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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Transforming through Sound

By Theresa Jodray

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Through music and word is the ability to use sound, music and voice to affect changes in others and in oneself. Most every society has had teachings which usually fell to the individuals schooled in the natural or spiritual laws of the universe. These ancient traditions of the word are not lost. It involves one opening up to heal and be healed through the magic of music and sound.

Take for instance the humming sound. It carries sound internally and can be a powerful tool. Establishing a rapport between our spiritual aspects and our emotional, mental and physical aspects bringing them into harmony with each other. The power of the mantra can be felt in humming "Om", it actually performs a micro-massage upon the internal organs, releasing stress and restoring balance creating sympathy, harmony and poise.

Music and singing awakens ones creativity. Singing release's stress while listening can stimulate movement and thought. Learn to play with your voice and with your singing you may recapture joy and balance in the process. Singing is a way of cleansing the Etheric body, strengthening the flow of energy into the physical body. The Gregorian chants that we know today are still powerful tools of consciousness inspiring awe. They are quite cleansing to any negative environment.

There are many ways in which sound combined with the energy of crystals may restore balance and release stress. Within everyone are all the energies and forces of our universe carrying the potential to manifest greater fulfillment, abundance, health and awareness. Through the transformation of sound we can touch upon learning to use energies and abilities long forgotten but still within our reach.

To learn more on the effects of sound I recommend reading SACRED SOUNDS by, Ted Andrews a book that brings together the power found in the spoken word, music and sounds to help one create inner balance and healing.

" Theresa F. Jodray holds her Masters in the Science of Parapsychic Science. She is a freelance photographer and writer whose uninhibited work inspires people in all walks of life, including other photographers and artists, several of whom have publicly praised her work. "

Different Methods Of Sound Proofing

By Gavin Sanderson

Do you live in a noisy neighborhood? Do you have a loud home theater or band room in your home? Is your office prone to loud traffic noises? If you answered yes to any of these, you may want to look into sound proofing your environment.

Sound proofing is provided by materials that either block sound from entering an area or absorb sound to contain it in an area. Sound is measured in decibels. When you get materials to block or absorb sound, you will see that they have an STC (standard transmission class) rating. An STC rating depicts how much sound decibels the sound proofing material will block or absorb. An example: a normal wall has an STC rating of 20 or 25. This means you can hear normal speech through the wall. If you want the normal speech to only be heard as a murmur, you will need a wall with an STC rating of at least 42.

Now that you understand the STC rating of sound proofing materials, you can learn what means of sound proofing are available to you. A rather inexpensive method of soundproofing is to use foam sound proofing materials. The foam can fit in almost any space and can be either 1/2 inch to 2 inches thick. The STC rating of the foam is between 40 and 50. Another mean is to use vinyl sound proofing materials. Vinyl materials have an STC rating of 42 to 55. For floors (such as in the case of multi leveled buildings) you can utilize sound blocking carpet underlays that fit in between the floor levels. Carpet underlays have an STC rating of 29 to 40. Inexpensive metal wall channels are also available. These attach directly in your walls and ceilings. The STC rating for these is 38 to 50.

These are the many different means that you can use to soundproof your environment. The prices can vary depending on how much sound you wish to block and how big of an area you wish to cover. With careful research, you should be well on your way to a more peaceful and quiet environment.

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