



The Laura Longley Show
Wired for Sound: Tips to De-Stress Using Music and Sound
With Sharon Carne, Author of "Listen from the Inside Out"
April 14, 2014

Laura: Good morning. What a beautiful, sunny morning we're having in Seattle. I'm Laura Longley and you're listening to the Laura Longley Show on Transformation Talk Radio where authentic change takes flight. Stay with us for the next hour and let us help you to experience ways to get unstuck and live an inspired life full of meaning, purpose and happiness. Each week on the Laura Longley Show we have some of the most gifted practitioners, speakers and authors helping you to make authentic and lasting changes in your life.

Today I'll be talking with Sharon Carne, author of Listen from the Inside Out, about how we can use music and sound for a more stress free life. Later in the show, Sharon will be giving away a free mp3 download for every listener of her CD Woodland Song. It's an hour of the sound of soft, bubbling water and birdsong. You can play it softly in the background when you have to get a lot of work done and not get stressed out or just to help you sleep. Be sure and stay tuned to find out how you can get that.

First, we'll start with our healing meditation as we do each Monday. Today I would like us to send love and healing to mentally ill people who are homeless. I was on the bus yesterday and three men got on who I'm sure there were issues in that regard. I noticed everybody's reaction to them because they weren't really socially acceptable in the way they were acting. It was kind of my own reaction as well. Let's send them love and healing and keep the faith.

Let's begin by taking a deep breath in. Release it. Take another deep breath in. Release. Thank you for joining us in that.

Over the weekend I started getting reacquainted with Access Consciousness. I've shared some information about Access Consciousness last fall when I first learned about it. I really had some good success with some of the tools with access consciousness right away. One of the ones that was really big for me was asking the question, "What else is possible?" in any situation where things aren't going the way that we want and we don't see a way out of it. During this week's Light Bulb Moment later in the show I'm going to share a few more of the tools. These are ones about how to make the best decisions for you and know internally that it is the best decision as well as a different perspective on dealing with conflicts. Be sure and stay tuned for that towards the end of the show.

For now, let me introduce today's guest. Sharon Carne is an author, speaker, musician, recording artist, sound healer, and reiki master. She is the founder of Sound Wellness, whose programs are at the forefront of education in how sound and music can be applied to your everyday life to reduce stress, support your health, energize you and inspire you more. Let's welcome Sharon Carne to the Laura Longley Show. Hi Sharon.

Sharon: Hi Laura.

Laura: I'm so glad to have you here today because sound I think is something that we don't...we kind of take it for granted. We don't think that much about the effect it has on us unless we are being bothered by noise.

Sharon: You're absolutely right. We do kind of put it into the background of consciousness.

Laura: I think it is so great to be learning, for me, more about how it really can be used consciously to make my life better. I think it would be great if you could start out by sharing a little bit about the science or biology about why that is so that people really understand the impact that sound can have for us.

Sharon: Absolutely. Thank you. Sound is defined as vibrational energy. If we go back to science's description of matter. We all now know that at the atomic level of matter, everything is moving. Everything is vibrating. Sound as vibrational energy has a very

powerful effect on matter itself and how matter vibrates. Some of the science about how the human being is wired for sound is really very interesting. It's not something that's common knowledge at the moment. For example, sound goes through you. It goes through the more fluid parts of your body about 4 ½ times faster than it moves through the air. It goes through your bones 12 times faster. It's phenomenal.

Any sound around you, and sound is vibrational energy, in order for it just to move as it goes through you, it's pushing against atoms and molecules just to move. As it pushes atoms and molecules aside, as the sound wave goes through, then they bounce back. Often when they bounce back, depending on the nature of the sound, when they bounce back then it allows...for example, if the sound is going through you it allows everything to reestablish a natural pattern.

Laura: Interesting. Like reconfiguring our bodies.

Sharon: In a way. We're getting shaken up by sound. Have you ever come up to a stoplight when you're out drying and you have one of those boom cars behind you?

Laura: Yes, unfortunately.

Sharon: That's a really good example of the feeling of low frequency sound going through you. We don't always feel higher frequency sounds as they go through us. They certainly do that. Lower frequency sounds we feel in every part of our body, for sure.

Benny: Sorry about that ladies. I'll go ahead and roll up my window next time. My bad.

Laura: Sometimes they even have their windows rolled up and you can still hear it.

