Music as a Medicine
Embracing the ancient science and wisdom of healing with music

Punit Yaatri
Music Composer, Scotland
“All the forces in the world are not so powerful as an idea whose time has come.”

VICTOR HUGO
Author, Poet, Playwright (1802-1885)
Some may think that this is a bold statement to make and I would agree, it is. However, to fully embrace its significance and potential, I feel it’s important that we first acknowledge the ancient civilisations that walked upon the Earth. They believed that music had the power to harmonise a person’s soul and, once achieved, the physical health of the body would be restored. It is their legacy of wisdom that we are slowly re-discovering.

So let’s go back in time...

From the dawn of civilisation music has been used to heal. Within the currently accepted history of Mankind on planet Earth, the earliest recorded culture to use sound for healing were the Aboriginal people of Australia. They used a hollowed out tree trunk through which it was said the spirits of their ancestors descended and healed those receiving the vibrations of the sound. This wooden pipe was known to them as “yidaki” but many of you will be familiar with its modern name, “didgeridoo”.

Some estimate that the didgeridoo has been used as a healing tool for over 40,000 years and that the Aborigines were adept at healing broken bones, muscle injuries and many illnesses just using the sound vibrations it produced.

Fast forward to around 4,000 BC and we find in ancient Egypt that this culture also used the power of sound to heal, this time using voice as the instrument. In the Abidos Temple priests used chant to treat various diseases. Egyptian priests and physicians referred to music as medicine for the soul and chant therapies were accepted and included in medical practice. Interestingly, together with chant, the priestesses also used a rattle instrument with metal-discs which, research has discovered, generates ultrasound. Ultrasound is widely used today in hospitals and clinics in many applications.

However, it is from Egyptian papyri, over 2,600 years old, that we first see reference to incantations used to cure infertility and rheumatic pain.

In ancient China, during the time of the Great Yellow Emperor (2698-2598 BC), we discover that the Chinese word, or character, for medicine actually comes from the character for music.

This perhaps is the clearest indication that an ancient culture on this planet recognised and acknowledged that music was the basis of the medicine needed to restore the health of an individual.

One of the oldest books in the Chinese culture, The I Ching (Chinese Book of Wisdom), states that “music has the power to ease tension within the heart and to lessen and loosen obscure emotions.” Traditional Chinese medicine even details the qualities of specific instruments and sounds and their beneficial effects upon various organs.

Around the same time in India, another ancient culture was flourishing and one that placed a deep sacredness and reverence upon sound and music. So much so, that the people of this culture, who had settled along the Indus River, believed that this world and indeed, the entire Universe, originated from a
> primordial sound vibration. And what was this primordial sound? They knew it as A-U-M – the tri-fold sound of creation. Ancient texts from this Vedic philosophy provide details of this sound and also of mathematically created musical notational scales called Ragas. These notes and melodies had been discovered to have a powerful harmonising effect upon the mind, body and soul – especially when they were played at certain times of the day or night.

Around two thousand years later in ancient Greece, Pythagoras of Samos stated:

> “The highest goal of music is to connect one’s soul to their Divine Nature, not entertainment.”

PYTHAGORAS (569-475 BC)

Pythagoras was a philosopher, mathematician and a metaphysician and was deeply fascinated by the mysteries of the Universe. Although not a musician himself, he experimented with pitch and ratio using string. In doing so, he connected mathematics with music and discovered the link between harmony and proportion. He is credited for being the “Father of Mathematics,” the “Father of Geometry” and the “Father of Music.”

I believe he displayed a level beyond earthly genius, driven by a desire to know the Divine within himself and to discover ways in which he could lead others to experience the beauty within themselves.

Pythagoras discovered how to heal using sound and harmonic frequencies and was the first to prescribe music as medicine. He applied this knowledge and successfully cured many ailments of the mind and body by playing specially prepared musical compositions to the sufferer.

Pythagoras taught that, if utilised correctly, music has the power to bring the Soul into harmony, to purify the mind and to ultimately heal the physical body. He used special songs and incantations, with particular melodies and rhythms, to cure diseases of the body and mind.

The ancient Greeks believed music had the power to heal body and soul. They used the flute and the lyre for treating illnesses such as gout and sciatica.

It is reported that Alexander the Great’s sanity was restored by music played on the lyre.

There is an ancient Greek saying, ‘Men have song as a physician for pain’.

In the Middle Ages you were not allowed to become a medical physician until you had first mastered a musical instrument.

SO WHY HAVE WE ABANDONED THIS METHOD OF HEALING WITH MUSIC?

I sadly don’t have the definitive answer! However, it would appear that as civilizations became more “evolved” we became allured and possibly seduced by science, the science of medicine, and moved away from the art of healing.

At the time I began composing music, I had no concept of “healing” let alone healing with music or even the use of music as a therapy. What I’ve experienced through working with my music and the transformations I’ve witnessed (which I’ll share with you in the following pages) has completely changed the way I view sound, our health and medicine. I now believe sound to be an immense power responsible for the birthing of galaxies and emergence of worlds.

