



National American Indian & Alaska Native

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**IOWA**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# Music is Healing: The Evolution of the Nature of Sound as a Healing Source

Presenters:

**David Natseway (Laguna)**

**Michael Bogart**

**December 12, 2022**

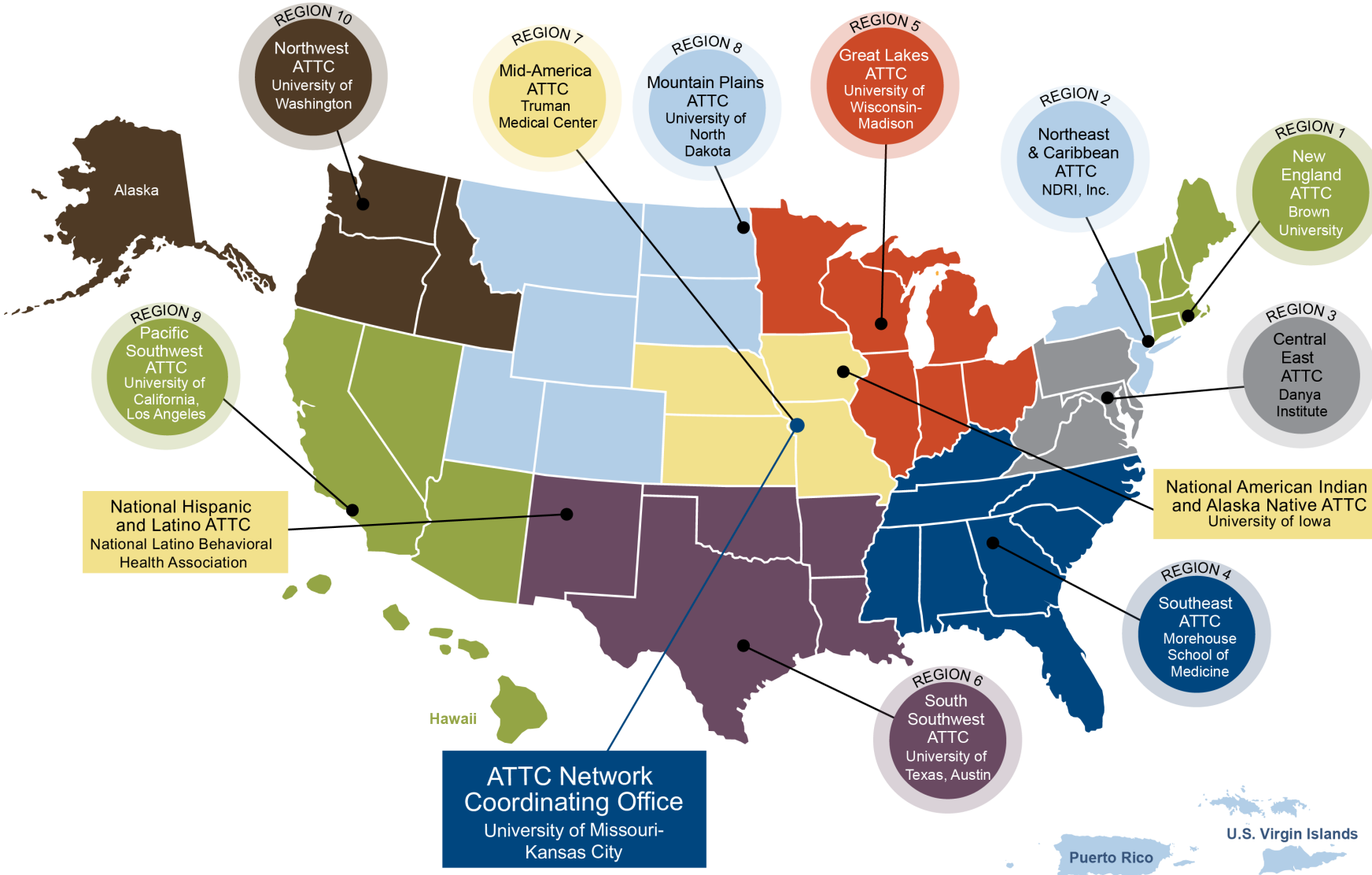


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## U.S.-based ATTC Network

# American Indian & Alaska Native Addiction Technology Transfer Center



# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

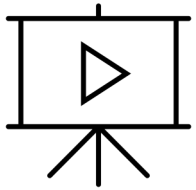
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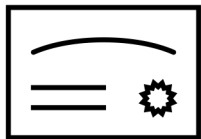


# Follow-up

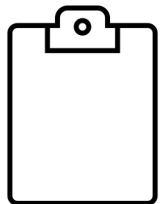
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs



Link to our evaluation survey (GPRA)



# Land Acknowledgement

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We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited. Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.







