

# PHYSIOLOGICAL EFFECTS OF FREE SINGING

## Pilot study on a novel approach of singing therapy 2

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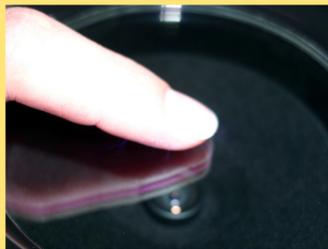
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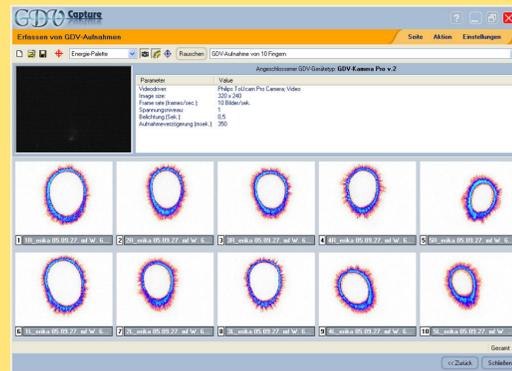
**Objectives and Goals** "Sing Yourself Free" (SYF) is both a novel method of singing therapy and a way to rediscover natural singing, which can be developed to any level of performing skills up to the demands of perfect and effortless, yet virtuous belcanto singing. It is based on the observation that the physiological process of optimal phonation in speech or singing needs not to be learned as a technique, but is part of the inherent "knowledge" of any human body, starting from the very first cry. It could be called a part of the 'basic program' of our organism which may be inhibited by various kinds of conditioning occurring in one's biography. Fortunately,

it can never be lost completely and can therefore be reactivated at any point in life. Experience with more than 400 clients of SYF suggests that freeing the natural breath, apart from improving singing and speaking, does not only foster a profoundly transformative and re-integrative process on the psychological level, but improvements of various medical conditions not directly related to breathing, lungs or throat. Therefore, we hypothesized that reactivating autoregulative properties of the breath by means of SYF might also improve the autoregulation and basic health capacities of the organism as such.

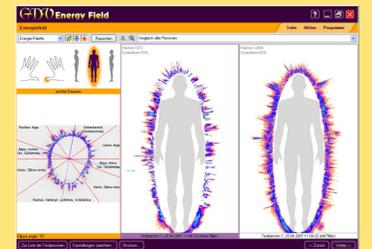
**Methods** The setting was a 2 hour sequence with 5 volunteers (4 male, 1 female), each of them receiving group supported individual sessions in singing therapy (SYF). At the beginning and the end of the sequence, every volunteer underwent a scan of their bioenergetic status using a GDV-device plus interpreting software developed by Konstantin Korotkov (St. Petersburg State Technical University, RU; www.korotkov.org).



Standardised Kirlian photography of each fingertip...



...display of exposed area, including pixel counting...

