

SmartsWay Studies

Place Energy Study SAL125

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Abstract

Using sound frequencies for healing purposes is one of the oldest tools that is still used til today. Different sound frequencies are being applied using different tools (natural sounds, musical instruments, human voices, etc...), and it is still being used today in many traditions such as Sufism, shamanism, and traditional Chinese medicine.

In this specific study, we used a sound frequency called “space energy” from the SAL125 program, where the seventy-four participants in this experiment who were divided into two groups, experimental and control groups, used these frequencies for one hour per day for ten consecutive days, the method of measurement included several aspects like feelings, self-development and family relationships.

The results were that the participants from the experiment group felt less fear and anxiety compared to the control group that did not use the frequencies. They also reported that they are happier, have better family moments and enjoy planning for a future.

Healing Frequencies: The Effects of Sounds and Vibrations

Introduction

From the assumption that the universe is vibrational; everyone and everything too, that this study was conducted. Each object, organism and body have a unique vibrational frequency where harmony is the key to stability and well-being [1]. This is the base behind using sounds i.e. vibrations for healing since a long time ago. Many cultures have applied sounds as a therapeutic application. Ancient Romans, Egyptians, Chinese and others reported using different forms of vibrations such as instrumental music, human's voice and nature sounds to heal numerous wellness-related events and diseases, starting from difficulty to sleep to childbirth pain. Several teachers and scientists have been studying sound healing, vibrations, for years, and nowadays, mechanisms of how sounds affect the human body are better understood and described.

Sound is a painless and safe modality of treatment, shown to be beneficial on soul and organs. In addition to its positive effect on the emotional state of humans that concurrently regulates hormones and physiological functions, it affects organs directly through vibrational tuning[2]. For that reason, sound's effect on organs and cells have been studied deeply during the last decades and continues.

Modern prominent sound healers

Nowadays, there is an increasing interest in finding therapeutic modalities other than chemical and surgical interventions; sound and frequency method is one of the old healing arts that is reappearing with more scientific and experimental verifications. This renewed modality is recognised as a science and art to be taught at universities.

Place Energy Experiment

Fabien Maman is musician artist has been recognized as the “father” of modern vibrational sound healing in Webster’s dictionary. Fabien has spent more than 30 years studying and creating sound healing techniques after noticing the effect of music on humans during his work. Fabien conducted biology experiments at a university in Paris, exposing impacts of acoustic sounds on human cells and their energy fields. He has created practical applications to balance the body, mind and spirit through the subtle energy fields. In 1988, he founded an Academy of Sound, Colour and Movement [3].

Another prominent sound healer of the present time is *Simon Heather*. Simon is one of the leading teachers in the field of Sound Healing who has written nine books and been running workshops for about three decades. In 1996, Simon with other sound healers, founded the 'UK Sound Healers Association', which led to the formation of the College of Sound Healing in 2005[4]

Last but not least of the modern active people in this field is *Lyz Cooper*, who is a sound therapist has been involved in holistic health since 1982. She founded the British Academy of Sound Therapy (BAST) in 2000; the first sound therapy training establishment in the UK to offer a professional qualification in sound therapy. BAST, is a part of The International Academy of Sound Therapy that has run training programme in Australia and will soon be running courses in other parts of Europe and the USA[5].

How Sounds and frequency used to improve the places’ energy

There are different types of sound therapy with various benefits. Some can be applied in a one-to-one modality by a therapist, while others can be practised in a class or session through a tape, such as guided meditations. The research is growing in this field, and not all methods are supported by evidence yet. In healthcare settings, sound therapy has been studied with different diseases and found to be effective[6]. While outside healthcare settings, where a person can play designed music with specific frequencies directed to a particular issue that he or she faces, such as anxiety, impaired social relationships or specific health problems, is not well studied yet. One

reason could be the challenges surrounding the design, including the control for confounders and quantifying the dose and the effect.

Literature review

“The knower of the mystery of sound knows the mystery of the whole universe.”

