

# The Dhikrullah Vibration as Millennial Mental Therapy

M. Dirhamsyah<sup>1</sup> and Iskandar<sup>2</sup>

<sup>1</sup>Faculty of Engineering, Mechanical Engineering Major, Universitas Syiah Kuala, Indonesia

<sup>2</sup>Department Faculty of Ushuluddin Adab and Dakwah Department of Counseling Guidance Islamic State Institute (IAIN) Malikussaleh Lhokseumawe, Indonesia

**Keywords:** Vibration, Dhikrullah, Millennial, Therapy

**Abstract:** Dhikrullah as a vibrational activity to recite Allah's name repeatedly, according to the Koran can give a calm effect to the brain and heart as a mental center, but the study of dhikrullah from the approach of religiosity and psychotherapy based on vibration as the millennial mental therapy has not yet been completed. This study is an academic response to the mental approach of religiosity and psychotherapy by using dhikrullah vibration. The study used qualitative data from 4 informants to find the dhikrullah model and quantitative data from 10 subjects were obtained through Electro encephalo graf to see the effects of dhikrullah on brain waves. The results show that there is a strong relationship between dhikrullah vibration with brain waves. Dhikrullah contains hyperventilation to detect disturbances in the brain. Dhikrullah is vibration produce alpha waves in the brain. Therefore, the authors conclude that this study is a new approach to utilize dhikrullah vibration as a mental therapy approach. The WHO can use a solution from a religiosity approach to help people who need a solution through dhikrullah vibration.

## 1 INTRODUCTION

Dhikrullah as an order to mention Allah in Islam is believed to have a psychological effect on the culprit. Dhikrullah is a topic that has long been discussed among Islamic scholars, but the study of dhikrullah vibration aspect for millennial mental therapy has not been found until now. The lack of attention of scientists to the dhikrullah vibration because they don't use the holy Quran as scientific information. To fulfill academic responds to the demands of mental therapy according to the religiosity and psychotherapy approach, the author provide dhikrullah vibration as the solution.

This paper presents the results of the study of the influence of dhikrullah on human brain waves as it has been proven by using EEG when running the dhikrullah. Using dhikrullah vibration for mental therapy can activate various mental functions, as a stimulus to invite awareness, neurotransmitters and effect on the limbic system as a center of human emotional control. Richard Gerber, Barbara Montgomery Dossey, Larry Dossey, and James D'Angelo have promoted sound therapies but an important issue is the best sound produced by vibration for therapy. Therapy that is concerned with

causes of behavior, both their own and those of others (Bonnie Strickland, 2001: 58). To describe vibrational therapy will be used mental concepts, spiritual concepts, psychological concepts, thought concepts, feelings concepts, emotional concepts, and personality concepts (Christian B. Miller, 2013: 4). The hypothesis proposed in the study of dhikrullah as a sound vibration will be utilized for therapy and healing. Comparing with Larry Dossey and James D'Angelo, the author promote mental therapy approach based on dhikrullah vibration in accordance with the holy Quran suggestion.

## 2 LITERATURE REVIEW

Literature review contains an overview of grand theory in conducting studies. There are two main theories; vibration theory to explain the role of vibration and sound therapy to know how the sound impacts on mental state

### 2.1 Dhikrullah as Vibration

Dhikrullah is a human sound. Therefore, to understand the dhikrullah, theories are needed that

explain the human sound and its implications for human mental health. Brigitte Stemmer explained that it is a sound wave that can stimulate the body's nerve cells, especially in the brain (Brigitte Stemmer, 1998: 550). This effect can occur because sound influences the activity of neurons in the brain (Christoph von der Malsburg, 2010: 175). Bryan Kolb explained in his study that the effect of sound on neurons functions to control perception, hearing, memory, and speech (Bryan Kolb & Ian Q. Whishaw, 2011:5). In the brain there is a phenomenon of the frequency following response, which is a condition in which the neurons in the brain tend to adjust the frequency with the frequency of external sound stimulation (Robert F. Hink, K. Kodero, O. Yamda, 1980: 36). Therefore, dhikrullah as vibration can be used as stimulus to influence mental states in the brain.

