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What is Acoustic Resonance Technology™ ? (ART)

Music and Sound have always been considered a direct link between humanity and the divine. It is considered the oldest form of healing, and it was a predominant part of early teachings of the Greeks, Chinese, East Indians, Tibetans, Egyptians, American Indians, Mayas, and the Aztecs.



- Acoustic Resonance Technology provides an environment for the body/mind to experience the healing benefits of music and sound therapy in a more integrative and comprehensive tactile way.
- When we begin to listen and feel the music, we become more focused in the moment and naturally relax into the harmonic flow. This natural relaxation response provides a greater opportunity for sensory integration, thus coming into harmony physically, mentally, emotionally, spiritually and environmentally.
- Resonance comes from the Latin verb *resonare*, meaning to “return to sound”. We are reminded of Harmony.

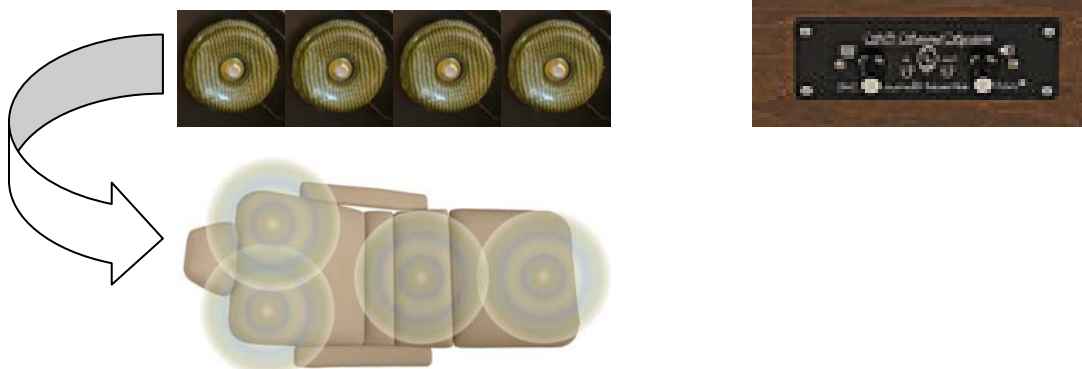
How does SO Sound Work?

Sound healing is applying the therapeutic frequencies of sound and/or music to the body/mind of a person with the intention of bringing them into a state of harmony or health.

- Every organ, bone, and cell in the body has its own resonant frequency. Together they make up an orchestra of frequencies like the instruments that make up a symphony orchestra. When one organ is out of tune, it will affect the whole body. Through sound healing it may be possible to bring you back into harmony, hence a more healthy state of being.

Items Included with your SO Sound System

- SO SoundHearts® (Transducers with non-magnetic bolt with 2-pole transducer connection)
- 150 W SO Sound Custom Amplifier - supports up to 4 SO SoundHearts® and includes one stereo input connection port and one stereo output for powered speakers or headphone jack.
- One power supply and power cable
- Access to a standard 110v power source to support SO Sound Amp and additional speakers



RECOMMENDATION:

We recommend using a surge protector with the SO Sound Product.

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What will I need to begin SO Sound treatments?

- Audio system - although you don't have to buy the most expensive audio system available, a good quality system is recommended. Low end audio sources won't sound as "fluid" or "complete" as a medium to high end source. When making your selection, be sure to note that *you do not want* a "Mono" system.
- Cleanly recorded acoustic music- Please visit www.sosoundsolutions.com for SO Tunes offerings recorded specifically for the optimal Acoustic Resonance Technology applications and other recommendations.
- Headphones - *optional (recommended for self-service treatments see details below)*
- Speakers -*optional (recommended for spa treatments see details below)*

Audio Sources

- IPOD 4G Nano (and all other IPOD audio devices). **Note:** Access to a personal computer with at least one USB port running *iTunes*. The IPOD Nano will need the standard Apple Dock to USB 2 connection cable (comes with any new Nano).
- MP3 Player (1G). **Note:** Access to a personal computer running *Windows Media Player* is necessary with USB 2 connection cable. Note that many MP3 players require batteries. Some are rechargeable and sometimes include a remote charger that can be plugged into a wall outlet. Please make sure that any charger is compatible with the MP3 player you've chosen.
- CD Players are supported.
- Connecting cable to SO Sound System - standard stereo 1/8" to stereo 1/8" (mini stereo cable male to male) - included in the package.
- **Note:** Wireless Audio designs are supported on customized basis. Please call SO Sound Solutions at 303-926-5316 for consultation.

