

Fine Tuning Albums 微调专辑- Descriptions 描述 & Clinical Applications 临床应用

GREGORIAN CHANTS 格列高利圣咏

GREGORIAN CHANTS MODIFIED (GCM 01) 改良的格列高利圣咏

Hallmark 标志

- Body organization 身体组织
- Sensory modulation 感觉调控

Elements of Music 音乐元素

- Chant master and group
圣歌大师和小组
- Voice contains frequencies of voice spectrum from 70 to 9000 Hz
声音包括70-9000赫兹音谱的频率
- No tempo, only rhythm
没有拍子, 只有节奏
- Biological rhythm of slowest possible breath rate
最慢呼吸频率的生物节奏
- Simple, mundane melodic structure
简单、平凡的旋律结构
- Sense of vertical structure captured by tones ranging from low to high
通过从低到高的音调获取垂直结构的感受

Clinical Applications 临床应用

- Body organization 身体组织
- Sensory modulation 感觉调控

JAMZ MIX FINE TUNING MOUNTAIN 混合之声微调山峰

JAMZ MIX I FOR FINE TUNING (ALJM 1) 微调的混合之声1

Hallmark 标志

- Body organization 身体组织
- Sensory modulation 感觉调控

Elements of Music 音乐元素

- Familiar children's songs
熟悉的儿童歌曲
- Flute, guitar, piano, and bass
长笛、吉他、钢琴和贝斯
- Varied, simple rhythms
多变的简单节奏
- Novelty introduced within simple melodic structure
在简单的旋律结构中引入新颖性
- Space artificially created and arranged
人工创造和安排空间
- 2000 Hz and below filtered out with sliding high pass filter
2000赫兹及以下通过滑动高通滤波器过滤

Clinical Applications 临床应用

- Refinement of body organization 身体组织的改进
- Refinement of sensory modulation 感觉调控的改进
- Refinement of spatial awareness 空间意识的改进

JAMZ MIX II FOR FINE TUNING (ALJM 2) 微调的混合之声2

Hallmark 标志

- Body organization 身体组织
- Sensory modulation 感觉调控

Elements of Music 音乐元素

- Familiar children's songs
熟悉的儿童歌曲
- Flute, guitar, piano, and bass
长笛、吉他、钢琴和贝斯
- Varied, simple rhythms
多变的简单节奏
- Novelty introduced within simple melodic structure
在简单的旋律结构中引入新颖性
- Space artificially created and arranged
人工创造和安排空间
- 4000 Hz and below filtered out with sliding high pass filter
4000赫兹及以下通过滑动高通滤波器过滤

Clinical Applications 临床应用

- Refinement of body organization 身体组织的改进
- Refinement of sensory modulation 感觉调控的改进
- Refinement of spatial awareness 空间意识的改进

JAMZ MIX III FOR FINE TUNING (ALJM 3) 微调的混合之声3

Hallmark 标志

- Body organization 身体组织
- Sensory modulation 感觉调控

Elements of Music 音乐元素

- Familiar children's songs
熟悉的儿童歌曲
- Flute, guitar, piano, and bass
长笛、吉他、钢琴和贝斯
- Varied, simple rhythms
多变的简单节奏
- Novelty introduced within simple melodic structure
在简单的旋律结构中引入新颖性
- Space artificially created and arranged
人工创造和安排空间
- 6000 Hz and below filtered out with sliding high pass filter
6000赫兹及以下通过滑动高通滤波器过滤

Clinical Applications 临床应用

- Refinement of body organization 身体组织的改进
- Refinement of sensory modulation 感觉调控的改进
- Refinement of spatial awareness 空间意识的改进

BAROQUE FINE TUNING MOUNTAIN 巴洛克微调山峰

BAROQUE 1 FOR FINE TUNING- BAROQUE (ALB 01) 微调的巴洛克1-巴洛克

Hallmark 标志

- Refinement of biological rhythms 生物节奏的改进
- Arousal, regulation, and attention 觉醒、调节和注意力

