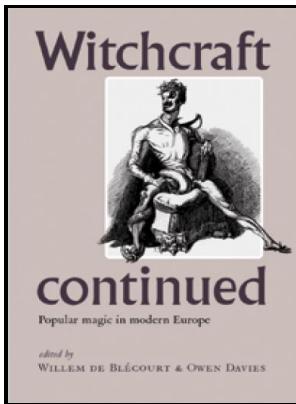


# Healing forces of music - history, theory and practice

**toExcel - The Healing Forces of Music: History, Theory and Practice by B. Randall McClellan**



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## The Healing Forces of Music: History, Theory and Practice by B. Randall McClellan

Another function of spiritual music is for mnemonic purposes.

### Healing Powers of Sacred Music

Joshua Leeds--a pioneer in the application of music for health, learning, and productivity--explains how sound can be a powerful ally. . McClellan takes us into basic acoustics, the process of hearing and the vibratory nature of the human body.

### The Healing Forces of Music

From the womb to the moment we die we are surrounded by sound, and what we hear can either energize or deplete our nervous systems. Inayat Khan reveals that the main difference between the Sufis and other spiritual groups is that the Sufis discourage crying as a form of self-pity or a sadness of the ego but permit tears as an expression of a realisation of and connection to God.

### Healing Powers of Sacred Music

The pentatonic scale relates to the mathematic formulas of Pythagoras, who developed the tonal system based on his appreciation of harmony in the cosmos. It emphasizes the therapeutic effect and the vibrational power of the colors on the physical body, the mind, the emotions and the spirit. Music which contains natural sounds can aid concentration during work or meditation.

## The Healing Forces of Music: History, Theory and Practice by B. Randall McClellan

In the Central Himalayan region of Garhwal, the gods devtas enjoy dancing.

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He also provides a new 75-minute CD of psychoacoustically designed classical music for a direct experience of the effect of simplified sound on the nervous system.



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