– Hazrat Inayat Khan

Sound healing is one of the oldest tools that were and are still used for healing[7]. Music Therapy Pioneer, Dr. Ruth Boxberger, stated that the belief that music and sound frequencies could prevent and heal physical and mental diseases existed in the oldest times[8]. From every advanced ancient culture, Ancient China to Egypt, From India to the Golden Age of Greece, this belief persisted, and all these civilizations were confident on the power of Music and sounds to create a change in their world[8].

Simon Heather, one of the sound healing teachers around the world explains that this technique is used by applying or sending sound frequencies from different sources like (human voice, musical instrument or other devices)[7]. In order to understand the principal of sound healing, the consideration of few elements must be considered. Research suggests that every object in the universe, including human cells, has its own resonant frequency[7]. According to Randall McClellan, Ph.D., in Composition, Theory and Musicology, all cells of the human body vibrate at an adequate rate and that they together compose a frequency of the whole body like the different instruments in an orchestra[8]. When one or several cells or organs of the body are not functioning as normal, then it is considered that they are ‘untuned’ like a musical instrument according to McClellan. When ‘untuned’ the whole body is then affected. Sound healing is then used to tune all the cells using the resonance principal in order to bring back the body into harmony[7].

Recently, science has become more interested in sound healing and different studies and research were done on animals, plants and humans to research this technique.

Place Energy Experiment

A series of five experiments were conducted by treating okra and zucchini seeds with sound frequencies while having a control group of the same seeds in a quiet environment, Musical sound had a highly statistically significant effect on the number of seeds sprouted compared to the untreated control over all five experiments[9]. These experiments indicated that sound frequencies have an impact on seeds germination.

Another study was done to check the effect of tuning fork generated frequencies on cognition in snails. Based on the results of this study, it was clear that exposure to 320 Hz frequency had an impact on the development of the cognitive capacity of the brain in snails[10].

John Stuart Reid an acoustics engineer, scientist and inventor directed a research on the effect of sound frequencies on the human blood cells. They applied different types of sounds on the blood cells with a control group that was put in a quiet environment. All the blood samples that were treated with sounds had a significant increase in the number of viable red blood cells over the number counted in the control blood sample and the highest number was found after blood's immersion in the sound field of a proprietary sound therapy device selecting a sound prescription for cell regeneration[11].

Dr Manners was also one of the researchers in this field, he developed Cymatic Therapy which consists of applying sound frequencies on the body using a device called Cymatic Instrument[8]. Dr Manners used Cymatic Therapy for rheumatic conditions, arthritis, fractures, muscle strain, whiplash, slipped discs, fibrositis and paralysis[12].

Some studies identified sound frequencies that can relate to the different parts of the bod[7]. Boris Mouraskhin composes a 'Bio-energetic Psychotropic Music' and demonstrated that sound frequencies can help regulate blood pressure, reduce stress, relieve pain, normalize sleep, positively condition the immune system, and promote overall wellbeing [8]. Some also suggested that sound frequencies can be applied as an Epigenetic Tool in healing the restricting symptoms of Autism in children[13].

Study data

This quantitative experimental study is based on an experiment with a group of participants on the impact of using the Space Energy application in SAL125.

The study's hypothesis is that the use of space energy frequency positively affects the participants, and this will be defined by comparing the experimental with a control group.

Testing Hypothesis:

$$H_0: \mu_1 = \mu_2$$

$$H_1: \mu_1 \neq \mu_2$$

Where:

μ_1 : Space energy frequency for the experimental group

μ_2 : Space energy frequency for the control group

Participants in this experiment

100 participants were selected from STG members group (A group in Telegram app) to participate in this experiment. All the participants had a valid access to SAL125 and were divided in two groups: Experimental Group and Control Group.

This experiment lasted for 20 continuous days, during which 3 questionnaires were distributed for each group.

The experimental group started by filling the first questionnaire then running the place energy frequency for about one hour a day from the first day of the experiment and continued for 10 consecutive days. Then, the second questionnaire was sent. There was a 'Gap' period that lasted for five days. After that, the third and final questionnaire was sent to this group.

Place Energy Experiment

For the control group, the experiment started with them as well from the first day by sending them the first questionnaire, but they were asked to not use SAL125 program for the next 10 days. After 10 days, the second questionnaire was sent to them and the group started running the place energy frequency for about one hour a day from the first day of the experiment and continued for 10 consecutive days. At the end of the experiment, the group had to fill the third and last questionnaire.

