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SUMMARY

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**RHYTHM – THE MUSIC OF ORGANISM
BALANCING OF BODY AND MIND BY ENTRAINMENT OF BIOLOGICAL
RHYTHMS VIA SOUND AND VIBRATION**

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One of the eldest methods of balancing depression, aggression, anxiety is the treatment with rhythm, music and touch.

The problem is: what kind of music does fit to the individual situation and problem of the patient.

A patient's way of coping with stressors depends on his individual constitution, condition and conditionings.

There are only few functional measurement methods to evaluate the physiological status of stress systems but no objective methods to evaluate the psychological aspects. Voice contains a lot of information about the human being and his individual psychosomatic status.

The voice frequency analysis by Heinen (VFA) developed an access to voice and its intrinsic information on the basis of interpretation of the voice graphs as representatives of the biological rhythm system (BRS) of human organism. The BRS is the most sensible level of self organization and communication with the environmental and the inner milieu. It works like an "orchestra". The VFA enables to judge the functionality of the BRS and analogue working physiological and emotional stress systems, personality profiles and individual emotional stress reactions. It detects the frequency area of deeply disturbed rhythmicity according to the individuality and personality and to the special problem.

The aim is the balancing of body and mind by retraining of those disturbed biological rhythms.

The rhythm frequency of the disturbed rhythm gets modulated to a harmonic mono sound. The sound rhythm is part of the "organism's music".

The ear with balancing organ and the skin are senses of existential importance. The vibroacoustically modulated rhythm allows to influence vegetative physiological processes as well as psychic / emotional / mental processes due to the musical-harmonical elements.

A case study demonstrates the effects of the aimed and individualized application of sound rhythms to the BRS and the physiological and emotional stress systems.