Richard Gerber write that people can utilize vibration as a therapeutic. He explained that the field of healing based on the Einstein paradigm was called vibration treatment. The Einstein paradigm is applied to vibrational treatment sees humans as a network of complex energy fields that interact with the physical system on a cellular basis. Vibration treatment uses a special form of energy to positively influence an unbalanced energy system due to disease conditions. By rebalancing the energy field that helps regulate cellular physiology, vibrational treatment seeks to restore order from the functioning of human organs (Richard Gerber, 2001:39)

The reason for choosing dhikrullah as a therapeutic approach among millennials is that according to the results of James D'Angelo's study that the letters L contained in the word of Allah have a very strong vibrational effect for humans. L's voice is very vibrating to the word of Allah. There are two L in the word of Allah and the use of the most powerful L is in the word Allah (james d'angelo, 2012: 13).

## 2.2 Sound and Mental Therapy

Inna Z. Khazan explains the sound around humans can affect inner calm and respond to sensations around it (Inna Z. Khazan, 2013: 14). Joe Kamiya expands the use of sound through biofeedback for the benefit of therapeutic technique to control rhythm alpha using tones can produce alpha waves in the brain (Boris Blumenstein, 2002: 104). Sound can influence the activity of neurons in the brain (Christoph der Malsburg, 2010: 175). Next the sound influences the nervous system (Bonnie R Strickland,

2001: 416) and affects the mental state (William Walker Atkinson, 2004: 669).

Brain waves show a mental state of being lazy, sad, stressed, excited, energetic, productive, creative, happy, anxious, unfocused or depressed. Because of that, one wave is needed that can produce brain waves, namely the wave of dhikrullah. Sound quality affects the relationship between neurons that can improve intelligence levels. Sufficient sound stimulus to neurons will send impulses to all body tissues (Carol Turkington, 2002: 219). Changes in neuron activity cause changes in the character of the blood that carries oxygen to the brain (Juri D. Kropotov, 2009: xxxix).

Scholars say that sound is one of God's most special gifts to humans. Sound is related to mind, communication skills and expression of human emotions. Humans need to be aware of the effect that every sound has on them. Changing the tone of voice can cause changes in the mentality of the man himself. Many prominent people used their tone of voice to guide many listeners so that they would follow his call. All of the above theories support the purpose of this study in proving the influence of vibration and sound on humans. Therefore, dhikrullah vibration is scientifically proven to affect the brain waves.

## 3 RESEARCH METHOD

The author uses qualitative and quantitative data. Qualitative data from 4 participants to find the model of dhikrullah for samples and quantitative data obtained from 10 subjects. EEG result of consist of phase 1 EEG calibration, phase 2 using EEG, dhikrullah phase 3 record, phase 4 EEG results and phase 5 approved by hospital. EEG as measuring instruments for the effects of dhikrullah to human brain waves. Hyperventilation during dhikrullah will indicate brain health. Methods of data analysis based on the basic rhythm of EEG.

Table 1: Research Procedure to Find the EEG results

Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
EEG calibration	Using EEG	Record dhikrullah	EEG results	Hospital approval

## 4 RESULT

Dhikrullah was recorded based on the Mufarridiyah Order (Tariqat) refer to *al-Mufarridun*. The way to run the dhikrullah by closing one's eyes and listening to the name of Allah can be a self-therapy like what is inspired by the modern holistic system. Mentioning Allah begins with the letter A on the stomach, L on the tip of the tongue and H at the base of the esophagus. Each letter that is called must be pronounced powerfully. Based on the results of a study of the influence of dhikrullah vibration on 10 brain wave subjects, it was found that: There is a strong relationship between dhikrullah vibration and 10 subjects brain waves.

- a. Dhikrullah vibration produces alpha waves in the brain.
- b. During dhikrullah recording all subjects did hyperventilation breathing in accordance with neurologist.

Dhikrullah contains hyperventilation breathing approach that can be used to detect disturbances in the brain. hyperventilation is similar to breathing used during the time of the Prophet Muhammad, which is a twist and blows with a sitting position in knees. The air enters and exits by mouth rhythmically without stopping, both breathing out and breathing in. The steps to breathe by using a twist and blow are not only used by aerobic actors, but also the way to breathe is suggested by Alexa as a respiratory expert (Alexa Fleckenstein, 2007).

Other data to support this study obtained during dhikrullah recording in the EEG room. There are some phenomenons found during recording that how the relevance of those phenomena to the Islamic teachings. The scientific approach in explaining the role of dhikrullah vibration may help human being undertake the impact of dhikrullah vibration to brain wave. The phenomenons are like below:

### 4.1 Washing Head and Cleaning Mouth Before EEG

Washing head and mouth before doing dhikrullah is a normal EEG. From Islamic perspective, such practice has an important position for worshipping. This is because, before running the dhikrullah, someone will be better if they first wash their head and mouth. The water on the head may play as medium (conductor) to deliver electricity that is even more distributed on the scalp. Electricity activities that are stronger and even distributed on the scalp may be a therapy for humans. The electrical activity that is not even distributed in the brain is only a cause of epilepsy.

