



Christian Nielsen

Music Therapy

Business, Retail & Distributor's Guide 2007

***Please note that all CD prices listed are RETAIL.
Please call for resale pricing.***



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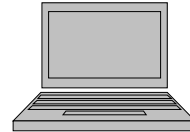
Christian Nielsen

Music Therapy

Please visit my web-site at:

www.musictherapycd.com

- Product information
- Recording samples
- Music Therapy information
- Online CD ordering
- MP3 downloads (*affiliate programs available*)
- Music videos (*customized videos for presentation or web-sites available*)
- Other Music Therapy resources
- Catalog and Product information downloads
- Learn more about services offered



Questions???

Please feel free to contact me:

[Christian Nielsen Music Therapy](#)

Christian Nielsen, MT-BC

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About The Music...

Thank you for taking the time to review this information and consider our recordings as a part of your business. My music, and the music of others I record, has been described as "music that touches the heart and spirit while calming the mind and body". We offer Instrumental recordings, guided music-assisted relaxation recordings, and we will soon offer vocal recordings as well. Wind and percussion instruments from many cultures are often joined with modern instruments to create a tapestry of musical textures, and to support the listener's journey through time, space, and the musical healing traditions of many cultures. While many listen to these recordings to just relax, enjoy, or reflect, people have reported other benefits in using our recordings. These recordings may assist with general relaxation, stress management, sleep, and may be effective in reducing symptoms such as pain and anxiety.

These recordings have been used successfully for symptom management by people who have chronic pain, chronic neurological disorders, sleep problems, behavior disorders including chronic anxiety, cancer, terminal illness, and other conditions. They are also used to promote a calm and healing atmosphere in health, wellness, educational, office, spa, or church settings.

Our recordings are used by individuals and professionals who work in a variety of settings:

Where?

- Medical Clinics
- Dental Clinics
- Complimentary and Integrative therapy clinics
- Creative Arts Centers
- Creative Arts Therapy settings
- Chiropractic Clinics
- Mental Health clinics & facilities
- Hospitals
 - Pediatrics
 - Childbirth Centers
 - Oncology
 - Cardiology
 - ICU's and NICU's
- Hospice Programs
- Schools
- Nature Centers
- Rehabilitation Centers
- Churches

Who?

- Physical Therapists
- Medical Physicians
- Occupational Therapists
- Massage Therapists
- Music Educators
- Health Educators
- Pre-school & Elementary Educators
- Music Therapists
- Psychologists
- Chiropractic Physicians
- Dentists
- Social Workers
- Creative Arts Therapists
- Clergy / Spiritual Care providers
- Acupuncturists
- Energetic Practitioners
 - Healing Touch, Reiki, Qi Gong
- Yoga instructors
- Wellness Educators
- Midwives & Doulas
- Nurses

How this music is different from other "Healing", "Relaxation", or "New Age" music:

My music, and the music of others I record comes from years of practicing music therapy. The principles behind the music are based on current research, while being rooted in ancient practice. Others who make "New Age" or "Healing Music" often have the right ideas and make wonderful music, but lack the in-depth knowledge and understanding and the experience using music as a therapeutic medium to make it work. At times, we also make the choice of placing the effect the music should create over other performance considerations. Instead of focusing entirely on creating the finished product, we focus on the process of the music and the listening experience.

What listeners say:

"Your music touches me in ways that nothing else does"

-Common statement made by listeners

"It (Ancient Heart CD) transports me to another time and place, another state of being"

-Listener

"I put on the CD (Healing Flutes), and I'm instantly at the cabin, sitting on the dock watching the loons, the water, the sky, and the trees- I can actually feel the warmth of the summer sun- it doesn't matter what time of year it is."

-Medical physician

"The music just cocoons me in a safe and warm place"

-Listener with chronic pain and a history of emotional trauma

"I could just feel my blood pressure lowering."

-Common statement made by different health care providers at different times in describing Christian's live music and CD's: registered nurses, medical physician, chiropractic physician, clergy

"This is better than any drug"

-Statement made by two listeners with very different backgrounds about CD's by Christian: One a person with pain & anxiety from terminal ovarian cancer, and the other a teenager going through drug rehabilitation

"I never hear the end of these CD's (For Noah, Across the Echo) because I'm always asleep by the end."