# Today's Speakers

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- A native of Arizona, David Natseway, LSAA holds a B.A. in Psychology with a concentration in Basics in Addiction Counseling (BAC) from the University of New Mexico, and an A.A. in Communications from Central New Mexico College. David has worked as a Substance Abuse Counselor, and Addiction Support Group Facilitator with the Pueblo of Laguna Behavioral Health and Social Services. He also worked as a Moral Recognition Therapist for Laguna Tribal Healing to Wellness Courts. David is currently a Tribal Healing to Wellness Court Consultant for Tribal Law and Policy Institute (TLPI), and the National AI/AN ATTC. David served in the U.S. Navy as a Musicians Mate retiring in 2011 after more than 20 years of Honorable Service, and remains active as a professional musician, With his music experience, and great appreciation for the therapeutic power of music, David has been a Music is Healing Presenter for the Pueblo of Laguna Prevention Program. As a musician, he has toured extensively performing and teaching clinics throughout the U.S., Europe, Southeast Asia, Australia, and Russia. David is an enrolled member of the Pueblo of Laguna





# Today's Speakers

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- Mike Bogart is a professional trumpet player and trombonist with over 30 years experience playing, writing, touring and recording. Mike joined the United States Navy Music program in 1988 and served playing in Navy Bands in Guam, Japan and San Diego before being honorably discharged after 10 years. In 2000 Mike was offered the lead trumpet and trombone spot with San Francisco Bay Area funk and soul legends Tower of Power. From 2000 to 2009 Mike toured the world many times and recorded two albums and two live DVD's with Tower of Power including the band's critically acclaimed 2008 release "40th Anniversary Live at the Fillmore". In 2009 Mike was offered an opportunity to re-join the Navy with his previous 10 years intact. While back on active duty in the Navy, Mike became certified as a substance abuse counselor and worked at a residential treatment program treating active duty service members, many dual diagnosed with PTSD and substance dependence. Mike retired from the Navy after a total of 20 years combined service in 2019.



