

# The Alphanumeric of John Levine Q & A

## What makes alphanumeric different to other music?

The most effective way to use alphanumeric is not to listen to it; that pretty much separates it from other music from the start.



While all music affects our mood and emotional state, and often with predictable outcomes, alphanumeric is the only kind in the world that is purpose-designed to have the calculated effect of making us feel calmer, more focused and better able to cope.

This is a far cry from the effects of death metal, for example, being deliberately piped into the helmets of tank bombardiers rolling into Baghdad!

Alphanumeric should be played just below the level of general conversation, forming an "auditory backdrop" to whatever else is going on. Since everyone's brain is affected by alphanumeric, there is an over all lowering of the emotional

temperature in any environment when the music is playing.

The calming effect is particularly predictable in environments where there is a persistent atmosphere of low-grade anxiety, for instance, doctors' waiting rooms, chemo rooms, kindergartens during morning in-take, or work places where tight deadlines raise anxiety levels.

Trials have been conducted using alphanumeric to affect patients' mood. A Polish clinic, looking for a non-chemical treatment for people with profound fear of dental surgery, has had excellent results.

Most of us are aware of the now widely reported chemical chaos experienced by children arriving at kinder each morning. Soaring oxytocin levels keep the children in a state of high anxiety that takes hours to return to normal and their behaviour is understandably reactive and uncooperative.

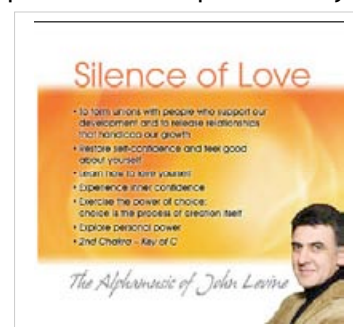
Kleva Kids, one of the UK's largest kindergarten chains, uses alphanumeric in 60 of its centres every day, finding it has a rapid and profoundly calming effect on the children's mood.

Dramatic outcomes are also reported in Australian kinders. The Gardiner Childcare Centre in Sydney reports: "We noticed the boys were better at working collaboratively when [*Siesta in the Orange Grove*] was playing. Normally, if two or three play together it ends up in a fight, but with this music on the boys play for longer periods of time productively."

## How does alphanumeric work?

Alphanumeric is a purpose-designed therapeutic tool used in a wide range of environments, from hospital chemo rooms, dental surgeries and busy households, to individuals managing the diverse symptoms of stress and anxiety.

The compositions are appealing and easy to listen to, but the structure is scientifically calculated. The music, constructed within a specific tonal range, never reaches



crescendo and may seem to loop back on itself, but is in fact evolving just enough to keep the brain interested, yet not seeking.

Your brain soon learns to respond to alphasonic's underlying patterns in predictable, even waves of 8 - 13 MHz frequency, known as *alpha*. In *alpha* the brain produces 'feel good' chemicals like dopamine, serotonin and acetylcholine. (Acetylcholine, amongst other functions, regulates secretion of pheromones - the all-important sex hormones we secrete to attract a mate.)



After repeated exposure to alphasonic the brain comes to recognise the sound patterns very quickly and EEG recordings have shown subjects' brains settling to *alpha* in less than 4 minutes.

There is nothing subliminal about the effects of alphasonic.

It offers a pleasant, powerful and chemical-free solution to symptoms of stress and anxiety, such as sleeplessness, morose moods and whirling thoughts, and is gaining a sizeable following worldwide.

**Patrick Holford, international health guru and author of 'The Nutrition Bible'**, endorses the Alphasonic of John Levine. Holford uses John's alphasonic in talks all over the world and has written at length on its effects.

**In Australia, Professor Peter Dingle**, environmental scientist and health lecturer from Murdoch University, uses the music for his lectures and consistently praises it.

## What benefits could you receive from listening to alphasonic?

In general, anyone of any age can use alphasonic to relieve the effects of stress, anxiety or tension.

Common problems cited by alphasonic devotees include sleeplessness, whirling thoughts and an inability to focus, feelings of sadness or depression and low self esteem.