-Listener with chronic insomnia

"My pain just evaporates after a few minutes of listening to this (CD)"

-Listener and client of Christian's with metastatic bone cancer

"It just puts you in another place, where there is no pain, no sadness, just peace"

-Hospice Nurse

"Your music has a much stronger effect on my clients than any other music I have found. Sometimes I feel like the music does most of the work for me."

-Occupational therapist and healing touch practitioner

"It always amazes me. When I'm doing body-work with my patients, and I can actually see their muscle tension decrease after a few minutes of just listening to the music."

-Physical therapist

"Becky's CD (Lake of Mercy) just helps me float away from everything"

-Listener with adenocarcinoma

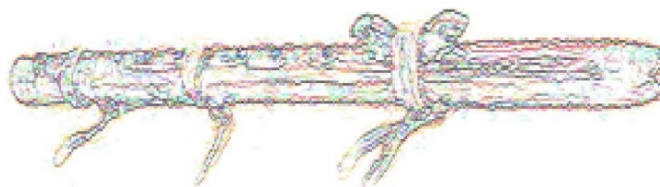
"It (the music) creates the perfect healing environment for my clinic. I have spent several thousands of dollars to create a warm and calming environment for my patients. The few hundred dollars I spent on a CD changer and your CD's was the best investment I have made."

-Medical physician

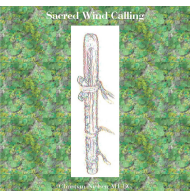


"Until now I hadn't realized how music can be so crucial to all levels of wellness. I consider your music (CD's) as an effective non-pharmacological treatment option for patients with chronic anxiety or chronic pain- way to go!"

-Chiropractic physician

Christian Nielsen MT-BC: Instrumental Relaxation Music- Solo Flutes




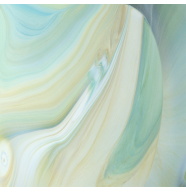

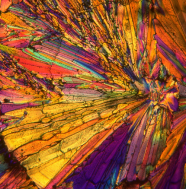
These recordings are solo Native American and other flutes, with environmental sounds and some soothing percussion on some tracks. Some pieces have been recorded live. Pure, simple, subtle, and relaxing, these CD help create a serene and healing space.

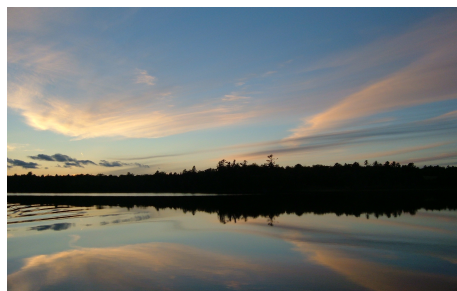
	<p><u>Sacred Wind Calling</u></p> <p>This CD features the Native American flutes with some percussion and environmental sounds. It is the pure and simple flutes with no synthesizers and little effects processing. In addition to original music by Christian, this CD also features a traditional Lakota tune and two hymns, ending with "Amazing Grace". Guest violinist, Melony Maness appears on one selection.</p> <p>➤ 60-minute Compact Disc suggested retail: \$16 [CN-23]</p>
	<p><u>Endless Ocean, Infinite Sun</u> Available 5/15/07</p> <p>CD is one continuous 60 minute track. CD is designed to give an hour long relaxation experience. Perfect for hour long massage, acupuncture, or energy work sessions or to just get away for an hour. Native Flutes, percussion, and chants join with the sounds of the Lake Superior and the ocean. CD includes the Lakota chant song, "Infinite Sun".</p> <p>➤ 60-minute Compact Disc suggested retail: \$16 [CN-24]</p>
	<p><u>Healing Flutes</u></p> <p>This collection contains flute solos from Christian's other works, as well as previously unavailable material accompanied by environmental sounds of rain, lakes, and the ocean. This collection is assembled to provide a simple, sedative listening experience.</p> <p>➤ 60-minute compact disc suggested retail: \$16.00 [CN-18]</p>



Christian Nielsen MT-BC: Instrumental Relaxation Music


Native American Flutes, and flutes from around the world join with world percussion, guitars, synthesizers, piano, organ, and other instruments to create a tapestry of gentle, healing sound.

