

Healing Music Sampler Guide

Using sound to increase your intelligence, health, energy, and spirituality



Transformative Sound Healing

The transforming power of sound and music, when used in a knowledgeable way, can improve your health, intelligence, emotional state of being, consciousness and give you energy!

Learn secrets found in ancient civilizations that used sound to transform the mind, body and spirit!

Combine this with refined "sound" techniques from today's modern scientific researchers!

It's an enjoyable and free way to quickly evolve into greater health, intelligence, consciousness, energy and well-being!

By Jill Mattson

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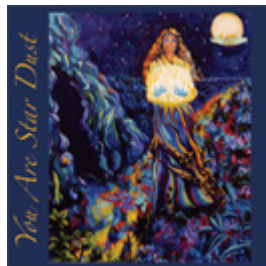
*This guide is intended to be used with the 3 samples from
the following CD's*

available at www.jillswingsoflight.com

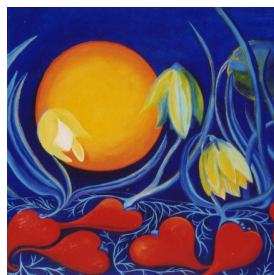
Paint Your Soul...Music to Paint Your Consciousness.....



You Are Star Dust...Music of the healing Night!.....



The Flower Symphonies...Healing Flower Vibrations.....



About the Artist, Composer, Musician: Jill Mattson -- See Last Page

Paint Your Soul – Music to paint your consciousness

Paint Your Soul CD can transform low frequency thoughts and behaviors, increase your consciousness, and leave you in a profound state of peace. With ancient secrets and modern research, the imbedded sound will “paint your soul”!

How does it work?

Our cells are made of vibrating energy at the subatomic level. Our cell’s vibrations will “entrain” with surrounding frequencies. For example, if you had several clocks in close proximity, ticking at different times, all will tick at the same time shortly. When we listen to music, we entrain the vibrations of the music.

“I was taken by the haunting beauty of the vocals and also the cascading effect of the music and how it seemed to create rhythmic surges of consciousness – as if my attention was being swept in and out like the waves of the ocean that were also part of the music.”
Jeff C

What makes this music so special?

The fibonacci series of numbers (found in solar systems, seashells, plants, our bodies, and in famous architecture) has been converted into musical intervals in the Paint Your Soul CD.

The fibonacci numbers (or frequencies) if graphed, reveal a spiral. In contrast, western music creates a circle when graphed. Many ancient traditions believed that listening to the “spiral” pattern in sound enabled one to quicken their soul’s vibrations and rise closer to God. These frequencies are not in use today, as using the pure fibonacci frequencies makes our pianos impractical. We would need a separate piano for each key.

Mattson melodically meanders through each track, evoking ethereal and swimming melodies reminiscent of new age artist, Enya, and the haunting vocals of Sarah Brightman.” Derrick News

The Paint Your Soul CD uses tuning forks that create the pure tones of this spiral pathway, creating pathways for our consciousness to expand on.

“While listening to Paint Your Soul, I felt a deep healing happening...I felt such profound peace and lightness. The music responded right into my being. This is truly healing music for your spirit and Soul.” Anne L.

Music makes energetic pathways in our consciousness, which paves the way for evolutionary progress for mankind, reported Cyril Scott in “Music, Its Secret Influence through out the Ages.” For example, Bach and Haydn’s mathematically perfect harmony enabled people to rise out of the dark ages. The ornate classical music inspired the ornate architecture and styles of the time. Beauty emerged, but some people’s pretty presentations hid a cold heart. Later, Beethoven’s music introduced harmonic patterns that inspired compassion, which aided people to grow beyond ornamental, proper behavior. The first charities are recorded only after people heard Beethoven’s music. Can music carve pathways into our consciousness and uplift our souls?

“Paint Your Soul” brought tears to my eyes at first and weeks later, still leaves me in a state of contemplative quietude hours after listening.” Judy S.

Horowitz and Puleo published numerical patterns of frequencies encoded in the Bible, (Numbers 7:12-83) the tones were encoded in the Bible, kept safe through out the ages, and waited for the right time to be revealed.