Sound vibration is at the very core of who we are. Sound is energy and music is sound. Therefore music originates from a magnificent force and has the power to bring chaos or harmony to the mind and body.

Sound, frequency and vibration, if directed properly, can alter the course of our lives for the better.

My journey of self-discovery truly began when I was given the opportunity to spend some time living in the foothills of the Himalayas. It was a very simple, uncomplicated life with basic clothing and accommodation yet it was also a very beautiful, magical and mystical time. I can see now that getting up at 4am every morning to meditate wouldn’t be everyone’s idea of a good time! However, I soon grew to love it because it made me feel so peaceful. I also discovered that the more I meditated, the clearer my thinking got and the stronger my self-belief became. It was quite amazing.

Many scientific studies have now been carried out into the benefits of meditation and almost all, without exception, have concluded that regular meditation leads to increased well-being and enhanced physiological states.

“I now believe sound to be an immense power responsible for the birthing of galaxies and emergence of worlds.”

PUNIT YAATRI
At the time of creating my very first recording, I was simply composing music for myself – not with any intention of healing or therapy. I had no idea that this music, entitled “In The Company of Angels” would bring feelings of such deep and profound peace to others that it would help alleviate symptoms of stress and stress-related illness.

I only became aware of this when I received unsolicited feedback about the beneficial effects this music was having on children with hyperactivity. I was informed that whilst my music was playing the children became instantly calm and peaceful, and the effect remained long afterwards.

The same music also apparently helped people going through bereavement providing them with feelings of peace and comfort at a time of emotional loss. This was simply through listening to the music through my website at the time.

This music has also enabled many people to re-establish regular sleep cycles and obviate the need for sleep medication.

Then there was feedback confirming that this music was balancing mood within those suffering from bi-polar depression. This was all astonishing to me as I had not set out to create healing music. However, I now recognise that it was the catalyst for my own voyage of self-discovery into the healing power of music.

I guess it was the preparation ground for what I'm doing now – composing music that brings peace, clarity and well-being to people's minds and bodies.

For me that is truly touching, humbling and heartwarming.

However, it was my 2nd composition, entitled “S T A R”, music that came to me out-of-the-blue, which catapulted me into the realms of music as a medicine.

For the first time, I began to appreciate what the ancients practised when they applied sound and music to revitalise and re-harmonise the mind and body. This was the birth of the concept of BrainHeart Music.

It was only a few months after this music was recorded that I became aware of its therapeutic potential. I received a phone call from a healthcare charity that wished to explore the use of my music with children on the autistic spectrum and those with learning difficulties and brain-injuries. It was then that the beneficent nature of this music was revealed...
Callum’s story

Claire Copland had never heard her 4 year old autistic son Callum speak. Callum had been a lively baby but suddenly became a silent toddler who did not seem to like company and hated going to playgroup or being with other children.

Time passed and things didn’t improve. Claire recalls, “As well as not talking Callum didn’t understand anything you said to him. He wandered around with a kind of glazed look and he didn’t react to anything”.

Claire and her partner David became more and more concerned about their wee boy. Claire then heard of a new form of music therapy called BrainHeart Music and decided to give it a try. After all what did she have to lose?

Within hours of hearing this music, called BrainHeart Music, she heard her wee boy Callum speak for the very first time in his life. Claire beamed, “We can’t believe the effect this music has had. It’s like I’ve got my little boy back.”

Claire took the BrainHeart Music CDs home and continued to play them to her son at night while he slept. The change in him was remarkable. She enthused, “Callum talks all the time and can’t wait to play with other children. He used to hate going into my friend’s houses but now he can’t wait to get in there quick enough. The difference in him is amazing.”

She added, “The other night he said he loved me. It was the best gift I’ve ever been given.”

What is important to note is that the mother of this boy had been advised by her doctor that medication would be the only option in her son’s treatment. The timely intervention of BrainHeart Music not only changed this outcome for wee Callum but removed all the stress and anxiety from his parents and extended family.

An important aspect of this case was what happened just prior to this little boy speaking for the very first time in his life. Immediately as the music began to be played through high-quality headphones, I observed Callum’s eyes moving from left to right, repeatedly for a short period of time. I knew that something in the music was communicating with him and he looked intrigued and fascinated. However, what I didn’t know at that time was that the movements of his eyes were deeply significant.

I’ve since discovered that these eye movements he was displaying are called E.M.D.R. = Eye Movement Desensitisation Reprocessing and this is a process used in modern psychotherapy for releasing trauma.

So, with no outside encouragement or therapist instruction, my music seemed to be enabling an effortless release of trauma within the listener.

It was shortly after this that the headphones came off and wee Callum spoke for the very first time in his life. It was this moment and this experience that changed my life forever. I thought, wow, can music do this? What else can it do?

“BrainHeart Music has been designed to reconnect the brain with the heart and to inspire human beings to act with intelligence and compassion simultaneously.”

PUNIT YAATRI
Richard’s story

It was not long after that I heard from a mother of a severely autistic 21-year-old man that my music had been able to help him also.