	<p><u><i>Meditations on Flow</i></u></p> <p>This CD follows part of Christian's own healing journey. With an artery becoming blocked in the brain caused by a "defect" in the blood-flow of the heart, the word "flow" took on a new and important meaning. The CD is a musical meditation on the meaning of flow in our lives and in the world around us. Features many instruments, including guitar, multiple pitched and unpitched percussion, synthesizers, piano, ocarina's, and the cedar flute. The violin of music therapist Melony Maness also joins Christian's flutes on two pieces.</p> <p>➤ 60 minute Compact Disc Suggested Retail: \$16 [CN-22]</p>
	<p><u><i>Across The Echo</i></u></p> <p>The title of this CD is inspired by a Navajo Song-Poem. This recording features Native American Flutes with Synthesizers and Rainsticks. This sedative music is less rhythmic than some of Christian's previous recordings, with free rhythms and improvisation. The pieces are written, performed, and recorded to give a sense of space and freedom as the name suggests. Many of these pieces are inspired by nature, including a musical interpretation of the Northern Lights.</p> <p>➤ 60-minute compact disc suggested retail: \$16.00 [CN-19]</p>
	<p><u><i>Ancient Heart</i></u></p> <p>This recording is a tribute to the healing power of ancient and indigenous music. Native North and South American flutes are featured both in solo form, and accompanied by drums, percussion, synthesizers, and environmental sounds. The ancient and modern worlds combine to create Ancient Heart. This recording is a celebration of the indigenous roots we all share.</p> <p>➤ 60-minute compact disc suggested retail: \$16.00 [CN-15]</p>
	<p><u><i>Ancient Dreams</i></u></p> <p>This recording combines principles of modern music therapy with ancient music healing techniques. Based on a concept known as the iso-principle, Track 1 uses traditional Native American and African rhythms. The tempo begins at 85 beats per minute, and gradually slows to a tempo of 50 beats per minute- the resting heart rate. After 30 minutes, the composition is completed with a free solo Native American Flute. The remaining tracks are a collection of music designed to promote deep relaxation. Based on shamanic music, the rhythms and melodies are calming and reflective.</p> <p>➤ 60-minute compact disc suggested retail: \$16.00 [CN-14]</p>



Christian Nielsen:

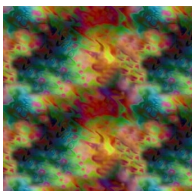

Instrumental Relaxation Music *(continued)*

	<p>For Noah</p> <p>This collection of improvised instrumental lullabies is for children of all ages. Inspired by Christian's son, Noah, this recording is a reflection of the power of music as seen through the eyes of both parent and child. Drums reflect the sound of the heartbeat, a sound that has great calming effects on both children and adults. Native American & Asian flutes, recorders, and synthesizers create a soothing environment, with gentle melodies to help relax and ease baby (or adult) to sleep.</p> <p>➤ 45-Minute compact disc suggested retail: \$15.00 [CN-12]</p>
	<p>Winter Dreams</p> <p>This CD features Christian on guitar, keyboards, and Native American flutes. Beginning with a gentle guitar and Native flute, the music then moves in to synthesizers & flute. The recording gradually becomes more and more calming as it progresses. This CD will take you to a place of complete peace & serenity in any season.</p> <p>➤ 45-minute compact disc suggested retail: \$15.00 [CN-20]</p>







Christian Nielsen:

Early Instrumental Recordings

	<p>Early Instrumental Recordings: Calling Down the Stars</p> <p>Based on the star traditions of many cultures and the on the role of the stars in our modern mythology, <i>Calling Down The Stars</i> is a celebration of the cosmic within each of us. This is Christian's earliest available recording.</p> <p>➤ 60-minute compact disc suggested retail: \$14.00 [CN-6]</p>
	<p>Early Instrumental Recordings: Passages</p> <p>This music on this recording reflects the transitions and passages we all encounter in our lives. Native American flutes join with synthesizers, drums, and percussion of many cultures.</p> <p>➤ 60-minute compact disc suggested retail: \$14.00 [CN-9]</p>