These sacred tones from the Bible, in the Paint Your Soul CD, introduce new sounds to our listening ears that are not found in Western music. These and other techniques make “Paint Your Soul” a formative, listening experience, which will color your soul.

“Paint Your Soul made me feel as though an uncommon force was being exerted over me. It was a revelation of a unspoken perfection, a truth lying deeply beneath the accumulation of the rubbish of my life.” Mike L.

Jill Mattson

www.myspace.com/jillswingsoflight.com

www.jillswingsoflight.com

<http://newagehealingmusic.blogspot.com/>

<http://soundmatterandspirit.blogspot.com/2006/06/use-sound-and-music-to-increase-your.html>

The "You Are Star Dust" CD

Our physical body is primarily made of carbon, hydrogen, oxygen, and nitrogen. The stars are made of these same elements, although we have different proportions. **Our bodies and the stars are made out of the same elements! Are we star dust?**

A French physicist, Joel Sternheimer, discovered sound frequencies of molecules. Joel produced a formula to calculate frequencies for elements in the Periodic Table.¹ So every element has a frequency. Therefore carbon, hydrogen, oxygen and nitrogen make frequencies, a song if you will! **The stars have a song and so do we!**

Joel also learned that amino acids in plants produce songs. We can't hear them, but with his equipment, he can! Joel discovered that when he played back the amino acid's songs to the plant, the plant's **growth doubled** and it increased in resilience to drought and disease.² This says to me, that **when we sing our song in harmony, we become all that we were meant to be.**

The scientific theory of entrainment says that a strong vibration in close proximity causes the lesser vibration to change and copy the stronger vibration. This is one reason why the plant growth doubled when it heard its own song, it sang its song in tune! Also, when you hear the sounds of the stars (raised up octaves into your hearing range), **you can vibrate in harmony with the songs of the heavens.**

According to Hans Cousto, we can calculate the pitch of a planet if we know the time it takes a planet to complete an orbit:

Frequency=1/period.

For example, the earth takes 365.24 days to orbit the sun, so the earth's frequency is 1/365.24 days.³ By doubling the frequency by octaves this note can be heard. **We can listen to the sounds of the stars!**

As you hear the star's vibration, you can vibrate in tune with it. **So you can sing the song of the stars and the stars can sing in you! We are in the choir of the "uni-verse," meaning one verse or song.**

"Happy are those familiar with the tones of our planet. Happy are those that attune themselves to the rhythm and movement of the earth."

¹ Cousto, Hans. The Cosmic Octave, the Origin of Harmony. LifeRhythm, Mendocino, CA, 2000

- **As you cut the length of the rotation of stars or a planet in half, you double the star's frequency and get a pitch an octave higher.**
- **As you cut the length of a violin string in half, you double the frequency, and get a note an octave higher.**

See the relationship between pitch and the heavenly bodies? The frequencies of the **stars and the planets** in orbits **use the same laws of harmony as our music!** The cosmos has more than

There is harmony in the heavens!

Hans Cousto's book and planetary tuning forks are at: www.LifeRhythms.com or (707)-937-1825.

¹ Maman, Fabien. The Role in the Twenty-First Century. Tamo-Do Press. Boulder, Co.1997. pg 15, footnote.

² www.earthpulse.com "French Physicist Creates New Melodies – Plant Songs."

³ Cousto, Hans. The Cosmic Octave, the Origin of Harmony. LifeRhythm, Mendocino, CA, 2000.

The Frequency of the Earth, Moon and the Sun

Physicist, Hans Cousto suggests that when you tune into the earth's frequency, you simultaneously tune into the energy of others such as the Indian and Tibetan monks, who are in harmony with the earth. **By tuning into their energy, you participate in their peace of mind**, you “become part of the morphogenetic field” of all those already in harmony due to their regular meditation.⁴

When you raise the earth-day frequency 66 octaves, you create the resonance of DNA, linking the resonance of DNA and the earth tone. **Can you tune up your DNA**, by listening to the tone of the earth?

The scientific phenomenon of the hundredth monkey shows that when a certain percentage of the monkey population learned a new trick, that the entire population of the monkeys, even those on other islands who had never seen the trick, could then easily perform it. Therefore, **we can tune into the frequency of those already in tune due to their regular meditation.**

Cousto notes that the moon affects the tides and also our body fluids. He also suggests that tuning with the moon frequency can help stabilize fluid imbalances.⁵ He also cautions, not use tuning forks to replace traditional medicine.