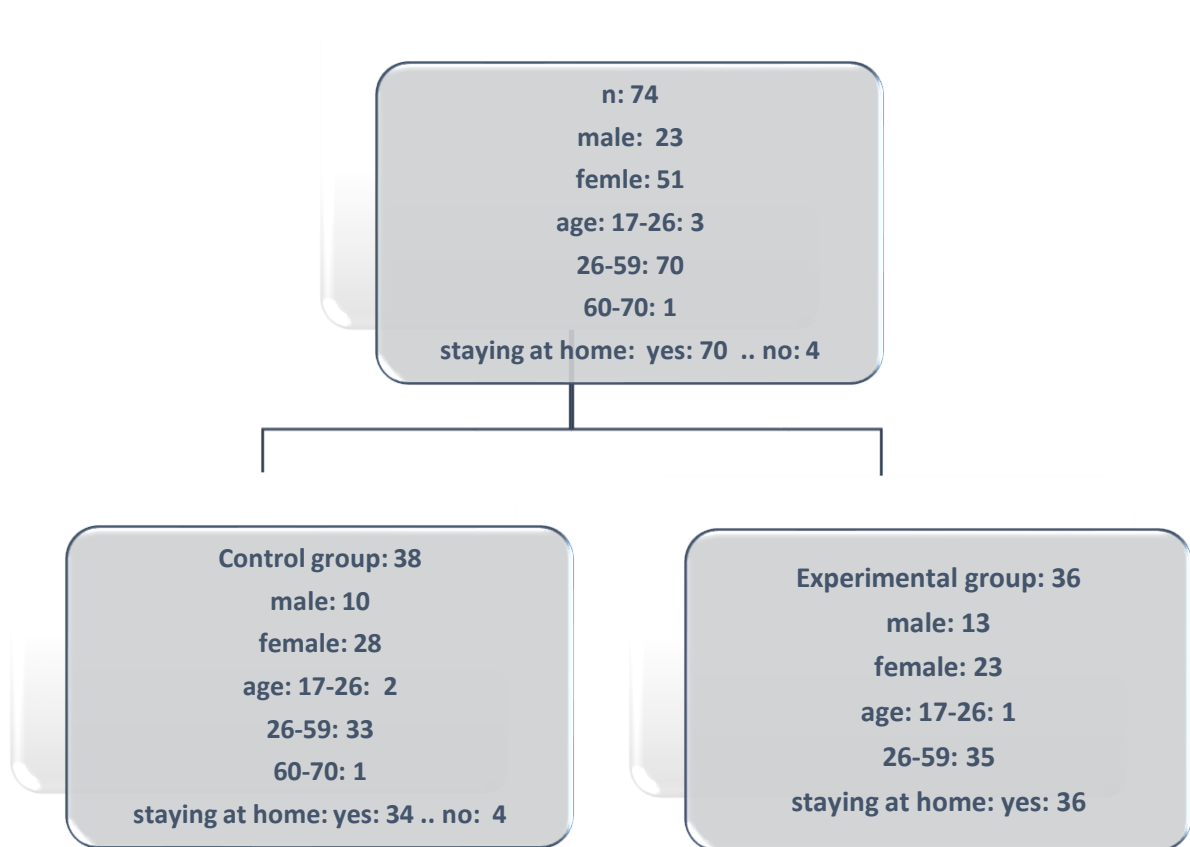
The questions asked were based on the Likert scale. They helped to measure the variables of the study, which included psychological, self-development, and relationships aspects. For each question the participants had seven choices[14].

Strongly agree	Agree	Somewhat agree	Neutral	Somewhat disagree	Disagree	Strongly disagree
1	2	3	4	5	6	7

Study results

After the end of the experiment for both groups, any participant who did not complete the required actions of the study was excluded. So, all the participants who did not answer the three questionnaires were excluded from the results of this experiment and therefore the total number of participants became 74 participants.