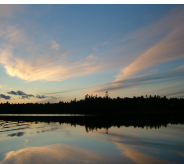
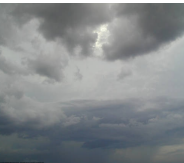


Music Assisted Guided Relaxation

Various Contributors

	<h3>Lake Of Mercy</h3> <p><i>Becky Pansch MT-BC</i></p> <p>This is a beautiful setting of the song written by Minnesota composer Bret Hesla, combined with a relaxation exercise. Immerse yourself in beautiful music, nature sounds, and the power of suggestion found in the Lake of Mercy Music-Assisted Relaxation. Music therapist Becky Pansch soothes you with her warm singing voice and calming narration, as she utilizes rhythms that are designed to relax you through the natural phenomenon of rhythmic entrainment. Research suggests that shifting our state of mind and relaxing our bodies can have healthful benefits. Whether you want to relieve stress, use imagery to encourage healing in your body, or just enjoy a gentle state of relaxation, Lake of Mercy can be a wonderful tool for achieving your goals.</p> <p>➤ 40-minute compact disc suggested retail: \$16.00 [BP-1]</p>
	<h3>Tranquil Sleep</h3> <p><i>Becky Pansch MT-BC, Christian Nielsen MT-BC</i></p> <p>Through suggestion of spoken word and entrainment with musical vibrations that are suggestive of our natural sleep patterns, Tranquil Sleep is designed to lull the mind and body to a state of deep relaxation and sleep. Created by music therapists Becky Pansch and Christian Nielsen, this recording utilizes deep pedal tones (approximately 40hz) embedded in soothing synthesized music, and narration that will comfort and relax you. The tempo of the music used in this recording decreases, gradually calming you through the natural phenomenon of rhythmic entrainment.</p> <p>Practice with Track 1 (music with narration) and you will learn to relax your mind and every cell in your body. Once your body has learned the relaxation to sleep pattern, you may want to use Track 2 (music only). The music alone may elicit the same relaxation to sleep pattern as the sounds trigger the relaxation pattern. Eventually you may be able to eliminate the CD altogether as the relaxation to sleep pattern becomes habit.</p> <p>Tranquil Sleep may be used as a sleep aid for situational insomnia, chronic insomnia, or occasional stress-related sleep difficulties.</p> <p>➤ 80 minute compact disc suggested retail: \$16.00 [BP-2]</p>
	<h3>Tranquility: Music Assisted Relaxation</h3> <p><i>Christian Nielsen MT-BC</i></p> <p>This exercise combines breathing and autogenic relaxation* techniques, as well as basic imagery. Synthesizers, rainsticks, and windchimes, along with soothing narration create a peaceful atmosphere for relaxation. This recording is designed according to music therapy research, as well as Christian's own experience. Recording contains one guided exercise and the music only version.</p> <p>➤ 45 minute compact disc suggested retail: \$16.00 [CN-16]</p>
	<h3>Healing Blue Sky: Music Assisted Relaxation</h3> <p><i>Sandra Holten MT-BC, Dawn Miller, MME, MT-BC, & Christian Nielsen MT-BC</i></p> <p>Created entirely by music therapists, this recording is sure to give the listener the best possible relaxation experience. Both music and narration are designed according to music therapy research and the extensive clinical experience of its creators. CD contains two guided exercises and one extended instrumental piece. Musical score by Christian Nielsen.</p> <p>➤ 68 minute Compact Disc suggested retail: \$16.00 [CN-10]</p>

Environmental Recordings

What makes these different from other recordings you can buy, is that they use the iso-principle (see "terms") to gradually calm the listener. These recordings can be used for personal relaxation, to enhance the environment of public and treatment spaces in clinics, hospitals, offices, and care centers, and can offer patients in a hospital or long term care facility a way to connect again with nature and the outside world without having to leave their rooms. These can also be effective for use in guided relaxation exercises. Music therapists also use these recordings as a background to their own playing during individual and group sessions. Customized Environmental CD's are also available for a variety of uses.