For 18 years, her son Richard had been locked in a world where he was no longer able to communicate. Ann Bolton attested to my music having reached in the world where he was no longer able to communicate. Ann’s email

Subject: how brainheart music has helped my autistic son Richard

Dear Punit, A friend from Glasgow sent me some information about your musical techniques for helping people with challenged nervous systems etc. I have a 26-year-old son who developed a condition of autism between the ages of 1 and 2 years old. He spoke his last two words (no and mum) at 20 months of age although he had had a 20 plus word vocabulary at 15 months.

I ordered your two CDs less than a month ago and played them to him when I visited him at his National Autistic Society residence the following weekend.

I asked him to choose one CD to keep to listen to in the coming week – he chose ‘star’. During the week I had occasion to speak to one of his ‘unit managers’ and I enquired if he had been listening to his new CD. I was informed that that very evening after tea he had gone to his room ahead of his carer and put the CD on by himself. There were several firsts in that action. For example he did not wait for prompting, he operated the CD player successfully alone and he did not wait for approval of his selection so I was very pleasantly surprised by his initiative and obvious enthusiasm.

The following weekend, when I next visited, Richard welcomed me with a bigger-than-usual smile and obvious enthusiasm.

I have to tell you that the ‘together’ we were walking was completely different from any other ‘together’ we have ever walked in before.

Thank you from my heart for making this music. There is, I believe, something magical in the way you have woven the sounds and textures together. As a mother I am deeply grateful for the peace it gives my son and for the way it has allowed him to reconnect with his emotions and express them...after almost 20 years of not doing so.

Profound is the only word I can find right now to describe what you are achieving with music. Please do keep on with this marvellous work.

The world needs it.”

Then my music found its way to others and revealed to me just how profound and diverse its effects could be:

1) Keith Stevenson, an adult male, had been diagnosed with ADHD (Attention Deficit Hyperactivity Disorder) which manifested as an irrepressible nervous twitch in his left leg. He also was unable to calm his thoughts and his mind was always active. After listening to only 20 minutes of BrainHeart Music all these symptoms vanished. This was the first time in his life he could remember experiencing stillness in his physical body and thoughts and in his mind. This experience was deeply emotional to him and he wept tears of relief and sheer joy.

2) Chris Roldan, a father from Florida, USA, wrote to me expressing: “My little 4yr old daughter wants me to play your music at night for her. We have bonded so much and I can’t describe how beautiful it feels. When she hears your music she looks up to the ceiling all of the time. It’s like she remembers where she comes from.”

3) A young mother from Scotland writes “Personally I credit your music as being the turning point for my son, as he is now such a confident, outgoing, and sociable wee fella who excels at school. Unlike 3 years ago when he couldn’t cope with more than a handful of people around him and didn’t sleep and had speech issues. He recently carried the flag to lead the procession in the Centenary Parade of his Beavers (attended by a few hundred people). Three years ago, he would not have been able to attend something like that let alone lead the procession”.

4) A lady from USA, Kathy Ware, wrote to me to say that after she played my music in her home, her 9-yr-old daughter stopped sleep-walking every night. My music also changed her 91 yr-old father-in-law, who prior to this was a “couch potato”, but who now has been inspired to get up and exercise!

5) Cat Cassels wrote to me saying: “I attended your talk with Dr. David Mason Brown on Sunday at St. Cuthbert’s. I can honestly say I have never heard anything as beautiful as what you played us. I found it an extraordinarily healing experience. As I listened I found myself overwhelmed by emotions and I could not stop crying. I felt myself relaxing and shifting emotions and memories that had long been stuck and unresponsive to any other therapy (I have PTSD). I felt an opening of my heart and a genuine compassion and forgiveness of myself and others. It was so powerful. You gave me a stronger sense of hope and strength than I have had in a while.”

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Tom’s story

For 10 years Tom had been lost to dementia. So severe were his levels of aggression, anger, frustration, anxiety and depression that his doctor wrote in his notes that he would be lucky if any care home would have him. When Tom’s daughter finally managed to secure a place in a Care Home, the only way he could remain there was by being constantly sedated. This was extremely distressing and resulted in him deteriorating rapidly. He lost a lot of weight sleeping sometimes 20 hours at a time. Almost every time his daughters visited, they would witness him requesting for someone to kill him. Tom’s daughter Ann knew she was losing her father and it was heartbreaking. As a last resort, she contacted me to see if BrainHeart Music could help.