Sharon: It doesn't matter.

Laura: I'm going to take a little left turn here just because I'm curious about that. Something like that where it is a noise that is bothering me, and I'm putting "bothering me" in quotes because part of that is just what I think about it. Is there a detrimental effect to me then?

Sharon: That's a really good question Laura. It depends on the nature of the sound. There's so many aspects to define what we would call a

harmful sound. One thing to know is that sound affects your entire being. Your physical body responds as the sound goes through you. Also, your heartbeat, your breathing and your brainwaves respond depending on the rhythm of the sound. Your brain releases chemicals and neurohormones that change the physical response in the body depending on the nature of the sound. For example, traffic noise...I should finish those thoughts too. Those are just physical things. We also have the emotional response. The emotional response is a sound that livens us, a sound that relaxes us. We have all that whole range of emotional response. Then we have the mental response. What's going on in your mind? Is there a sound that can actually calm that 90 mile an hour mind? We are all suffering from, sometimes it's helpful but sometimes it keeps you awake in the middle of the night. There are times when you want to slow down that 90 mile an hour mind.

Sound also affects our spiritual connection. Whenever you have listened to a song, watched a musician or a singer, you felt absolute peace, or inspiration, joy, bliss, any of those things. We are in connection with our spirit. Sound affects us in all of those ways.

When you come down to defining what is a harmful sound, an example would be a jackhammer. If you were too close to a jackhammer without hearing protection, you're doing physical damage to your ears for one thing and your hearing. There is also the vibration of that as it's going through you. It's not going to be a really good feeling.

Another thing that's being studied a lot by the European Union is the harmful effects of traffic noise. For those people who live in a big city. If you're living near a freeway, this is an interesting consideration to support your health, or when it doesn't support your health. What they're finding in their research on traffic noise is it creates heart problems in up to 250,000 people. In a year, 50,000 people of those 250,000 people die. Then there's 50 million people who can't sleep if they're living by a freeway with a lot of noise. Traffic noise is affecting the health of 125 million people. That's a lot of people to be affected by traffic noise. It's being defined in the European Union as a serious health risk.

Laura: Wow.

Sharon: Harmful noise, yes. That's on a physical basis. Another thing, as far as the neurochemicals that are harmful...

Laura: Sharon, I'm going to interrupt you here because it's time for us to take a break. I want to, when we come back let's start talking about...I live around traffic noise. What do I do about that? Help us lead into how we can start affecting our environment so that it is more healthy for us.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. You can find me on Facebook at the Laura Longley Show and at www.thelauralongleyshow.com. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Sharon Carne, author of Listen from the Inside Out. Before we continue I want to make sure that everyone knows how to find you, to find your website, to find you personally. Can you give us that information?

Sharon: Thank you Laura. The website is www.soundwellness.com. All the contact information is there.

Laura: I noticed, we're going to be giving out a little later in the show what the link is for the free mp3 download. I went and did that. I notice that you also have...people can sign up for a membership to your site and people can sign up that way as well.

Sharon: Yes. As soon as I find a universal type of sound that seems to really support people, I'll often put it up as a free audio download on the site. There's all kinds of information, articles, videos, and some fun things to explore.

Laura: Great. That's all free. That's nice.

Before the break we were talking about traffic noise in particular. In general, environmental noise that we're all exposed to in varying degrees and we don't really have any control over. What is it that I can do, because we were talking at the break, I live in downtown Seattle a couple of blocks from the freeway. I have constant traffic noise as well as other city noises. Even though I maybe can kind of tune that out so I'm not conscious of it, it's still affecting me what is it I can do?

Sharon: There's a couple of things. One of the main things to do is to lower the cortisol level. One of the things in the study that's been

found is that the hormone cortisol is released in the brain whenever you are perceiving a sound that you don't like, whenever you're being stressed. Cortisol is the stress hormone. One of the things, one of the sounds that is most effective at lowering stress hormones is nature sounds. The sounds of bird songs, the sound of water, the sound of wind. If you find ocean waves, rainfall, all the natural sounds are very, very healthy sounds for the human being. They can counteract for that raising of cortisol and be a really helpful thing for you to do.

Laura: Is that one of the clips that you have that Benny can play for us?

Sharon: It is, yes.

Laura: We'll just listen to this...this is like a 30 second one I think.