IPOD Charger

In order to keep an Apple IPOD product charged without connecting to personal computer, you will need a separate IPOD Charger. Approx. \$40 each

- Apple iPod FireWire Power Adapter can be found at www.store.apple.com and numerous other websites specializing in IPOD products.

IPOD Lock

- Custom applications for client are available. Approx. \$80 for each iPod.

IPOD Dock & Gooseneck

- Table Top Dock - \$75
- Gooseneck holder - \$65



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What Kind of Music should I use with my SO Sound table?

The music you choose to play does make a huge difference in the overall experience. Please visit www.sosoundsolutions.com for continual updates on music recommended and developed by SO Sound - which is tested and recommended for the ultimate Acoustic Resonance Technology™ (ART) experience.

- While the SO Sound System can deliver any music, some will resonate better than others. For example, music that has been highly processed, compressed in order to fit more music onto an iPod, MP3 players, etc...will not resonate nearly as well as, properly balanced cleanly recorded acoustic music. For example, if you were to plug in a live Acoustic guitar or Bass, you would be amazed at the level of resonance you feel.
- In addition, the type of music or pace of the music is also important to consider with regard to what affect you wish to achieve. Please visit www.sosoundsolutions.com to explore the SO Tunes offerings. These musical journeys have been specifically mixed and mastered to create the ultimate ART experience. In addition, some of them incorporate specific technology to stimulate various bio-energetic needs or goals.

MUSIC RECOMMENDATIONS:

- Good Stuff Includes:
 - The Monroe Institute Hemi-sync programs (contact SO Sound for specific programs tested and recommended)
 - Tom Kenyon
 - Jonathan Goldman
 - Dr. Andrew Weil's Self Healing with Sound and Music
 - Wild Divine...Healing Rhythms Program
- SO Tunes Sampler (available now through SO Sound Solutions)
- Stay tuned into SO Tunes at www.sosoundsolutions.com for music developed for ART specific treatments, experiences, guided meditations and / or bio-energetic goals.

ARE THERE DIFFERENT CD's FOR DIFFERENT GOALS / HEALTH CONDITIONS?

Most definitely. There are various tracks and compilations that are designed to support various needs and goals. Let us help - contact SO Sound Solutions at www.sosoundsolutions.com,

HOW DO I ORDER CD's?

Visit www.sosoundsolutions.com



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Why are headphones optional?

In a spa room setting it is typically quiet and serene, and is without the obstruction of outside noises; in this type of environment, the soft tones of the SO Sound system gently envelope the room. A soft sense of sound and/or music combined with the inception of acoustic resonance provides a gentle and subtle healing environment.

If however, your spa room is encroached with sounds from the outside, your client may reap the benefits of the SO Sound System much better if headphones are used. In addition, if you are using a treatment table or lounger as a self-service type sound healing treatment, or in a relaxation area pre or post other treatments, headphones support a much deeper personal journey into the healing power of sound and music.

Selecting appropriate headphones...

Expect to spend between \$50 and \$150 for a pair of good headphones. Our recommendation is a noise cancelling headphone, such as Bose. The experience with low quality noise cancelling headphones is not positive.

Recommendations include:

- Bose around-ear headphones. Expect a price of around \$300 per pair. (www.bose.com)
- Sennheiser HD-435. (www.sennheiserusa.com). Expect a price of around \$60 per pair.

Why are speakers recommended yet optional?