What happened next was nothing short of miraculous. In the first administering of my music, which lasted less than 15 minutes, Tom turned the air blue with expletives, profanities and barely controlled rage. So much so that one of his daughters requested that the music be stopped. She felt that it was distressing her father too much. Thankfully, my instinct was to persevere, which was supported by a senior staff nurse who had been with him for 25 years of working with people with Dementia. She had never before witnessed anyone’s condition improving. It was only after a couple of more visits to administer additional music and after connecting more deeply with Tom that the same staff nurse discovered that despite all attempts by her to soothe Tom using other “calming” music, nothing worked. He very quickly spiralled downwards and required sedation again. When BrainHeart Music was re-introduced to Tom’s room, within 20 minutes his serenity was observed to return. He was smiling, welcoming others into his room and even walked arm-in-arm with the staff nurse down the corridor. Up until that time, he did not even leave his room. A senior staff nurse then spoke with me and relayed that in her 25 years of working with people with Dementia she had never before witnessed anyone’s condition improving. She found Tom’s transformation, on one hand, wonderful yet, on the other, challenging to her belief system. It was only after a couple of more visits to administer music that they operate separately from one another. We think with our Brain and we feel with our Heart.

Our education system encourages us from a very young age to develop the left-brain faculties of reason, logic and analysis in the hope that we may grow up acquiring knowledge and be able to carry out tasks necessary for employment. Our right-brain development is oftentimes less valued yet is equally important. It houses our creative, intuitive and artistic potentials and is the foundation for inspirational living.

Imagine if we could harness the full powers of both the Brain and the Heart simultaneously. Imagine for a moment how different our lives would be if we could THINK and FEEL at the same time. How different would our decisions be? How more expansive would our perception of life be? How much more empathic and compassionate would be become? I feel as if you’re already answering these questions as you read these words. It’s obvious, isn’t it? We would all benefi t from THINKING and FEELING before deciding and choosing to act.

This is the basis upon which I have embarked on this adventure and exploration of music and its potential to enhance our health and well-being.

This adventure was about to enter a new and profound realm of possibilities when just a few months later, two sisters Katy & Pauline, attended my Talk at the Edinburgh Fringe Festival.

What happened next completely exceeded what I thought was even possible with music...

The brain-heart connection

It’s this experience with Tom which allowed me to witness for the fi rst time how my music could enable a person to re-connect with their innermost self and reconcile unresolved emotions.

It became apparent to me that for this to have happened in an individual whose condition of dementia prevented him remembering or articulating, a high level of coherence must have been re-established within his mind. It is this state of physiological “coherence” that I believe my music is somehow enabling.

We have two main centres within the human body, the BRAIN and the HEART. We have been led to believe that they operate separately from one another. We think with our Brain and we feel with our Heart.

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“I lost myself. But now I love myself.”
BrainHeart Music saved my life

Katy’s story

On the 11th of May 2005, my youngest daughters 6th birthday, my health and my life changed drastically. Unbeknownst to me that was the last day of my career as a Social Worker, my last day in employment and the beginning of a seven year downward spiral in my health.

By May 2012, I was suffering the aftermath of two life-threatening conditions; a retro-pharyngeal abscess which developed into osteomyelitis in my cervical vertebrae, causing two of my vertebrae to fuse. I was then diagnosed with the auto-immune conditions Psoriasis and Arthritis. Many people dismiss Psoriasis as an unsightly, superficial, flaky skin problem. My experience, during an acute phase, was with the auto-immune conditions Psoriasis and Arthritis. Causing two of my vertebrae to fuse. I was then diagnosed with the auto-immune conditions Psoriasis and Arthritis. 

I shivered during a heat wave and experienced an unbearable, insatiable itch. It was the most mortifying shedding of my skin, to such a rate that I needed to vacuum several times per day. I felt and looked hideous. People did stare.

The psoriatic arthritis caused burning pain when I stood up and made me walk with a limp. The fused vertebrae at times, caused bone-grinding pain which made it difficult to do even the most mundane tasks, such as ironing or chopping vegetables. In addition to all of this, I developed stomach problems which necessitated a stomach biopsy. X-rays had revealed that my spine was deteriorating and it would save my life.

It was then my sister Pauline called, telling me about an event at the Edinburgh Festival on ancient civilisations and the “significant firsts” in their lives.

It was then, in the darkest, most despairing moments, that providence intervened. Little did I know that the one seemingly inconsequential choice that I would make would be the single most empowering decision of my life. Indeed, it would save my life.

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I began to consider how I was going to say goodbye to the ones I loved. For the first time in years, I was cycling and hill-walking. My dearest friend (since Primary 1) Margaret, remarked that my “eyes were sparkling again and were better than hers”. 

Consultant Rheumatologist commented that my “joints were better than hers”. For the first time in years, I was cycling and hill-walking. My dearest friend (since Primary 1) Margaret, remarked that my “eyes were sparkling again and were better than hers”.

I was devastated and frightened to be facing spinal surgery. It was like my body was completely falling apart and there was nothing I could do. As anyone who is plunged into serious ill-health will know, quite apart from the physical effects it also seriously depletes your energy, your spirit and your sense of self. I felt as if I had been fast forwarded into old age and felt myself to be diminished and diminishing. Just when I thought things could not get any worse... in July 2012, a bone marrow biopsy confirmed a consultant’s diagnosis of Asymptomatic Myeloma. That is, to you and I, bone marrow cancer.