Ablution (*wudhu*) and sound waves are objects that can stimulate brain wave activity. Both of these can maintain electrical activity in the brain. Cleanliness to get good EEG results. Head and mouth hygiene including cleanliness of the esophagus and saliva. Disorders of the scalp and mouth can cause discomfort. Therefore, dhikrullah is perfectly done by preparing a clean head and mouth.

### 4.2 A Dim Lightroom

To record brain waves it need special rooms, it also requires a dimmer room. The room is needed to avoid any interference from human noise or movement. The human movement around EEG may produce artefacts on EEG results. Dhikrullah vibration will be able to produce resonance according to the nature of one's brain waves. According to science that electrical activity in the brain almost completely stops during hibernation, although some remain active areas which serve to carry out repercussions rather than outside measures such as light, temperature, and noise (Rob Nagel, 2001: 1048).

### 4.3 Hyperventilation and Photic Simulations

Breathing deeply and quickly is called hyperventilation. Hyperventilation was done before brain wave recording to find out whether subject experiences any disturbance in the brain like epilepsy. This way of breathing can give an impact of changes in blood chemistry and EEG results.

### 4.4 Closing Eyes When Doing Dhikrullah

Hearing dhikrullah completely by closing the eyes is needed to produce alpha waves in the brain as seen on the EEG monitor. When open your eyes, the alpha waves disappear from the monitor. Dhikrullah soundly is powerful will give a strong impact on emotional (Kenneth S. Avery, 2004: 94). Remembrance of name of Allah may give an impression of EEG results. The human ability to hear Allah's name is supported by an auditory system. Therefore, the EEG proof that the benefits of doing dhikrullah for human being by closing eyes may bring alpha waves for being relaxed.

### 4.5 Mention Allah in One Breath

According to Alexa Fleckenstein to mention Allah by using the breathing method can lead to health therapy

because it applies the process of improving the quality of respiration. To breathe the phase to three i.e starting with breathing out, taking the time while breathing in and out (count while exhale and inhale) and don't hold your breath (do not hold your breath).

## 5 DISCUSSION

There are strong relationship between dhikrullah vibration and subjects brain waves. Some relevant references about the effect of sound vibration on human brain waves which support this study by Richard Gerber in *Vibrational Medicine The Handbook Of Subtle-Energy Therapies*. He explains This healing based on vibrational medicine. Another proof by Joy Kamiya. He studied it in relation to our felt states regarding his own alpha activity. Bonnie R Strickland on how sound affects the nervous system. Then Brigitte Stemmer supports the opinion that sound waves can stimulate nerve cells. Alfred Tomatis managed to find the effect of sound on brain waves. William Walker, sound affects mental states. Bryan Kolb & Ian Q managed to prove that sound affects neurons.

Examined changes in neuron activity causing changes in blood and oxygen. The phenomenon of the frequency following response, a condition in which the brain tends to adjust its frequency with the frequency of stimulation of sound from the outside. Significant evidence about the letters contained in the word Allah has a strong vibration effect for humans. Based upon the vibrational medicine uses specialized forms of energy to positively affect those energetic systems that may be out of balance due to disease states.

### 5.1 What is Dhikrullah

Scientifically it can be said to mention the name of Allah, sound energy, audio sonic frequency, healing word, therapy wave, touch therapy, strongly vibrated, and cymatic therapy. One form of sound therapy that is not applied through hearing is called sympathetic therapy (cymatic therapy). The therapy uses a device that can send sound waves into the body through the skin. This process is said to introduce a healing environment in the body. (Laurie J. Fundukian, 2009: 649).

### 5.2 How Dhikrullah Work

Dhikrullah is a sound wave that brings sound energy into the brain. The brain will response dhikrullah

based on frequency following response. Then the brain receives dhikrullah sound wave will transmit to every part of the body.

### 5.3 Dhikrullah Vibration

Dhikrullah Vibration is a vibration that results during call Allah's name repeatedly. Dhikrullah vibration brings energy and is able to bring a calm effect on the brain and heart. This effect proves that dhikrullah has the function of healing and therapy. Dhikrullah's basic principle of vibration therapy is based on vibrational words that are able to bring healing effects because there are strong relationships between healing and vibration. Dhikrullah also functions as a sound health because it brings the body to relax. the dhikrullah energy flows without obstacles, applies calmness to the mind and body safely. Dossey has also carried out a number of evidence about the various healing word theories and found that repeated prayers may give a strong impression of healing and brain atmosphere (Larry Dossey, 1993: 17). The results and theory clearly supports that dhikrullah can function as mental therapy. Therefore, dhikrullah can provide effective therapy on the brain.

