



## Soul Link Marketing Site – REFERENCE PAGE

### 3 PILLARS OF WELLNESS

#### **1. Sound Healing Musical Compilations** **(References from – SCIENCE PAGE)**

- [1] Lazar Lab for Meditation Research: Sara Lazar, PhD. (n.d.). Massachusetts General Hospital. <https://www.massgeneral.org/psychiatry/research/lazar-lab-for-meditation-research>
- [2] Tang, Y., Hölzel, B. K., & Posner, M. I. (2015b). The neuroscience of mindfulness meditation. *Nature Reviews Neuroscience*, 16(4), 213–225. <https://doi.org/10.1038/nrn3916>
- [3] Wikipedia contributors. (2023, March 25). *Gamma wave*. Wikipedia. [https://en.wikipedia.org/wiki/Gamma\\_wave](https://en.wikipedia.org/wiki/Gamma_wave)
- [4] Basin, G. (1999e). *The Art of Becoming: A Blend of Science With Spirituality, a Theoretical and Practical Guide to Personal Transformation. Book 1.* (pp. 235-237) iUniverse.

#### **1. Sound Healing Musical Compilations** **(References from – BENEFITS PAGE)**

##### Stress Relief

Maclean, C. R. K., Walton, K. G., Wenneberg, S. R., Levitsky, D. K., Mandarino, J. A., Waziri, R., Hillis, S. L., & Schneider, R. J. (1997). Effects of the transcendental meditation program on adaptive mechanisms: Changes in hormone levels and responses to stress after 4 months of practice. *Psychoneuroendocrinology*, 22(4), 277–295. [https://doi.org/10.1016/s0306-4530\(97\)00003-6](https://doi.org/10.1016/s0306-4530(97)00003-6)

Guzzetta C. E. (1989). Effects of relaxation and music therapy on patients in a coronary care unit with presumptive acute myocardial infarction. *Heart & lung : the journal of critical care*, 18(6), 609–616. <https://pubmed.ncbi.nlm.nih.gov/2684920/>

Huang, T. L., & Charyton, C. (2008). A comprehensive review of the psychological effects of brainwave entrainment. *Alternative Therapies in Health and Medicine*, 14(5), 38–50. <https://pubmed.ncbi.nlm.nih.gov/18780583/>

##### Pain Relief

Huang, T. L., & Charyton, C. (2008). A comprehensive review of the psychological effects of brainwave entrainment. *Alternative Therapies in Health and Medicine*, 14(5), 38–50. <https://pubmed.ncbi.nlm.nih.gov/18780583/>

Merrill, R., & Amin, M. T. (2021). Rhythmically Enhanced Music as Analgesic for Chronic Pain: A Pilot, Non-Controlled Observational Study. *Biology and Life Sciences Forum*, 7(1), 2. <https://doi.org/10.3390/ecb2021-10266>

Orme-Johnson, D. W., Schneider, R. J., Son, Y. J., Nidich, S., & Cho, Z. (2006). Neuroimaging of meditation's effect on brain reactivity to pain. *Neuroreport*, 17(12), 1359–1363. <https://doi.org/10.1097/01.wnr.0000233094.67289.a8>

##### Improved Sleep



Conditioned Reflex. (n.d.) *Farlex Partner Medical Dictionary*. (2012). In *The Free Dictionary by Farlex*. <https://medical-dictionary.thefreedictionary.com/conditioned+reflex>

Nidich, S., O'Connor, T. G., Rutledge, T., Duncan, J., Compton, B., Seng, A., & Nidich, R. (2013). Reduced Trauma Symptoms and Perceived Stress in Male Prison Inmates through the Transcendental Meditation Program: A Randomized Controlled Trial. *The Permanente Journal*, 20(4). <https://doi.org/10.7812/tpp/16-007>

### Inner Peace

*Vector Equilibrium & Isotropic Vector Matrix | Cosmometry*. (n.d.). <https://cosmometry.net/vector-equilibrium-&-isotropic-vector-matrix>

### Increased Concentration

Sharma, V., Rathore, S., Goswami, N., & B. (2019, January 3). *Beta wave Binaural Auditory Beats for Reducing Attention Deficit Disorder in Autistic children*. ResearchGate. [https://www.researchgate.net/publication/330104618\\_Beta\\_wave\\_Binaural\\_Auditory\\_Beats\\_for\\_Reducing\\_Attention\\_Deficit\\_Disorder\\_in\\_Autistic\\_children](https://www.researchgate.net/publication/330104618_Beta_wave_Binaural_Auditory_Beats_for_Reducing_Attention_Deficit_Disorder_in_Autistic_children)

Mendoza, M. (2017, December 4). *Understanding the Benefits of Brainwaves and Binaural Beats - The Ultimate Quick Start Guide*. Zenlama. <https://www.zenlama.com/understanding-the-benefits-of-brainwaves-and-binaural-beats-the-ultimate-quick-start-guide/>

