural specialist since they could not cope with his disruption in the classroom. The main factor seemed to be his lack of proper deep sleep at night. Adam is extremely intelligent although, if not kept stimulated and focused at school, tended to misbehave.

I prescribed the use of the Peace and Calming combination oil to be applied to the soles of his feet nightly and the Lavender and Brain Power combination oil to be used on his big toes only. Adam was to use the music every night at bedtime (a choice of three CDs selected specifically for him using kinesiology muscle testing) via his stereo speakers. The Omega 3 and vitamins/minerals were to be taken at breakfast time.

After only four days Adam's parents described him as a different child. Now, after 16 months Adam has established a routine for himself, applying his own oils (as instructed) and choosing his own music every night. He even takes his CDs and oils with him when he travels. He takes the bottle of Lavender essential oil in his rucksack to school and, if he begins to feel naughty, he inhales the oil and then puts it back in the bag. He says it always stops him from being bad at school! He falls asleep instantly now and has a good undisturbed sleep.

CLIENT 2

50-year-old Rochelle, managing director of a building company, who had been diagnosed with Parkinson's disease, was referred to aromatherapist Jacqui Taylor.

Medication: Thyroxin and Rasagaline, initially prescribed by referring doctor

Alphamusic CDs used: *Silence of Peace Vols 1 & 2*, *Orange Grove Siesta* (therapy versions)

Essential oils used: Vitex (*Vitex agnus castus*), Palo Santo (*Bursera graveolens*), Lavender (*Lavandula augustifolia*), YL Raindrop Technique Kit

Raindrop Technique kit contains: Oregano (*Origanum compactum*), Thyme (*Thymus vulgaris*), Basil (*Ocimum basilicum*), Cypress (*Cupressus sempervirens*), Wintergreen (*Gaultheria procumbens*), Marjoram (*Origanum majorana*), Peppermint (*Mentha piperita*)

Consultation notes: Rochelle first came to see me on 11 May 2007. She had been diagnosed with Parkinson's disease and was experiencing tremors in the right hand, arm and right leg, and neck and shoulder pain due to spasms in the muscles. She was also, understandably, extremely emotional, not wanting to spend her later years in a wheelchair, as had been implied by her consultant. She has an extremely stressful job and does not seem to manage the stress very efficiently.

My treatments were specifically tailored to reduce her stress levels, helping her emotionally, and eliminating the tremors. I chose specific Alphamusic CDs to help her relax and calm down and advised her to use them regularly, on her headphones, when she was feeling stressed. She seemed to calm down a great deal when using the CDs in her treatments.

The oils, chosen to calm the central nervous system, were applied using a full body massage. The raindrop technique was used every fourth treatment to provide anti-viral effects and a deep detox to eliminate acidity from the body. At home, Rochelle was to apply essential oils of Vitex to the soles of the feet, and Palo Santo and Lavender to the big toes every night.

With regular fortnightly treatments Rochelle has continued to improve beyond expectation. Her tremors have reduced, she now has techniques to manage her stress levels, and she is positive that the condition is under control. Her last check-up surprised even her consultant and he now describes her condition as 'benign Parkinsons'!

Alphamusic CDs are available from www.silenceofmusic.com (where you can listen to a sample) or email info@silenceofmusic.com. The CDs are arranged in series: Chakra, each CD linked to a chakra point; Peace; Children's Alphamusic Library; and Armchair Psychologist (guided visualisation to Alphamusic).

GOOD VIBRATIONS

- by Sue Homer

A whole generation has grown up to the term 'Good Vibration' perhaps epitomized to international acceptance by the Beach Boys' hit song 'Good Vibrations'. We have used the shortened version "good vibes" ever since, referring to how we feel about each other, the atmosphere, the school we learn in, the teacher, the boss, our life partner – spouse, about pets, about the food we consume, about the music we listen to, about crystals, even about water!

Looking back on our high school physics classes - I am reminded how everything is made up of vibrations! The atom must have electrons spinning around the nucleus in order to create matter; the bonds between atoms vibrate; every object we see has a colour - each colour composed of its own specific range of vibrations or frequencies.

I discovered with awe how what I do as a homeopath has everything to do with vibration on a multitude of levels - the individual vibrations of my clients, interacting with the finely tuned frequencies of our homeopathic remedies and flower essences; the thoughts and the utterances of homeopath and client tuning in to each other – all part of the process of healing. It could almost seem that some great orchestra is at work, composing a sublime symphony, charged with healing our very being.

Thinking along these lines, I have sensed for some time that somehow the power of music should have a valuable place in our practice and complement our treatments; after all, music is another form of energy transmitted by vibration, and is so often "homeopathic" to our moods.

However, I was confounded by the virtual universe of styles, artists, composers; finding the right music seemed to be an impossible task

Do you believe in coincidences – well meeting Australian born composer John Levine a few months ago was a coincidence that was meant to be!

He calls his music 'Alphamusic' aimed to slow and harmonise the brain waves to an alpha state and below. When he first told me that 3 budgies fell asleep in daylight listening to his first composition 'Silence of Peace' I was amused but also intrigued.

Talking to him I realised this was not just any composer writing the typical new-age relaxation music.

He has explored the psychology and the metaphysical nature of illness; how our life history, practise and attitudes all contribute to making us ill. He looked at how the brain responds to sounds by producing brainwaves of different intensities. This led him to "design" music that invites the brain to produce alpha waves (8-12Hz) a steady, calm frequency. In alpha the brain produces feel-good hormones like endorphins, dopamine and serotonin, so we feel emotionally clearer, calmer and settled. In short we feel less stressed and better able to cope with our feelings, moods and life demands.

His life's commitment is to help people through the use of his Alphamusic [compositions](#).

Studying his compositions, and realising that each of "The Silence of..." series is intuitively tuned to the chakras told me that I had found an excellent complementary therapy to my treatment methods.

I had been treating a young mother for a multitude of phobias, stemming from birth trauma. She had done well on remedies, but still felt unable to leave her home for any but the shortest and most familiar local journeys. After [sue under copyright law it is illegal to len cd's-besides we do not want to encourage lending and copying- it is better to give the impression that the client bought their own-or avoid this area by saying she was suggested to listen to it x times a day etc] lending her my copy of "Silence of Peace", she was thrilled to be able to tell me that she had taken her three children for a day trip to London! Her base chakra had responded well to Alphamusic!

Suffice to say, my exploration of how to complement my homeopathic treatments with Levine's Alphamusic has begun.

If you would like to find out more, please email me: suehomer@thetable.orangehome.co.uk

Daily Record, UK

Daily Record Tuesday, December 27, 2011 Page 31

vital

LOUISE'S GIFT OF LIFE AFTER CANCER HOW HERO FOOD CAN SAVE YOU FROM BUGS
PAGE 32 PAGE 35

FIVE PAGES OF HEALTH, BEAUTY AND LIFESTYLE

GOOD NIGHT'S SLEEP HELPS YOU FEEL BETTER ..AND LOOK SEXIER

BEAUTY sleep is not a myth – research has shown that getting enough ZZZs will help you look younger and more attractive.

But as many as one in 10 of us may have chronic sleep problems, say the Edinburgh Sleep Centre.

Experts at the clinic believe around 30 to 40 per cent of adults have some level of insomnia within any given year, and about 10 to 15 per cent experience it to a chronic or severe degree. The risk of insomnia increases with age and is more common in women than in men.

But lack of sleep won't just affect your looks – as you also need good shut eye to stay healthy.

New sleep CD Orange Grove Siesta aims to calm people down and aid sleep.

Composer and pianist John Levine has researched the pattern of sound that helps the brain settle into a relaxed, alpha state.

MARIA CROCE takes a look at the health benefits of a good night's sleep.

AND SUNDAY MAIL

Daily Record



Eight hours of this and I'll be ready to bag Brad Pitt

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Can a CD Cure Insomnia?

by Leo Owen



In the UK, one in four people are thought to suffer from insomnia at some point in their lives. As one of the unfortunates, Savista's Leo Owen samples a new sleep aid CD: Orange Grove Siesta

Over the years I've suffered from various infuriating bouts of insomnia, both short-term (between one and four weeks) and long-term. Occasionally I've been able to self-diagnose my condition as "Secondary" insomnia, clearly caused by other underlying problems I was undergoing at the time like work-related stress.

I've researched my tormentor and was unsurprised to discover women are more prone to suffer from insomnia and that with age, I'm more likely to experience an increase in sleepless nights – after all statistics say one in two adults over the age of 65 are likely to encounter the frustrations of sleep deprivation.