Sharon: This is birdsong and water. I think it's 12 seconds.

[Recording]

Laura: I can see where it does feel...just in that brief period of time it reminded me how being out in nature feels. It's almost like I felt transported to being out in nature.

Sharon: Absolutely. The interesting thing about those two sounds together and their effect on the body is really kind of fun to experience. The lower frequencies in the water tend to relax the body. They put you into a relaxation response. They slow down your heartbeat, which lowers blood pressure. They slow down breathing. They slow down your brainwave state, so you go into a relaxed state. The cool thing about birdsong is that it is high frequencies. It's also incredibly unpredictable. The human mind loves patterns. We learn by patterns. We are...the brain is always looking for patterns. The mind and brain can find no patterns in birdsong. The result of the birdsong in your environment keeps the brain alert, focused and productive at the same time the water is keeping the body relaxed. Isn't that a great sound to have in the background when you've got a deadline on something you've got to have ready.

Laura: No kidding.

Sharon: It's fabulous. I have it on iTunes and I have it playing when I'm writing on the computer. I love it.

Laura: You're relaxed, yet alert.

Sharon: Yes, it's awesome.

Laura: Perfect. I know when you and I talked last week, I'm going to get this wrong so I'll just ask you. I remember you said there was a certain sound that we only had to listen to it like, I forget, 30 seconds or something for it to have an effect.

Sharon: Yes. This was a set of tuning forks tuned to a perfect fifth. The lower sound, that means there's two sounds that we hear together as one, that's called a perfect fifth, there are five notes apart in the scale. The lower sound in this set of tuning forks is directly related to one of the frequencies of the earth. It's the kind of sound that makes you feel, "Oh, that feels better." Kind of like the birdsong and the water. When you add the G, which is 5 notes higher than the lower sound, then you get the perfect fifth. These two specific frequencies, the set of forks was studied by John Beaulieu and George Stefano. Beaulieu is a naturopathic doctor and a music therapist. Stefano is a neuroscientist. What they wanted to know is if sound can stimulate a natural cycle in the cell that is called the nitric oxide cycle. 3 scientists were awarded the Nobel Prize in Medicine in 1998 for just discovering that. It's the healthiest thing our cells do. When the cycle is operating normally we are focused, we are not stressed. Our digestion is working properly, our heart is working properly. We have our autonomic nervous system is out. There is a long list of healthy response in the body when this cycle is operating normally. Since this was discovered, pharmaceutical companies have been spending a lot of money on creating a medication that stimulates this natural cycle. It's really helpful for heart patients because it dilates the blood vessels and helps the blood to flow more easily. Very important.

Their question was, does a sound stimulate this natural cycle in the cell? They found, unequivocally, yes. Every single time. The sound of these two forks sounding together stimulated the nitric oxide cycle in cells in the petri dish, and in human subjects in less than 30 seconds every time. Less than 30 seconds.

Laura: Wow.

Sharon: It's unbelievable. One of the most important tools that I'm using at the moment, personally myself, it strengthens the immune system. It does so many things to reduce the stress that we have to face in our everyday lives.

Laura: How frequently do you listen to it?

Sharon: I have both the sets. I have another that's found lower that I use on the body. When I get stressed my shoulders come out toward my ears. I feel stressed in my shoulders. I use the one for my body, which they also studied on my shoulders to give myself a shoulder massage. I keep it right beside the computer. It's a wonderful tool. That sound going through the body, it's almost like I'm left after using it a few times around my shoulders, with a feeling like I'm kind of feeling settled and happy and feeling really good for really no particular reason.

Laura: The clip that we have of tuning forks, is that the physical one that you're using?

Sharon: No, this is the one that you just listen to. They do exactly the same thing. They just do it a little differently. They still stimulate that cycle which has all those advantages. Absolutely. This one is easier to use. The one on the body I usually demonstrate and have people use in [inaudible (24:50)].

Laura: Okay. So you're actually touching the tuning fork to your shoulder. Is that what you're doing?

Sharon: Yes. In this case, the actual forks you can listen to by your ears and get a slightly different experience than when you listen to a recorded sound. They found they both worked.

Laura: We have the tuning forks. This is the one that will...is this the one that will stimulate that cycle?

Sharon: Yes.

Laura: Okay. Benny, can we listen to that right now?