Cousto tells us about the impact of the tone of the sun: **“Meditation music attuned to the sun tone is beyond all imagination and will lead the listener into new dimensions.** Above, all, it is recommended for people whose souls are full of joy and whose spirits are clear, for those who are prepared to leave everything behind them without regret. **Meditation carried out to the tone will lead the listener to a state beyond good and bad, shame and guilt, beyond space and time, knowledge and wisdom, action and rest, and being and non-being.** It leads to a state where the all-in-one and the all-encompassing are no longer separate entities but are reunited at their tone, common origin -- the origin that is also you.”⁶

www.jillswingsoflight.com for this and other beautiful music, and a daring art gallery!

⁴ Cousto, Hans. The Cosmic Octave, the Origin of Harmony. LifeRhythm, Mendocino, CA, 2000. Pg. 62.

⁵ Cousto, Hans. The Cosmic Octave, the Origin of Harmony. LifeRhythm, Mendocino, CA, 2000. Pg. 79.

⁶ Cousto, Hans. The Cosmic Octave, the Origin of Harmony. LifeRhythm, Mendocino, CA, 2000. Pg. 95.

The Flower Symphonies

Healing Flower Vibrations

A flower, like anything else, is in its simplest form, a vibration. The indigenous tribes in South America believed that the vibration of a flower is a gift, a unique gift, in that one gets a specific healing vibration or a feeling from a flower. Feelings and emotions are vibrations, too. For example, one can feel the energy of cheerfulness from a daisy or beauty from a rose.

The indigenous tribes have an ancient, yet, time-tested process that captures the essence or vibration a flower in liquid form. The process includes soaking the flower in pure water and bathing both in sunlight, which sends the flower's vibration into the water. The captured water is then swallowed, introducing the flower's vibratory signature into a person. The flower essence works, because vibrations interact and affect one another. For example a depressed person drinks the daisy flower vibration, so its vibration will lift him up emotionally.

Healing Musical Vibrations

I played live music for elderly in a nursing home over the course of a year, watching patients, who appeared frozen, sit in cradled positions with never a glance or word to anyone.

After times of pain, people are hesitant to be vulnerable and open, lest they get hurt again. Yet, when asked about something painful, people brush the situation off with an "It doesn't bother me," but unconsciously it does. Invisible, yet insidious pain gathers after years of life's trials, weighing people down and eventually freezing their emotional bodies.

The music bypassed the specific events that caused pain to the people from the nursing home. It was enough to feel an emotion (such as sorrow, anger or pity) in the song, rather than remembering how someone hurt them. The music stirred old emotional baggage and pain and gently released it. Music vibrated the resident's pain loose, enabling him to let go of it.

After months of listening to my musical performances and giving it their full attention (no phone-calls, interruptions or places to go), the

elderly released enough emotional baggage to talk and interact normally. What a change!

Categories of Emotional Baggage

Noting personality patterns in people, a man named Bach classified 12 lifelong paths that a soul can experience to master a major emotional obstacle and turn it into a virtue. Examples are:

- Turning Doubt into Trust
- Turning Indecisiveness into Inner Certainty
- Turning Escaping Reality into Living in Reality
- Turning Fear of the World into Trust of the World
- Turning Impatience into Patience
- Turning World Savior into Light Bearer
- Turning Isolation into Togetherness
- Turning Inner Conflict into Inner Equilibrium
- Turning Panic into Heroic Courage
- Turning Passive Service into Active Service
- Turning Pretend Harmony into Inner Peace
- Turning Demanding Love into Giving Love Freely

Bach found 12 flowers, calling them soul flowers, which represented the energetic vibration of success, an emotional challenge we were born with. (They are listed above.) This energy, he claimed, could raise a person's vibrations and anchor this virtue into his being, and thus into the world. Bach then used the methods of the indigenous tribes and created liquid essences to enable people to sip the flower frequencies, the emotional and vibratory gifts over these emotional challenges.

Bach believed that a soul accepts the lifetime challenge of one of these paths, but I have experienced struggles in most categories. I found them at fesflowers.com and at 1-800-546-0075. Successful emotional energy in many of these categories is most welcome to me!