“

Statistics say one in two adults over the age of 65 are likely to encounter the frustrations of sleep deprivation

”

It's worth noting that "sleep deprivation" or insomnia is not just about nights spent repeatedly watching the clock or frustratingly early wake-ups but primarily the quality of sleep each individual gets in order to rest and repair the body. Most adults require seven to eight hours of sleep a night but everyone is different. I've always been able to function with less than the norm but when less has frequently diminished to nothing more than a few hours, I've sought help.

Rather than risk diabetes, obesity, heart disease or high blood pressure, I've tried to pinpoint the cause to eradicate the problem and avoid chronic insomnia. Finding that inner demon isn't always easy. Some folks suffer from insomnia as a result of psychological health problems like grief while others have physical complaints like asthma, are experiencing temporary



Leo Owen

Leo is a magazine journalist and sub-editor who has gone down the freelance route since abandoning her previous English secondary teaching career, travelling extensively and formally retraining. Specialising in travel, the arts and entertainment, she has written for a variety of national and regional newspapers, magazines and websites.

insomnia as a result of medical side-effects or are affected by environmental factors like street noise and heat.

“

Rather than risk diabetes, obesity, heart disease or high blood pressure, I've tried to pinpoint the cause

”

My personal causes combine environmental hindrances with poor personal lifestyle habits, including irregular sleep routines and late meals. Recently undergoing yet another sleepless stint, I despaired after attempting to change bad daily habits and experiencing no improvement. Living on the top floor of a flat block with a house cat preventing the opening of bedroom windows is hot work. Through all of October and the start of November, I relied on a fan to cool my sweltering bedroom but continued to suffer from heat-induced insomnia.

Having previously turned to herbal remedies like Nytol and more powerful prescribed drugs, this time I decided to explore other avenues. Australian composer, John Levine once worked alongside bands like INXS and Midnight Oil but now devotes his time to creating a range of therapeutic CDs he calls “Alphamusic”. The latest addition to his back-catalogue aims to treat sleeplessness in women by relaxing and calming and is the perfect companion to his previous release, *Amber*, which claims to have the same effect on men.



John Levine, Composer

“

John Levine now devotes his time to creating a range of therapeutic CDs he calls 'Alphamusic'

”

I'm somewhat sceptical a mere CD is going to solve my increasingly infuriating problem but willingly give it a go. I can no longer work with music playing in the background, finding myself easily distracted with a tendency to focus on lyrics so I'm mildly optimistic the first night I listen to *Orange Grove Siesta* and discover there are no vocals or indeed distinct tunes.

“

Several weeks after Orange Grove first entered the bedroom, I'm actually waking up feeling more rested

”



Getting the volume right is a problem but after several nights of adjustment I'm barely aware *Orange Grove* is playing and actually find the repetition of familiar sounds strangely comforting. I no longer pick-out the didgeridoo, bells and chimes and have stopped consciously watching the clock. Several weeks after *Orange Grove* first entered the bedroom, I'm actually waking up feeling more

rested and no longer aware of nightly time checks. Perhaps the expectation of repeated success has helped alleviate my insomnia or

maybe John Levine is onto something – either way for now I'm just thankful I can finally get some shut eye.

Browse the Alphasonic range at: <http://www.silenceofmusic.com>



Lift your spirits with Alphamusic

Alphamusic composer, John B. Levine, is touring Ireland with a unique road show that aims to help lift people's spirits. Levine's *Lift Your Spirits Out of Depression* tour aims to provide people with tools to help themselves when they are feeling down. During each talk, John gives 10 tips for reducing depression, which

include information on how to 'manage your brainwaves', 'get your daily dose of delta sleep' and 'deal with your dark emotions'.

A classically trained composer, the Australian's work is based on the centuries-old pentatonic and Lydian scales. He claims the unique sound pictures he paints can bring fans to 'alpha state'

within four minutes.

John B. Levine will visit Cork on Thursday, March 22nd, appearing at Horans Healthstore, Michelstown, Co. Cork from 10.15am -12noon, Horans Health Food Store, Fermoy, Co. Cork from 12.30pm-2pm, and Granary Wholefoods, Main St. Mallow, Co. Cork from 2.45pm-4pm.

Wednesday, February 29 2012

Enniscorthy GUARDIAN

LIFESTYLE



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'Lift Your Spirits'

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Tuesday February 28 2012

AUSTRALIAN John Levine, who has worked with bands such as INXS and Midnight Oil, is visiting Wexford in March on his Lift Your Spirits Out Of Depression tour, which he says is 'aimed at helping people with tools to help them when they are feeling down'.

Levine promotes the healing properties of music through his 'Alphamusic' CDS. He visits Co Wexford on Tuesday, March 20, to speak at Mrs B's Healthy Options in Gorey from 10 to 11 a.m.; Evolv, Enniscorthy from 12.30 to 2 p.m. and Only Natural in Wexford from 2.45 to 4.15 p.m.



Entertainment



New Alphasound Tour Set To Lift Ireland's Spirits

ALPHASOUND composer, John B Levine, is touring Ireland from 11th to 23rd March with a unique road show that aims to help people lift their spirits out of depression and tells his own amazing story that led to the success of Alphasound worldwide.

Depression is still a rather taboo and therefore private subject. Whether it be skirting around the issue with a friend who may not be able to take on board revelations about our state of mind, keeping it secret from our employer for fear of not getting that promotion or not knowing how to re-

spond when a colleague returns to work after sick leave, there is still a certain amount of stigma attached to it.

Alphasound expert John B. Levine's tour aims to provide people with tools to help them when they are feeling down. During each talk, John gives 10 tips for reducing depression, which include 'manage your brainwaves', 'get your daily dose of delta sleep' and 'deal with your dark emotions'.

John B Levine will appear at Horan's Health Food Store, Main St, Cashel (3.30-6pm) on Wednesday, March 21st.

THE IRISH TIMES

€1.50 (INCL. VAT) 75p NORTHERN IRELAND

TUESDAY, MARCH 6, 2012

WWW.IRELAND.COM

John B Levine is a composer of music who aims to create the relaxed alpha rhythm in the brains of those who listen to it.

The Australian-born musician will give a series of talks on how his so-called Alpha Music can help depression.

His talks will be held in health stores in counties Kerry, Limerick, Clare, Galway, Dublin, Wexford, Waterford and Cork over the next few weeks.

See silenceofmusic.com or tel: 01-4433861.



New Alphamusic Tour Set to Lift Ireland's Spirits

Wednesday, 29th February 2012

Alphamusic composer, John B. Levine, is touring Ireland from 11th to 23rd March with a unique road show that aims to help people lift their spirits out of depression and tells his own amazing story that led to the success of Alphamusic worldwide. 'Lift Your Spirits Out of Depression' tour, will be at Remedies, Dungarvan from 11.15 am - 12.30 noon on Friday 23rd March.

Depression is still a rather taboo and therefore 'private' subject. Whether it be skirting around the issue with a friend who may not be able to take on board revelations about our state of mind, keeping it secret from our employer for fear of not getting that promotion or not knowing how to respond when a colleague returns to work after sick leave, there is still a certain amount of stigma attached to it.

John B. Levine's 'Lift Your Spirits Out of Depression' tour aims to provide people with tools to help them when they are feeling down. During each talk, John gives 10 tips for reducing depression, which include 'manage your brainwaves', 'get your daily dose of delta sleep' and 'deal with your dark emotions'.

John relates the drama and emotional turmoil that led to the success of his Alphamusic, worldwide, 'After the breakup of my second relationship in 2002, I was staying with my ex at her flat in Poland. I babysat our daughter while my ex went out partying with her boyfriend. Every day, as I left her flat, coming down the staircase, my ex and her boyfriend came up. I found this all very hard to cope with and started to have suicidal thoughts. I then started playing my own composition 'Silence of Heart' during this difficult time, which helped relieve me from these dark thoughts.'

A simple, uncontrolled trial of brain responsiveness to Alphamusic was performed at the Medicina private clinic, in Krakow, in November 2002. A patient suffering from acute anxiety was monitored via EEG, while listening to my 'Silence of Peace' CD. The patient reported a dramatic reduction in feelings of stress and an increased sense of physical relaxation, compared to their normal, very tense state.

The EEG results confirmed the patient's subjective view. Remarkably, the EEG data showed that the patient's brainwaves had dropped into the alpha state (8-12 Hz) within just four minutes of listening to 'Silence of Peace'. In addition, results from the control test conducted before the trial, showed the patient had suppressed right-hemisphere brain activity. While listening to 'Silence of Peace', there was a marked increase in right-side brain activity. This hemisphere is responsible for emotions, feelings, and the left hemisphere of the brain is responsible for rational thinking. These tests showed that my music helps to encourage an alpha rhythm within the brain, which releases and removes the muscle tension, to encourage deep relaxation.'