SO Sound offers a gentle acoustic resonance experience that allows the body to “feel” the music that you would typically just hear. Although the music resonating through the table becomes audible, it is best to augment it with external speakers to provide a more comprehensive sensory integration experience. Speakers are designed to deliver music through the air. The SO Sound System is designed to deliver music through mass. In other words, the frequency ranges in which we hear, are different than the frequency ranges we feel. (*Please see the chart below as a reference*). By combining the two we create a fully immersive sound healing environment.

If your intentions are to use the music system within your Living Earth Crafts table as the soul source of music within the treatment room, it is highly recommended that you compliment the SO Sound system with a speaker system.

Recommendations include (Factory Installed):

If you want a full surround, stereophonic experience in your spa room setting, you should consider one of the Sound Kit options available from Living Earth Crafts:

- SO Sound with (2) High Performance Bose Stereo Speakers - \$1395.00
- I-Pod Sound Kit: includes SO Sound Acoustic Resonance System, (2) Bose High Performance Stereo Speakers, Security Mounted i-Pod (i-Pod Nano included) - \$1750.00
- Sansa MP3 Sound Kit: includes SO Sound Acoustic Resonance System, (2) Bose High Performance Stereo Speakers, Security Mounted MP3 (SanDisk MP3 included) - \$1550.00



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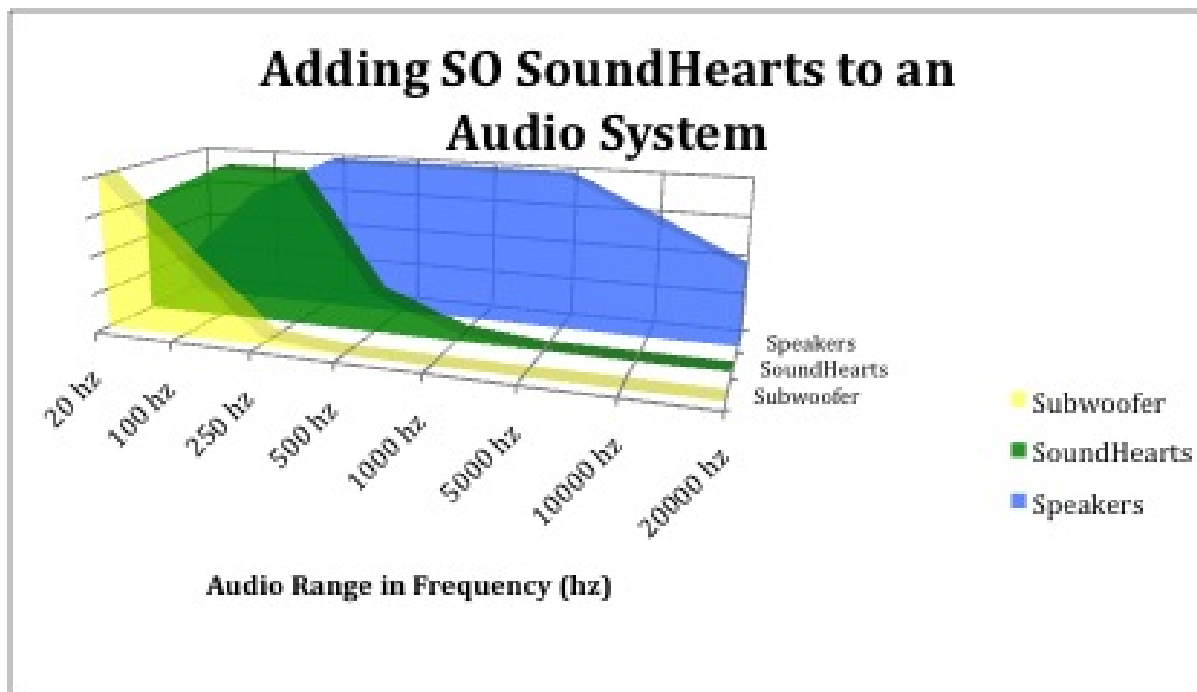
Selecting appropriate alternative speakers... (when headphones are not used)

High quality PC speakers (plug and play speakers) are recommended to be incorporated for times when headphones or Living Earth Crafts factory installed Bose speakers have not been purchased. These sources include the proper connection to the SO Sound amplifier.