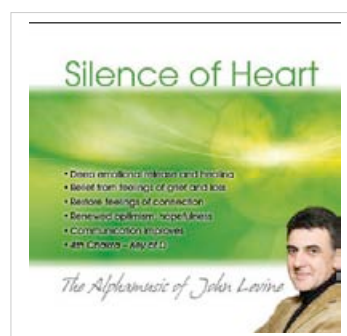
Other, more cheery, results are also widely reported by users. Infants, for instance, respond well to alphasonic's and it is a reliable and happy way to settle babies and toddlers at bedtime.

Students use alphasonic to stay focussed on their work for longer, and find their recall is notably improved. Alphasonic as a study aid is one of its most common applications and it has even been the subject of an Oxford University thesis.

One of the most dramatic reports of improved study outcomes comes from Stewart Holmes, a British post-graduate in environmental science. Following an horrific boating accident, Stewart overcame multiple injuries and quadriplegia, flying in the face of medical predictions by taking charge of his recovery program and regaining most of his faculties.

With this second chance at life, he was determined to go to university and pursue his lifelong interest in environmental studies. Dyslexia made it especially difficult to focus and anxiety about succeeding made things worse.

Stewart met John Levine and began listening to alphasonic. He used the music to help settle his mind, maintain focus and concentration, and found it yielded exceptional results. He has now achieved his Masters degree and is a consistent advocate of alphasonic's effectiveness.



*"In rehab programs they use music. It's supposed to help you because you get so stressed and angry trying to recuperate. They use the music to calm you down, but I never liked it. I didn't connect with their music at all. It didn't work for me."*

*John's music is completely different. I put it on and it's like a curtain coming down over all the bother. Somehow it helps me focus, helps me direct my energy. I'm so amazed I've been passing 'Silence of Peace' to others at the university, as well as physical therapists. It's interesting to me to hear all the different responses."*

Insomniacs commonly report that alphasonic puts them to sleep very quickly - often in less than five minutes. They also report that if they wake up during the night the music will knock them out again just as quickly as before. Testimonials from users all over the world attest to this.



## How does alphasonic help the body recover from illness?

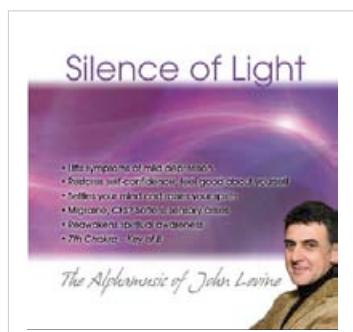
We have many reports from clients undergoing chemotherapy and who are experiencing fear, anxiety and discomfort from their treatment regime. Using alphasonic as a calmativ, they have felt better able to cope with the side effects.

When we are ill, anxiety-related symptoms can make us feel even worse. Uncontrollable whirling thoughts, muscle tension and disturbed sleep all add to the discomfort of illness.

Alphasonic is an effective way to help lower stress levels, get a grip on things and manage our condition and treatment from a position of calm and focus, instead of in a state of panic.

As an added benefit, the natural, non-chemical nature of alphasonic may allow us to avoid using more pharmaceuticals, such as sedatives, calmativs or sleeping pills.

**Patrick Holford, England's most widely known health guru and author of the international bestseller, *The Nutrition Bible***, has this to say about the value of John's music to our overall health:



*"Ever wondered why Buddhists look so young and carefree? Regular meditation allows for increased alpha wave activity, which in turn promotes a healthy immune system. It is no secret that we are more prone to illness and infection when we are stressed - and buzzing on beta waves. Switching to slower alpha waves actively supports the immune system, and could therefore help you stave off the latest bug doing the rounds when you are tired and under pressure. In addition it has profound implications for patients recuperating in hospitals - not only to aid their body's recovery, but also to help ward off any circulating bugs or super bugs."*

*With so many of us turning to caffeine to keep alert, and alcohol to relax, sleeping pills or endless struggles with getting our kids to sleep, John Levine's alphasonic CD's are a highly effective, drug-free alternative. Try them. They work."* Patrick Holford, The Holford Letter, 2006

## What's the story behind the Chakra information on the CDs?

In 2005 John met an experienced holistic healer who is also an experienced and educated musician. She explained that each of the Chakras, or metaphysical zones of the body, resonates with a different musical key.