Silence of Heart and Silence of Peace CDs are available from <http://www.silenceofmusic.com>, on info@silenceofmusic.com, on 01 443 3861 and local independent retailers throughout Ireland.

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PAGES 55 & 56

FRIDAY, SEPTEMBER 2, 2011 SECTION 2

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Ex-rocker discovers secrets of tranquility

Judy Murphy talks to **John B Levine**, composer of music to relax our brains

MOST of us who feel the need to relax at the end of a stressful day or week will probably open a bottle of wine or head to the pub for a beer. On those nights we find it difficult to sleep, there are always little pills to help us.

These short-term measures, however, don't tackle the underlying problems of stress or insomnia. But Australian composer and musician John B Levine, who is coming to Galway next month, promises that he has a better solution - one that doesn't involve taking chemicals. Instead, it's about listening to a certain type of music known as Alphas.

John, who now lives in England, originally trained as an electronic engineer, but always had a passion for music.

"I loved music since aged six when I got a plastic saxophone," he says. "I wanted to make music and to make people happy."

John also loved science and electronics and, to satisfy his parents' wishes, he did an electronics degree, although he subsequently fulfilled his desire to have "music as a profession and electronics as a hobby" when he trained in classical music composition at the University of Sydney. He then spent several successful years working in commercial music, playing with bands like INXS and Midnight Oil and writing jingles for advertising agencies Saatchi and Saatchi and Coca Cola.

Then his life changed. "My father started dying slowly of stress-related illness. He had diverticulitis, diabetes, a couple of heart attacks and a stroke and he died at the age of 58. The doctors said it was stress related, but nothing we did or gave him

could help."

John had studied meditation and was taught how people's brain waves slow down as they go into a deeper meditative state.

"With my science background that made sense," he says. "I used to explain it to my father, who was in Intensive Care but by then it was too late."

His father's death led him towards wondering whether the techniques used for meditation could be adapted for music. And by that he doesn't mean what passes for the 'relaxation music' you hear in many spas and massage parlours. In fact, he is scathing about it.

"I heard New Age 'relaxation' music and it made me cry, it was so bad! It made me angry."

He singles out CDs that contain whale and dolphin 'music' for special ire. He finds it unbelievable that these can be regarded as the basis for 'relaxation'.

"Whales talk to whales and dolphins talk to dolphins. Their communication is not for relaxing people."

As part of his music degree, John had studied the psychology of music and the physiology of hearing. With this expertise in analysing music, he listened to 'new age music' with a technical ear.

"I analysed why it didn't work, musically, rhythmically and production wise... and bored my friends about it. They told me to stop talking and do something."

So he did - with caution - he didn't want to add to what he describes as 'noise pollution' by producing bland CDs.

John had a recording studio in Australia where he wrote his music for TV commercials. It was there he conducted experiments to see what relaxing music should sound like.

"As a composer, you don't start writing music before you know what your aim is, so I had to choose my aim."

"In my head I saw images of a PowerPoint presentation I'd had at meditation classes of brain waves slowing down. I wanted to do that."

After experimentation, John established patterns of musical sound that



John B Levine: "I've always been grateful when I get feedback, and I'm open to both good and bad. I am hearing all the time."

invited the brain to settle into an Alpha state.

Alpha waves were discovered by German neurologist Hans Berger in the early 1900s and John explains that they occur when our brain is in a relaxed state.

The Alpha state is calmer than the Beta state, which occurs when we are awake and involves excitable peaks and troughs. If we continually emit Beta brainwaves, then we cannot unwind.

Brainwaves change a person's hormonal balance, he explains, and different hormones affect the body in various ways. For instance when you are con-

tinually in the Beta state, you get stressed and your immune system goes down.

Beta waves in the brain cause the release of cortisol in response to stress. This diverts blood away from the parts of the body that aren't required for 'fight or flight'. And since the stomach and many parts of the brain are not required for this, their energy supply is diminished, leading to other problems - everything from digestion to concentration.

John claims that's where his music can help. He says the unique sound pictures he paints, bring listeners to alpha state of relaxation within four minutes.

As a Westerner, he opted to use instruments his listeners would be familiar with. So for his CDs, he plays a Steinway concert grand.

In the past 25 years, he has recorded nearly 30 albums, some designed to aid sleep and some to help people concentrate.

For instance he cites one woman who has suffered from insomnia because her husband snores.

"It's so bad that she had herself convinced - before going to bed - that she wouldn't be able to sleep because of it," he says. For that he recommended his Orange Grove CD, which is specifically written for women.

"Women generally can't sleep because of a busy mind. The music on that CD slows down the brainwaves while distracting the mind because it's complicated music. So, it distracts you put into research."

Listening to it when you go to bed should help you sleep, entering the Delta brainwave stage. These occur when the brain is in a deep sleep and it's this type of sleep that leaves you refreshed.

Another CD, entitled Amber is written for men who need to unwind and has a different musical structure.

"Women listen to it and think 'is anything going to happen?'" he laughs. "Above all I want to help people through music. And you can do it by slowing the brainwaves down. But, early on I realised there was more to it in terms of emotion and psychology."

To make it accessible, his music is designed so that people can listen to it while eating, studying or sleeping. And it doesn't require you to stop what you are doing.

"You don't change your life for the music," he emphasises. "If you are a student, John recommends listening to the CD Silence of Peace, which he says helps the brain reach a state where it can work without distractions."

"As the brainwaves slow down and become coherent - and then have been images made of this - you can concentrate and focus better."

For people suffering from depression or grief, he advises listening to Silence

of Heart, if you are struggling to forgive people he recommends Silence of Voices and for physical ailments like headaches, he advises Silence of Vision.

"I guess the message is that this special type of music can help with quite serious problems and health challenges."

According to John, these include hyperactivity, post-traumatic stress disorder, depression, fibromyalgia, depression, cerebral palsy, diabetes and Alzheimer's Disease.

It's a big claim, he agrees, but adds that he has been contacted by people all over the world who say his music has helped them.

"I have compiled a book, which is because of a busy mind. The music on that CD slows down the brainwaves while distracting the mind because it's complicated music. So, it distracts you put into research."

"I'm not saying the music is perfect with every person every time. That would be ridiculous. It depends on the person and the situation."

But, he adds, people from all walks of life use his system, including psychologists, psychiatrists, dentists and social workers. That's in addition to those working in the area of complimentary health.

Here in Ireland, a home for older people in Limerick has started using his music for patients with dementia and Alzheimers.

"I've always been grateful when I get feedback and I'm open to both good and bad. I am hearing all the time."

Sometimes people get angry because his music opens up emotions that they may not want to explore.

"It can rattle feathers, but it can help with the healing process," he says.

John will visit the Evergreen Health-food Store, Galway Shopping Centre, on Thursday, September 8 from 11.30am - 1.30pm, when he will answer questions on how Alphas music helps people conquer their sleep problems, stress, anxiety and other health issues. It's part of a tour leading to a talk, Beat insomnia and stress with the Alphas music of John Levine - at the Rude Health Shop in the RDS on Sunday, September 11 from 12 noon-1pm.

Meditation more effective than drugs for depression

JOHN B Levine is a firm believer in meditation and practises regularly but says "I am as guilty as anybody of not doing enough of it. We've all got responsibilities and have to deal with day-to-day living."

Because he has drawn on the techniques of meditation while writing his Alphas music, he claims it helps people enter a semi-meditative state, while continuing their daily tasks.

And the benefits of meditation should not be underestimated.

Research carried out in various universities over the past 20 years shows that it can help reduce anxiety, stress, blood pressure, chronic pain, and insomnia.

A Harvard study on Meditation in 2005 concluded that meditation is the most beneficial of therapeutic alternatives. A pilot study at Exeter University in 2008 showed that mindfulness meditation was more effective than drug treatment in preventing relapse in patients with recurrent depression.

And in 2009, research at the Carnegie Mellon University in Pittsburgh found that it slowed disease progression in

patients with HIV.

The British Medical Journal of Sports Medicine claimed in 2006 that meditation could offer an immune boost for athletes. Running can lead the body to produce cortisol (the 'fight or flight' hormone), which can lower a person's immune system. But meditation, which brings the brain to an Alpha state of relaxation, boosts the immune system, because people produce less cortisol.

One of the most comprehensive studies ever carried out on meditation was in Massachusetts General Hospital. It showed that meditation for 40 minutes a day thickens the brain's cerebral cortex. This reshaping of the brain's outer layer enhances a person's sensory, auditory and visual perceptions, slows ageing and retards memory loss.