Vibrations of the Flowers in Music

The Flower Symphonies are the music of the twelve soul flowers. Musically weaving in and out of these typical types of pain (such as fear, distrust and insecurity), each flower symphony allows the listener to re-feel emotional struggles. Just as the nursing home residents had to accept

pain before they could release it, the listener gives the energy of an emotional struggle its due attention and then releases it. The flower symphony then evolves into triumph, giving the listener practice in this emotional success. All you have to do is to listen and be open to receive the emotional and vibrational success.

Each flower symphony vibrates our emotions into the energetic space of victory over emotions involved in a struggle. For example, one flower energy identifies with the struggles of the “pleaser” personality, one, who is nice to everyone, even if he really doesn’t like what they are doing. At first the symphony the harmonies are pretty. After the initial tones are sounded, the tones bend out of tune. The sour after-vibration leaves a bitter taste in one’s mouth. Later the symphonies transitions into deep, calm and pure harmony, allowing the listener to practice being true to his own inner peace. He can feel the contrast between sincerity and being habitually nice to people when he doesn’t mean it.

The following describes an emotional struggle and how the Flower Symphonies help the listener go into the emotional vibration that overcome it.

The Chicory Flower: The Motherliness Flower
From Demanding Love to Giving Love Freely

The Chicory flower song helps those who are mindful of others, being over cautious for children, relatives and friends. Always finding something that should be right, they continually correct what they consider wrong with smug satisfaction. They also require that those they love to be near them.

The Chicory melody crescendos from a seductive beat, as if it was singing, “This is what I’ll do for you, when you do what I want you to!” One seeks to control someone, to insure he brings desired pleasure or does what the Chicory personality perceives is right.

The unchanging seductive beat endures while the melody frees itself from the chains of control. The seductive beat remains, but has a pleasant surprise, just like when one learns to love unconditionally. This new type of love produces a beautiful peace, not possible with the energy of control.

The Cerato Flower: The Intuition Flower
From Indecisiveness to Inner Certainty

The Cerato flower seeks to aide those who are not confident in making their own decisions. Constantly seeking advice from others, they are often misguided.

The symphony builds to a peak that is never culminated...as the melodic line changes its mind and rethinks the melody line again and again without any conclusions. This lack of knowing-what- to- to builds pressure. Worry clouds the music until it discovers a simple and happy “knowing” of what to do.

Agrimony: The Honest Flower

From Pretended Harmony to Inner Peace

Agrimony flowers are an essence to uplift humorous people who love peace and are distressed by argument. To avoid confrontation the people give up much. They experience troubles by feeling tormented, restless and worried, while they hide their cares behind humor.

A beautiful harmony is presented, however, the after-vibes of the music is bent out of tune. The lovely melody leaves a bad taste in the mouth, just as inner turmoil builds with lack of truthfulness. The soul flower symphony then raises its vibration into pure and absolute harmony, providing transparent emotions, peace and celebration.

Centuary: The Service Flower

From Passive Service to Active Service

The Centuary song blesses those who are kind, quiet, gentle people, but who are over anxious to serve others. People on this path overtax themselves, becoming more servants than willing helpers. Their good nature makes it easy to do more than their own share of the work, neglecting their own mission in life.

The Centuary melody sounds like a ballerina on a music box. She twirls and pleases as she goes round and round in her prescribed path. She is beautiful, yet mechanical, repeating what movements are expected. The dance of the music box then unravels and freely flows as the chords ascend into the light.

Verain: The Enthusiasm Flower

From World Savior to Light Bearer

The Vervian flower music uplifts people with fixed principles who are confident they are right, rarely changing. People who benefit from this melody try to convert others to their views. They are strong of will due to their convictions.

The symphony dances to a fixed rhythm; its melodies driven by relentlessly following the established drum beat. Diverting from a rigid stylistic format, the melody breaks free and even each note gets diffuse,

like colors swirling into a translucent white light. With no desire to control or be controlled, the melody sings itself free.

Water Violet: The Communication Flower
From Isolation to Togetherness

The essence of the water violet song caresses people, who like to be alone, even if they are ill. People who are learning the lesson of the water violet move about without noise, speaking little, and then gently. Being independent, clever, capable and self-reliant, they are almost free of the opinion of others. However, being aloof, they go their own way without benefits of rich relationships. Their peace and calmness is a blessing to those around them.

