

The Music of Sharon Howarth-Russell

Sharon Howarth-Russell was born in Toronto, Canada into a musical family. She began studying the piano at the age of four and turned music into her career as a performer, entertainer, composer, teacher and researcher.



In 1978, Sharon witnessed a miracle. A member of her show band cured himself of cancer through holistic health methods. Since that time, she has been researching and composing music to further the field of health and healing through alternative holistic methods.

Sharon has a wealth of knowledge about how colour and sound react with the body as well as how rhythm patterns can affect the way we feel. Dr. Patricia Kerr, H.U.M.D.C. - who taught and researched ways to help people reduce distress through holistic methods, encouraged Sharon to use her knowledge of colour, sound, and rhythm to enhance healing techniques through alternative methods. Since then, Sharon has composed several pieces of innovative and inspirational music to ease the discomfort of stress and dis-ease.

In 1987, Sharon created and developed the 'I Love Music' program for people of all ages from four years old and up. This program incorporates the basics of music with many integrative learning techniques and ideas. This unique program is fun and easy and helps children and adults develop their creative potential, as well as their skills in playing the piano. At this time, she also wrote the music and appeared on a children's show called "Pollywog" for C.F.T.O.

In 1989, Sharon's healing music was researched by Dr. Sharon Kopinak, a wonderful vet, who found the music helped animals in many different areas.

In 1990, The National Research of Canada supported a six-month intensive research project with Brock University in the Cognitive Research Laboratory to study the effects of her music with the elderly, brain injured, students with learning difficulties and university students.

1990 -2009 - Sharon taught in a private school where she implemented her musical and holistic ideas along with her CD's to enhance the learning and healing process, as well as giving seminars. Today, she continues to teach, writes music and personal healing music from her home and gives seminars.



The Musical Rainbow is Music that balances the Rainbow in You.

Some Uses for The Musical Rainbow Tapes

Sea Magic

- inner child work - releases negative emotions
- develops positive attitudes and creativity
- relaxing, calming, transports you to the sea.

Infinite Joy

- physical, mental, and emotional pain relief
- enhances the healing process
- helps with sleep deprivation
- helps with focus and concentration
- especially beneficial for children and adults with A.D.D. (Attention Deficit Disorder)

Infinite Mind 1:

- Memory, Recall, mental stability and clarity
- helps the rote learning process
- helps people of all ages with learning or memory retention difficulties

Infinite Mind 2:

- Accelerates the learning process
- research and projects can be completed quicker
- helps when studying for exams or reading difficult text
- enhances organizational skills
- complete reports, housework etc. quickly and efficiently

Both tapes are beneficial for head-injured, elderly, children and adults with learning difficulties, A.D.D. or special needs.

Transcension:

- uplifts the soul
- an incredible calming effect, takes you home by finding that inner peacefulness
- takes you to another level of moving forward
- an autistic child came out of a tantrum with the music playing

All of the above tapes help animals as well. Read the **PET EASE** brochure for further information.



The Musical Rainbow

Presents

Healing and Therapeutic Music that makes a Difference

composed and performed by

Sharon Howarth - Russell

Enhances Sleep, Organizational Skills, Stress-reducing, Calming Memory Retention, Focusing, Learning Difficulties, A.D.D. Accelerates Learning and much more

Helps animals settle during thunderstorms, anxiety, car sickness and much more

Music produced by The Musical Rainbow has been researched and designed with combinations of sounds, tones and rhythms to naturally allow the body's energies to relax and bring balance and harmony to the body, mind, emotions and spirit.

For further information and testimonies on how this music can help adults, teenagers, students, children, babies and animals visit my website;

www.themusicalrainbow.com

**Research by the Neurology Department
at Brock University
sponsored by
The National Research Council of Canada**

***The Results of Infinite Joy and Infinite Mind
in Our Learning Process:***

Infinite Joy has been researched at Brock University through the Cognitive Research Laboratory in a very thorough 6-month study using the elderly, head-injured, University students & school aged children. The results definitely showed that in the elderly, head-injured and in children, there was a remarkable improvement in cognition activities (i.e. focus, attention and concentration). The results for **Infinite Mind** showed that in the elderly, head-injured and students, there was a remarkable improvement in the Memory activities (i.e. Implicit Memory - unaware retrieval and Explicit Memory- deliberate recollection.) The head-injured response became predictable in every case. The EEG showed an increase in specific brain wave activity, (while this music was playing, before and after learning), which did not show up using other music. These changes in the brain wave patterns are not only due to learning but they also reflect changes in the EEG as a function of the interaction between learning & listening to **Infinite Joy**.

How and Why Infinite Joy Works:

When **Infinite Joy** is being played, our beta and 4th stage delta brain waves are equally activated. This activation continues for nearly 12 hours after. According to the neurologist's research, in 4th stage delta, protein is assimilated which helps the learning take place. If we are over 50 (depending on our biological clock), stressed or in ill health, the tendency is not to move into that 4th stage delta sleep. The results are forgetfulness, feeling overwhelmed and stressed out, difficulty on focusing on the task at hand, and a slowness to heal.

When **Infinite Joy**, in the waking or sleeping process, is being played, both patterns of beta (our conscious mind) and 4th stage delta (our deepest sleep) are being equally activated which results in focusing and concentrating, as well as healing.



Infinite Joy

the essence of tranquility for Mental, Physical & Emotional Distress.

Holistic concepts are blended together musically to enhance the healing and learning process.



Sea Magic

"an Orchestrated Environmental and Inspirational Journey of the Soul"

"as the sands of your past are washed away, the present is left in the sands for today."



Infinite Mind 1 and 2

Both tapes combine specially designed rhythm patterns and musical tones together to help memory retention and recall in learning; or to accelerate the learning process and organizational skill - depending on the tape. It was also researched at Brock University. This music needs to be played quietly in the background.



Transcension

Angel's Music and Nature's Sound, Uplift the Soul, Peace and Love Abound.

Transcension takes you to a wonderful, peaceful place that helps

to heal and restore the soul when the stresses of life begin to get you down. It helps you to move forward to your next level of growth when you are feeling stuck. It helps you to walk in the flow of life with love, appreciation and enjoyment. You see and appreciate the beauty that has been given to you. You hear the sounds that soothe you. It is truly a beautiful dedication to the journey and homecoming of the soul within you. You feel that there is a Heaven on Earth.



Joyous Tranquility

Communicating with Nature through Sight, Sound, Smell, Touch, Taste, Intuition and Inner Feeling

Each song is a dedication of that special, quiet place that is in our heart and unites us with our inner peace, joy, tranquility and love that we all deserve. These 10 songs were written to rekindle those special memories of Joyous Tranquility.

The Awakening

A New Harmonic Creation with 4 Variations Takes us beyond the chaos, Expands Time, Manifests the positives in our lives.

Rev. Susan Nardella's meditation, Jeanette McCullough's R.N. healing drum, the voice of Kaleo Wheeler join with Sharon Howarth-Russell's musical composition

Personal Healing Songs

Find out the tones that you are missing on a physical, emotional, mental and spiritual level and have them put into your own personal healing song. You will be amazed at the results.

For best effect, play tapes and CD's Quietly in the background.

Do not play this music while driving if it makes you feel drowsy.

For information on tapes, CD's, new products, seminars and workshops, please contact:

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