[Recording]

It is interesting. I hadn't really thought that much about sound being vibration until we started talking about it. Now that I'm conscious of it, I really could feel that in my body.

Sharon: Awesome. When I found this research, I created a 5 minute track of these two forks and put them in the membership site on the free download area.

Laura: Great. So if people sign up for the membership site they can download that.

Sharon: Absolutely.

Laura: Very good. It is time for us to take another quick break. When we come back I think we'll talk a little bit about how we can use music and the music we like to enhance our lives.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Sharon Carne, the author of Listen from the Inside Out. Now we're going to tell you how you can get that free mp3 download that we talked about at the beginning of the show. Sharon, this is the birdsong and water sounds, an hour of it, is that right?

Sharon: It is.

Laura: That little 12 second clip we had a little bit ago in the show, this is an hour of it. You can get it free by going to Sharon's website, which is www.soundwellness.com/laura. It's special for you listeners to get that free download. www.soundwellness.com/laura. I've already downloaded it and listened to it and it's really a great resource. As I mentioned too, Sharon has the free membership site where you can get a lot of other free downloads as well. I hope everybody takes advantage of that.

Sharon, one thing I'd like to talk about too that you and I talked about last week when we talked off line is how we can use our music collections to help our health, both physical, mental, emotional, whatever.

Sharon: There's some really good principles to use when you're looking at your music collections to support your health. One of the important things to know about our heartbeat and rhythm. It has to do

mostly with rhythm. When you walk into your local grocery store and when you're buying groceries, there's always music playing. It takes only minutes for your heartbeat to match the rhythm of the music. We have no off switch. It happens whether or not you're even paying any attention to the music. Rhythm changes your heartbeat.

When you change your heartbeat, you also change your breathing and your brainwave state. Those three systems are intimately connected. That's called entrainment.

The two main principles, when you're using rhythm to make those physical changes in your body. If you use slow rhythm and low frequency sounds, that will help you discharge excess emotional energy from the nervous system. Slow rhythm and low sound.

It's also known that every single person is completely unique in how they respond to music and sound. These are general, general principles you can try out. You may find some differences. Generally, low frequency sounds and slow rhythms will help you discharge after you've been really wound up and you're feeling really stressed and anxious.

Laura: That makes sense to me because then our heart would slow down, our breathing would slow down. That makes sense to me.

Sharon: Yes, a relaxed heart is somewhere within about 60 to 80 beats per minute. Some people would say 70 to 90. Around...and 60 beats per minute is a second. You want to look for music that has a beat that's about a second or a little bit more. Then your heart will match that rhythm. You can go through your music collection and check out the rhythms that are there.

On the other side, the other principle, if you need to rev yourself up, look for music in your collection that has faster rhythm or higher frequency. You will find that will speed up the heartbeat and it will sharpen up your senses and focus the mind a little more. When I'm driving and I need to stay awake I love to listen to big band music. I grew up with that with my parents and my generation. That's one of my favorites. Really lively songs that make me want to tap my toe. Any music you cannot sit still to is great music for revving you up because you just want to get up and dance.

Laura: Right. I think of where I want to dance and you just feel more energized.

Sharon: You have to watch when you're driving though because your speed will be really fast. You have to find a way to chair dance when you're driving so it doesn't interfere with the accelerator.

Laura: That's great to know. Do you feel like...this is an out of the blue question, do you feel like we almost kind of intuitively pick the music we need to hear at whatever time?

Sharon: Absolutely, we do that intuitively. It's something when you're changing radio stations, when you get in the car and you're used to listening to the radio when you get in the car, you have a radio station on and you go, "Uh-huh." So you keep fasting through the stations until you get something that's right. We're feeling that sound and music as it goes through us. It's moving our atoms and molecules. Our emotional part of us is going, "No," or, "Yeah, yeah!"

Laura: Kind of related, I guess, because I like to sing along with music. Say a little bit about how our bodies respond to the sound of our own voice.

Sharon: Oh, how your body responds to the sound of your own voice. This is really fun. There is nothing that knows the frequencies of your body more than your voice. If you think of it, you are made of atoms that are all moving and vibrating. Plus, the 99% empty space in between those atoms. Every part of you is vibrating to a specific frequency. Your brain, your liver, your blood, your feet, your skin, everything has its own particular frequency. Everything is vibrating all at once. We have this combined frequency of who we are in this moment.