The frequency of waves and electrical activity in the brain may be disrupted by various waves in the surrounding area. Unstable electrical activity in the brain can cause epilepsy and some mental disorders. Therefore, to manage the initial brain waves, a balancing wave is needed such as dhikrullah wave. Efforts to introduce dhikrullah to the public as a mind therapy by using sound waves can be done through books, seminars or workshops. Dhikrullah as sound therapy can relate to the body, mind and soul.

### 5.4 People Need Vibration Solution

According to science, sound vibration has a significant influence on human health. Humans are vibrating at certain frequencies that can accept the effects of negative and positive vibrations. It can positively bring a feeling of calm to the heart, a stimulus to the neurotransmitter and health of body organs. Negatively can interfere with body organs, brain waves, and neural networks. Therefore, humans need a vibration solution. Scientists have explored the benefits of sound frequencies for humans. In the 20th century, Larry Dossey developed a study of the human voice as healing words. The study investigated the effects of prayer in various religions for human healing.



## 5.5 Vibration Therapy Concept

How vibrations are connected to the mind. Vibration therapy concept is based on a vibrational resonance that carries energy throughout the body through the brain. Strong vocal vibrations or sound consonant systems become resonating instruments that influence the mind and energy of the body. Mixing the mind with energy will produce special energy for healing. When the resonance reaches the brain, the healing process can be felt. Because of this, the wave of dhikrullah will form energy that sustains itself sustainably in the metabolic process as a cause of every cell carrying out activities to produce energy.

Sound is a vibration of energy that can be heard. The frequency, amplitude, and resonance of the sound has an effect on the environment. Sounds that have a therapeutic effect on humans have the function of healing for humans. Healing words have become the object of the study of searches for new solutions to human healing. The positive effect of the vibrations of the human voice can be presented through prayer. What is a pray actually. Scientifically prayer is the way humans produce vibrations of sound in certain forms through words to change conditions, both physically and mentally. Sound vibrations, according to the frequency of following responses are influenced by frequency, amplitude, and resonance.

The method of calling Allah can be used for vibration therapy or sound therapy. According to science, sound can be used for therapy by creating an alpha wave that gives a sense of relaxation to the brain. The state of the relational wave (alpha wave) is connected to the mental condition, so that one may feel mentally free from various stresses. Dhikrullah may be used to present alpha waves in the brain. By multiplying the dhikrullah it can produce large vibrational energy which may give the advantage to increase resistance to psychosomatic disorders.

Sound is related to mind, communication skills and expression of human emotions. Humans need to be aware of the impressions that each voice works for themselves, whether consciously or not. Changing the tone of voice to a better one can cause changes in the mentality of the person himself. Many prominent people used their tone of voice to guide many listeners so that they would follow his calling.

## 5.6 Dhikrullah as Mental Therapy

Dhikrullah can be used as a mental therapy in millennial because dhikrullah can be accepted scientifically for therapeutic purposes. Millennials who are familiar with the internet, digital and

biotechnology can easily understand aspects of dhikrullah through available scientific information.

### 5.5.1 Respiration Aspect

A dhikrullah breathing model supports more oxygen into the human body. The human brain needs enough oxygen, but the control system in the human body must not do the thing fully. In the brain, there are several parts where the blood carrying oxygen must not reach the brain when the body position is standing and sitting. The solution to this case is one put on prostration in prayer. When prostrating human blood flows carrying oxygen which is needed by the brain. but because oxygen in some parts of the brain is always not constant, it requires additional oxygen (Alexa Fleckenstein, 2007: 107). This additional oxygen can be obtained by performing dhikrullah after the obligatory prayer.

Thomas Beddoes was the first scientist to use oxygen for therapy. Beddoes founded the gas therapy institute in Bristol in 1798, he collaborated with Humphry Davy, a young chemist (Nick Lane, 2002: 18). Because oxygen proved to be indispensable both for aerobic living organisms and for combustion, Thomas Beddoes, James Watt, Robert John Thornton, and others believed that oxygen could be used as a therapy to cure various diseases (Daniel L. Gilbert & Carol A. Colton, 2002: 15). Humans will experience a variety of serious health problems if the body's tissues lack oxygen (Goran E. Nilsson, 2010: 6). Dhikrullah through his breathing model will supply enough oxygen to the body's tissues so that it can prevent the growth of cancer-causing bacteria.

