

Dear soundhealers,

As you know, we are exploring a new field with doing soundhealing online and it has shown to have some issues. Fortunately there are some things we can do about this. Have a stable internet connection. Try using headphones. Try using a better microphone. Check sound preferences in web-applications.

1. Internet connection

Your connection will have a huge impact on the sound quality and stability. Landline is most stable. If experiencing trouble on web-apps like jitsi, zoom, skype etc. try turning off video for the soundhealing/singing free session. Also you can try just switching to a normal phonecall which will often be a more stable sound connection.

2. Audio quality on Mac/PC

If using a computer, the sound quality of the built-in converter, microphone and speakers, will by default be fairly poor. To improve your soundquality a lot, you could try using earphones and invest in a soundcard (audio device) or a USB-microphone. Like one of these fx:

This is a good decent USB-microphone:

https://www.thomann.de/intl/marantz_pro_umpire.htm

If you already have a good microphone, you can use a cheap Audio device like this one:

https://www.thomann.de/intl/the_tbone_micplug_usb.htm

I recommend a more professional combi solution like these:

https://www.thomann.de/intl/zoom_h1n_apl_1n_set.htm

https://www.thomann.de/intl/zoom_h4n_pro_black.htm

3. Sound on Jitsi:

Jitsi works best in Chrome. Download it here:

https://www.google.com/chrome/?brand=CHBD&brand=CHBD&gclid=CjwKCAjwtdcFBhBAEiwAKOIy50gl6FyI3dCOuTI85kQC-puwHymJM2TrKNTJhTJgZZ7vkl_9OmOWcRoCI0AQAvD_BwE&gclsrc=aw.ds

We have had some issues with the sound disappearing or being turned down a lot, exactly when we hit all the good stuff in “the note from heaven” eg. overtones and undertones.

All web streaming and conference apps have some build-in sound processing that may be good for speaking but less good for soundhealing work. In Jitsi the only option to turn it off, is to add some coding in your room address, like this fx (turns off compression, limiter, highpass filter, lowpass filter, mono and lipsync):

<https://meet.jit.si/thenotefromheaven#config.disableAP=true&config.disableAEC=true&config.disableNS=true&config.disableAGC=true&config.disableHPF=true&config.stereo=true&config.enableLipSync=false>

I will look further into this. The connection is the most important issue, also because it shifts the focus of attention when it changes. Shifting to a normal phonecall could sometimes be the easiest. Also remember sound seems to sometimes work even without being heard.

Another day soon I will send information on the use of melatonin as some requested.

Now I will go out singing in the sun.

Love, Runi