My husband and I were told that there was nothing we could do to halt the degenerative progress of this disease; the rogue cells would continue multiplying on their devastating, havoc wreaking path. Meantime, I was told that I should change nothing about my life; “have a family holiday” which I heard as “whilst you still can”. These were the words we both left the hospital with that day.

I felt utterly powerless. I felt I had been forcibly given a ticket for a train which would crash and I would be the fatality. For the first time in my life I could not see that light at the end of the tunnel.

I was gripped with fear. I couldn’t sleep. I began to prepare things that I thought my husband and my daughters would need to know. Personal things, like memories, keepsakes, letters to my girls filled with well-meaning, loving advice from a mother who wasn’t going to be there to see them live the “significant firsts” in their lives.

I was a ship about to be smashed on the rocks of a stormy sea. It was then that the notes and melodies of Punit’s music shone out like a beacon of hope from a lighthouse. This music enabled me to navigate safely to shore.

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Punit I slept through the night without snapping awake, for the first time in 7 years. Within three months, my Consultant Rheumatologist commented that “my joints were better than hers”. For the first time in years, I was cycling and hill-walking. My dearest friend (since Primary 1) Margaret, remarked that “my eyes were sparkling again and that she “felt as if she had her friend back”.”

The music instantly helped my brain bypass the fear reflex and re-tuned my body and soul.”

Music as a Medicine - www.maam.bandcamp.com
My experience of Punit’s music is that it is uniquely soothing and energising. It is both empowering and soul-expanding. To me it is like a Divine flow of golden light which suffuses my person until I feel every cell and fibre to be reinvigorated. This sublime music can heal the emotional and the physical, whilst demanding nothing from the listener except a humble, gentle request to open the mind and heart to its truly miraculous possibilities.

On the 11th of May 2016, my youngest daughter’s 17th birthday, I am completely free of pain, stiffness and signs of inflammation. My skin is clear all over and I feel healthier and more energised than I have in years.

"This sublime music can heal the emotional and the physical."

I would like to state that from the time I was diagnosed with cancer in 2012, I have not taken any medication of any kind – no chemotherapy, no radiotherapy, no supplements, no vitamins, no change in diet, and no lifestyle changes. All I have done is listen to BrainHeart Music.

It is my wish that anyone who has been or is about to be handed a diagnosis as severe as the one I received might, at the very least, be made aware that the ancient art of healing with music has been revived and is there for them. If they can open their heart to embracing it, then they too can change the course of their life.

BrainHeart Music saved my life.

Pauline’s story

My name is Pauline and I’m Katy’s sister. Since discovering BrainHeart Music nothing in my life has changed but everything has been transformed.

In July 2012 Katy was diagnosed with cancer. I was devastated.

Having nursed my mum through terminal cancer, I was already running on reserve. I wondered just where I would find the energy and strength to get through this dark time. Worst of all my two young nieces, Katy’s daughters, were far too young to lose their mum.

I just felt like I was continually bracing myself, waiting for the next disaster.

All my life I had prayed for help for other people. But for myself I only ever asked God to give me the strength to deal with the situation I was facing. Out of sheer desperation, I did something I had never done before.

I asked the Angels for help. I prayed for a miracle.

A few days later, I picked up a brochure from a church. It was the programme for The Festival of Spirituality and Peace. Only one event grabbed my attention ... the one about Music & Healing with music composer, Punit Yaatri.

Excited but nervous, I telephoned Katy to tell her about it. Would I be able to persuade her to go? Something inside me felt compelled to get her there.

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She had very little energy and although we always joked about me carrying the shopping bags the sad reality was I needed to do this for her. We could no longer do anything spontaneously. Anything we did plan could be cancelled at the last minute due to her health.

We would work out the routes with the least amount of walking, avoiding steps and there had to be somewhere we could stop for a coffee, which was really a euphemism for a rest. In addition to all this, Katy was trying to come to terms mentally with her latest diagnosis.

Suggesting a day out to Edinburgh to attend a Festival Event was like asking her to climb a mountain. I was quite shocked when she immediately said “yes, book it.”

This is when our journey with BrainHeart Music began and our lives were changed forever. Although I did not realise it at the time, my prayer had been answered.

Two weeks later, I wrote the following in my diary:

“The change in Katy is unbelievable. She has a glow and enthusiasm about her now. She looks the picture of health and happiness. It warms my heart to see her like this. Through her healing I feel better. I have my sister back.”

So what has BrainHeart Music done for me?

A sister’s perspective

As a family we had already lost one sister to cancer and after Katy’s diagnosis we were facing the horror of losing another. We felt hopeless, terrified and fearful.

We could never in our wildest dreams have predicted that my sister Pauline’s discovery of BrainHeart Music would change all of our futures for the better. Punit and his BrainHeart Music gave us hope for the first time, particularly since we very quickly started to see physical symptoms vanish from Katy’s body within one listening experience of Punit’s prescriptive music. Katy made a miraculous recovery. For my family and I who closely witnessed this we know it was a miracle.

It was a miracle that took our family from a position of total hopelessness and despair to one of hope for the future.