Delicate and isolated tones paint a translucent color-wash on a canvas. As the song grows the single melody gently finds companions that it softly intertwines with. Together there is no control, but celebration of each other. The softening of the energy of being alone is beautiful, but it becomes ethereal and glistens as it swirls into bliss with the other tones.

Impatiens: The Time Flower
From Impatience to Patience

The energy of the impatiens flower is for those who want things to be done immediately. Finding it difficult to be patient with slower people, they push them to make them quicker or they work alone.

The melody tosses and turns, while it searches for quick conclusions. Invariably obstacles to the melody provide delay and frustration. Impatience and negative energy surface when one wants everything done right now. In the music the feeling of impatience is transformed into peace, acceptance and a calm rhythm of breath.

Minimus: The Bravery Flower
From Fear of the World to Trust in the World

This fragrant song is for those with fear of illness, pain, accidents, poverty, being alone and misfortunes. Fear haunts people with minimus energy, as they quietly bear their dread.

Creepy and overwhelming fear rips through the music with a scary hiss. The nasty music finds an unexpected sense of knowing... of well-being that lies deeply beneath a feeling of trust. Knowing, a foundation that supports the feeling of trust, is represented by the literal sound of a heart beat. The trust and the melody are built upon the beat of the heart.

Clematis: The Reality Flower

From Escaping Reality to Living in Reality

This flower symphony gives relief to those who are dreamy, drowsy, not-fully-awake and who show no interest in life. These quiet people are not happy, living more in the future than in the present.

Breath becomes the percussion beat and it combines with diffuse tones to create a state of dreaminess. Foggy and unreal tones muffle clarity. As the song continues, the warmth of the sun beckons the soul to awaken, to see more clearly and dance in the glory of the fully awakened light and clear melodic tones.

Gentian: The Belief Flower

From Doubt to Trust

The Gentian flower has special gifts for people who are easily discouraged. Any small delay causes doubt and disheartens them. These healing vibrations help people discover the energy of faith which overcomes obstacles.

The frantic struggle and scurry of the music anticipates Murphy's law: "Any thing that can go wrong will!" Focusing on obtaining conclusions, the melody quickly unravels. The steady frustration of struggles is replaced by a knowing that things will work out for the best. Within peace, one can hear a steady, heart opening, an "ah" sound that underlines the melody, just as ancient music used a steady base note to pull together all loose ends in a song.

About the Artist, Composer, Musician: Jill Mattson

Jill has studied antiquity for over ten years, compiling ancient traditions in secret societies that used sound to transform people's consciousness, which in turn healed their mind, body and spirit.

Jill lectures on the Power of Sound throughout the United States. Jill is author of Tranformative Adventures in Sound. She has personally interviewed many cutting edge scientists, researchers and practitioners in sound healing including:

- Sri Ganapati Sachchidananda Swamiji, sound healer,
- Laurie Monroe, brain mapping and more at the Monroe Institute,
- Jeff Volk, producer of the Cymatic videos, watch sound matter form in sound,
- Michael Stevens, life changing sound and light machines,
- Dr. Harold Moses, energize yourself with the "Music of the Spheres,"
- Jonathan Goldman, "Healing Sounds" for you, your consciousness and the world,
- David Hulse, Secrets of the "Ancient Solfeggio Tones" to transform your world,
- Jeffrey Thompson, Use your note in the "Cosmic Symphony'"
Fabien Mamann, Music that harmonizes energy from the stars.

An artist extraordinaire, musician, composer and artist, Jill Mattson "paints your soul" with cascading and healing waves of music on numerous CDs. In addition to angelic vocals, Jill's music contains ancient spiritual techniques to expand your consciousness, expand your mind, uplift your spirits, give you peace and refresh your soul.



Ms. Mattson displays an evoking and fluid gallery of emotions, oil paintings and prints.

Taste the sonorous CDs and uplifting artwork at www.jillswingsoflight.com

Jill also spent 25 years as a CEO of a nonprofit agency that supported thousands of people in 25 charities, from group homes for people with disabilities to housing projects.