Joseph, S. (2019, June 18). *Sound Healing using Solfeggio Frequencies*. ResearchGate. [https://www.researchgate.net/publication/333852911\\_Sound\\_Healing\\_using\\_Solfeggio\\_Frequencies](https://www.researchgate.net/publication/333852911_Sound_Healing_using_Solfeggio_Frequencies)

### Health Care

Stuart Reid, J. (2018, March 19). *Music-Blood Experiments—Promising Initial Results*. Experiment - Moving Science Forward. <https://experiment.com/u/fHFkTA>

McCarty, R., Atkinson, M., Rein, G., & Watkins, A. D. (1996c). Music enhances the effect of positive emotional states on salivary IgA. *ResearchGate*. [https://www.researchgate.net/publication/229965927\\_Music\\_enhances\\_the\\_effect\\_of\\_positive\\_emotional\\_states\\_on\\_salivary\\_IgA](https://www.researchgate.net/publication/229965927_Music_enhances_the_effect_of_positive_emotional_states_on_salivary_IgA)

Joseph, S. (2019, June 18). *Sound Healing using Solfeggio Frequencies*. ResearchGate. [https://www.researchgate.net/publication/333852911\\_Sound\\_Healing\\_using\\_Solfeggio\\_Frequencies](https://www.researchgate.net/publication/333852911_Sound_Healing_using_Solfeggio_Frequencies)

### Cognitive Care

Tang, Y., Hölzel, B. K., & Posner, M. I. (2015b). The neuroscience of mindfulness meditation. *Nature Reviews Neuroscience*, 16(4), 213–225. <https://doi.org/10.1038/nrn3916>

Huang, T. L., & Charyton, C. (2008b). A comprehensive review of the psychological effects of brainwave entrainment. *Alternative Therapies in Health and Medicine*, 14(5), 38–50. <https://pubmed.ncbi.nlm.nih.gov/18780583/>

Wang, J., Lu, H., He, Y., Sun, K., Feng, T., & Zhu, X. (2022). Listening to 15 Hz Binaural Beats Enhances the Connectivity of Functional Brain Networks in the Mental Fatigue State—An EEG Study. *Brain Sciences*, 12(9), 1161. <https://doi.org/10.3390/brainsci12091161>

### Empowering Yourself

Nidich, S., O'Connor, T. G., Rutledge, T., Duncan, J., Compton, B., Seng, A., & Nidich, R. (2013b). Reduced Trauma Symptoms and Perceived Stress in Male Prison Inmates through the Transcendental Meditation Program: A Randomized Controlled Trial. *The Permanente Journal*, 20(4). <https://doi.org/10.7812/tpp/16-007>



Vector Equilibrium & Isotropic Vector Matrix | Cosmometry. (n.d.). <https://cosmometry.net/vector-equilibrium-&-isotropic-vector-matrix>

## **2. Immersive Earth Visuals**

### **(References from – BENEFITS PAGE)**

#### Stress Relief

Tammen, S. A., Friso, S., & Choi, S. (2013). Epigenetics: The link between nature and nurture. *Molecular Aspects of Medicine*, 34(4), 753–764. <https://doi.org/10.1016/j.mam.2012.07.018>

#### Inner Peace

Weinhold, B. (2006). Epigenetics: The Science of Change. *Environmental Health Perspectives*, 114(3). <https://doi.org/10.1289/ehp.114-a160>

#### Empowering Yourself

Usvat, L. (n.d.). Sacred Geometry and the DNA. *Mathematics Magazine*. (n.d.). <http://www.mathematicsmagazine.com/Articles/SacredGeometryandtheDNA.php#.ZDTeEuzMIq2>

Collins, D. & Underground Health Reporter. (2013). *Could the Golden Ratio Be the Answer to Improving Your Health?* | Leadership Alliance. Leadership Alliance. <https://leadershipalliance.com/portfolio/could-the-golden-ratio-be-the-answer-to-improving-your-health/>

## **3. Focus Enhancing Frequency Waves.**

### **(References from – BENEFITS PAGE)**

#### Stress Relief

Bionuu. (2022, April 12). *Rife machine, hundreds of targeted frequencies- Bionuu*. <https://www.bionuu.com/rife/#:~:text=It%20works%20on,audio%20sound%20frequencies>

#### Increased Concentration

Bionuu. (2022, April 12). *Rife machine, hundreds of targeted frequencies- Bionuu*. <https://www.bionuu.com/rife/#:~:text=Researchers%20who%20have,with%20the%20beat>

#### Health Care

Abundant Life Health & Wellness. (n.d.). *RIFE Technology*. ABUNDANT LIFE HEALTH & WELLNESS. Retrieved April 11, 2023, from <https://www.abundantlifehandw.com/rife-technology.html#:~:text=By%20increasing%20the,the%20surrounding%20issues>.

## **Additional Reference from – OUR STORY PAGE**

[5] Lipton, B. H. (2010, August 17). Are You Programmed at Birth?: How to transform the subconscious trance. *You Can Heal Your Life*. <https://www.healyourlife.com/are-you-programmed-at-birth>