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SO Sound - Frequently Asked Questions.

1. How are the SO SoundHearts® different than a subwoofer?
2. Can I use any kind of music or does it have to be SO Sound's music?
3. Does it come with music?
4. What is the research that shows this delivers health benefits?
5. I don't do yoga or meditate, why is this for me?

1. How are the SO SoundHearts® different than a subwoofer?

- A subwoofer generally is a low frequency audio driver that is complementary to speakers and is designed to produce audio (sound in the air). The SO SoundHearts® are a completely different addition to an audio sound system because they add tactile (what you feel) elements from the music/sound.

- A subwoofer is designed to deliver music via the air (at the speed of sound in air) versus via mass (at the speed of sound in water). So with a subwoofer, you have to turn up the volume very high in order to feel the low vibrations. This is not healthy for the ears nor for the autonomic nervous system. This is not the case with SO Sound.

2. Can I use any kind of music or does it have to be SO Sound's music?

- While the SO Sound system can deliver any music, some resonates better than others. For example, music that has been highly processed or compressed in order to fit more music onto an iPod, MP3 players, etc.... will not resonate as strongly as well balanced acoustic music.

3. Does it come with music?

- Yes, SO Sound comes with one compilation CD. Additional CDs are available for purchase, as well.

4. What is the research that shows this delivers health benefits?

- There is much research demonstrating the benefits of music, sound therapy and vibrational therapy. For additional information, view the following studies:

Brain Wave Study <http://www.sunlighten.com/images/AlanBrainCrop.jpg>

NASA Study http://science.nasa.gov/science-news/science-at-nasa/2001/ast02nov_1/

PTSD Study <http://www.vfw.org/index.cfm?fa=news.magDtl&dtl=3&mid=3832>

5. I don't do yoga or meditate, why is this for me?

- There is significant research indicating over 90% of all disease is caused by stress. In today's society most of us have forgotten how to relax. This is simply a tool to help you quickly, safely and easily relax, engaging your body and mind's own natural healing abilities.

- Brain science shows that our brains are operating within multiple frequencies all of the time. Using specially designed musical programs, you can train your brain to operate in a more balanced state or even target various states. This can help with:

- Enhancing creativity and problem solving
- Releasing old negative thought patterns and habits
- Reducing stress
- Inducing deep rest and relaxation