Music will shift that frequency as soon as we are around a sound that will change that physical response and physical vibration in the body. Your voice carries every frequency of your body. You can use your voice to make an immediate change in your body to make a shift in something that needs a shift or an emotion.

Laura: Say how that works. How would I do that?

Sharon: For example, if you've had a really stressful day and you're really wound up, you can use one of the natural sounds of the body. Our body makes all kinds of natural sounds with the voice that are actually, they stimulate the brain to release endorphins that help the body heal or manage pain. There's things like, [sigh], "Oh, ah, ooh,

aah.” We make those sounds all the time every day. When we want to release excess energy we use a sigh. If you make a vocalized sigh, that sound of your voice travels through your body in a bigger way. You're vibrating your bones much more so that you're getting a better response from the brain to releasing endorphins.

Using those two principles of low frequency sounds release excess emotional energy from the nervous system, you can do a vocalized sigh that sounds something like this, starting in the middle of your vocal range and letting it drop. “Aaaaaaaaahhhhh.”

Laura: That’s vibrating through my body when I do that.

Sharon: You do it yourself. You can feel it inside your body. The sound of your voice is created inside of your body. It vibrates everything. It’s a wonderful discharge and it only takes seconds.

Laura: So what about listening to your recorded voice, does that have any affect? It sounds different when we hear our recorded voice than when I’m just talking right now and listening to myself.

Sharon: I think it would probably work. It sounds different because the voice that we hear, we’re hearing from the sound that comes out of our mouth, but we’re also hearing the sound of our own voice through bone conduction. Physically, we hear in those two ways. What we are hearing is going to be different from what everyone else around us hears. What the tape recorder hears is the sound that comes out of your mouth, not the extra bone conduction sound. There’s always going to be a difference.

Laura: That’s very interesting. Very interesting. We’re getting down to...we just have a few minutes left. I want to give you the opportunity, if there is anything that we haven’t talked about that you feel like is really, “Oh, here’s a great thing for listeners to know,” or a great resource, I’d love for you to share it now.

Sharon: I certainly would invite people to come and play around in our site and enjoy the free stuff there. Find out more if you're drawn to doing that. I think the most important thing is for us to be aware that sound is affecting us, whether we are consciously recognizing that or not. Sound goes through you and affects you as it goes through you, every part of you. We need to become more aware of that.

Laura: I thank you for that awareness. As we talked about earlier in the show, there is a lot of stuff that I screen out but it's still affecting me, even though I'm not consciously listening to it. I thank you for that awareness.

Sharon, before we say goodbye, once again, how can people find you, find the membership site, find that free download?

Sharon: You can go to www.soundwellness.com. If you scroll down on the main page I think on the left side you'll see a box for free membership. You can sign up with a username and password. The birdsong and water I call Woodland Song and that's available for all your listeners at www.soundwellness.com/laura.

Laura: I will say too, since I went there and downloaded it, on that page you will see very prominently where you can sign up for the membership site. You won't have to scroll. It'll be just on the left hand side of the screen.

Sharon: Perfect.

Laura: Thank you so much Sharon for sharing information. This is just the sound healing piece is something I haven't focused much before. It's just so interesting and such great information. Thank you so much.

Sharon: Thank you for inviting me to be here Laura. I really appreciate it. How wonderful.

Laura: Have a wonderful day in Calgary. We will talk to you again. Thanks Sharon!

Sharon: Thank you.

Laura: You're listening to the Laura Longley Show. We're going to take a quick break and when we come back I'll share this week's Light Bulb Moment, which are a couple of tools from Access Consciousness. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I was talking with Sharon Carne, the author of Listen from the Inside Out. You can find out more about Sharon at www.soundwellness.com. Also, you can get a free hour long download of birdsong and water sounds which will

help you relax and stay alert at www.soundwellness.com/laura. I really encourage everyone to get that because #1, it's free. I've already listen to it, it's really very great to have that relaxing yet alert time. Go check that out.

Some other ways to get help in moving forward in your life you can find me on Facebook at the Laura Longley Show and on Twitter it's @lauralongleysho and of course, always at www.thelauralongleyshow.com.