But it requires concentration, and those who practice meditation say it's more like going on a journey than taking a pill. John B Levine has used his meditation journey to create music that he says will help others along the way.



John B Levine composing alphas music.

Tuesday 20 December 2011

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Music replaces medication at Newcastle West nursing home



Composer John Levine, pioneer of 'alphamusic'

By Gerard Fitzgibbon

Published on **Sunday 18 December 2011 08:00**

A NEWCASTLE West nursing home has become the latest place to swear by the soothing effects of a new brand of music, which claims to have the ability to settle down children, calm stressful offices and cure insomnia.

The 'alphamusic' of John Levine has been played to residents at Killeline Nursing Home for the past number of months, and staff there believe that it has helped "enhance the quality of life" of people under their care.

Mr Levine, who records his music on a Steinway concert grand piano from a studio in Krakow, Poland, bases his music on "centuries old European and Asian scales" which claim to have therapeutic benefits.

Marie O'Malley, director of nursing at Killeline Nursing Home, said that the music is played throughout the home and has had a "very positive" impact on residents.

"We play the music in all our units – general nursing, dementia and acquired brain injury. So far the findings have been very positive, particularly with residents who experience stress, anxiety, agitation and insomnia.

"The music has a very soothing effect and enhances the quality of life of the residents without resorting to the use of extra medication.

"We have found that the music seems to create an atmosphere of calmness and some employees have reported feeling relaxed themselves, as a result of the music in the background".

Mr Levine holds a Bachelor of composition from Sydney University, and his music is available online or from a number of health food stores across Munster.

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&
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David Miller PhD & Dr James Braly

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effective way to end
addiction to caffeine, sugar,
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prescription drugs**

Musical rhythms of sleep

New York psychiatrist Dr Galina Mindlin uses ‘brain music’ – rhythmic patterns of sounds derived from recordings of patients’ own brainwaves – to help them overcome insomnia, anxiety and depression. The recordings sound something like classical piano music and appear to have a calming effect similar to yoga or meditation. A double-blind study by Toronto University found 80 per cent of those getting brain music reported benefits.

 We have had excellent results reported by insomniacs with Dr John Levine’s CDs, *Silence of Peace* and *Orange Grove Siesta* (available from www.patrickholford.com/CD), played quietly as you go to sleep. Henrietta is a case in point:

Case study **HENRIETTA**

‘After spending years controlling my sleep and alertness during the day with sleeping pills, my body had forgotten how to sleep. The last thing I remember thinking that [first] night, as the didgeridoo kicked in, was, “This CD’s rubbish. It doesn’t work.” I woke up the next morning, after sleeping all the way through with no interruptions.’ The didgeridoo begins 20 minutes into the CD. ‘Twenty minutes is a dream compared with the two hours of restlessness I usually had before falling asleep.’ Henrietta found that something as simple as listening to alpha-wave-inducing music has helped silence the thoughts that drive her towards addictive substances, which she describes as a ‘monkey on her shoulder’.

For further information read John Levine’s book, *The Miracle of Alpha Music* (see Further Reading).

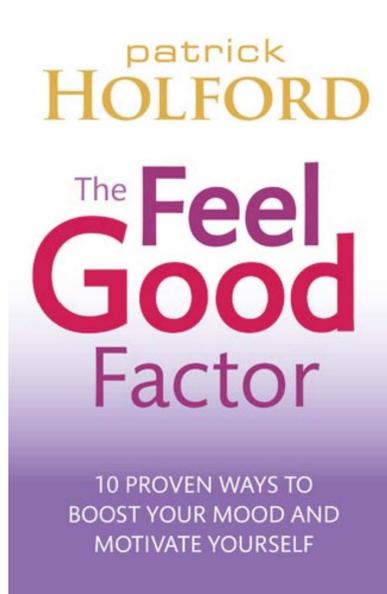
*"Don't go to your doctor before
reading this book"*



PATRICK HOLFORD
Author of the bestselling *New Optimum Nutrition Bible*
& JEROME BURNE
Award-winning medical journalist

RELIEVING ANXIETY AND INSOMNIA • 225

Another study found that specially composed music induced a shift in brain-wave patterns to alpha waves, associated with the deep relaxation before you go to sleep, and that this induced less anxiety in a study of patients going to the dentist.¹⁹³ This music, composed by John Levine especially to induce a relaxation response, has also been shown to calm down hyperactive children. Our favourite CD is called *Silence of Peace* (see Resources, page 405).



132 MY TOP TEN MOOD-BOOSTING SECRETS

– to help them overcome insomnia, anxiety and depression. A small double-blind study from 1998, conducted at Toronto University in Canada, found that 80 per cent of those undergoing this treatment reported benefits.¹⁷⁰

Another study found that specially composed music induced a shift in brainwave patterns to alpha waves, associated with the deep relaxation you experience before you go to sleep. In a study of patients going to the dentist, this was found to induce less anxiety.¹⁷¹ This music, composed by John Levine to induce a relaxation response, sounds like very calming classical piano music. It is designed to switch the brainwaves from beta waves, associated with adrenalin and excitement, to alpha waves, which is a prerequisite for going to sleep. My favourite CD is called *Silence of Peace* (see Resources), and I receive many testimonials from people who have found almost immediate relief from insomnia by listening to it.



CASE STUDY: SUE

Sue had been suffering from post traumatic stress disorder, sleeping for about three hours, then waking every 45 minutes or so. Here's what she says:

'I ordered, almost wearily, the Orange Grove Siesta CD for insomnia and Silence of Peace. They came the next day and I duly dusted off my Walkman to use with the CDs in bed. The improvement happened from night one; now, just one week later, I am sleeping for six to seven hours. If I wake, which is becoming rare, I simply tune in again! I haven't heard the end of the CD yet.'

Better Nutrition

FAVORITE THINGS | INTERVIEW



In the late 1970s, Patrick Holford was a psychology student in London who became interested in how nutrition affects our minds and emotions. Less than a decade later, Holford founded the Institute for Optimum Nutrition (ION), Europe's leading school for training nutritional therapists. He has written more than 20 books, including the 1997 best seller *The Optimum Nutrition Bible*, recently expanded and updated. His Web site is patrickholford.com.

How does nutrition affect our mental health?

At ION, we recently completed a survey of 60,000 people, and found that many common health symptoms are related to mental health, including mood swings, PMS, poor memory and concentration, depression, anxiety, and insomnia. Optimum nutrition improves mood, memory, motivation, and energy levels.

If we are eating a balanced diet, are supplements still necessary?

One of the biggest nutrition lies is that you get all the nutrients you need from a well-balanced diet. People are told to eat a diet that provides the RDAs. But RDAs are not the optimal intakes of nutrients. Here's an example: Two out of five people over age 60 are deficient in vitamin B12,

nutrition wiz

One of Britain's top nutritional experts shares how eating and supplementing the right way can help us live longer, happier lives

By Tracy Rubert

according to research, and suffer reductions in memory function with brain shrinkage as a result. The amount of B12 necessary to correct the deficiency is around 500 mcg—the RDA is 2.4 mcg.

One critical principle of optimum nutrition, established by Dr. Linus Pauling and others, is that nutrients can actually restore health in amounts much larger than we can consume from food. For example, very high-dose vitamin C is a potent anticancer chemotherapy agent. Chromium at levels of 500 mcg—that's 10 times what you could eat—helps stabilize blood sugar levels in diabetics better than metformin, the most common diabetes drug. Niacin at levels of 1,000 to 2,000 mg (the RDA is 16 mg) lowers cholesterol and raises HDL, the good cholesterol fraction, better than statin drugs. Anyone with cardiovascular problems should be supplementing with 300 mg of magnesium. If magnesium were a patentable, profitable drug, it would be a best seller.

What nutrients do most people lack?

Few of us get enough B vitamins, especially B12. We also fail to get enough vitamins C, D, zinc, magnesium, chromium, and omega-3 fats.

You believe homocysteine is the most important health statistic. Can you explain?

A survey found that the best predictor of cardiovascular death in the elderly was homocysteine. It's also the best marker for Alzheimer's and pregnancy problems. It's easy to lower homocysteine with optimal—not RDA—intakes of B6, B12, folic acid, and TMG or SAM-e. ♦

Quick Takes

HOW DO YOU START YOUR DAY?

I wake at 5 a.m. and usually write until 8 a.m. Then, on a good day, I do a 16-minute exercise routine called Psychocalisthenics, which is kind of like aerobic yoga, designed to generate vital energy. Then I have breakfast, often oat flakes, ground seeds, and berries with rice milk, or maybe omega 3-rich eggs with smoked salmon and Nairns Oatcakes or Scandinavian-style bread.

