1. Hormonal release

* Oxytocin („cuddle hormone“) is released, produced by body and heart
* Adrenaline reduction: Levels of this stress hormone are released after 20 mins. of singing
* Endorphins are released, causing happy sensations
* Immunglobuline A rise (checked in the spittle of choir singers after choir practice)
* Serotonin levels rise, this functions as an anti-depressant
* Stickstofoxide rises (Vasodilitation)

2. Regulation of Breathing and Heart Frequency

* The singing of mantras or reciting the rosary leads to a stabilisation of the circulatory system
* Hearts of singers beat more in tune (Synchronisation) after communal singing

3. Deeper Breathing

* Oxygen levels within cells are increased („inner jogging“)

4. Vibrations of Sounds Effects Healing (Vibrational Medicine)

* Vibrations stimulate healing of wounds, bones...
* Singing to problem areas effects transformation
* Vocalisations to chakras have a stabilising effect

5. Sounds with Strong Overtones give Energy

* The brain charges with energy, 90% enters via hearing (Air Conduction)( after Dr.Tomatis)
* Brainwaves are altered (Theta waves, a.o.)

6. Singing develops Intelligence

* Enthusiasm causes synapses to grow (G. Hüther)
* Increased understanding of Mathematics in school etc.

7. Singing Stimulates Social Skills

* Choir singing -Special choirs: Aphasie, KrebsChor(NL) , Chor der Atemlosen, etc.
* Karl Adamek p. 52
* Anti-Violence-Training

8. Singing Stimulates Language Faculties

* Used in case of strokes, Melodic Intonation Therapy (MIT)
* Used with dementia (f.e., singing childhood songs)

9. Songs Accompany Rituals

* Church
* Birth and Death, transitional phases
* Schwitz /Solstice celebrations

10. Songs transmit learning (historically used to transmit secret knowledge)

11. Singing Releases Blockages

* Stabilises thyroid function
* Releases emotions (anger, frustration, grief)
* Body ‚armor‘ is freed

12. Singing, Toning, Songs in Psychotherapy (see singing therapy after Wijnen)

13. Singing and register

* Yodelling
* Connection male-female, yin-yang, earth-sky

14. Singing and Body Posture

* Study of breathing types (Inhalers and exhalers)
* Pulsation, life energy

15. Singing and Movement

* Free expression (Authentic Movement, Roy Hart)
* Sung circle dances