Place Energy Experiment



The comparison of results of the experimental and control group showed that there is a level of improvement for the experimental group after the use of the 'place energy' frequency especially for the questions related to self-development, relationships and the positive feelings. In the experimental group, the average response to these questions was "Strongly agree"; and the average for the control group was "Agree".

For the questions about the feelings of fear for the future and anxiety (Q4 and Q5), the experimental group "Strongly disagreed" with the existence of these feelings, and the average response of the control group was "Disagree."

Place Energy Experiment

Group				Q1: When I look at my current situation, I'm happy how things have gone	Q2: In general, I feel confident and positive about myself these days	Q3: Right now, I enjoy making plans for the future and working to make it a reality	Q4: I currently enjoy mutual conversations with my family	Q5: Right now I'm worried and nervous about the future	Q6: I am currently feeling fear about some events in life
A	Place Energy A After Gap	N	Valid	36	36	36	36	36	36
			Missing	0	0	0	0	0	0
		Mean		2.1111	2.0833	2.2500	2.1389	5.0833	4.9444
		Std. Deviation		1.30445	1.38099	1.15573	1.24563	1.76271	1.67237
		Variance		1.702	1.907	1.336	1.552	3.107	2.797
B	Share B Exp	N	Valid	38	38	38	38	38	38
			Missing	0	0	0	0	0	0
		Mean		2.5000	2.2105	2.5000	2.6579	4.3684	4.1842
		Std. Deviation		1.50225	1.25543	1.67251	1.64853	1.54956	1.78364
		Variance		2.257	1.576	2.797	2.718	2.401	3.181

If we look at the details of each questionnaire, we note that there is an effect of using the 'place energy' frequency for the participants in the two groups. This effect is seen in the detail of the responses of each participant, but it is not considered to be of clear statistical significance. The statistical result showed that there is no substantial difference between the two groups but noting the small differences between the two groups can still be considered and taken into account.

Analysis of the participants' responses:

Q1: When I look at my current situation, I'm happy how things have gone.

- 83% of the participants in the experimental group were happy about their current situation compared to 81.6% of the control group.

- 5.6% of participants who applied the space energy exercise were not happy about their current situation compared to 13.2% of the participants who did not apply the space energy exercise.

Q1: When I look at my current situation, I'm happy how things have gone						
Group			Frequency	Percent	Valid Percent	Cumulative Percent
A	Place Energy A After Gap	Strongly agree	15	41.7	41.7	41.7
		Agree	11	30.6	30.6	72.2
		Somewhat agree	4	11.1	11.1	83.3
		Neutral	4	11.1	11.1	94.4
		Somewhat disagree	1	2.8	2.8	97.2
		Disagree	1	2.8	2.8	100.0
		Total	36	100.0	100.0	
B		Strongly agree.	7	18.4	18.4	18.4
		Agree	21	55.3	55.3	73.7
		Somewhat agree	3	7.9	7.9	81.6

Place Energy Experiment

	Share B Exp	Neutral	2	5.3	5.3	86.8
		Somewhat disagree	2	5.3	5.3	92.1
		Disagree	2	5.3	5.3	97.4
		Strongly disagree	1	2.6	2.6	100.0
		Total	38	100.0	100.0	

In general, there is a difference between the two groups, but this difference is not considered substantial as we see in the figure bellow:

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	8.462 ^a	6	0.206
Likelihood Ratio	8.990	6	0.174
Linear-by-Linear Association	1.399	1	0.237
N of Valid Cases	74		

Since P-value = 0.206, which is larger than 0.05, so we accept the null hypothesis.

There is no significant difference between experimental and control group for this question

Place Energy Experiment

Q2: In general, I feel confident and positive about myself these days

- The percentage of confidence and positivity among participants in this experiment did not differ for the two groups where they accounted for approximately 89%
- 8.4% of people who did the experiment were not confident and positive about themselves compared to 5.3% of those who did not do the experiment.