Recommendations include (After market):

- GigaWorks T40 from Creative. Estimated price of \$150.00 per pair. (www.us.creative.com)
- ProMedia Ultra 20. System from Klipsch. Estimated price of \$60 per pair. (www.klipsch.com) (www.amazon.com)
- For a very low cost alternative with “fair” results, consider Insignia Model NXT Speakers at a price of approximately \$35.00 per pair. These are a flat panel portable speaker, part #NS-PLTPSP. (<http://www.insignia-products.com/p-392-insignia-flat-panel-portable-usb-speakers-2-piece.aspx>). They will require a USB Power Bug as well to provide AC power to the speakers instead of using the battery pack that comes stock with the speakers. Power Bug Link: (http://www.dlo.com/products/powerbug_Prod.tpl?command=showpage&cart=%20-%202020k). These speakers will not give you the same performance as options one and two listed above.





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Operating Your SO Sound System

- The image below is the amplifier and is used to control the functions of your SO Sound System. This unit is recessed into the frame of your Living Earth Crafts table. With this amplifier, you will be able to:
 - Adjust the resonance up and down
 - Adjust the volume up and down
 - Connect the audio source
 - Provide alternate output route to SoundHearts



Resonance Adjust	Audio Input	Audio Output	Volume Adjust
Turning knob left or right will adjust the amount of resonance felt by your client	If you are using an i-Pod or MP3 player - you will insert the audio plug into this opening. 	If you are using headphones or plug and play speakers, you will insert the headphone jack into this opening. <i>Note - without using headphones or plug & play speakers, you will still hear low bass sounds from the table. This is perfectly OK and is the tactile resonance coming off the table.</i> 	If using headphones or additional speakers - this knob will adjust volume by turning left or right. If you are not using headphones or speakers with SO Sound, then the volume is adjusted on the Audio Source (i-Pod, MP3, DVD, etc).



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Balancing your SO Sound System

With use of Headphones:

1. Lower both of the volume knobs on the SO Sound Panel to its lowest level.
2. Plug in the stereo cable provided into the AUDIO SOURCE (iPod, MP3) headphone jack and then into the SO Sound Panel (INPUT)
3. Set the volume of the AUDIO SOURCE to a medium level and hit play.
4. Insert headphones into the OUTPUT jack on the SO Sound Panel
5. Have an individual lay on the table as if receiving a SO Sound treatment, with the headphones on.
6. Slowly turn the volume of the headphone volume (located on the right side of the SO Sound Panel) up to a comfortable level.
7. When the volume is good in the headphones, then turn up the volume on the table (located on the left side of the SO Sound Panel) until the resonance feels good.
The intent is to find the perfect balance of sound and resonance.
8. Control the volume of both the headphones and resonance of the table by changing the audio level on the AUDIO SOURCE.

With use of Speakers:

1. Lower both of the volume knobs on the SO Sound Panel to its lowest level.
2. Plug in the stereo cable provided into the AUDIO SOURCE (iPod, MP3) headphone jack and then into the SO Sound Panel (INPUT)
3. Set the volume of the AUDIO SOURCE to a medium level and hit play.
4. Slowly turn the volume of the Speaker/headphone volume (located on the right side of the SO Sound Panel) up to a comfortable level.
5. When the volume is good in the room, then turn up the volume on the table (located on the left side of the SO Sound Panel) until the resonance feels good.
The intent is to find the perfect balance of sound and resonance.
6. Once the two are set, do not change the controls on the SO Sound Panel.
7. Control the volume of both the Speakers/headphones and resonance of the table by changing the audio level on the AUDIO SOURCE.