At that stage, John had produced the first five of his alphasonic CDs, each in different key, for example, *Silence of Peace*, John's flagship CD, had been composed in the key of F, which is known to correspond with the First Chakra, or chakra of the tribal identity, of origin and of 'the root'.

Unsurprisingly, *Silence of Peace* is the CD most often chosen by men, and is frequently used to assist with concentration, focus and achievement, the masculine qualities that we need to achieve success in the material world and to meet our responsibilities.



Eastern religions teach that the human body contains seven Chakras, or energy centres. While agreeing with some aspects of Western medicine, the Chakra System asks us to see life not as a series of events, but as a series of choices that directly affect our bodies. Our bodies are not seen as a collection of independently treatable parts, but an integrated system that responds to our choices in clear and identifiable ways.

Guided by this insight, we can begin taking responsibility for our choices and come to a better understanding of how each and every choice affects our spiritual, physical and psychological well-being.

Over time, we can build our skill at making all our choices consciously, choosing what most sustains our entire being.

Our senses, whether you count five or six of them, are all part of the overall picture of health. Without them we cannot survive and when we pay attention to our senses, they powerfully enhance our wellbeing.

Hearing and listening are part of the sensory spectrum. By paying attention to how our mind and body respond to sound, we can use our auditory sense to enhance our feeling of well-being more-or-less on command. This is the intrinsic purpose of alphasonic.

John Levine has composed each of his alphasonic CDs in a different musical key. Each key, vibrating with its particular frequency of sound, is received and understood differently by our brain. This, in turn, influences production of the natural chemicals and hormones that help determine our emotional state and consequent physical sensations and reactions.

Combining the principles of alphasonic with the wisdom of the chakras, John's music helps us calm down and focus more effectively on helping ourselves heal.

The definitions we use for the somatic and psychological disorders associated with the Chakras, are based on the research of Carolyn Myss Ph.D. We gratefully acknowledge the source information from her book, "Anatomy of the Spirit," Random House Pubs.

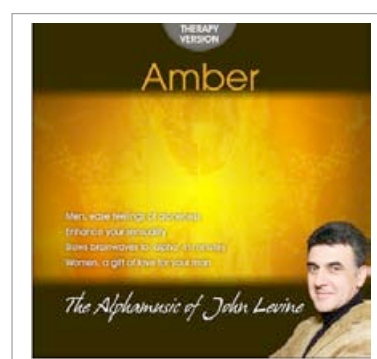
## Can alphasonic help you lose weight?

We highly recommend playing alphasonic during mealtimes.

If you're one of the many who over-eat when stressed or anxious, alphasonic offers an excellent way to help yourself slow down and take stock of how you *really* feel. Once calm, you are less likely to reach out impulsively for something to eat.

As we all know, eating slowly gives your stomach and brain more time to agree about whether you feel full; this can take 20 minutes. Alphasonic helps you slow down and consider whether you really need that next mouthful.

Alphasonic also has an excellent effect on the atmosphere in your home. During family mealtimes it invites a calmer mood and better communication.



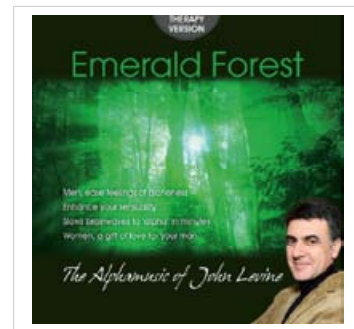
## How often must you listen to alphasonic to gain the benefits?

You can play alphamusic all day, every day, if you wish and enjoy its stress-reducing effects all the time.

Insomniacs report playing alphamusic on a continual loop through the night and find it induces sound sleep.

By playing alphamusic consistently at bedtime, children quickly come to associate it with a pleasant end to the day. There will be less of a tussle of wills and more welcome together time.

We do, however, warn against using the music when you are driving or operating dangerous equipment - this is quite serious and a notice to this effect appears on every CD cover.



## Is alphamusic unique?

No other composer is using the research to create music with the same intention and with such predictable outcomes. While different artists apply some of the ideas, John Levine's approach is unique.