WHAT'S YOUR FAVORITE WAY TO UNWIND?

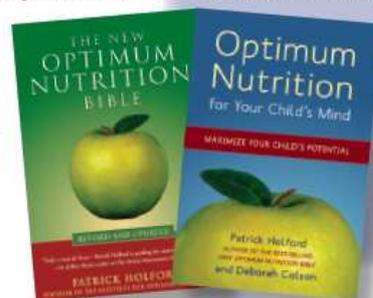
I often get in my hot tub at the end of the day. And I love movies; I spend my day reading and writing, so watching movies makes a good break. I also found an extraordinary CD, John Levine's Silence of Peace, designed to put you into alpha waves, which is what you need to go to sleep. It really works!

IF YOU WERE STRANDED ON A DESERTED ISLAND AND COULD PICK ONLY ONE NUTRITIONAL SUPPLEMENT AND ONE FOOD TO HAVE WITH YOU, WHICH ONES WOULD YOU CHOOSE?

I'd definitely go for a high-strength multivitamin and mineral. Assuming I'd be able to fish and eat local fruits and vegetables, I might also bring a sack of quinoa—probably the best protein source in the vegetable kingdom.

WHAT'S YOUR FAVORITE GUILTY PLEASURE?

Occasionally, I drink either organic champagne or margaritas. They're both free of yeast, which is a common allergen, and the fresh lime mitigates the damage of the alcohol. At least, that's my story and I'm sticking to it.



Thursday 22nd March

Alphamusic to lift spirits

Posted on 22/03/2011
by Yvonne Evans

Alphamusic composer, John Levine will make appearances in Cork today.

Alphamusic is music that aims to induce alpha brain waves. When the mind is in an alpha state the body can function properly. This can significantly improve healing, digestion, the immune system, concentration and emotional well being.

John Levine's 'Lift Your Spirits Out of Depression' tour aims to provide people with tools to help them when they are feeling down. During each talk, John gives ten tips for reducing depression.

"Mothers who were using the CD were saying to me that their babies weren't crying anymore. Then I got a call that 3 budgies had fallen asleep in broad daylight. I still doubted the capabilities of my music, so I had my music tested with an EEG machine., Mr Levine said.

An uncontrolled trial of brain responsiveness to Alphamusic was performed at the Medicina private clinic, in Krakow, in November 2002. A patient suffering from acute anxiety was monitored via EEG, while listening to 'Silence of Peace' CD. The patient reported a dramatic reduction in feelings of stress and an increased sense of physical relaxation, compared to their normal, very tense state. While listening to 'Silence of Peace', there was a marked increase in right-side brain activity. This hemisphere is responsible for emotions, feelings, and the left hemisphere of the brain is responsible for rational thinking. These tests showed that THE music helps to encourage an alpha rhythm within the brain, which releases and removes the muscle tension, to encourage deep relaxation.

Since the launch of his first release, 'Silence of Peace', eight years ago, more than 200,000 copies of John Levine's Alphamusic CDs have been sold.

John Levine will appear on today at Horans Healthstore in Mitchelstown from 10.15am, Horans Health Food Store, in Fermoy from 12.30pm and The Granary Wholefoods on Main St Mallow at 2.45pm.

John Levine will also be at Well and Good in Midleton from 1.30pm on Friday 23 March.

'Silence of Peace' is available to buy from www.silenceofmusic.com

Body & soul

TUNE IN TO B

WE'RE all familiar with the feeling: it's 1am, you're lying in bed and really need to sleep because you have important work to do tomorrow. But you can't sleep because the thought of all that important work is stressing you out.

Then it's 7am. The alarm goes off and you feel like you've just been hit by a bus.

This stress/insomnia cycle is so common that, for many of us, it becomes an everyday reality. However, the long-term health implications of this type of lifestyle have been well documented. John Levine is all too familiar with them.

The composer bore witness to his father's declining health for years; he battled stress-related illnesses for most of his life, before his death at just 58.

"He was getting more ill with stress-related diseases. He started with diverticulitis, then diabetes. Then he had a heart attack and a bypass. Then he had a stroke and, finally, at the age of 58, he died.

"All along, the doctors were giving him lectures about being too stressed. They said a lot of his problems were being caused by too much stress and anxiety. Unfortunately, neither the drugs nor surgery helped.

"People say 'it's all in your mind'. It might start in the mind but it can cause so much disease and havoc on your body. I started thinking about what I could do to help him reduce his stress."

His father's illness was what inspired John to create the Alphasound range, a series of CDs which are designed to relax and de-stress the listener.

John studied meditation and learned about the body's natural frequencies, how the brain waves slow down when we're in a meditative state or close to sleep. He used these findings to make his first composition, Silence of Peace. Not only could this music relax and distress, but it also proved to have a calming effect and even aid concentration.

The brain creates beta brain waves in periods of stress and anxiety as a fight-or-flight

Australian sleep master John Levine tells Lynda McCarthy how his own father's illness inspired him to create miracle, healing sounds



CURING COMPOSER: John Levine

response. But because of the pressure of life, many people are running on beta brain waves for an extended period of time and have trouble accessing their alpha (relaxed state) when it's time to wind down.

"You need to understand your brain waves," says John. "The beta brainwaves are the fast ones that are related to stress and anxiety, and then there's the alpha state when you're awake. That's the best state to be in.

"Stressed people need to understand what's going on and how to manage their brainwaves so they can feel more harmonious. It's important to recognise the state you're in so you can learn to

deflect stress and anxiety. The aim of my music is to induce the alpha state in the listener."

Sadly, John's father passed away before he could use his music to help him, so John halted his project. Years later, he rediscovered his tapes.

"Sitting alone in my flat, depressed, I discovered a master tape of Silence of Peace. I heard this piece of music and I thought I'd test it out on people to see what they'd say. The problem was that everyone was saying it was wonderful and calming, but I thought they were just saying this so I wouldn't do any harm to myself."

John remained unconvinced of the power of his music until a friend rang him to tell him that three of his pet budgies had fallen asleep in broad daylight while listening to the tapes. After this, the

testimonies started flooding in – teachers reported a dramatic decrease in bad behaviour in students and people who were reliant on sleeping pills were drug-free for the first time.

A simple test was carried out in a medical centre in Krakow, where John was living at the time. A patient who presented with chronic anxiety was monitored with EEG while listening to the Silence of Peace CD. The patient reported a dramatic reduction in feelings of stress and an increased state of physical relaxation. The EEG confirmed the patient's feelings – the data showed that his brain waves dropped into the alpha state within four minutes of listening to the music.

Since then, John has created a range of CDs – from Silence of Heart, which helps deal with depression, to Silence of Balance which can help with digestion problems.

John will be touring Ireland from today, March 11, to March 23 with a unique road show that aims to help people lift their spirits out of depression and also beat insomnia.

Log on to www.silenceofmusic.com/sleepconcert or call 0044 20 3239 8108 for info.

There's no need to book – just turn up. ●



BEAT STRESS

'Stressed people need to manage their brainwaves so they can feel harmonious and deflect anxiety'

**SUNDAY
WORLD**
A REAL IRISH SUNDAY

Learn to sleep tight

INSOMNIA is the inability to get the amount of sleep needed to wake up feeling refreshed and rested. Underlying physical and mental issues (such as stress and depression) are often behind insomnia. However, for many people, their busy lifestyle is the cause of their sleepless nights.

Here's how to beat insomnia and get a good night's rest:

No stimulation before bed

Your brain needs time to wind down before you fall asleep. Playing computer games, checking emails, arguing or watching TV will keep your brain active. Try reading before you turn out the lights.

Ditch the alcohol

A few glasses of wine might help you to drift off, but your sleep will not be restful and you'll wake during the night, and will leave you tired all the next day.

Stick to a schedule

Just like babies need a routine, your body likes going to bed at the same time every night. Try to keep to this schedule, even at the weekends. And don't stay in bed until noon just because you can.

A proper sleep environment

Make sure your bedroom is quiet, dark and cool – noise, light and heat interfere with sleep. Banish electronics – there should be no laptops, TVs or phones in

NOD OFF: Read to relax brain

the bedroom. If you wake during the night, make sure the time on your clock is covered so you aren't mentally calculating how long you have left in bed.

Get some sunlight

Take breaks outdoors during the day and keep curtains open while it's light outside. This ensures that your body regulates its sleep clock accordingly.

Stop smoking

Many smokers report that they find smoking relaxing, but cigarettes are actually a stimulant, just like caffeine. Your body gets used to its nicotine fix every few hours and will start to feel withdrawals while you sleep, which can contribute to sleep problems.