Troubleshooting Techniques



- If you are experiencing distortion or excessive vibration with your SO Sound System, it is most likely that the volume is adjusted too high. Please refer to **“Balancing Your SO Sound System”** and run through the testing cycle. This typically will resolve your questions. However, if this does not solve the problem, please gather answers to the questions below and contact Living Earth Crafts at (800) 358-8292.

1. What is the Serial Number of your spa table? This is located on the underside of the table top - near the head section. You will notice a label that contains the Serial Number, starting with SNT.
2. What is the audio source?
(MP3 Player, I-Pod, Central Music System, etc.)

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Please provide brand name and series if available.

3. What is the volume set on the audio source?
 Low Medium High
4. What is the volume set on the SO Sound Panel?
 Low Medium High
5. What is the Resonance level on the SO Sound Panel?
 Low Medium High
6. What type of music are you using - Reggae? Spa Relaxation? Blues? Etc?
7. Is the intent of the SO Sound music system to primarily provide a music system in the room or to provide a SO Sound resonance treatment therapy?
8. Is there any other sound mechanism (speaker) in the room that accompanies the SO Sound system?

Does turning the volume up make the vibrations more intense?

You can control the resonance created by SO Sound and the volume of the speakers individually.

- Note: Sometimes “less is more”. In other words, while you may not be as aware or perceive all frequencies being delivered at first, you are still getting the benefit.
- As you use the SO Sound System more and more, you will notice that your level of kinesthetic perception increases. This happens as we “exercise” our brain and body/mind into more balanced states, we release neuro-muscular tension and stress which is what is inhibiting our ability to feel. As we melt away our “body armor” and relax, we expand our conscious awareness.

Installation & Environmental Considerations:

The environment that SO Sound products are placed in may also reflect or deflect sound. Please contact SO Sound Solutions for support and suggestions for enhancing or limiting the resonance within of the room.

When SO Sound tables are to be placed in close proximity to one another, discussions are recommended with SO Sound Solutions on the environment to ensure a proper experience. Resonation of devices too close together can be disruptive.

- Filters, custom amplifiers and dampening tools and products can be implemented to ensure optimal harmonic experiences.
- Synchronizing the SO Sound units in close proximity to one another is a simple way to ensure harmony for environments such as a relaxation room or guest waiting area.
- SO Sound offers audio consulting services and can spec out a design to sync music content to enhance the harmonic experience of multiple simultaneous guest treatments.

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Benefits of SO Sound

- Therapists are amazed at how much more “in-tune” they are with their client’s needs and the benefits they personally enjoy from the healing musical resonance.
- Any treatment can be enhanced with a fully immersive body-mind musical massage.
- Spa guests quickly and easily relax mentally, as well as physically, thus opening them up to receive the benefits of any treatment more completely.
- Advanced composite materials bring a full spectrum of acoustic delivery that honors the natural harmonics of the human body.

SO Sound Solutions & Living Earth Crafts come together to introduce the ultimate acoustic resonance technology experience! People are saying this helps:

- Manage stress levels
- Relax more completely (mentally, emotionally and physically)
- Improve General Health
- Increase circulation
- Become in-tune with your inner truth
- Balance
- Feelings come alive: Joy. Love. Inspiration
- Promote overall well being
- Transform into a harmonious space
- Emotional Release
- Inner Journey

How it works:

SO SoundHearts® are attached at specific locations and use an amplified audio signal to resonate the surface of the table in a Harmonically Intelligent way. Being the original developer of the “sound chair”, SO Sound Solutions continues to add years of research and development that honor the “Laws of Harmonics” coupled with human anatomy to provide the ultimate relaxation experience.

Potential Uses:

- Pretreatment to de-stress client prior to massage, aromatherapy and other treatments.
- Running behind? Invite your client to enjoy the SO Sound Experience to decompress while waiting for their appointment.
- Add to existing treatments to create a unique package that calms, relaxes and grounds your client.
- Offer as an individual treatment to inspire a personal journey of relaxation and/or meditation for enhanced creativity or mental and emotional clarity.
- End each treatment with the SO Sound experience... bringing your client gently back to a more peaceful reality.