



Relaxation & Meditation Audio

nOGA<sup>TM</sup>

# SOUND SOLUTIONS VOL. 1

*Listen Your Way to Wellness:  
Audio Rx for Today's World*

Rus Devorah (Darcy) Wallen, LCSW, ACSW



**nOGA**  
Wellness Solutions®



For many years, I have been helping my clients with meditation, guided imagery and relaxation exercises. The benefits of these practices are well documented; this album was born from the results I have seen in my private practice, in conjunction with neuro-scientific evidence.

However, because meditation is often associated with Eastern religious or philosophical implications, clients asked me to create custom recordings that are religiously and philosophically "neutral." I therefore decided to "go-pro" and record in a studio with professional engineering.

I am grateful to my husband, Louis Wallen and several dear friends and colleagues whose combined efforts have made this album possible. Most significantly, I want to thank my parents, who were both healers and motivators – Dr. and Mrs. Samuel Shatkin, of blessed memory. As they look down from on high at the fulfillment of this project, I acknowledge the gifts they bestowed upon me that have been brought together in this tightly-wrapped beautiful, health-promoting package.

My dear mother, Joan Ellis Shatkin – Chana bas Michael, of blessed memory, to whom this volume is dedicated, encouraged my quest for excellence in these projects, and lived vicariously through them. She was a maverick and leader, undaunted by opposition in pursuit of her upright goals for the communal good. May G-d bless her soul and her influence in my life.

Special thanks are due to my very dear friend and colleague, Mashi Benzaquen, LCSW for her overall assistance on this project.

My dear reader and listener, this project was inspired by **you** and is designed for **you**. When you master your personal practice of relaxation and meditation, you will live with greater clarity, calm and newfound joy. No matter what happens to challenge you, you will have a secure and mindful process through which to channel and overcome your obstacles.

With sincere gratitude, I hope you enjoy this album as much I enjoyed creating it for you, and I wish you health and success in your continued personal growth.

Rus Devorah (Darcy) Wallen, LCSW, ACSW

NOGA™ Sound Solutions is a compilation of sound healing recordings that have been created to allow you to take simple time-outs during your day from the various stressors and pressures of today's world. These recordings include breath meditations, relaxation exercises and guided imagery. Additionally, there are options for other sound healing tracks including nature sounds and binaural beats.

Oftentimes, it is only when one is already suffering that he or she begins to consider any mental health or self-growth activities. When one neglects to "sharpen one's own axe," life can become affected in many adverse ways. NOGA™ Sound Solutions is here to prevent and heal those effects and bring more calm and vitality to life. You may be wondering, "There are other albums like this out there, why another one?" One reason is that many people prefer to listen to meditations and relaxation recordings that do not have any Eastern religious or philosophical implications. Additionally, this album has been designed to induce relaxation by using speaking tones and voices that are easy to listen to.

Any added music or sound elements are intentionally chosen to enhance the listening experience. As a matter of fact, research states that the effect of healing audio can be increased by up to 30% when embedded with various additional elements such as nature sounds, binaural beats, and singing bowls. This album is a culmination of years of research as well as over 15 years of practice, developing scripts for relaxation and hypnosis, and creating custom recordings for clients. Venture into a world of sound that will calm your mind and heal your soul.

If you have any questions, comments or feedback, please feel free to contact me at:  
[SoundRx@Toratherapeutics.com](mailto:SoundRx@Toratherapeutics.com)

## 01 **Basic Startup Instructions**

*Simple instructions to assist you in using these recordings as soon as possible.*

## 02 **Progressive Muscle Relaxation – Tension/Relaxation Version**

In this exercise you will be asked to intentionally tense up, hold, and then release each area of the body, part by part, producing deep relaxation.

## 03 **Safe Place Guided Imagery - Beach Scene**

## 04 **Safe Place Guided Imagery - Forest & Stream**

In these two exercises you will experience a vacation that you will see in your mind and experience in your body, right from the comfort of your own living room or bedroom.

## 05 **Instructions for Breathing Techniques for Relaxation Breathing Contest™, Double Outbreath, Square Breathing**

In these exercises, you will learn how to train your breathing to attain the relaxation response. This counteracts the stress (“fight or flight”) response, thereby diminishing the release of cortisol and adrenaline which are debilitating stress hormones.

### **MEDITATIONS OF VARIOUS LENGTHS**

The following meditations are the most basic, where the focal attention point is one's breath. As you develop greater skill with repetition and practice, longer meditations can be used to augment the benefits. For best results: pick one to practice daily.

## 06 **Introduction to Children's Meditation**

## 07 **M** *A Children's Meditation*

This meditation will help your child learn how to focus on the breath and self-soothe. Meditation can help children decrease aggressiveness and anxieties, improve behavior and attitude, improve concentration and promote inner peace.

