

Personal Development and Well-Being

Although the importance of movement for the upkeep of the body has been recognized, we don't always realize that it is just as important for the well-being of the brain. The brain is stimulated when it is sent sensory messages, and in turn, it both energizes and relaxes us. Because the ear is the human body's most important channel for sensory messages, we can easily understand why its role is likewise very important. This stimulation may be deficient when the brain triggers a protective mechanism, which may happen after a single traumatic event known as an emotional shock. The brain also tends to protect itself progressively when it perceives the external environment as aggressive. This may be the case with people whose rhythm of life has been suddenly disrupted and reorganized, or who face a sudden increase of responsibility, a loss of bearings, or social pressure.



The human ear ensures a function of “cortical charging.” It needs to be stimulated in order to energize the brain and the body. Sound is therefore necessary for our personal growth. The richer the sound is in harmonic highs, the more effective it is. Sounds rich in harmonic highs stimulate a vast neural network known as the “reticular formation” which controls the overall level of cerebral activity. The energizing action of the Tomatis® Method is complemented by a relaxing effect on the physical-bodily level, which has positive effects on the regulation of anxiety and stress.