Avoid big meals

A large meal might make you feel drowsy, but in fact it's working against your sleep cycle. While you're trying to nod off, your digestive system is in overdrive as it processes the meal.

The Telegraph

Wellbeing

When Orino utters the famous words, "If music be the food of love, play on", in *Twelfth Night*, it is in the hope that a melody might ease his aching heart.

But had he lived in modern times, Shakespeare's lovelorn duke might have discovered it to be the cure for insomnia, depression and anxiety, too. Especially if he had met composer John Levine.

The 49-year-old former rocker has created a special type of healing music called Alphanumeric Therapy, which he claims can help treat all of these conditions and more. It works by using sound to tune in to the alpha waves in the brain that control mood, and has actually been scientifically shown to alter brain chemistry.

"We underestimate the power of music," says John, "yet we only have to recall the last time a song made us laugh or cry to realise how much it can affect the way we feel. What I do is basically an extension of this."

John, who played piano from the age of three, came up with the idea of making therapeutic recordings when his father became extremely ill with stress-related conditions in 1984.

"You name it, he had it," John recalls. "Diabetes, high blood pressure, heart disease – he even suffered a stroke. Stress was slowly killing him and no matter how often doctors told him he needed to learn to relax more, he just wouldn't listen."

It was heart-breaking for John watching his father's health deteriorate and feeling unable to do anything to help. In the Eighties, after studying music and composition at the University of Sydney, he was working long hours as a recording studio manager at Emerald City Studios, where the band INXS recorded an album, and also composing music for adverts and film. He knew that stress could take the same toll on his own health if he wasn't careful, so he decided to go on a transcendental meditation course.

"I sat by my father's bedside and sold him how much meditation was helping me, but he couldn't understand it," John says. "I remember thinking that it was so sad that people like him would never know the benefits."

After his father died in 1988, John recorded his first piece of Alphanumeric.

"Part of my university course involved examining the



Harmonious healing

Can music really have the same effect as antidepressants, stop insomnia and cure anxiety, too? **Nilufer Atik** meets one revolutionary musician who is convinced it can

use of sound as a tool for relaxation," he says. "I was fascinated by that concept and thought to myself, 'Perhaps pharmacists should be selling music to some people instead of drugs?'"

As research, he bought some relaxation tapes but was disappointed by what he heard.

"It was just a lot of irritating dolphin sounds and pan pipes," he says. "But thanks to my education in music composition, I was able to analyse it and pick out all the reasons it didn't work. I decided to put together some recordings myself that would recreate the feeling I got when I meditated."

His aim, however, wasn't just to make another standard relaxation

tape – there was enough wallpaper music out there already.

"I wanted to literally slow the brainwaves down to induce relaxation," says John. "I put together my own set of principles. Some came from my formal classical education in composition, but some of those rules I broke."

His starting point was to use an instrument that people in Western society would identify with in his case, the piano. Next was to record in a scale that evoked a feeling of wellbeing.

"If you use a minor scale, to the Western ear it is interpreted as melancholic," he says. "So I was careful not to. Ironically, that was the scale used in most of the relaxation tapes I heard."

He tested the music-long recording on friends and all claimed that it helped them to sleep better and feel happier. But without any

contacts in the health industry and uncertain what to do with the recording, John tucked the tape away in a drawer to be forgotten about for the next 15 years.

"I wasn't until 2000, following the break-up of his marriage, that he found the recording again – just when he needed it most."

"I was at a real low point in my life," he says. "I had moved to Poland with my wife and three kids in 1999, but then she met someone and went with him to Sweden, leaving our children with her. I was a broken man."

Depressed and suicidal, John stumbled on the recording in an old storage box. He listened to it again and again, and the disk cloud that had been hanging over him began to lift. Realising its power, he took every penny he had, hired a studio and technicians and recorded a whole album – his first

CD, *Silvius of Power*. To prove that the therapy worked, he arranged an EEG (electroencephalogram) test to measure brain activity on a stressed, chain-smoking GP.

"Every time he listened to the music, his brainwaves went from the beta to alpha, so from excitable to calm and relaxed, within four minutes," says John. "It was remarkable."

Soon afterwards, a health magazine in Poland looking to give away a relaxation CD to readers contacted John and asked him to make a recording for them. He created *Change Your State*, specifically to help women sleep.

It sold 100,000 copies. Word began to spread and after recording further albums, John visited the UK regularly between 2004 and 2010 to promote his therapy at health and wellbeing shows. Soon GPs, counsellors, nurses and even

hospices were talking about the effect the recording had on patients.

One of them was Dr Roderick Fahay at the Portlanna Health Centre in Co. Galway, Ireland.

Noticing a rise in the number of patients suffering from stress-related disorders, he wanted to offer the music as an alternative to medication. He created a wellbeing room at the practice where patients could sit in a massage chair and listen to Alphanumeric.

"Whenever patients come in complaining of insomnia, anxiety attacks or depression, instead of immediately dishing out a prescription, I offered them three sessions a week in the wellbeing room," says Dr Fahay. "Those who opted for it had a 100 per cent success rate. Some showed huge improvement in just two weeks. It was the equivalent of taking 20mg of Prozac per day."

Dentist Dr Nadir Malik tried Alphanumeric Therapy because he was concerned about the possible negative side-effects of dental sedation on patients and staff. He now plays the music in the waiting room of his private practice.

"Quite a few of my anxious patients have found that the music relieves them sufficiently to not require drugs such as nitrous oxide sedation or IV sedation," he says. "A few of them have also fallen asleep during their appointments."

The treatment brought surprising results with schoolchildren's performances, too. A study by Cambridge graduate Rob Boydman investigated the impact it might have on hyperactive and disruptive behaviour in schools. Lessons among boys aged 12 and 13 accompanied by John's alpha wave CDs had a decrease in distractions of more than 60 per cent.

John's music was also played between acts at the memorial concert for Diana, Princess of Wales in 2007. And in 2009, nurses at the Birmingham Children's Hospital epilepsy ward used Alphanumeric Therapy to get patients off to sleep quickly as they could measure their brain waves.

"We are so quick to resort to medication these days whenever we are feeling ill or have an emotional problem, but there are more natural things we can do that involve no side effects," says John, who has recorded 28 albums, which have sold to more than 200,000 people. "Perhaps it's about time we started using them."

With the use of antidepressants rising significantly in England since the financial crisis and recession – 12.5 million more pills were prescribed in 2012 than in 2007 – it is certainly worth considering.

© silviusofpower.com
Listen to a sample of John's music online at www.silviusofpower.com

Irish Independent

Can music really have the same effect as antidepressants, stop insomnia and cure anxiety, too?
Nilufer Atik meets one revolutionary musician who is convinced it can

WHEN Orsino utters the famous words, "If music be the food of love, play on", in *Twelfth Night*, it is in the hope that a melody might ease his aching heart.

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Monday 11 November 2014 **Irish Independent**

h&I 11

WELLBEING

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feeling ill or have an emotional problem, but there are more natural things we can do that involve no side effects," says John, who has recorded 29 albums, which have sold to more than 200,000 people. "Perhaps it's about time we started using them."

With the use of antidepressants rising significantly in Ireland since 2007 — 25pc increase in use in 2011 compared to 2007 (NACD) — it is certainly worth considering.

See silenceofmusic.com for more information on John's music.

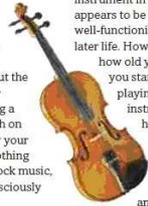
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Discover The Healing Power Of MUSIC

We all have our favourite genres, from classical to pop, but did you know that music can also have a positive effect on health?

UNDER PRESSURE?

Feeling tense? Stressed? Anxious? Music, especially classical music, can have the same relaxing effect as meditation (without the need for silence or chanting) or having a massage. So switch on Classic FM or play your favourite slow, soothing song – but avoid rock music, which can subconsciously raise stress levels!



MUSIC IS INSTRUMENTAL!

Learning to play a musical instrument in childhood appears to be linked to a well-functioning brain in later life. However, no matter how old you are when you start learning, playing a musical instrument can have a beneficial effect on memory, hearing and motor skills and, if it's a wind instrument, breathing.

THE ULTIMATE DISTRACTION

Music helps relieve pain by distracting the brain from the signals it's receiving from the damaged part of the body. That's why so many dentists play music in their surgeries – it's not to drown out the drill!

THE RIGHT RHYTHM

It's widely accepted that the brain speeds up or slows down in time to music. As a result, music with a slow beat relaxes the brain, which can help lower blood pressure.

Recuperate and Recover

Researchers have found that easy-listening music (the study in question featured tunes by Beethoven, Vivaldi and Frank Sinatra) encourages the body to heal faster after surgery. As an added bonus, music has been found to give the immune system a natural boost so also helps the body fight off illnesses and infections.