Elements of Music 音乐元素

- Chamber orchestra and flute 室内管弦乐和长笛
- Simple to complex melodies 简单到复杂的旋律
- Fast-slow-fast tempo 快-慢-快的节拍
 - Fast rhythms capture attention 快节奏获取注意力
 - Slow rhythms impacts physiology (heart rate, respiration, suck/swallow/breathe synchrony) which can calm and focus attention 慢节奏影响生理（心跳、呼吸、吮吸/吞咽/呼吸同步），可以镇静和集中注意力
- Rich in high frequencies, which invite attention 丰富的高频，可以引起注意
- 2000 Hz and below filtered out with sliding high pass filter 2000赫兹及以下通过滑动高通滤波器过滤

Clinical Applications 临床应用

- Refinement of biological rhythms 生物节奏的改进
- Refinement of arousal and regulation 觉醒和调节的改进
- Refinement of attention 注意力的改进

BAROQUE 2 FOR FINE TUNING- VIVALDI (ALB 02) 微调的巴洛克2-维瓦尔第

Hallmark 标志

- Refinement of biological rhythms 生物节奏的改进
- Arousal, regulation, and attention 觉醒、调节和注意力

Elements of Music 音乐元素

- Concerto and full orchestra 协奏曲和完整的管弦乐队
 - Strings, lute, bassoon, recorder, piccolo, violin, harpsichord 弦乐、鲁特琴、巴松管、录音机、短笛、小提琴、羽管键琴
- Fast-slow-fast tempo (60 beats/minute) 快-慢-快的节拍（每分钟60下）
 - Fast rhythms capture and maintain attention 快节奏获取和保留注意力
 - Slow rhythms entrains biological rhythms to support quiet, alert state 慢节奏同步生物节奏来支持安静的觉醒状态
- Melodic structure ranges from simple to complex 从简单到复杂的旋律结构范围
- Rich in high frequencies, which invite attention 丰富的高频，可以引起注意
- 4000 Hz and below filtered out with sliding high pass filter 4000赫兹及以下通过滑动高通滤波器过滤

Clinical Applications 临床应用

- Refinement of biological rhythms 生物节奏的改进
- Refinement of arousal and regulation 觉醒和调节的改进
- Refinement of attention 注意力的改进

BAROQUE 3 FOR FINE TUNING- BACH (ALB 03) 微调的巴洛克3-巴赫

Hallmark 标志

- Refinement of biological rhythms 生物节奏的改进
- Arousal, regulation, and attention 觉醒、调节和注意力

Elements of Music 音乐元素

- Concertos 协奏曲
 - Violin, cello, harpsichord, orchestra
小提琴，大提琴，大键琴，管弦乐队
 - Harpsichord marks time and grounds listener
羽管键琴标志着时间和为听众打基础
 - Violin elicits precise focus
小提琴引出精确的焦点
- Intricate melodic structures seamlessly integrated together
错综复杂的旋律结构无缝融合在一起
- Weaves between fast and slow tempos 在快慢节拍之间编排
 - Strong rhythms invite active mental and physical engagement
强劲的节奏引起活跃的精神及身体参与
 - Slower rhythms (60-72 beats/min.) entrain suck/swallow/breathe synchrony and quiet, alert learning state
缓慢的节奏（每分钟60-72下）与吮吸/吞咽/呼吸同步以及安静的觉醒学习状态同步
- Rich in high frequencies, which invite attention
丰富的高频，可以引起注意
- 6000 Hz and below filtered out with sliding high pass filter
6000赫兹及以下通过滑动高通滤波器过滤

Clinical Applications 临床应用

- Refinement of biological rhythms 生物节奏的改进
- Refinement of arousal and regulation 觉醒和调节的改进
- Refinement of attention 注意力的改进

CLASSIC FINE TUNING MOUNTAIN 古典微调山峰
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MOZART WINDS FOR FINE TUNING (ALMW 1) 微调的莫扎特风声

Hallmark 标志

- Refinement of posture 姿势的改进
- Refinement of auditory and visual attention 听觉和视觉注意力的改进

Elements of Music 音乐元素

- Clarinets, oboes, basset horns, bassoon, & double bass
单簧管，双簧管，低音喇叭，巴松管和低音提琴
- Varied rhythms from slow to lively
从缓慢到活泼的多变节奏
- Lyrical melodic structure
歌词旋律节奏
- Rich in harmonics
丰富的和声
- 2000 Hz and below filtered out with sliding high pass filter
2000赫兹及以下通过滑动高通滤波器过滤

