

# Contents

Acknowledgments	xi
INTRODUCTION Rebuilding Our Connection to the World	1
<i>The Three Pillars of the Method</i>	5
How to Use This Book	8
<u>PART 1</u>	
<b>The Basics and the Basic Method</b>	
<i>Understanding Hearing Loss and the Potential for Regeneration</i>	
1 A Great Start Means Knowing Where You're Going: Orientation to the Basics	12
<i>Each Person Can Hear</i>	15
<i>The Process of Hearing</i>	19
<i>The Ability to Learn through Training</i>	24
<i>Relearning the Hearing Process</i>	27
<i>Physics and Acoustics</i>	29
<i>Technical Implementation of the Naturschallwandler (Natural Sound Transducer)</i>	37
EXERCISE: How Well Do I Hear?	41
2 Return to the Center: Balancing the Body to Self-Regulate Orientation and Hearing	57
<i>Human Consciousness and Hearing</i>	59

PART 2

The Journey Is the Goal

Exercises that Further Support

Hearing Regeneration

- Hearing Is a Learning Process 60  
Locating the Source of Sound from a Reference Point 63  
The Reference Point 65  
The Body's Reactions to Stress 67  
Let's Take a Look in the Mirror 68
- 3 Our Desire to Hear and Feel:  
Our Ears Connect Us to the World 77  
The World in Our Ears 80  
How Trauma Affects Hearing 84  
The 3 Types of Hearing Trauma 87  
It Hits Me: Where Do I Notice It in the Body? 93  
Disorders of the Ear 96
- 4 Everything Has a Beginning:  
The History of Sound Research 106  
All We Can Do We Once Learned 106  
What We Are Today Has Been Going on for Thousands of Years 108
- 5 The MUNDUS Method of Regenerating Hearing:  
The Step-by-Step Process 128  
Training Location to Rebuild Order 130
- EXERCISE: The Basic Therapeutic Method Using a Natural Sound Source 131  
The Basis for the Effects of the MUNDUS Basic Method 153  
Building Trust and Communication 158
- EXERCISE: The Basic Therapeutic Method Using a Natural Sound Transducer 158  
Conclusion to the Basic Method 180  
Part 1 Ends—Part 2 Begins 181
- 6 Being in the Present to Process the Past: Exercises to Find and Reflect On the Triggering Event 184  
The Three Central Pillars 184  
Tension and Balance 196  
If You Believe It, You Will See It! 199  
Resolving Trauma 200
- EXERCISE: Finding the Triggering Event 203
- 7 I Hear, Therefore I Am:  
Exercises to Recover Orientation 205  
Holograms Connect and Resonate with the World 206  
Regaining Vitality 208
- 8 Each Ship Has a Helmsman:  
Exercises to Take Control and Restore Order 210  
The Brain, Our Holographic Hub 211  
Our Body Stores All Our Experiences 212  
The Brain as Control Center 214  
Make Decisions That Work 216
- 9 No Pain, No Gain: Exercises for Resonance, Regulation, and Repetition 219  
Training Brings Knowledge to Action 219  
Everything Flows 221  
The Goal Is Integration 224  
Breaking Down Barriers 227  
Repetition of the Exercises 229

10	Nothing Is Impossible: One Step at a Time	234
	<i>The Approach of Conventional Medicine and the Failure of Hearing Aids</i>	240
	<i>Training for Hearing Aid Users</i>	245
	<i>The Importance of Setting Goals</i>	247
	<i>In the Here and Now, Easily</i>	250
11	A New Beginning: Four Principles for a Successful Life	252



APPENDIX A	Directory of Exercises	256
APPENDIX B	Reproducible Templates	258
	References	259
	About the Author	264
	Index	266