	<p><u>Backgrounds I: Sounds of Water</u></p> <p>This CD contains two environmental soundscapes. The first is a thunderstorm that slowly tapers to a gentle rain. Rainsticks and windchimes are used to enhance this recording. The second is a collection of "Sounds from a Minnesota Lake". Gentle waves with occasional rain are accompanied by the sounds of loons, geese, gulls, and other wildlife. These recordings were also used as background on Ancient Heart, Lake of Mercy, and Healing Flutes. Each iso-based* selection is over 30 minutes in length.</p> <p>➤ 60 minute compact disc suggested retail: \$10.00 [BG-1]</p>
	<p><u>Backgrounds II: Big Waters</u> Available 5/1/07</p> <p>The sounds of the ocean and Lake Superior, and other big lakes. The first tracks gently support you as you listen to the soothing waves. On the second track, listen as evening slowly fades into night. The winds and waves calm, the creatures of the day slowly give way to the evening crickets and birds.</p> <p>➤ 60+ minute compact disc suggested retail: \$10.00 [BG-2]</p>
	<p><u>Backgrounds III: Gentle Streams</u> Available 5/1/07</p> <p>Listen as the stream flows by, trickling over rocks, as the birds sing over head. You can hear the wind in the trees as you slowly relax and let the stream carry you along.</p> <p>➤ 60+ minute compact disc suggested retail: \$10.00 [BG-3]</p>
	<p><u>Backgrounds IV: Calm Waters</u> Available 5/1/07</p> <p>Listen to the stillness of evening. Sit by the shore and listen to the waves lapping at the shore, the loon calling in the distance. Watch as the last beams of sunlight touch the clouds as the hues.</p> <p>➤ 60+ minute compact disc suggested retail: \$10.00 [BG-4]</p>
	<p><u>Backgrounds V: Big Sky, Summer Rain</u> Available 5/1/07</p> <p>Listen as a summer storm and gradually gives way to a gentle Summer Rain. As the rain recedes the</p> <p>➤ 60+ minute compact disc suggested retail: \$10.00 [BG-5]</p>
	<p><u>Backgrounds VI: Peaceful Wilderness</u> Available 5/1/07</p> <p>Take a stroll in your mind on a path through pristine wilderness. Listen to the birds sing and the wind in the trees. This recording subtly creates a peaceful, relaxing environment.</p> <p>➤ 60+ minute compact disc suggested retail: \$10.00 [BG-6]</p>
	<p><u>Customized Backgrounds</u></p> <p>Pricing ranges from \$60 to \$250 for a customized recording. Please call or Email for a quote.</p>

MP3 CD's

Save resources and save money with MP3 CD's

Available 5/1/07



MP3 is a file format that allows for a smaller file size, while maintaining near CD quality. This format has rapidly become the standard in digital audio for computers, MP3 players, and the Ipod. For many the slight decrease in sound quality is made up for by the convenience. The popularity of MP3 extends beyond individual use. Many practitioners, clinics, and hospital-based programs are using this file format on portable players or computers. Some businesses allow clients to download to their own device. MP3 CD's can also be used in a retail sales setting to allow customers to hear samples of CD's. A CD with MP3 files can hold much more music than a standard CD.

File Size

128 kbps is standard MP3 file format. This format has a good sound quality versus the memory it takes. 256 has slightly higher fidelity, but takes twice the memory. 256 kbps available by special order only.

Instrumental Relaxation MP3 CD

Music from all 11 Instrumental CD's on **1 CD** plus bonus web videos (wma format).

- **One MP3 CD at 128 kbps (standard format)- \$90** *(Save \$80+ bonus material)*

Music Assisted Relaxation MP3 CD

Includes all 4 relaxation recordings on **1 CD** bonus material not available on CD's: Includes music only tracks for both Healing Blue Sky exercises. This material was only available on the 90 minute cassette version (discontinued) as it would not all fit on a standard CD. Also includes 4 instrumental relaxation tracks and web video.