We will always have a deep sense of gratitude towards Punit and BrainHeart Music as through them we got our sister back.

Breda (Katy & Pauline’s sister)
For many years now I have been aware of the benefits of using music in a therapeutic way and how, for many people, certain music can slow down brainwaves and improve integrated brain function. First, let’s look at what is happening to many adults in our culture with the knock-on effect on children of all ages and teenagers, especially those with conditions such as Attention Deficit Hyperactivity Disorder (ADHD), Aspergers Syndrome, various forms of autism and other conditions.

The causes of today’s stressful lifestyles are many:
1. The pace of modern life is increasing with more and more interactions in the course of each day than ever before.
2. Workload, managing lifework balance, which is not easy for many women with children and the extra pressures for the single parent, whether male or female.
3. In the old days there was often a job for life. Today, with turbulent economies, many have been made redundant but others have short term contracts or even having to reapply for their own jobs.
4. All of these areas can lead to a feeling of not being in control of one’s life and with financial pressures, these are the most stressful feelings of all.
5. More and more individuals feel pressurised with unrealistic deadlines. Bullying (in both the classroom and the office) is on the increase as is the incidence of office rage and dominant incidents with more and more divorces.
6. These conditions are further exacerbated with the lack of affordable housing, the difficulty in getting on the property ladder and the increasing cost of renting.
7. Because of the cost of housing many are having to live further away from their work. This has resulted in long expensive commutes whether by train or car with the increasing cost of season tickets, petrol and car insurance.
8. There is also the cost of having a healthy diet and many are less able to afford much needed holidays.

All of the above states can increase stress levels with higher and higher levels of adrenaline, cortisol, and faster brainwaves. The immune system can be suppressed leading to more and more infections with individuals often staying at work as they are scared of a poor sickness record.

Many just have a sandwich at the workstation and will not take much-needed breaks to decrease the build up of stress hormones and muscle tension as the day progresses. Then there is more mental illness than ever before with reactive depression, anxiety, chronic worry and unhappiness. Many are unable to switch off at the end of the day and have disturbed sleep so the new day is started in a tired state.

Mental Health is a major public health challenge and mental disorders are the primary contributor to the global burden of disease. In Europe it is estimated that 83 million people experience a mental health condition every year, and, taken together, mental ill health is the leading cause of chronic illness, accounting for 40% of the European Disability burden.

In Scotland 1 in 4 people will experience a diagnosable mental health problem each year. Anxiety and depression are the most common but others include schizophrenia, personality disorders, eating disorders and dementia.

The Scottish Association for Mental Health (SAMH) estimated the total expenditure, in terms of both social and economic costs, of mental ill health in Scotland to be in the region of £10.7 BILLION for 2009/10.∗

Inability to switch off and disturbed, broken sleep has been shown to have a detrimental impact on the most vulnerable: babies, toddlers, children, adolescents and teenagers and those with conditions such as Attention Deficit, Aspergers Syndrome, various forms of autism, epilepsy, brain damage, etc.

Some individuals are brilliant at being resilient, focused on the most important task in any moment, pacing themselves with relaxation, family time, socialising, and exercising and being out with nature. Even they can benefit from this innovative use of music as a therapeutic health tool.

Integrating the two sides of the brain is so important for everyone.”

Dr David Mason Brown

“Integrating the two sides of the brain is so important for everyone.”

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*Data taken from the Scottish Parliament Information Centre (SPICe) Briefing 22 May 2014 SB 14 36
I have found that it is in all these areas that Punit Yaatri’s BrainHeart Music can most help as well as stressed adults, whether on the one hand with one-to-one sessions with stereotypic sound, the individuals wearing headphones and often using unique music for each individual, or, with background music to help many different groups.

Now, music therapy is not new.

I was taught its therapeutic skills by a pioneering therapist, who worked with many affected by domestic violence before World War II and what was called battle fatigue, now known as Post-Traumatic stress disorder, in World War II. He used a guitar and words, saying or gently singing them. He would sit down with the disturbed soldier and start playing a few chords on the guitar. Then as the soldier’s mood and state changed, he was able to lift the state, gently playing songs until the individual was able to rest and have undisturbed sleep.

Punit has taken music therapy to a whole new level. As he feels what to play, which is unique each time, the whole mind and body of the individual can change, even, for example, having a child with autism, who has never spoken.

When the brainwaves are slowed down further to alpha which goes from 12 cps to 7/8 cps the individual switches from using adrenaline with the fight/flight response and the sympathetic nervous system to instead releasing noradrenaline with the relaxation response and the parasympathetic nervous system.

Adrenaline and noradrenaline are the reverse of each other:

- Adrenaline increases the pulse rate, increases blood pressure, increases muscle tension, which produces more physical activity. Also excess adrenaline and stress can suppress the immune system leading to increased infections.
- Noradrenaline slows down the pulse rate, lowers the blood pressure, decreases the muscle tension and increases physical and mental relaxation. It also helps the immune system to be more resilient.