Lifting The Fog Of Dementia

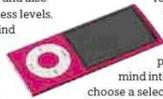
Music's amazing capacity to evoke memories can help maintain the relationship between dementia sufferers and their loved ones. "Even for those with severe dementia, music can tap deep into emotional recall and enable the listener to regain a connection to others," says Professor Graham Stokes, Director of Dementia Care at Bupa Care Homes.

AFTER-EFFECTS OF STROKE

In the early stages of recovering from a stroke, listening to classical, jazz, folk or even pop music for a couple of hours every day can help improve some patients' verbal memory and concentration – and also increase happiness levels. Some patients find that, as singing uses the creative right side of the brain, if the brain's logical, speech-controlling left side has been affected, they may find it easier to communicate by singing the words they want to say.

SWEET DREAMS ARE MADE OF THIS

If you're having problems falling asleep, the soothing sound of music before bedtime might hasten your visit to slumberland – and ensure you stay sleeping once you get there! To gently lull your heart rate, breathing, blood pressure and mind into resting mode, choose a selection of songs which have a slow rhythm rather than a beat that makes you want to dance. How about special relaxation music, classical sonatas or Michael Buble in laid-back mode?



My Weekly

Let music lift your mood

Singing Together!

Singing releases feelgood hormones, while also improving posture, lung capacity and breathing. And if you sing with others, there are even more health benefits! Singing in a choir has the same calming, relaxing effect as yoga, is thought to be good for the heart – and might even increase life expectancy!

DON'T WORRY – BE HAPPY!

Researchers have discovered that happy music makes us happy! The pleasure derived from listening to a song you love is thought to be similar to the joyful feelings triggered by chocolate – but without the calories! Another study found that drumming can help people suffering from depression by providing them with an outlet for feelings they have difficulty expressing in words.

Harnessing the Power of Music

"Alphamusic sounds beautiful while also improving wellbeing," says composer John Levine, who created Alphamusic after his father died of stress-related illnesses at 58. "My music is reported to help many reduce stress and, ultimately, find inner peace. Listening to Alphamusic slows down brain waves until the mind slips into a deeply relaxed state, enabling the body to heal, mentally and physically. This process may decrease the risk of many diseases, improve

memory, speed up recovery, aid digestion, boost the immune system and encourage better sleep. I was too late to help my dad but my greatest wish is to enable others to discover the healing powers of music." www.silenceofmusic.com

DAILY MAIL

'I was woken up 20 times a night for three years': Mother reveals struggles of her daughter's night terrors... and the 'brain wave music' that finally cured her

- Laura Mulligan, 31, used Alphamusic to treat her toddler's night terrors
- Niamh, now three, woke the whole house multiple times a night
- The specially composed music calms Niamh and helps her sleep

By ANNABEL FENWICK ELLIOTT FOR MAILONLINE

A mother-of-two has revealed the surprising cure she found for her three-year-old daughter's night terrors: specially composed music which encourage calm brain waves.

Laura Mulligan, 31, and her husband James, from Wigan, Manchester, were at their wits' end after being woken by their daughter Niamh's screams up to 20 times a night for three years - with another baby, Annie, now one, to attend to as well.

She told FEMAIL: 'With two children crying and screaming, trying to get one asleep before the other wakes up, it is hard. There have been moments when all three of us have just sat on the bed sobbing our hearts out.'



Laura Mulligan (right), a 31-year-old mum-of-two, was at her wit's end after three years of being woken by Niamh's (left) night terrors - which meant she and her husband got only one or two hours sleep a night

Laura, who is studying part-time for a psychology degree, cites John Levine, a 61-year-old Australian piano composer, for transforming their restless nights.

He developed Alphamusic in a bid to help 'heal people through the power of music', according to his website.

It certainly appears to have worked for Niamh, who now has Mr Levine's Alphamusic playing on a loop in her bedroom at night. This calms her down every time she wakes from a night terror without her parents having to intervene.

My Child Magazine



My Darkest Parent Days

HOW FAR CAN A MOTHER BE PUSHED TO THE EDGE OF SANITY AND DESPERATION? **LAURA MULLIGAN** TELLS US HER STORY

How can you cope being woken up 20 times a night for three years?

I am a mother of two little girls, suffering from constant night trauma. My daughter Niamh is nearly three and she hasn't been a good sleeper since birth, because she has allergies, asthma, hay fever, she is intolerant to dairy, she has always had something that has kept her awake.

When our second daughter Annie was born twelve months ago, we had to shuffle each night between the two children, without any possibility of having sleep ourselves.

We were on our knees with exhaustion, waking up to 20 times every single night! Niamh has always been an anxious baby and we started to use white noise, that used to get her to sleep because it apparently sounds like what they would hear in the womb.

As she got older it stopped settling her and because of her allergies she would be awake a lot more, and consequently the rest of the house. It got progressively worse.

When babies don't sleep, it's exhausting for us parents, trying to get through a normal day when you're not able to sleep at night either.

SENIOR TIMES MAGAZINE

Health

Preventing insomnia, depression and stress

John Levine, meditation advocate and composer of world acclaimed Alphasonic, reveals his secrets of staying healthy.

A healthy diet, good night's sleep, stress avoidance and exercise. Simple tips but not always easy to do - we are often busy with a tendency to procrastinate, and surrounded by too many stresses that prevent us from staying healthy.

The most common problem among older people is insomnia. Due to changes in sleep patterns and health, insomnia increases with age. Older people typically use more prescription drugs which increases the chance of insomnia caused by a medication. Dr Christopher Winter, medical director of the Sleep Medicine Center in Charlottesville, claims that taking melatonin doesn't help promote better sleep. Other doctors, such as Dr Roderick Fahey from Portumna Health Centre in Galway, claim that sleeping pills should be taken as the last resort to fight with insomnia.

'As a doctor, I will always try to take an holistic and natural approach to reaching a solution due to side effects or short effectiveness of sleeping tablets which are only designed to help bridge the gap for a few weeks', says Dr Fahey. 'I look to the common factors that play a role in most sleep disturbances. Understanding these factors can help a person overcome a sleep problem. These include a Wellness Insomnia Assessment which seeks to first understand what could be causing sleep difficulties.'

Normally I recommend music as a first stage such as The Alphasonic of John

John Levine's Alphasonic CD's are said to be a highly effective, drug free alternative to counter insomnia.

Levine (www.silenceofmusic.com). I receive excellent feedback with positive results after treatment with this particular music. Whenever patients come in complaining of insomnia, anxiety attacks or depression, instead of immediately dishing out a prescription, I offer them three sessions a week in the wellbeing room. Those who opt for it have a 100 per cent success rate. Some show huge improvement in just two weeks. It is the equivalent of taking 20mg of Prozac per day. In summary, I believe following a prescribed plan to bring back restorative sleep should work best for insomnia sufferers.'

Dr Roderick Fahey's opinion does not stand alone. There are more and more doctors and other clinical practitioners who switch to natural methods when trying to cure patients' symptoms such as depression, stress or insomnia. High security dementia wards in Australia and nursing homes in the UK, USA and Ireland are now using alpha relaxation techniques, including alphasonic, to help dementia patients stay calm by reducing their agitated state.

Alphasonic and its scientific roots
The aim of alphasonic is to slow down the stressed beta brain waves into calm alpha waves. The beta waves are responsible for stress, causing insomnia and many arising health conditions. The key to a healthy lifestyle without stress or insomnia is to eliminate these beta waves. By playing Alphasonic it has

been scientifically measured with EEG equipment that your brain will be in alpha state in minutes.

Cynthia Hearne suffered from insomnia for 22 years, until she was given Orange Grove Siesta CD by John Levine and her life changed instantly. 'That night I put it on to play and lay down on my bed. For the first time in 22 years, I fell asleep without pills' says Cynthia. Patrick Holford, author and nutrition expert recommends Alphasonic CDs in several of his books, including the latest book called 'The Stress Cure'. 'With so many of us turning to caffeine to keep us alert, and alcohol to relax, sleeping pills or endless struggles with our kids to get to sleep John Levine's Alphasonic CD's are a highly effective, drug-free alternative. Try them. They work.' says Patrick.

Try these tips from John. Start the day with ten minutes relaxation with Alphasonic. Eat a healthy breakfast with wholegrain bread, natural yogurt and fresh fruits. Avoid fatty foods. Take a walk before lunch. Avoid naps during the day and caffeine products in the afternoons. Continue with another ten minute relaxation to Alphasonic just before bed.