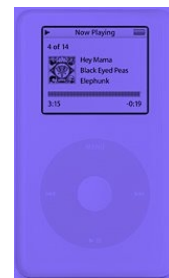
- **One MP3 CD at 128 kbps (standard format)- \$50**
(Save \$14+ bonus material)

Environmental Relaxation MP3 CD

Includes tracks from all 5 Environmental CD's + 1 bonus instrumental relaxation track all on **1 CD**.

- **One MP3 CD at 128 kbps (standard MP3)- \$40**
(Save \$10, + bonus material)

MP3 CD's contain cover art in JPEG format





MP3 Device Upload Fees

If you are using Ipods, other MP3 players, or computers it is important to remember to respect both the rights of all artists, and the law. There is a great deal of misunderstanding about this. However the spirit of the law is that when making multiple copies, to be used by more than one individual, it is important to pay the creators of the work for each copy. This is especially true when used in a business. Payment for the music is how the creators of works can continue to create. If you are uploading and using more than one copy, whether the original source is a CD, an MP3 CD, or an internet download, please consider paying a small per upload fee. This is done on the honor system. You keep track of downloads, and pay monthly according to the following fee structure.

- **Tracks less than 15 minutes: \$.75 per upload**
- **Tracks greater than 15 minutes: \$1.00 per upload**

For MP3 Samples visit our web-site: www.musictherapycd.com



CD Copy fees

Several organizations have asked about making copies of CD's from our original CD's or from MP3. Copying CD's or MP3 files without permission is illegal. However, there is an easy and legal way to make copies and use our CD's. For quality assurance and labeling, it would be best to use copies made by our duplication facility. However sometimes time may not permit this, or organizations prefer the convenience of on-demand CD's. Copies must be made from an originally purchased CD. As with MP3 downloads, this is done on the honor system. Please consider paying these fees to allow myself and the others I record to continue to create and offer our music.

- **CD copy fee: \$6 per CD**

CD Copies or MP3 files must be made from an originally purchased CD or MP3 CD.

Fees for MP3 Download or CD copy can be paid by check, credit card, or through PayPal (see web-site for details)

Please obey all copyright laws and respect the rights of all those who create works so that they may continue to do so.

Professional Practitioner Sales Programs

A wide variety of professional practitioners use our music in a variety of ways: from physicians using our music to provide a tranquil and soothing environment in their offices, to mental health practitioner who use the music in guided imagery and relaxation, to massage therapists using the music in their practice to assist in further relaxing their clients, to hospital staff using music to comfort patients before, during, and after surgery. We have developed a practitioner program specifically for those who use our music in their practice.

Practitioner Program #1:

- Practitioners receive a 40% discount on all CD's with no obligation other than telling their clients about us when they ask.

Practitioner Program #2:

- You receive 1 free copy of every CD in our catalog
- You post our catalogs & other promotional materials in a prominent place in your office and/or treatment area and refer clients to them when they ask about the music you use.
- CD's ship directly to the client or to your office.
- You then receive a quarterly payment of 20% of the retail price for each CD sold.

Practitioner Program #3:

- Single practitioners receive 1 free copy of every CD in our catalog for each practitioner in your office, multiple practitioner companies receive 2 free copies of each CD.
- Additional CD's for practitioners use only may purchased with a 50% discount.
- You agree to carry CD's on a consignment basis.
- YOU PAY NOTHING up front!!
- You then sell the CD's for the set retail price.
- YOU KEEP 50% OF ALL CD SALES!
- You may request more CD's at any time, or make special orders for clients and we will ship them to you.

Benefits

- You can offer your clients a drug-free way to relax and reduce stress at home. The stress reduction is even more increased if the music is used during treatments such as massage, guided imagery, or energy work, by conditioning a relaxation response.
- You can increase revenues through the sales of the CD's
- You have the use of these CD's in your practice for a reduced rate, or free to enhance relaxation and healing for you clients.