## 08 **M** *3 Minute Refreshing Pause*

This brief meditation is a short opportunity for centering you when there is limited time amidst a hectic day.

## 09 *Introduction to The Beginner's Meditation on the Breath*

## 10 **M** *Beginner's Meditation On the Breath*

In this basic meditation, all the basic instructions to be able to do an attention-based meditation are included. After mastering the Beginner's Meditation, one can expand to the "Stretch" meditations below or choose to meditate on any object of focus such as a sound, sensation, image, etc.

## 11 **M** *7 Minute Stretch Meditation*

See below.

## 12 **M** *10 Minute Stretch Meditation*

In these longer and slightly more challenging meditations on the breath, the guidance is less frequent, so that a more concerted effort to focus on the breath is required.

## **SOUND: STRESSFUL OR SOOTHING**

Did you know that studies have shown that between 80% and 90% of all doctor's visits are due to stress-related illness, yet only 3% of the appointments were made because the patient was concerned about stress? That's an alarming statistic. It tells us that over 95% of those with a stress-related illness are either unaware that the source of the problem is stress, or that they are in denial about being stressed. That tells us that even if you don't recognize that you are under stress, you probably are.

While short-term stress is essential to our lives because it acts to keep us more alert when in danger, it can be quite damaging when we are in this state too often, especially when it becomes chronic. Various sound stressors adversely impact our already stressful lives. The increasingly negative impact of noise in our daily environment such as: traffic, sirens, airplanes, and construction wreak havoc on the body-mind. By engaging in very simple exercises and techniques, one can experience reduced stress and anxiety and counteract both life stressors and environmental stressors. Additionally, there is often a dramatic and visible effect on one's resilience on all levels – body, mind and spirit. Many of these recordings can induce brainwave states that bring calm to the mind and in turn strengthen the immune system, and improve overall wellbeing.

### **POTENTIAL BENEFITS OF LISTENING TO HEALING AUDIO**

- Diminishes stress
- Relieves physical and mental fatigue
- Strengthens the immune system
- Slows the aging process
- Promotes restful sleep
- Calms and centers physical body
- Helps us become more alert and focused
- Improves problem solving and decision making abilities
- Lowers the risk of heart attack and other heart ailments
- Improves memory and cognition
- Improves test taking skills
- Heightens reaction time
- Can diminish pain\*
- Enhances creativity
- Improves overall wellbeing

\*It is important to remember that pain is your body's way of calling attention to that part which is hurting.

## UTILIZING SOUND HEALING

There are many ways to utilize sound for wellbeing with the use of singing, nature sounds, and instruments, such as crystal quartz singing bowls, didgeridoos, and tuning forks. Today, drumming and singing circles are widely used to release stress and build team consciousness. Mental health professionals use sound to help their clients combat anxiety, improve sleep, and focus, and to enhance their creative expression. The medical community is also beginning to use sound and music to relax their patients and relieve their pain during and after various dental and medical procedures and during surgeries to break up gallstones and other blockages in order to "vibrate" vital organs back to a healthy state. World-renowned, Dr. Mitchell Gaynor utilizes sound healing in his oncology practice - Gaynor Integrative Oncology (<http://gaynoncology.com>).

## THE IMPORTANCE OF CONSCIOUS BREATHING

Did you know that you can choose how you breathe? A person can breathe slowly, fully and mindfully. A person can also breathe poorly, unaware of the impact that poor breathing habits can cause. Breath is essential for life, but did you know that by bringing oxygenation to the body, you can enhance one's immune response, stimulate various organs, and enhance overall health? You can accomplish so much by practicing healthy breathing.

## BREATHING FOR MEDITATION OR RELAXATION

There are two basic kinds of breathing exercises on this album:

### Focal Attention Meditation Exercises

One type is mindful breathing – a focal attention exercise that helps a person be aware and pay attention to the breath and its sensations. This also helps one stay present in the moment. Staying present prevents one's thoughts from being hijacked into another place or time. On the other hand, the mind is so amazing that one can actually, intentionally, go to other places and situations in one's mind and proactively plan for future events without the emotional hijacking that emotionally charged, "automatic pilot" thinking can cause.

(cont'd)



## **BREATHING FOR MEDITATION OR RELAXATION (cont'd)**

The various meditations on the breath in this album are attentional focus meditations. Optimally, they should be done when one is alert and awake, and if one is tired when doing these, the listener should make sure to be sitting instead of lying down so that these exercises do not induce sleep.

### **Breathing for Relaxation**

The second type is designed for relaxation. In these exercises, instead of just becoming aware of and focusing on the breath, one practices slowing down and extending, sustaining and increasing the breath capacity. In this way, one entrains the body's rhythms to the slowing down of the breath.

