

IV. LIFE LEARNING - THE ARTS ROLE IN HEALING

SCIENTIFIC EXAMPLES

“Learning as a source of better health? The new approach **stimulates more areas of your brain than traditional learning does**; that’s vital as you age, insists French brain specialist Dr. Monique Le Poncin. If brain cells are underutilized through overspecialization or lack of challenge, “strategic mobility” is lost, Le Poncin finds. This is what brings serious deficiencies in old age. You can also gain finesse in **relaxation, visualization, and imaginative rehearsal** - the current big three in ventures into mental healing,”

“A recent mathematical breakthrough makes it possible to zero in on **precise benefits of musical keys** linked to specific helpful resonances. The **key of G (194.71 Hz)** corresponds to the color orange-red, and has a **dynamic, stimulating, and energizing effect** on body mind. The **key of C-sharp (136.10 Hz)** corresponds to the color turquoise-green and has a **calming, meditative, relaxing and centering effect**. The **key of F (172.06 Hz)** corresponds to the color purple-violet and has a **joyful, cheerful, and spiritual effect**.”

CLASSROOM TEACHER EXAMPLE

Two natural by products of *Life Learning* techniques are:

- **Improved mental focus**
- **Improved health**

Here are quotes from Head Start teachers trained with Life Learning techniques.

Erma Rutter

“**Before my first F.A.M.E. training** in October, I had been to my doctor and **my blood pressure reading was 152/92**. After the training, I began doing the **relaxation and breathing almost daily**. At my last doctor appointment, **my blood pressure was 132/90**. My doctor was happy with this and asked what I’d been doing. I explained about the breathing and relaxation techniques. His advice was to “Keep doingit!” I’m still practicing and it has helped me get my “mind right” for being the best teacher I can be.”

Donna Swartz

“Personally I find myself able to relax easier. The last medical check up I had was my best one ever. I also find myself handling things a little differently when things get a little hectic. I remember to berath!”

SCIENTIFIC EXAMPLE

“Something outside of you charges up your battery cells and that something is sound, particularly **high-frequency sound**. The middlemen are your remarkable **Corti cells**. If you took a trip through your inner ear, after whirling around and around through the labyrinthine swirls of the snail-shaped cochlea, you’d suddenly come upon the “Corti Chorus Line,” the longest line of precision dancers in the world. Arranged in rows, 24,600 long-stemmed cells dance in perfect precision to each sound, much like the Rockettes of Radio City Music Hall. The energy produced by this extraordinary dance flows to your brain and some of it also splits off through the vestibular branch of your auditory nerve and flashes to the muscles of your body. **High-frequency sound energizes your brain while at the same time, it releases muscle tension and balances the body in many other ways. It even affects your posture.**” These power-packed sounds exist in the music used with Life Learning techniques.