Hospital or Large Clinic Programs

- Call to create a customized plan for free and/or reduced price for CD's for use by patients receiving treatment and/or by clinicians.
- Volume discounts are available
- Consider selling them in your gift shop or home care stores for your clients to use.
- Some appropriate hospital settings might include: cancer centers, radiology areas, birthing and nursery facilities, end of life rooms, Patient CD/Video libraries, surgical facilities, or other patient treatment areas.
- Call 952-221-1857, or contact us through our web-site at www.musictherapycd.com

Services

There are several services that I, and those I work with have to offer. Here is a short list:

Consulting

- Use of recorded music to enhance the environment in health care, education, and office settings
- Use of recorded music in client/patient treatment and care to be used in conjunction with everything ranging from surgical & medical settings to massage (I do make recommendations for music other than my own).
- Selection of audio and musical equipment that can best fulfil your needs and the needs of your clientèle in a cost effective way.
- Consulting for Hospital and Hospice Memorial and “Healing” ceremonies.
- Starting a music therapy program

Audio Production services

- Full recording and production services
- CD, Cassette, DVD, and other media duplication
- Customized CD art and insert design (*business logos can be added to current CD's*)
- Individualized instrumental and music assisted (guided) recordings
- Customized environmental recordings
- Custom Audio for Web Sites (*some web video services available*)
- Custom Audio for On-Hold Music
(We can also do voice-overs and can help with spoken material)

Creative Services

- Music Composition
- Songwriting
- Custom Music Video Slideshows (Variety of Formats- PowerPoint, WMA, Flash, etc.)

Performance and Education

- Small and large group performances
- Small and large group workshops and presentations*
- Staff training, in-services, and workshops*
- Hospital and Hospice Bereavement and Memorial Events
- Limited group therapy services
- Worship services and ceremonies (all faiths & denominations)
- REDUCED FEES available to organizations that sell my CD's or use them in large quantities.

* Call or see web-site for a list of topics

Licensing Fees

If CD's are to be used for a commercial use, a Licensed copy of the CD must be purchased. For the price of \$50 per CD, the music on it may be used on Web-Sites, in presentations and workshops, played in public areas (area larger than can hold 15 people), on hold music, added to video programs etc. Clinics and Stores that carry my CD's and practitioners involved in sales programs may play my music without this license. This fee also covers use of this material in customized recordings made for clients/patients. When music is used in a presentation or production, music credit and web-site should be displayed, mentioned in text, or otherwise made available to the audience. USE OF CD'S WITH INDIVIDUAL CLIENTS AND SMALL GROUPS DOES NOT REQUIRE THIS LICENSE AS THAT IS CONSIDERED “PRIVATE USE”.

- **Licensed CD's: \$50 per CD (includes cost of CD)**



Why Music?

Human beings are musical creatures. Rhythm is a concept we share with all life and with the many forces that govern our existence. Biological patterns range from simple rhythms, such as the heart beat, to the complex vibrations of the nervous system. Vibration is also a universal constant, from the vibrations of atoms and molecules that make up all matter, to the cosmic echo of the “big bang” which still exists even today.

There is a large body of evidence in music therapy and other fields, which shows that music can have positive effects on psychological and physiological well being. For thousands of years, healers across the earth and in every culture have used music as a healing tool. Indigenous peoples of every continent have all used music in their healing & wellness practices. References to music as a powerful tool of healing and spirituality are found in the Old Testament of the Bible. Research has shown that music is an effective tool to help reduce physical, emotional, and spiritual stress and pain. It can also offer unique insights to the human experience. Music has been shown to have positive effects on physiological functions, such as, heart rate, blood pressure, skin temperature, immune, endocrine, and neurological functions. We recognize that most music is beneficial to our entire well being. Different music has different roles in that well being. All music is a valuable expression of the soul. The interaction that occurs in live music and music making can be the most powerful force for well-being of all.

Here is a list of some organizations who use our products and services (this is only a partial list):

- Allina Hospitals and Hospice
- Fairview Hospitals and Hospice
- Park Nicollet (formerly Methodist) Hospice
- Park Nicollet Clinics
- Methodist Hospital
- Park Nicollet Health and care stores
- Ridgeview Medical Center and Hospice
- HealthPartners Hospice
- Children's Hospitals and Clinics
- Children's Hospice
- Fairview University Children's Hospital
- Minneapolis Council of Churches
- Metropolitan and South Metropolitan Grief Coalitions
- Glendale Adventist Hospital (California)
- Mayo Clinic
- Struther's Parkinson's Center
- An many more ...