For more information about Alphasonic CDs, please visit www.silenceofmusic.com or call 01-443-3861. CDs also available from selected Irish health food stores.

FOUR CD's TO BE WON IN OUR CROSSWORD COMPETITION

Send in an entry to our crossword competition at the back of the magazine and you could win one of four Alphasonic CDs

Rude Health Magazine Sept/Oct 2014



rude
reviews

TRY THESE...

...from your local health food shop

*The
insomnia
buster*



If you struggle with insomnia and have trouble calming your mind, try listening to the **Orange Grove Siesta CD** featuring The Alphamusic of John Levine. This soothing CD could help to calm your busy mind, relax your body and help you to experience a peaceful slumber. Awake refreshed after a deep, restful sleep. Available from independent health food stores, the CD is recommended by nutritionist Patrick Holford.
www.silenceofmusic.com



marie
claire

4 MAKE YOUR HAIR SHINE

'Dull, frizzy hair can age you,' says Dr Frauke Neuser, Pantene's scientific expert. In a study by the haircare brand, a frizzy-haired woman was judged to be on average five years older than a smooth-haired woman. 'Metabolism slows with age, so the body doesn't produce as much sebum, which gives hair shine,' says Hollywood hair guru Frédéric Fekkai. Try these anti-ageing frizz fighters:

- For silkiness, use Redken Time Reset At-Home Porosity Filler Kit, £15.95, to repair weak, porous hair shafts.
- Try Pantene Pro-V Time Renewal Replenishing Mask, £3.99. Tests show it alters the look of two years' worth of damaged hair.
- Install a water softener in your home – hard water dulls locks.

5 GET MORE BEAUTY SLEEP

A study by *Medical News Today* found that sleep deprivation may accelerate ageing. Deep sleep (you need two and a half hours in a row before sleep is restorative) activates the release of GH (growth hormones), which is necessary to help smooth wrinkles, alleviate dark circles and brighten dull skin. Sleep deprivation can also cause weight gain and weaken your immune system. So how can you get eight hours and make them count?

• 'Silence Of Peace [CD, £15.99, by John Levine] switches your brain to sleep mode,' says Patrick Holford, author of *The Feel Good Factor*. 'If you can't sleep, read a book. If you wake up in the night, put the CD on. If your mind is racing, get up and do something. Don't lie in bed stressing.'

• Sleep on The Treatment Rooms' silk pillow slip, £25, then reset your internal clock by getting at least 20 minutes of bright light as soon as you wake up. Try the Philips Wake-Up Light, £120.

• 'Magnesium and the amino acid 5-HTP are needed for the brain's sleep hormones,' says Holford. Take two BioCare Patrick Holford Chill Food tablets, £16.55, before bed to aid sleep.

6 GIVE HAIR A HEALTH BOOSTER

Youthful hair is thick and soft, but if you've noticed a thinning ponytail, see a trichologist. Philip Kingsley prescribes his PK4 Hair supplements, £21, for stressed tresses. Or massage Michael Van Clarke 3 More Inches Pre-Wash Treatment, £29, into hair to slow the ageing process and promote healthier ends.

In tune with healing power of music

Cambridge News

Can listening to meditative music really do everything from improving concentration to curing insomnia? EMMA HIGGINBOTHAM puts it to the test.

LIKE to work in absolute silence – I struggle and I'll focus at you – but it seems fitting to be writing this with a gust of Alphamusic in the background. And it's really rather in case you've never heard of it, Alphamusic is designed to induce your meditative alpha brainwaves, thereby bringing out your inner calm. So far, so good.

But composer and meditation expert John Levine insists that it's not New Age music and, what's more, it can go much, much further than simply relaxing you. He says his testimonials show that Alphamusic can help to heal poorly people, soothe the feral, calm down dogs, banish insomnia, improve students' concentration and even stop warring couples from arguing. "I can't and I'm not allowed to give any guarantees that the music will do anything," he says, "but what I can say is that people have used it for different purposes, and have found that it can help them."

So how does it sound? Not unlike the music you'd hear in a spa, only more meditative. It's a kind of dreamy free-flow of piano, classical guitar, bass and gentle percussion – even a didgeridoo makes an appearance. But its mechanisms aren't entirely surprising, given that John is a bona fide musician. Australian by birth, he took up the piano at 6, and went on to study composition at Sydney University. He then played in various rock, jazz and wedding bands, as well as touring as a session musician; he even formed his own band, ATLA, and within three months he had a contract with Polygram and a single on the charts, he says. "It was right at the bottom, but I was in the charts at least."

series of what he terms stress-related diseases. "He was really frustrated because he was a creative guy, but the only way to make money was to be in business, and he internalised a lot of his anger and stress. He progressively got worse, with diverticulitis, diabetes, heart attack, stroke, and at the age of 53 he passed away."

John, who'd become interested in meditation at university, wondered if it might have helped his dad. "But I

walking on air, like a ton of bricks had just been taken off my shoulders. It was wonderful. Then I read something about New Age relaxation music, and I rushed out and bought some cassettes and listened for that feeling that meditation gave me. But it didn't happen. I was just hearing this rubbish music. And it got me angry."

This set in motion a chain of events: John had a man to a friend and he said "You've got a recording studio, stop complaining, just go do it". So it was the emotional frustration of not being able to help my father knowing that meditation really worked. I brilliantly well, hearing this rubbish relaxation music, and knowing I was challenged to do something.

"All those things came together, and I thought OK, I want to compose music that's going to induce meditation."

But for John, this wasn't a case of simply writing something soothing. "I knew that the only way I could get your brainwaves to slow down was for me to be in the lowest possible state of consciousness when I was playing the music. "I had to work out how to go down as far as possible while keeping my hands still playing on the piano, because if I wobbled even my father'd be asleep!"

And that's what he did: recording Silence of Peace in a state of deep meditation back in 1984. "But no-one knew what to do with it, how to market it and get it out there, so I put it in a box and forgot about it."

In the meantime, John married, had three children and emigrated to Poland. "And 17 years later I got divorced, and my mother decided to send me all my junk from Australia. "It was really sorry for myself,

thinking what I should do with my life, and looking through the boxes I discovered this music. Listening to it I thought 'This is it!'"

He made copies and passed them around to everyone he knew, "and couples were saying they weren't arguing so much,

others were saying their babies were crying less and going to sleep quicker, a radiologist used it to study and the next morning he could actually recall who had had the right lobe, even though he thought the music was a load of rubbish. Even dogs were well behaved."

"The problem was, everyone knew I was going through a mid-life crisis, so I didn't know how to market it. It was a mix of bad luck, of all things, that changed it. A woman said her three budgies had fallen asleep in a night. Listening to the music, I didn't react until she explained



ON THE RIGHT PAGE: John Levine at the grand piano in Cambridge City Hall. Picture: David Johnson

A woman said her three budgies had fallen asleep in daylight, listening to my music. Budgies never fall asleep in the daylight. That was the point that I realised that this was what I was going to do for the rest of my life

Composer John Levine

high testosterone levels. They didn't like the music, but the results were tremendous – a huge drop in talking, hyperactive impatience, and a whopping 108 per cent increase in academic results.

"But surely people are cynical? 'Yeah, they can be. But a percentage of those people will be affected by the music, regardless of what their attitude is. Just try it and see what happens."

"If anyone has stress, anxiety, headaches, cancer, depression, then there's a good chance they'll be interested in finding something to help them that is non-medical. And it really doesn't cost much, or their time or their effort. I've got a book thick with testimonials of people saying thank you. They're telling me: 'I'm not looking for it...'"

"I know that I'm on the right path. I know what I'm doing isn't perfect and because of that I can't guarantee anything. But I know that I'm getting a lot of positive responses."

For more information about Alphamusic CDs, which start at £11.99, visit silenceofmusic.com, or email emma.higginbotham@cambridge-news.co.uk



Does it work?
AFTER telling John about my insomnia, he said I generally wake in the wee hours, then every about 20 minutes I'll drift off again. He gave me the CD and I listened through the night. I was up on the second I woke up.

and here to listen to it again, I've found it's a great way to get back to sleep. I've been using it for a while now, and I've found it's a great way to get back to sleep. I've been using it for a while now, and I've found it's a great way to get back to sleep.

On all three nights, instead of the usual two hours of demands for drinks or worse, more stories, updates or just cries of 'I'm exhausted, who was out like a light. And the next night, I was out like a light. And the next night, I was out like a light. And the next night, I was out like a light.



John and Sue Marchant, BIG NIGHT IN, BBC radio interview

Radio and TV interviews

BBC Look East
LBC Radio
BBC radio
CH9 Australia
Radio Kerry
Polskie Radio Krakow
And more!