Q2: In general, I feel confident and positive about myself these days						
Group			Frequency	Percent	Valid Percent	Cumulative Percent
A	Place Energy A After Gap	Strongly agree	16	44.4	44.4	44.4
		Agree	10	27.8	27.8	72.2
		Somewhat agree	6	16.7	16.7	88.9
		Neutral	1	2.8	2.8	91.7
		Somewhat disagree	1	2.8	2.8	94.4
		Disagree	2	5.6	5.6	100.0
		Total	36	100.0	100.0	
B	Share B Exp	Strongly agree	12	31.6	31.6	31.6
		Agree	14	36.8	36.8	68.4
		Somewhat agree	8	21.1	21.1	89.5
		Neutral	2	5.3	5.3	94.7
		Disagree	2	5.3	5.3	100.0
		Total	38	100.0	100.0	

Place Energy Experiment

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	2.805 ^a	5	0.730
Likelihood Ratio	3.202	5	0.669
Linear-by-Linear Association	0.174	1	0.676
N of Valid Cases	74		

P-value = 0.730, so we accept the null hypothesis

There is no significant difference between experimental and control group for this question

Q3: Right now, I enjoy making plans for the future and working to make it a reality

- 92% of the experimental group participants enjoy planning for the future while 79% of the control group do.
- 5.6% of the experimental group participants did not enjoy planning during this period and 8% of the control group had the same feeling.

Q3: Right now I enjoy making plans for the future and working to make it a reality							
Group				Frequency	Percent	Valid Percent	Cumulative Percent
			Strongly agree	10	27.8	27.8	27.8
			Agree	13	36.1	36.1	63.9

Place Energy Experiment

A	Place Energy A After Gap	Valid	Somewhat agree	10	27.8	27.8	91.7
			Neutral	1	2.8	2.8	94.4
			Somewhat disagree	1	2.8	2.8	97.2
			Disagree	1	2.8	2.8	100.0
			Total	36	100.0	100.0	
B	Share B Exp	Valid	Strongly agree	12	31.6	31.6	31.6
			Agree	12	31.6	31.6	63.2
			Somewhat agree	6	15.8	15.8	78.9
			Neutral	5	13.2	13.2	92.1
			Strongly disagree	3	7.9	7.9	100.0
			Total	38	100.0	100.0	

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	8.841 ^a	6	0.183
Likelihood Ratio	11.021	6	0.088
Linear-by-Linear Association	0.557	1	0.455
N of Valid Cases	74		

P-value = 0.183 so we accept the null hypothesis

There is no significant difference between experimental and control group for this question

Q4: I currently enjoy mutual conversations with my family

- 86% of the experimental group had fun conversations with their families, while nearly 82% of the control group members found pleasure in family conversations.
- 3% of the experimental group didn't find a fun side in family dialogues and 13% of the control group didn't.

Q4: I currently enjoy mutual conversations with my family							
Group			Frequency	Percent	Valid Percent	Cumulative Percent	
A	Place Energy A After Gap	Valid	Strongly agree	15	41.7	41.7	41.7
			Agree	8	22.2	22.2	63.9
			Somewhat agree	8	22.2	22.2	86.1
			Neutral	4	11.1	11.1	97.2
			Disagree	1	2.8	2.8	100.0
			Total	36	100.0	100.0	
B	Share B Exp	Valid	Strongly agree	10	26.3	26.3	26.3
			Agree	11	28.9	28.9	55.3
			Somewhat agree	10	26.3	26.3	81.6
			Neutral	2	5.3	5.3	86.8
			Disagree	4	10.5	10.5	97.4
			Strongly disagree	1	2.6	2.6	100.0
			Total	38	100.0	100.0	

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	5.112 ^a	5	0.402
Likelihood Ratio	5.644	5	0.342
Linear-by-Linear Association	2.274	1	0.132
N of Valid Cases	74		

P-value = 0.402, so we accept the null hypothesis

There is no significant difference between experimental and control group for this question

Q5: Right now, I'm worried and nervous about the future

- 25% of the experimental group are concerned about their future while 29% of the control group were stressed and anxious about their future.
- The rate of the inexistence of uncertainty and tension about the future in the experimental group is 64% and 45% in the control group.