It is the predictability of results that sets John's music aside. This is the result of his attention to the physiology of hearing and the brain, to psychology and not least, his knowledge of music structure and function.

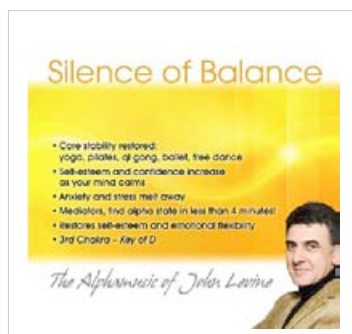
John is a graduate composer who studied at Sydney University under musical luminaries Peter Sculthorpe and Moya Henderson. He also studied electrical engineering.

Early in his career he collaborated with ranking professionals in commercial music such as INXS, Billy Thorpe and Midnight Oil, but discovered within a few years that he was not interested in the commercial music industry.

As a pianist and composer, he has been rated by **Dr Jacques Malan, Director of the Adelaide Festival Centre**, to be at the upper levels of performance in his genre.

## What about other music? Obviously death metal would have a different effect on a person's mood to alphamusic or classical?

Yes. Rock, especially, is a great example of how music can create mental tension, since it intensifies the *beta* state. In *beta* we experience the heightened awareness known as "fight or flight," where the brain produces chemicals like adrenalin and oxytocin, making us feel that our very lives are threatened.



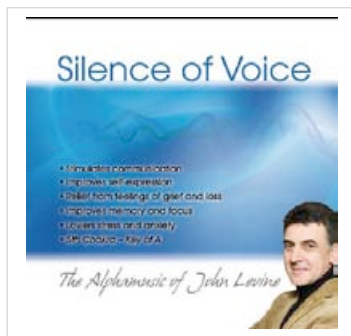
This response in *beta* is so well understood that US military tacticians in the current war on Iraq piped death metal rock music directly into the helmets of tank bombardiers rolling into Baghdad. It hypes up the men, raises aggression and numbs feelings of fear.

Classical music also stimulates a wide range of emotions, and you could easily class alphamusic in that genre. Composers such as Bach, Satie and Debussy include some of the elements of alphamusic in their compositions, but their intention was different and the consequent response is not

the same.

The now debunked "Mozart effect" grew out of the misconception that intellect could be improved by exposure to the mathematical structure of classical music.

What has emerged since is a clearer understanding among scientists - and John Levine - of how music can (and indeed always has) affected our emotions, leading to experimentation with how it settles the mind, induces feelings of calm and wellbeing and helps us relax, let go, or get in closer touch with our feelings.



These qualities, while not improving IQ, may help you deal with a wide range of emotional stressors and may also help you focus better on work or study.

### What sets John's alphamusic apart from so-called 'relaxation music'?

No other composer has set out with the same intent that drives John Levine. Trained originally as an electronic engineer and then as a classical composer, John has also studied psychology and the physiology of hearing.

He read about the discovery by Dr Hans Berger, of how the brain emits electrical waves, which rise and fall in intensity depending on our mood. These waves, whether in the brain or being emitted into the air, are measured in Megahertz (MHz) and scientists

After considerable experimentation, John established the pattern of sound that predictably invites the brain to settle into *alpha* state. This is a calmer state than the excitable peaks and troughs, known as *beta*, which contribute to feelings of anxiety.

While *beta* has its purpose, it also interferes with our ability to stop, take stock and work out a better long-term solution to a stressful situation.

Based on this, and incorporating his musical knowledge and creativity, John developed alphamusic as an effective tool anyone can use to cope with stress and anxiety.

Professionals such as Amanda Gordon, President of the Australian Psychological Society (governing body for registered Australian psychologists), have endorsed John's music and she has now produced with him a series of five, guided relaxation CDs. Called "The Armchair Psychologist Series," the CDs are due for release in June 2007.

### Where can you buy *The Alphamusic of John Levine*?

Ordering: [www.silenceofmusic.com](http://www.silenceofmusic.com)

Phone: UK: 0845 130 2854;

Australia: 1 300 650 347;

USA: 1-866-929-3781



Houston, Texas, 2006: John delivers a workshop and guided meditation to alphamusic.