Earlier in the show I was saying that I'm kind of reintroducing myself to Access Consciousness. I talked about it a little bit probably October, November time frame last year. I got introduced to it and really found the tools to be very helpful and something where I got some pretty immediate feedback that it was working for me. One of my favorite tools is when you're in a stuck place or a situation that isn't going the way you would like it to, just ask the universe or whatever power you like to call it, what else is possible. You don't have to know the answer. You just ask, "What else is possible?" and see what happens. I really got some great results with that.

As I was going back and looking at the different Access Consciousness tools, I want to get back in the habit of integrating them into my daily life, I kind of let it fall by the wayside like we do on occasion, even though we find something useful sometimes for a variety of reasons we quit using it.

This weekend I was going back and really looking at all the tools. There were some that really resonated for me and I used a lot. There were others I didn't really use that much. A couple that came up that I thought were very...I think they're all useful...now they're kind of higher on my radar screen than they were when I first started doing the access consciousness is there is a tool that is really three questions. A lot of the Access Consciousness is about asking questions. This is about making a decision that is right for you.

If you have two options to choose from, there's three questions you're going to ask yourself. When you have a decision to make you want to look at each choice. It can be more than one choice. Ask yourself when I imagine going down the path of this choice, does that feel light? Does it feel heavy? That weighing of lightness and heaviness is how you know the direction that you need to go. Maybe you're comparing two things, lighter is what you're going to choose. I don't think I said that. Lighter is what you want to choose. Maybe neither of them feel heavy,

but is there one of those choices that feels the lightest. That is the direction you want to go. That's the first question.

The second question you want to ask about each choice is will this be a contribution to my life and to living? Lots of times we get presented with opportunities that we could do and maybe might be interesting to do. Is it...it's kind of saying, "Is this a good use of my time for my own continued development and growth?" you want to ask yourself, will this be a contribution to my life and living. There are plenty of things that might be fun to do, in the end, maybe I could've spent my time doing something that would make a greater contribution to my life.

The third is really about imaging what the result is going to be. You want to ask yourself, "What will the energy of my life be like? What result will it create in my life if I follow this particular path?" This is kind of like projecting down the road. Let's say an easy example is you're choosing between two job offers. Imagining yourself in each position and asking yourself, "What's your energy going to be like? Are you going to feel excited and energized? Are you going to feel drained and stressed out? What result is it going to create in your life?" There are all kinds of things to consider when you're looking at a result. Financially this one is better, but maybe from an energy perspective it's not better. There are all kinds of things to consider. Which choice really feels more expansive? More exuberant? Larger and lighter? There's that lighter again. We're looking down the road and imagining the result. What feels expansive? What opens us up? That's the third question for you to ask.

With each choice, does it feel light or heavy? Will it be a contribution to my life? What will the energy of my life be like if I choose this?

Another tool that I also wanted to present here that is from Access Consciousness has to do with dealing with conflicting opinions. Of course, we all know that we're not going to always agree with everyone. You know what is true for you by again using the light or heavy. If you are hearing a lot of different opinions about something and you're not really sure what you think, a lot of times we take on what other people think. Especially from our childhood, we have opinions about things that aren't really our own.

When you think about a particular issue and your opinion about it, or an opinion about it, does it feel light? If so, then it's true for you. If it feels heavy, then it's not true for you. This is again remembering that

what's true for you may not be what's true for your brother, your friend, your grandparent. Allowing that what feels light to you may feel heavy for them. You're choosing for yourself what feels true to you.

View everything including your own opinion as just an interesting point of view. We can get really attached to this is right and this is wrong. You want to really just look at...okay, so my mother doesn't look at this the same way that I do. Her opinion is an interesting point of view. My opinion is an interesting point of view. It's not that hers is wrong and mine is right or vice versa. It's just an interesting point of view. When you can detach from the meaning of you choosing a specific opinion, then you're much more able to entertain other options and other opinions. You're not stuck in that place of right and wrong or just bilateral.

I want to thank my guest today, Sharon Carne, for sharing all that great information about sound healing. It really is kind of a new area for me. I am really feeling fascinated by how quickly sound can shift things in our bodies and in our emotions. I want to thank you all for tuning in to the Laura Longley Show with me, Laura Longley. I had a great time. Please join me every Monday at 2pm Eastern, 11am Pacific on KKNW, WBLQ in Rhode Island or anywhere at www.thelauralongleyshow.com. Have a vibrationally sound week and I'll see you back here next time.