During the relaxation tracks, it's fine to fall asleep, it just means that is what is needed. These exercises include slow breathing, listening to nature sounds or nature with binaural beat technology entraining the brain to frequencies that slow down the brain's waves.

The breathing exercises for relaxation in this album are: Square Breathing (on next page), Double Outbreath, The Breathing Contest™, and Plus 2 Breathing.

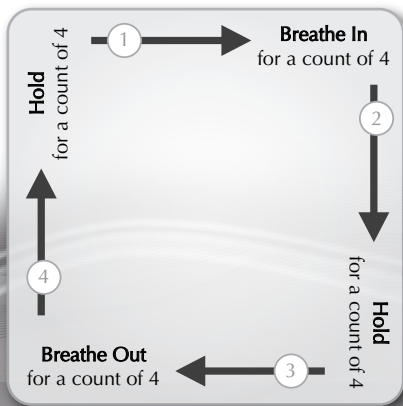
To do these exercises optimally, one should be either sitting up tall, or lying down without leaning in any specific direction. One's head should be directly above the torso in a manner that one's breathing will not be obstructed in any way. This will make the exercises more beneficial.

Find an exercise that appeals to you and helps you become more aware of healthy breathing. This will enhance your life in many ways. Do this exercise if you can, at least five times weekly.



## SQUARE BREATHING

Square breathing produces amazing positive results whenever you are feeling anxious, excited or fearful and you would like to calm yourself.



## LEGEND - HOW TO LISTEN TO EACH TRACK



**Meditation  
Recording**



**Female Voice**



**Relaxation  
Recording**



**Male Voice**



**Binaural Beat  
Tracks**

Images will appear on the actual track album covers

## WARNINGS AND RECOMMENDATIONS

Please use these relaxation audios with care, only when it is safe to do so. These recordings are not a substitute for medical attention. For the fullest therapeutic effect, use headphones or earbuds, so the you feel fully immersed in the setting and ambient noises can be blocked out for better listening and focus. Additionally, some selections include therapeutic audio tracks (including nature sounds and binaural beats) that require headphones for optimal benefit. In these notes, on the previous page, you will find a legend letting you know which tracks these are. Each selection has its own cover with the icon showing you how to use the tracks.

Do not listen to relaxation materials while you need to be fully awake and alert. Never listen while driving or operating heavy machinery. These exercises will be best utilized in the privacy of your own home or any other place where you have control over the privacy and quiet of the environment.

Additionally, since each person has individual needs, one person's sensitivity to certain sounds may be more acute than another's. It is for this reason, on this album, that we are including various options with or without background sounds, and offering a choice of male or female narration. Research has proven that such recordings, including spoken scripts with sound healing elements together, have up to a 30% greater effectiveness than those recordings that have either audio or only healing music separately. When combined, it has been shown that they create a synergistic effect.

This album has the support and endorsement of Rabbi Yehoram Ulman, Senior Dayan, Sydney, Australia Beth Din and has been developed with the supervision and guidance of various Rabbis and Shluchim.

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### My Clients

You know who you are. Your willingness to learn new techniques and go to uncharted territories with me has enriched my work for 25 years. Thank you for allowing me the honor of being your guide and facilitator.

Rus Devorah (Darcy) Wallen, LCSW, ACSW



**Rus Devorah (Darcy) Wallen, LCSW, ACSW** is an accomplished musician, performer, social worker, psychotherapist and educator. Displaying unusual versatility, she has conducted workshops and programs on various themes ranging from emotional wellbeing and holistic practice to sound healing and therapeutic meditation. Rus Devorah, an alumna of Wurzweiler School of Social Work as well as College Conservatory of Music (University of Cincinnati) utilizes her rich educational background to enhance her natural abilities to inspire others and help them heal. She has advanced clinical training in various areas of diagnosis and treatment. Some of her specialty populations and treatment modalities are: Perinatal Wellness, Aging

Well, Cognitive Behavioral Therapy (CBT), and Mindfulness Based Cognitive Therapy (MBCT) which have informed and inspired the featured meditation recordings on this album. She has taught music, performed and lectured extensively in the US, Canada, Europe, Australia and the CIS. Wallen is most passionate about her latest endeavors: composing and arranging relaxation and therapeutic music coupled with developing the many healing meditations and exercises you will find in this album.

### **ALBUM CONTENTS:**

Basic Startup Instructions • Progressive Muscle Relaxation • Safe Place Guided Imagery (Beach Scene and Forest & Stream Imagery) • Instructions for Breathing Techniques • Introduction to Children's Meditation • A Children's Meditation • 3 Minute Refreshing Pause • Introduction to The Beginner's Meditation • Beginner's Meditation on the Breath • 7 Minute Stretch Meditation • 10 Minute Stretch Meditation