# MUSIC IS HEALING

The Evolution of the Nature of Sound as a Healing Source

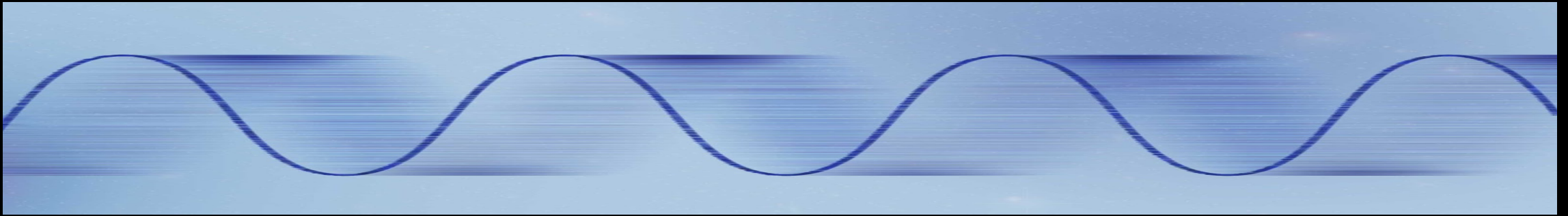




WHERE THUNDER FINDS HER  
TO THE MEMORY OF SAVANNA GREYWIND  
BY MIKE BOGART © 2020

# MUSIC IS HEALING

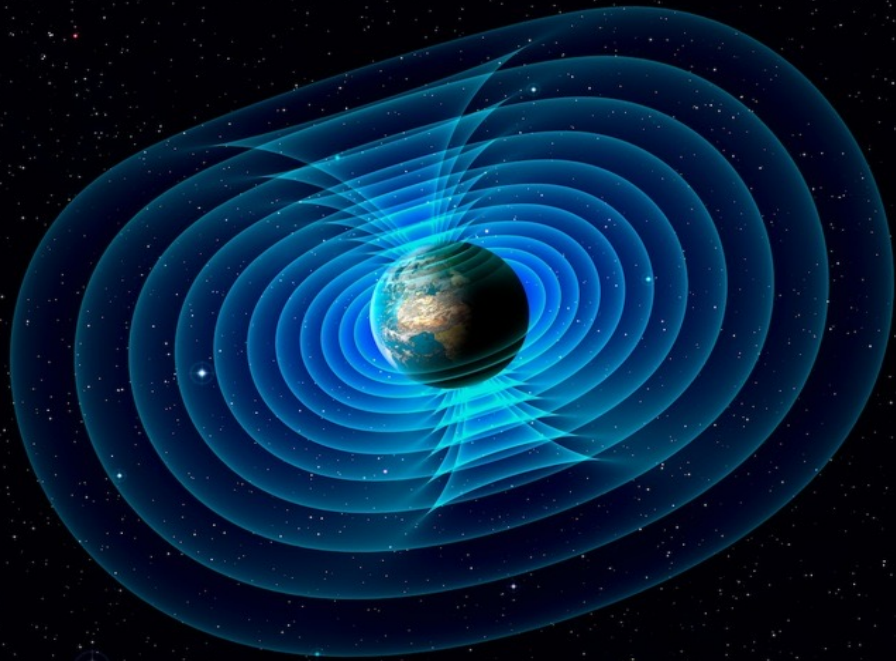
## THE NATURE OF SOUND



- The Nature of Sound comprises acoustic energy being transmitted through a medium and perceived by a receiver in the form of sound waves (NAVEDTRA 15009D Appendix A)
- Music exists entirely in the medium of sound
- Sound waves are created by a physical vibration source and move through the air to the receiver
- Frequency is the number of times per second the cycle of the sound wave repeats and its corresponding unit of measurement is Hertz (Hz)

# THE NATURE OF SOUND

## OUR MOTHERS NATURAL FREQUENCY



- Planets have a natural frequency
- Life on earth is surrounded by this frequency
- Humans have an incredible relationship with our Mother's natural source of vibration/frequency

(I. Guzman, "Tuning in to the Earths Natural Rhythm,"  
*Brain World Training Program*, Oct 14, 2017)

# MUSIC IS HEALING

## OUR MOTHERS NATURAL FREQUENCY

- Tuning our brain waves to the planet's pulse is healthful (as is tuning out, unhealthful)
- Getting out of the city, and into nature, allows your body to tune into Earth's frequency
- The body can restore, revitalize, and heal itself more effectively
- Physiological stress recovery is faster during exposure to nature sounds (tweeting birds, flowing water etc), than to loud city noise, white noise, or neutral or no sound (J.J. Alvarsson et al, 2010)



# THE SOUNDSCAPE CROSSOVER

## EARTH-MUSIC AND NATURE'S HEALING SOUNDS

- Natural sounds improve health, increase positive affect, and lower stress and annoyance (R.T. Buxton et al, 2021)
- The ancients knew about the healing and mind bending qualities of sound of gongs and other instruments used as medicine
- Man has created a wide array of instruments to imitate nature
- Biophony, Geophony, Anthrophony: The music of Mother Earth (National Science Foundation)

# THE MUSICAL TRANSFORMATION

## TONALITY AND THE MUSIC CONCEPT

- Music (Greek): Any of the arts or sciences governed by the Muses
- 5<sup>th</sup> Century (Boethius): *Musica Instrumentalis* refers to music as a performed sound
- Edgar Varese, composer/performer, coins music as “organized sound”
- Michael Linton, performer/educator: “The organization of sound and silence into forms that carry cultural derived meanings; cultivated for aesthetic and utilitarian purposes
- Music may be thought of as a construct and is perceived differently by the listener and performer

# THE MUSICAL TRANSFORMATION

## TONALITY AND THE MUSIC CONCEPT

- Everyone is affected by music ([theconsciousclub.com](http://theconsciousclub.com), 2019)
- Music plays such a vital part in our everyday lives and can shape how we perceive the world
- Consider “the healing power of the arts”
- Tonality has emotional power



# MUSIC IS HEALING

- Questions?