Almost every disease known to mankind has been cured by proper breathing. Furthermore, breathing is found that sufficient amounts of oxygen can kill all germs, bacteria, and viruses. Otto Warburg had received a Nobel prize in 1931 for successfully proving that cancer could not develop in a high oxygen environment. In fact, most heart attacks are caused by oxygen deprivation (Michael Grant White, 119). Scientists also use oxygen as a therapy for tumors (Barbara Montgomery Dossey, 2000: 22).

The respiratory system that sends oxygen to the muscles and cardiovascular so that the energy process remains sustainable. Consuming large amounts of oxygen through dhikrullah will maintain stamina permanently (Paul C. Bragg, 2002: 2). Oxygen is needed for various metabolic responses to survival (Daniel L. Gilbert & Carol A. Colton, 2002: 428). By awakening, the correct breathing technique, the quality of health will increase. Right breathing is a

strong and healthy voice principle. Because of that, increasing the dhikrullah in order to increase oxygen in the body is a wise action for one's own good (Barbara Montgomery Dossey, 2000: 22). The lungs provide oxygen and the heart pumps oxygen to every place in the body. The heart starts beating long before humans are born, when humans are still in an embryonic state and have not stopped so now (Alexa Fleckenstein, 2007: 107).

Dhikrullah helps increase oxygen in the body to strengthen the immune system (Barbara Montgomery Dossey, 2005: 22). Dhikrullah can increase oxygen on body tissues as a way of stress therapy. Decreasing stress will influence the therapy of diabetes (Barbara Montgomery Dossey, 2005: 428).

### 5.5.2 Closing Eye Aspect

Hearing the dhikrullah fully and closing eyes during dhikrullah is needed to produce alpha waves in the brain as seen on the EEG monitor. When subjects open eyes during the dhikrullah, the alpha waves disappear from the monitor. Samples are guided to rely on the Name of God by listening to the dhikrullah with feeling. The resting memory may give an impression of the EEG results. The human ability to hear God's name is supported by an auditory system. Sound waves that carry God's name before being understood by the brain, first travel through the air medium to the eardrum, cochlea, the fluid that moves hair cells. In these hair cells changes occur from sound waves to electrical waves. The electrical impulse is then sent to the brain to be interpreted. Therefore, the brain may understand an announcement rather than sound after first the sound wave is converted into an electric wave. Opening and closing eyes have a great impression on brain waves.

### 5.5.3 Dhikrullah Sound Aspect

This aspect will produce a dhikrullah sound model based on calling the name of Allah in one breath. Sound waves have a connection with the media. In theory, the wave of dhikrullah can give an impression on the structure of water in the human body. Sound waves are the main medium to connect with the original sound. Sound, as one of the therapeutic powers in humans, every word has a vibration, but not just any sound vibrations that enter the energy field and suitable for the human nervous system. Voice is a human right. According to science sound is a cleanser, to release feelings, positive and negative.

For centuries in the religious and philosophical traditions of the East there has been known the power of sound as a means of healing and the main means of

aspirants with countries of higher consciousness. This knowledge has now become part of many practitioners in the field of sound therapy and is an integral part of modern social science. The difference in sound in every human being makes a special human sound wave. The way that sound waves vibrate in every human voice is different. Understanding the esoteric aspects of the human voice will help recognize the benefits of human sound (therapeutic sound) for themselves. The human voice is the easiest therapeutic medium that can be directed to refresh the body, mind and soul.

The power of voice in manpower as a communication medium is astonishing (Jaime J. Vendra, 2004: 5). Although the Koran says that the wave of dhikrullah can neutralize various waves that disturb the heart (Surah Ar-Ra'd, 13: 28), the work process of the wave starts from the brain but after the wave is transmitted to the heart, the wave experiences strengthening frequency so that it changes into feelings that affect mental states (William Walker Atkinson, 2004: 669). Therefore, dhikrullah with a strong voice can carry more energy compared to the sound of soft dhikr. Sound energy therapy uses sound wave pressure to impress humans. Changing sounds can help make characters better. In fact, acting studies that have a relationship with sound will be useful in freeing the human personality. Even taking into account such modulation, everyone's vocal sounds, like our fingerprints, are unique because of certain patterns of the tone of voice.