About the Artists/Therapists

Sandra Holten MT-BC

Sandra Holten is a Board Certified Music Therapist. She presently works for Park Nicollet Struther's Parkinson's Center, a national center of excellence in the treatment of Parkinson's and "Parkinson's plus" Diseases. She also has extensive experience in mental health. Sandra has a Bachelors Degree in Music Therapy from Augsburg College with special training in Neurologic Music Therapy at the Center for Biomedical Research in Music at Colorado State University.

Dawn Miller MME, MT-BC

Dawn Miller is a Board Certified Music Therapist working for Park Nicollet Methodist Hospital in the areas of Oncology and Hospice. She has many years of experience working in these areas. She also has experience in mental health, and children's music therapy/education programs. Dawn holds a Bachelors Degree in Music Education from Gustavus, a Masters of Music Therapy Degree from the University of Kansas, and has special training in guided imagery and music.

Becky Pansch MT-BC

Becky Pansch is a Board Certified Music Therapist currently working for Fairview Hospice. Becky also has a lively schedule as a presenter locally, regionally, and nationally in the areas of music and wellness, and music therapy in hospice. She has experience in working with the terminally ill, neurologically impaired and special education. Becky holds a Bachelor's Degree in Music Education from St. Olaf College and did her music therapy equivalency studies at the University of Minnesota. She has also been trained in Neurologic Music Therapy at the Center for Biomedical Research in Music at Colorado State University and studied with the Therapeutic Sound School through the Institute for Music in Health and Education.

Melony Maness (formerly Dodson)

Melony is a music therapist, professional pianist, violinist, and fiddle player. She accompanies dance and vocal groups on piano and performs in professional orchestras throughout the southeastern United States.

Christian Nielsen MT-BC

Christian Nielsen is a Board Certified Music Therapist in private practice. This practice provides services to Ridgeview Medical Center and several private clients. Christian has experience with oncology, hospice, neurological disorders, behavior disorders, developmental disabilities, pediatrics, geriatrics, childbirth, and chronic illness. Christian founded Christian Nielsen Music Therapy in 1999 to create recordings with therapeutic goals. As part of his practice, Christian also performs and conducts workshops and seminars in music therapy for organizations such as the Alzheimer's Association, the MS Society, and Children's Hospitals. Christian has over 15 years experience as a professional composer, songwriter, performer, and producer in addition to his music therapy experience. Christian has a Bachelor's Degree in Music Therapy from Augsburg College.

Christian's recordings combine his experience and education as a music therapist with his research and experiences with indigenous musical healing traditions. These recordings are a bridge between the ancient and the modern by combining ancient and "primitive" instruments with modern instruments and technology. These recordings have been used successfully for symptom management by people who have chronic pain, chronic neurological disorders, behavior disorders, cancer, and by those in hospice programs. Christian's music also reflects his own journey with a life-changing medical condition.

Terms

Iso-principle: a principle involving the changing of emotional or physiological states by matching the existing mood or state, and then slowly altering it to the desired state. For example, if you are feeling agitated, you begin by using agitated music, then slowly calm the music until a relaxed state is achieved.

Entrainment: A physical principal discovered in the 1700's by physicists that describes objects in motion. It states that two or more objects in close proximity will move together rather than separately. An example would be swinging two pendulums together: they will eventually synchronize even if started from opposite directions. This has significant implications in terms of the physiological and emotional responses to rhythm in humans and animals.

Autogenic Relaxation: A relaxation technique that involves visualizing various parts of the body releasing tension and feeling heavy and warm.

Breathing Exercises: Relaxation techniques involving deep breathing along with cleansing images.

Progressive Muscle Relaxation: A relaxation technique that involves the tensing and releasing of muscle groups. This is a standard technique for relaxation.

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Please do not drive while listening to some of these recordings.

These recordings are designed to compliment other therapeutic interventions. They are not intended to replace psychological or medical diagnosis and treatment.

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