The next stage in deeper relaxation or meditation is to slow the brainwaves down to Theta, which goes from 7/8 to 4 cps.

Much of beta uses adrenaline and cortisol, fine if you’re producing the amount you need, and building in enough recovery time, but not if producing chronic excess.

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The next stage in deeper relaxation or meditation is to slow the brainwaves down to Theta, which goes from 7/8 to 4 cps. This is a healing state when combined with alpha and has been shown if used frequently and for long enough periods to even lead to spontaneous remission of cancer.

American Journal of Cardiology 2nd May 2005 – controlled trial of 202 elderly Americans with hypertension tracked for eighteen years showed when 23% of those who were taught and practiced transcendental meditation were still alive, that they had a reduction over the controls 49% in the rate of death from cancer, 30% from cardiovascular disease, and 23% from all causes. Vital statistics were obtained from the USA National Death Index. The alpha/beta combined state also appears to be used by an animal that is wounded or ill. The animal may find a place to lie up with a source of water, relax into these altered states and allow its body and to heal naturally.

Thus one of the ways that Punit Yaatri’s BrainHeart Music helps is by changing the brainwaves to these lower levels. His music can also help the individual to sleep more easily, especially deep sleep when the brainwaves slow down to Delta, which is 4 to 1 cps, when thoughts actually stop, and the individual’s body is in such a state that physical restoration can occur.

The next way that some forms of meditation and BrainHeart Music can help is by increasing balance and integration of the left and right sides of the brain.

Many individuals, especially men, are largely stuck in the left brain, which handles all the skills learnt at school, and can lead to workaholic states as a German doctor, who studied individuals in the city of London said: “They are so busy doing doing that they had become human doing. They are no longer balanced human beings.”

The right brain on the other hand includes wonderful programmes, such as empathy and rapport, insights, creativity, and intuition leading to new paradigms of being. There is also the appreciating of the higher things of life: the beauty of nature, art and music and above all connecting the heart with produce unselfish love. The ability to love oneself and to love others also can lead to decreasing dependence on the ego and a more healthy and inspirational level of life.

Integrating the two sides of the brain is so important for everyone but particularly for the distressed, the ill, and children with all the previously mentioned conditions. BrainHeart Music seems to work by first integrating brain function and then connecting the integrated brain with the heart, thus the individuals have increasing empathy and rapport and that turns into love with the ability to love themselves and to love others with true unconditional love.

Dr David Mason Brown
We are a generation unlike any other. The accelerated pace in which we live our lives, increasingly dependent upon machine technologies, has disrupted our natural bio-rhythms and induced overheated nervous systems. This has precipitated a plethora of inflammatory and stress related diseases. Ordinary people around the world are today facing extraordinary challenges in maintaining good health and well-being. It’s now that we must embrace the wisdom of ancient civilisations who, just like us, were temporary custodians of this planet. They showed us that the elements of harmony and proportion, prevalent throughout nature, could also be expressed through music and that music could heal us. This symphony of life was a gift to us all and one given without condition or demand. It is that symphony that will once more return us to vibrant health. All we have to do is open our hearts to it.

We stand upon a historic timeline. We can choose to continue on the path we’re on, fearful of change, ruled by doubt or we can choose to chart a new course, one guided by wisdom and natural laws.

VISION

Every man, woman and child deserves a happy, healthy life.

BrainHeart Music can help in these areas:

- Pregnancy
- Childbirth
- Pre-school, nursery & Early Years Child Development
- Special needs/learning difficulties
- Child trauma release
- Adolescent angst
- Uni/college student exam
- Pressure
- Occupational stress
- Relationship stress
- Preventative healthcare
- Inflammation
- Care of the elderly
- Care for carers
- PTSD – Military
- Anxiety & panic attacks
- Insomnia
- Stress management
- Palliative care
- Hospice
- Care homes – dementia
- Grief counselling & bereavement
- Neurological conditions including MS and ME
- Blood pressure

Music, yes BrainHeart Music, if directed properly, will ensure that people experiencing ill health today could have a more beneficial outcome to their health and wellbeing by the year 2020.

It is my intention to research and develop BrainHeart Music and to provide a sound basis upon which to introduce it as an integral foundation for health and well-being.

Improving our health will require innovative and sustainable ways of working with individuals and communities.

One thing is for certain the present model for our Healthcare is both unsustainable and unhealthy.

I believe that sound and frequency are music technologies being used to shape the future of human experience. BrainHeart Music is on the frontier of new breakthroughs in vibrational healthcare that will ensure the well-being of future generations to come.

PUNIT YAATRI
Composer of BrainHeart Music
...and the music does this without intimidation, fear or coercion. It does it quietly, unassumingly and with love, like the gentleness of a mother’s hand caressing her child’s fevered brow, the child knowing in their heart that the fever is no match for their mother’s love.