### 5.5.3 Listening Aspect

The Koran also informs that the hearing system functions in humans first rather than the visual system (Q. S 32: 9). Dhikrullah has the ability to organize sensory disturbances in perception because in sound that propagates to the ear it stores energy and information. Information submitted to allow information and understanding of the environment (Donald K. Freedheim, 2003: 85). Dhikrullah is then processed by matching the color and frequency of sound with the data stored in memory in the brain, thus creating any perception of the sound on the perception of hearing (Zvia Breznitz, 2008: 175). Because of that, the compilation of listening to dhikrullah, then the brain will form perceptions that respond to the dhikrullah according to the data stored in the listener's memory.

The waves of dhikrullah which are transmitted continuously to the brain may stimulate nerve cells (plasticity) to experience new things (Brigitte

Stemmer and Harry A. Whitaker, 1998: 550). Likewise, if the listener keeps the data about Allah correctly in the listener's memory, then when he hears the name Allah, the memory system will respond according to the quality of the listener's memory of Allah's name. The implications of Allah's name for one's soul differ from one another, following information and experiences stored in his memory of Allah. If there is enough data in the listener's memory, both in terms of the nature and experience of Allah, then the perception will bring a strong positive impression on the mental, but if the information stored in his memory is not related to the divine experience of Allah, then the influence of Allah's name on his mentality will be different.

## 6 CONCLUSIONS

Dhikrullah as sound vibration has been shown affected towards the brain waves and soul. EEG results from ten subjects clearly show the influence of dhikrullah on beta and alpha waves produce calmness. Furthermore, alpha waves become a stimulus to produce neurotransmitters in the brain to bring calm. Therefore, using dhikrullah vibration as a mental therapy a new approach. For the solution of people's mental health. Further studies on dhikrullah vibration can be carried out in various fields of psychology, especially psychology acoustics to help non-Muslim.

## REFERENCES

### *The Holy Quran*

- Alexa Fleckenstein. (2007). *Health 20 Tap into the Healing Powers of Water to Fight Disease, Look Younger, and Feel Your Best*. United States of America: The McGraw-Hill Companies, Inc.
- Barbara Montgomery Dossey. (2005). *Holistic nursing: a handbook for practice*. United States of America: Malloy, Inc.
- Bonnie R. Strickland. (2001). *The gale Encyclopedia Of Psychology*. Second Edition. The United States Of America: Farmington Hills.
- Boris Blumenstein. (2002). *Brain and Body in Sport-and Exercise Biofeedback Applications in Performance Enhancement*. UK: John Wiley & Sons, Ltd.
- Brigitte Stemmer and Harry A. Whitaker. (1998). *Handbook of Neurolinguistics*. USA: Academic Press.
- Bryan Kolb & Ian Q. Whishaw. (2011). *An Introduction To Brain And Behavior*. Third Edition. The United States Of America: Worth Publishers.

- Carol Turkington. (2002). *The Encyclopedia of the brain and brain disorders*. USA: An imprint of Infobase Publishing.
- Christoph von der Malsburg, William A. Phillips, and Wolf Singer. (2010). *Dynamic Coordination in the Brain From Neurons to Mind*. England, London: The MIT Press Cambridge.
- Donald K. Freedheim. (2003). *Handbook of Psychology*. Volume 1. USA: John Wiley & Sons, Inc.
- Inna Z. Khazan. (2013). *The Clinical Handbook of Biofeedback A Step-by-Step Guide for Training and Practice with Mindfulness*. USA: John Wiley & Sons, Ltd.
- James D'Angelo. (2012). *Seed sounds for tuning the chakras : vowels, consonants, and syllables for Spiritual Transformation*. Canada: Destiny Books.
- James D'Angelo. (2005). *The healing power of the human voice : mantras, chants, and seed sounds for Health and Harmony*. Canada: Transcontinental Printing.
- Juri D. Kropotov, 2009: xxxix).
- Larry Dossey. (1993). *Healing Words: The Power Of Prayer And The Practice Of Medicine*. San Francisco: Harper San francisco.
- Laurie J. Fundukian dan Jeffrey Wilson. (2007). *The Gale encyclopedia of mental health*. China: Thomson.
- Richard Gerber. (2001). *Vibrational Medicine The Handbook Of Subtle- Energy Therapies*. Rochester: Bear & Company.
- Rob Nagel. (2001). *U-X-L encyclopedia of science*. USA: The Gale Group.
- Zvia Breznitz. (2008). *Brain Research in Language*. USA: Springer.