Q5: Right now I'm worried and nervous about the future							
Group			Frequency	Percent	Valid Percent	Cumulative Percent	
A	Place Energy A After Gap	Valid	Agree	4	11.1	11.1	11.1
			Somewhat agree	5	13.9	13.9	25.0
			Neutral	4	11.1	11.1	36.1
			Somewhat disagree	4	11.1	11.1	47.2
			Disagree	9	25.0	25.0	72.2

Place Energy Experiment

			Strongly disagree	10	27.8	27.8	100.0
			Total	36	100.0	100.0	
B	Share B Exp	Valid	Strongly agree.	1	2.6	2.6	2.6
			Agree	4	10.5	10.5	13.2
			Somewhat agree	6	15.8	15.8	28.9
			Neutral	10	26.3	26.3	55.3
			Somewhat disagree	5	13.2	13.2	68.4
			Disagree	10	26.3	26.3	94.7
			Strongly disagree	2	5.3	5.3	100.0
			Total	38	100.0	100.0	

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	9.112 ^a	6	0.167
Likelihood Ratio	10.066	6	0.122
Linear-by-Linear Association	3.331	1	0.068
N of Valid Cases	74		

P-value = 0. 167, so we accept the null hypothesis

There is no significant difference between experimental and control group for this question

Q6: I am currently feeling fear about some events in life

- The existence of concerns about certain life matters in the experimental group represents 25%, and up to 45% for the control group.
- The percentage of absence or decrease of fear was 70% in the experimental group and 45% in the control group.

Q6: I am currently feeling fear about some events in life							
Group			Frequency	Percent	Valid Percent	Cumulative Percent	
A	Place Energy A After Gap	Valid	Agree	5	13.9	13.9	13.9
			Somewhat agree.	4	11.1	11.1	25.0
			Neutral	2	5.6	5.6	30.6
			Somewhat disagree	8	22.2	22.2	52.8
			Disagree	11	30.6	30.6	83.3
			Strongly disagree	6	16.7	16.7	100.0
			Total	36	100.0	100.0	
B	Share B Exp	Valid	Strongly agree.	2	5.3	5.3	5.3
			Agree	5	13.2	13.2	18.4
			Somewhat agree	10	26.3	26.3	44.7
			Neutral	4	10.5	10.5	55.3
			Somewhat disagree	4	10.5	10.5	65.8
			Disagree	10	26.3	26.3	92.1

Place Energy Experiment

			Strongly disagree	3	7.9	7.9	100.0
			Total	38	100.0	100.0	

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	7.571 ^a	6	0.271
Likelihood Ratio	8.481	6	0.205
Linear-by-Linear Association	3.447	1	0.063
N of Valid Cases	74		

P-value = 0.271, so we accept the null hypothesis

There is no significant difference between experimental and control group for this question

Summary of the results:

- Feelings of fear in the experimental group account for 25% and are lower than the feelings of fear in the control group, which is 45%.
- 64% of the participants in the experimental group do not have anxiety and stress about future events, while 45% of the participants of the control group do not have those feelings.
- The majority of participants in the experimental group enjoy conversations and discussions with their family members and a small percentage of them about 3% do not.

Place Energy Experiment

The participants of the control group enjoy also their family conversations, but the percentage of those who do not is about 13%.

- 92% of the of the experimental group enjoy planning for the future, which is higher than the 79% of the control group.
- The happiness rate in both groups was high, while the absence of happiness existed in 5.6% of the experimental group which is lower than the rate of absence of happiness in the control group that was approximately 13%.

Comparison of the two groups before and after the experiment

I. Experimental group

The responses of the participants of the experimental group were compared before and after the experiment, and the observations showed an overall improvement in all aspects of the questionnaire, which indicates that the space energy frequency had an impact on the participants but the effect was evident in the difference of the answers to the sixth question: I am currently feeling fear about certain events in life.

Place Energy Experiment

Chi-Square Tests			
		df	Asymptotic Significance (2-sided)
Pearson Chi-Square	17.476 ^a	6	0.008
Likelihood Ratio	19.747	6	0.003
Linear-by-Linear Association	9.881	1	0.002
N of Valid Cases	72		

P-Value = 0.008 which is less than 0.05

There is a fundamental effect of the Space energy application on the participants before and after the experiment.

