

THE NON-PHYSICAL EFFECTS OF SOUND

Air - affects mind and thought processes

Air and Fire - affects mind functioning and will power (Life - force and Temper)

Air and water - affects mind functions and emotions

Air and Earth - Affects mind, and sense of certainty (stability)

Fire - affects will power and life force

Fire and water - affects will power and emotions

Fire and Earth - affects will and stability

Water - affects emotions

Water and Earth - emotions and stability

Earth - sense of certainty, stability, sense of being

EXERCISE 1 - Select and analyze some impromptu sound

1. What part of the body did the sound affect?
2. What mental/emotional affect was discernible?
3. What was the major energy component?
4. Release unwanted energy (if some was brought in)

Contemplate music. Analyze and categorize the main energy components. How would you neutralize them? Utilize them? (Classical music is best for this)

Contemplate - How might one use sound (or Music) as a shield?

Contemplate- How might you use sound to benefit someone who was injured?

In shock? Ill?

Contemplate - How would you enhance socially any social or religious gatherings?

<u>LETTER</u>	<u>EXAMPLE</u>	<u>ELEMENT(S)</u>
long A	ate	fire, some air
short A	at	Fire and air
short A	ah	water and air
B	baby	earth
C (hard)	cat	air and some fire
soft C	cell	air
D	day	earth
long E	eel	fire
short E	end	water
F	fun	air
hard G	get	earth
soft G	geology	water, some air
H	hat	air
long I	Ibis	water and fire
short I	it	water
J	jet	water, some air
K	kick	air, some fire
L	left	water
M	Mother	Earth, some water
N	now	earth, some water
long O	open	water, some earth
short O	got	water and air
P	popular	air and fire
Q	quiet	air and fire
R	rat	water, some earth
S	sand	air, some fire
T	tend	air and fire
long U	rude	water
short U	cup	water, some earth
V	vote	water and earth

W	went	water
X	box	air and fire
long Y	why	water and fire
short Y	you	water
Z	zebra	earth and water

DIPHTHONGS

AU	Cause	water, some air
CH	chill	air, some fire
CK	lick	air and fire
GH	bright	air
GU	guard	earth and water
MN	damn	earth and water
OU	thought	water
PH	phone	air, some fire
SH	shut	air, some fire
TH	thought	air
TH	there	water and earth
VE	when	air