As you can see from the varied effects upon different people of all age groups, nationalities and gender, BrainHeart Music reaches each one on a level and in a way that makes perfect sense to them and solves the issue or condition that was causing anxiety or concern...
How Music Affects Us

by Punit Yaatri

There’s a good reason why more and more people around the world are turning to music to help them alleviate symptoms of stress and emotional pain. It’s because music has the power to affect all the main centres within our mind and body. Indeed, the way music affects us can perhaps be best understood through psychoneuroimmunology (PNI) – the study of the interaction between psychological processes and the nervous and immune systems of the human body.

In other words, it’s understanding the way our emotions affect our brain and nervous system and how that has a direct and significant impact upon the strength and functioning of our immune system.

So, basically, when you become stressed, your emotions can “overheat” your nervous system which, in turn, suppresses your immune system’s ability to fight off infection. You then automatically become more susceptible to symptoms of poor health.

Stress makes you ill. Simple. No debate.

Music also has the power to affect our Endocrine system. This regulates the secretion of hormones into our body which subsequently alter our physiological functioning. The immediate and obvious changes occur within our cardiovascular system. It’s been observed that our heart and our breathing will try to match the “tempo” or beat of the music. Therefore, music can be used to increase or decrease your heart rate and breathing.

Listening to half an hour of soft relaxing music is like taking 10 mg of Valium.

What would you rather do? Take a potentially addictive prescription drug or listen to peaceful, relaxing music?

Also, whilst listening to relaxing music, there is an increase in the secretion of Serotonin – the “feel good” hormone – into the bloodstream. So you relax, wind down and also elevate your mood at the same time. Sounds like good medicine to me!

Now, all this information may not be a big surprise to many of you reading this but it does display that on some deep fundamental level we, as a species, are hard wired to respond to music.

And if that wasn’t enough evidence to support the use of music as a medicine, research now shows that music can affect our world view. So, quite literally, how we perceive the world can be altered by the music we listen to. A study by the University of Groningen (Jolij & Meurs 2011) found that happy music didn’t just make you happier and sad music sadder – the music changed your perception of the world.

Researchers found that people literally saw happy images when listening to happy music even if those happy images didn’t even exist in reality!

The role that your perception of the world plays upon your thoughts, feelings and emotions should not be underestimated. Infact, together, your thoughts, feelings and emotions reflect what is commonly known as your belief system. This is deeply significant. Your belief system has a powerful and direct influence upon your own gene expression.

Again, simply put, what you believe to be true will be expressed through your own genes. This is known as epigenetics.

Epigenetics: the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself.

Believing that you are healthy is completely different from wishing you could be healthy or hoping that you will be healthy at some future date. Your genes can be switched on and off through the power of your own thoughts combined with the intensity of the emotions associated with those thoughts.

This is why FEAR is such a powerful, destructive weapon and must be avoided at all cost.

Music’s ability to rapidly transmute fear makes it one of the most potent vibrational medicines known to Mankind.

When all fear has been displaced and eradicated from the human being’s bio-energy system, we are able, perhaps for the first time, to express fully our divine, limitless potential and live the life we came here to live.

Surely this must be everyone’s deepest desire? It’s this ability of music to instantly dispel fear that I have personally witnessed in my own therapeutic music healing sessions. I believe this is the single most important and necessary component in the healing process and without it, an individual is unable to return to vibrant good health.

The music I compose comprises of 3 main elements:-

The first and most important element is PEACE.

As soon as peace is established within the brain and the heart, coherence is observed and all physiological functioning is harmonised. The physical body relaxes, comes out of the “fight-or-flight response” and this opens the door to the second element within my music...LOVE.

When the energy of LOVE is experienced within the listener it can be visually seen within brainwave and heart wave measurements and has been coined as “bliss”.

And when the listener experiences that heightened feeling of pure love known as “bliss”, the third and final element within my music automatically manifests itself within the listener’s entire being and that is...JOY.

The energy of joy that I’m referring to is one of deep, profound knowing within all your cells that ALL IS WELL.

Once the listener successfully arrives at this stage, they now occupy a completely new level of consciousness, one in which there is no energy or vibration of ill-health or disease. It simply doesn’t exist.

It is, in essence, a state of timeless, an experience of living completely in the present moment, a visit to the quantum field from where all life originates.

In this place, and in this place alone, are we able to fully honour ourselves, others and all of life.

It’s then that we truly come to the realisation and knowing that LIFE IS PRECIOUS...
Introducing...

**biobao**

LIFE IS PRECIOUS

BrainHeart Music contains within it a Life-affirming, Life-supporting frequency. When this is heard and felt it enables the listener to remember who they are and reinstates within their Heart the knowing that LIFE IS PRECIOUS.

**biobao** is an exciting new group transformational experience facilitated by Punit Yaatri utilising his own specially composed music and energy medicine techniques.

It has been designed to enable groups of people to expand naturally into heightened states of wellbeing and self-empowerment leading to sovereignty over their energy field.

* Treasure your Life  
  Each moment you live  
  Remember the Dance  
  Don’t take more than you give

Honour your Heart  
It knows what you need  
and Love will guide you Home

**biobao!**

* Lyrics taken from the song, “biobao”. copyright © 2016 Punit Yaatri
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