

Tune Up Your Body With Sound Therapy

By Dorinne Davis

Your body is like an orchestra playing a continuous symphony. But is the audience (the world around you) listening to the symphony? Or is your body responding to the audience's energy? The cells of your body emit and respond to sounds. Each cell is an instrument playing its own note. Sometimes the instruments are out of tune and need to be 'tuned up'. Your body, as a collection of musicians, is also influenced by the audience's response, and will play its symphony better and in tune based on the response.

The cells of the body take in sound and give off sound. This process is known in physics as Kirchhoff's principle and states that the energy (or frequency in this case) absorbed by the cells is identical to the energy (or frequency) emitted by the cells when excited¹. There is a continuous energy, or frequency transference system, in our cells. Frequency is sound, so a continuous sound transference occurs within all of our cells. When this transference is optimally balanced, the body is in balance/harmony, and 'in tune'.

Laws of Sound Stimulation

The concept that the body functions best when its sound stimulation system is in balance was originally identified by Dr. Alfred Tomatis, a French Ear, Nose, and Throat physician. In 1957, at the French Academie of Science, three laws, which became known as *The Tomatis Effect*², were established. These laws state that the voice produces what the ear hears. Dr. Tomatis found a connection between the voice, the ear, and the brain. In 2004, at the Acoustical Society of America, Davis-Kalugin reported two additional laws known as *The Davis Addendum® to the Tomatis Effect*³. These laws state that the ear emits the same stressed frequencies as the voice, further verifying a connection between the voice, the ear, and the brain. The action of the continuous sound transference system was first identified by these 5 laws.

Davis developed *The Tree of Sound Enhancement Therapy*® after studying the major sound-based therapies. *The Tree* incorporates the 5 laws and provides a developmental flow chart for the administration of sound-based therapies. A sound-based therapy is defined as the use of some form of sound vibration that impacts the body using special equipment, programs, modified music, and/or specific tones/beats, the need for which is identified with appropriate testing.⁴ Davis further established a test battery, *The Diagnostic Evaluation for Therapy Protocol (DETP®)*, which identifies if, when, how long, and in what order any of the many sound-based therapies can support the person toward better balance. The entire process is based on the voice-ear-brain connection.

The Tree of Sound Enhancement Therapy

The ear takes in sound, sends it to the brain to interpret and use, and the voice is trained to become the body stabilizer. It is this voice-ear-brain connection that supports the interpretation of *The Tree of Sound Enhancement Therapy*. The Tree is comprised of the Root System, the Trunk, the Leaves and Branches, and Body Maintenance. The Root System relates to one's sense of hearing, specifically 4 issues that impact one type of hearing hypersensitivity. The Trunk relates to general sound processing skills that include movement, coordination, language skills, social connectedness, oral motor skills, and more, as well as hearing and listening skills. The Leaves and Branches relates to specific auditory processing skills

like memory, discrimination, and sequencing, as well as academic skills like reading, handwriting, and spelling. The Body Maintenance of The Tree relates to one's wellness, or how well the person supports the growth and longevity of The Tree.

The *Diagnostic Evaluation for Therapy Protocol (DETP®)* follows The Tree analogy and provides guidance in the administration of the appropriate sound-based therapy to support an individual towards positive change. All sound-based therapies are not alike. The foundation of Davis' total person approach, the *DETP*, supports maximum learning through maximum wellness.

Types of Therapies

There are many sound-based therapies. Each has an appropriate time and place on The Tree. Names such as Berard Auditory Integration Training, the Tomatis® Method, Fast ForWord®, Interactive Metronome®, The Listening Program®, BioAcoustics®, and Samonas™ are just a few. Davis, in her book, *Sound Bodies through Sound Therapy*⁵, discusses each therapy and suggests their appropriate application.

Summary

Sound-based therapies help the body self-heal. They help the body find the balance between being in tune and being discordant. The *DETP* takes the guesswork out of deciding which therapy is most appropriate and guides the person towards improved balance and wellness.

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¹ Davis D. *Sound Bodies through Sound Therapy*. Kalco Publishing, LLC. Landing, NJ, 2004, p 30.

² Tomatis, A.A. *The Conscious Ear: My Life of Transformation through Listening*. Barrytown, NY: Station Hill Press, 1991.

³ Davis-Kalugin, D.S., *The Davis Addendum to the Tomatis Effect*, Acoustical Society of America Annual Conference, San Diego, CA., November 2004.

⁴ Davis D.S. *How sound-based therapy can help the Isodicentric 15 Individuals*. Schaumburg, IL: Isodicentric 15 and other Chromosomal Imbalances Conference. June 24, 2005.

⁵ Davis D. *Sound Bodies through Sound Therapy*. Kalco Publishing, LLC, Landing, NJ 2004