Clinical Applications 临床应用

- Refinement of posture 姿势的改进
- Refinement of auditory and visual attention 听觉和视觉注意力的改进

BACH-CARULLI FOR FINE TUNING (ALBC 1) 微调的巴赫卡卢利

Hallmark 标志

- Refinement of posture 姿势的改进
- Refinement of auditory and visual attention 听觉和视觉注意力的改进

Elements of Music 音乐元素

- Flute, guitar, violin, and piano
长笛、吉他、小提琴和钢琴
- Clear, strong rhythmic structure
清晰强劲的节奏结构
- Simple melodic structure
简单的旋律结构
- Elegant selections exhibiting Galant style
优雅的选择展示潇洒的风格
- 4000 Hz and below filtered out with sliding high pass filter
4000赫兹及以下通过滑动高通滤波器过滤

Clinical Applications 临床应用

- Refinement of posture 姿势的改进
- Refinement of auditory and visual attention 听觉和视觉注意力的改进

MOZART 3 FOR FINE TUNING (ALM 03) 微调的莫扎特3

Hallmark 标志

- Refinement of posture 姿势的改进
- Refinement of auditory and visual attention 听觉和视觉注意力的改进

Elements of Music 音乐元素

- Violins, viola, and cello
小提琴、中提琴和大提琴
- Short melodic phrases are interwoven with each member having a voice
简短的旋律乐章与每个成员的一个声音交织在一起
- Complex rhythms with arrhythmic symmetry
复杂的节奏和无节奏的对称
- Rich overtones quality of stringed instruments
丰富的弦乐器音色
- 6000 Hz and below filtered out with sliding pass filter
6000赫兹及以下通过滑动滤波器过滤

Clinical Applications 临床应用

- Refinement of posture 姿势的改进
- Refinement of auditory and visual attention 听觉和视觉注意力的改进

MOZART FINE TUNING MOUNTAIN 莫扎特微调山峰

MOZART FOR FINE TUNING (ALM 01) 微调的莫扎特

Hallmark 标志

- Further refinement of attention 注意力进一步的改进
- Discrimination of details 细节的辨别

Elements of Music 音乐元素

- Violins, viola, and cello
小提琴、中提琴和大提琴
- Short melodic phrases are interwoven with each member having a voice
简短的旋律乐章与每个成员的一个声音交织在一起
- Complex rhythms with arrhythmic symmetry
复杂的节奏和无节奏的对称
- Rich overtones quality of stringed instruments
丰富的弦乐器音色
- 2000 Hz and below filtered out with sliding pass filter
2000赫兹及以下通过滑动滤波器过滤

Clinical Applications 临床应用

- Further refinement of attention 注意力进一步的改进
- Discrimination of details 细节的辨别

MOZART FOR FINE TUNING (ALM 02) 微调的莫扎特**Hallmark 标志**

- Further refinement of attention 注意力进一步的改进
- Discrimination of details 细节的辨别

Elements of Music 音乐元素

- Piano and orchestra
钢琴和管弦乐队
- Complex rhythms with arrhythmic symmetry
复杂的节奏和无节奏的对称
- Short melodic phrases
简短的旋律乐章
- Varied intensity of overtones
泛音的多变强度
- 4000 Hz and below filtered out with sliding pass filter
4000赫兹及以下通过滑动滤波器过滤

Clinical Applications 临床应用

- Further refinement of attention 注意力进一步的改进
- Discrimination of details 细节的辨别

MOZART FOR FINE TUNING (ALM 04) 微调的莫扎特**Hallmark 标志**

- Further refinement of attention 注意力进一步的改进
- Discrimination of details 细节的辨别

Elements of Music 音乐元素

- Violins, viola, and cello
小提琴、中提琴和大提琴
- Short melodic phrases are interwoven with each member having a voice
简短的旋律乐章与每个成员的一个声音交织在一起
- Complex rhythms with arrhythmic symmetry
复杂的节奏和无节奏的对称
- Rich overtones quality of stringed instruments
丰富的弦乐器音色
- 6000 Hz and below filtered out with sliding pass filter
6000赫兹及以下通过滑动滤波器过滤

Clinical Applications 临床应用

- Further refinement of attention 注意力进一步的改进
- Discrimination of details 细节的辨别