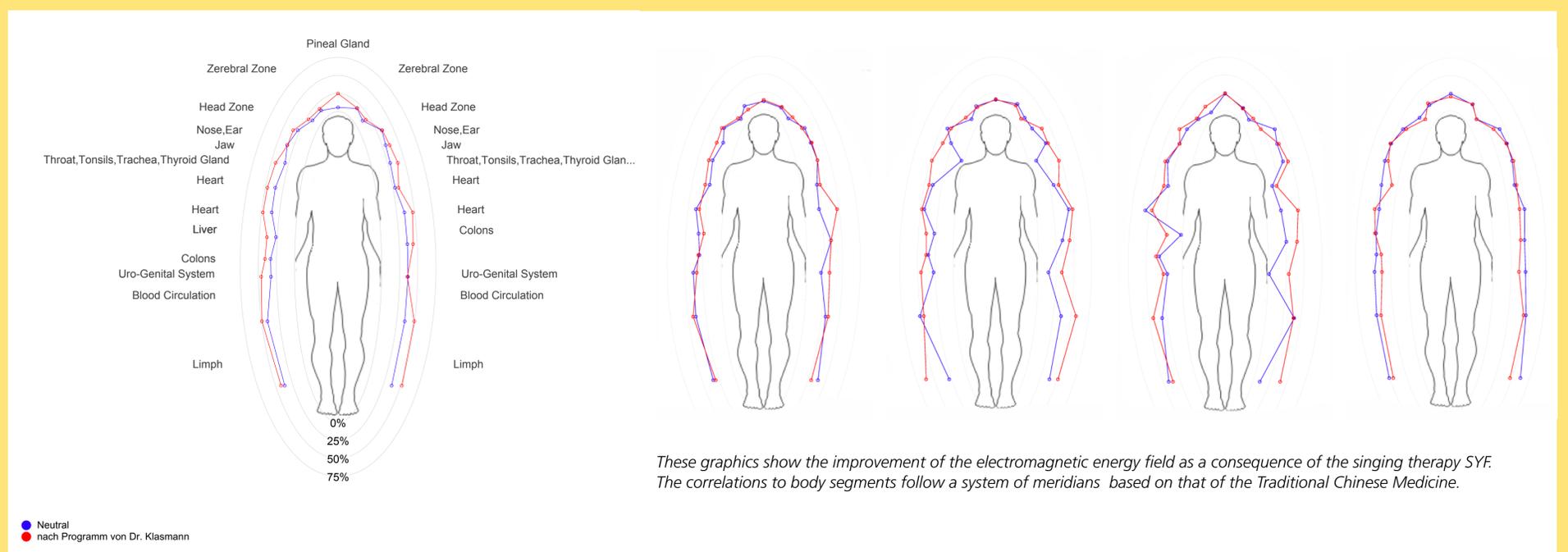


...and the graphical relating of the exposed areas to the corresponding segments of the body

**Results** In 4 of the 5 volunteers, the overall energy level of the measured meridians (over-all area of GD measured in exposed pixels) increased during the SYF-session, in 3 of these 4 persons the increase may be called dramatic (30,76%, 33,92% and 25,76%); in 1 volunteer the over-all area of GD improved by a mere 4,86%, but in this person, the symmetry of the exposed area improved significantly from 86% to 93%. the GD-analysis showed a decrease in 1 participant in GD area by 12,05%. This participant was not able to accept changes in his patterns of breath-control and therefore remained resistant to therapeutic intervention. The mean increase in exposed area was 16,65% (SD = 16,196). A second calculated parameter was the symmetry of the area of GD, reflecting the balance of energy between the left and right side of the body, resp. between the right and left hemisphere of the brain. In this respect, 3 of our 5 volunteers did already show very high matches of left and right of more than 90% before the SYF-session (93%, 94% and 92% respectively) and did not achieve significant changes during the

session. The 2 volunteers with more imbalanced starting conditions improved from 86% to 93% and from 82% to 93%. The mean starting condition was a symmetry of 89,4% (SD = 4,28), the mean outcome condition was a symmetry of 93% (SD = 0,2).

Proband	Exposed area before SYF in pixel	Exposed area after SYF in pixel	Difference	Symmetry before SYF	Symmetry after SYF
1	16.944	22.156	+30,76%	93%	94%
2	16.044	16.823	+4,86	86%	93%
3	17.127	22.936	+33,92%	94%	92%
4	15.188	19.100	+25,76%	82%	93%
5	24.041	21.167	-12,05%	92%	93%



These graphics show the improvement of the electromagnetic energy field as a consequence of the singing therapy SYF. The correlations to body segments follow a system of meridians based on that of the Traditional Chinese Medicine.

**Conclusions** These preliminary results show that the singing therapy SYF does have physiological effects. The electromagnetic system of meridian energies seems to respond immediately, mostly by an increase of energy levels, and the values calculated for the balance of energies between left and right suggest that SYF moves these levels towards a physiological optimum, not changing values already close to this optimum.

These findings show that GDV may be a valuable tool in the understanding and evaluation of the physiological consequences of the singing therapy SYF. Future research will have to be carried out with much larger cohorts of volunteers to yield results with improved statistical significance.