Q6: I am currently feeling fear about some events in life*				
		Stage		Total
		Place Energy A	Place Energy A After Gap	
Q6: I currently have concerns about some events in life	Strongly agree	4	0	4
	Agree	7	5	12
	Somewhat agree	10	4	14
	Neutral	6	2	8
	Somewhat disagree	2	8	10
	Disagree	3	11	14
	Strongly disagree	4	6	10
Total		36	36	72

II. Control group

The answers of the control group were compared before and after the experiment. The fundamental difference was:

- The feeling of happiness about the current situation of the participant. After the days of the experiment, the participants' answers to this question indicated that they were now living happier than before.

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	9.885 ^a	4	0.042
Likelihood Ratio	10.180	4	0.038
Linear-by-Linear Association	3.021	1	0.082
N of Valid Cases	76		

Q1: When I look at my current situation, I'm happy with how things have gone*				
		Stage		Total
		Share B	Share B After	
Q1: When I look at my current situation, I'm happy how things have gone.	I'm very much in agreement.	8	21	29
	Fairly ok.	19	9	28
	A little ok.	4	3	7
	Neutral	3	2	5
	A little disapproved.	4	3	7
Total		38	38	76

P-Value = 0.042 which is less than 0.05

There is a fundamental effect of the application of the space energy on the participants.

- The feeling of confidence and positivity about oneself during these days

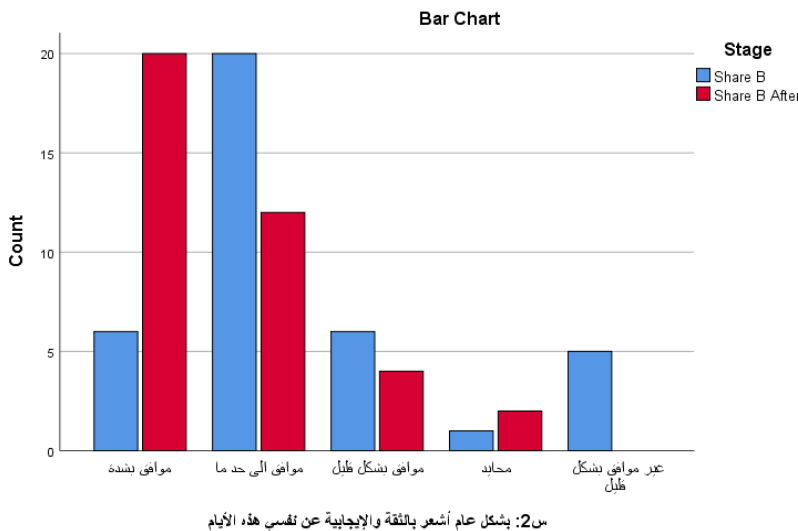
The difference in this aspect was substantial among the participants, after the completion of the experiment, the feelings of confidence and positivity increased clearly among the participants

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	15.272 ^a	4	0.004
Likelihood Ratio	17.648	4	0.001
Linear-by-Linear Association	8.956	1	0.003
N of Valid Cases	76		

Q2: In general, I feel confident and positive about myself these days.				
		Stage		Total
		Share B	Share B After	
Q2: In general, I feel confident and positive about myself these days.	Strongly agree	6	20	26
	Agree	20	12	32
	Somewhat agree	6	4	10
	Neutral	1	2	3
	Somewhat disagree	5	0	5
Total		38	38	76

P-Value = 0.004 which is less than 0.05

There is a fundamental effect of the space energy application before and after the experiment.



Conclusion

The results of this experiment indicate a general improvement in the life of the participants who applied the Place Energy Frequency in all the aspects identified at the beginning especially in the points below:

- Decrease of the feeling of fear
- Increase of the level of happiness
- Increase of the sentiment of confidence and positivity

This study has then shown that Sound Frequencies can have a positive impact on the environment and the people living in it.

After doing this research, we discovered that sound healing had been a very important tool for healing in the past and it currently started to gain its place in the health system. We can now understand and accept easily this quote from the philosopher Rudolph Steiner: "There will come a time when a diseased condition will not be described as it is today by physicians and psychologists, but it will be spoken of in musical terms, as one would speak of a piano that was out of tune." Further research is still needed and suggested to be done.

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