

Rachel: "I can harvest vibration and turn it into electricity."

Kalya: "Are you talking about the paper done by Hajati, Xu, and Kim? WIDE BANDWIDTH PIEZOELECTRIC MICRO ENERGY HARVESTER BASED ON NONLINEAR RESONANCE"

Yes I am, that's the one!

Music Intro

Hey everyone, my name is Kayla

And this is Rachel with Dating Hypothesis, thank you so much for joining us today!

Vibration can be gathered and converted into electrical energy. Our bodies absorb vibration. Our brains convert that vibration to electricity. (Which is important since all pathways to our brain are via electrical signals.) All our input from heat burning our skin to the color of our coffee in the morning gets turned into electrical signals along the way to our brains.

The intent of a lover or murderer eventually becomes an electrical signal your brain interprets.

Add "Two Beats"

* **Begin conversation:** Sound is important.

Three to four percent of the population does not respond to music physiologically. Research found the connection between their auditory and reward system was not lighting up during an fMRI while subjects listened to music.

Kayla's dad: There are people who enjoy and are rejuvenated by silence. They find music, television, and people chatter to be auditory interruptions to the inner richness of their own minds.

Transcranial magnetic stimulation can be used to increase or decrease your enjoyment of music, even your own selected music.

We talk about transcranial magnetic stimulation in almost every episode. What can't that thing turn on and off?

We should get one!!! I can use it on you and we can find out!

Kayla :)

I grew up with four siblings. I understood the power of sound and words. I knew even when they plugged their ears they could still hear me. I also understood the assault behind not being able to undo what goes into the mind no matter what sense it uses to travel into your mind whether it is touch, sound, or sight. I used that to my advantage. I was not a pleasant child. I loved that they were forced to hear what I said because they couldn't stop their ability to hear through plugged ears.

Some people, like veterans, have ringing in their ears and need a continuous stream of background noise to cut through the tinnitus. Some people's inner voice is too loud or too quiet and they need music on all the time. I am curious if any of our listeners use this type of auditory therapy. Let us know on our twitter or other social media, what kind of music helps you?

Both sound and the lack of any sound can make a person crazy.

Music and noise has even been used in torture scenarios to disorient people. Why is sound so powerful? You hear it; you don't touch it. The only exceptions may be loud nightclubs, cars with window-rattling speakers and ultrasound machines that pulverize kidney stones. But even then, you can't *pick sound up* with your hands or squeeze it. It isn't tangible.

Hearing is as unique as smell, yet our own memory of sound is stronger than scent. A book about *music you've never heard* will never convey the actual sound. No imprint will be produced in the mind of the actual song someone describes to you. The only way to hear someone's memory of a sound is to hear the same sound. Music has only recently been discovered to bring back memories in Alzheimer's patients.

Talk about #... wanting me to talk during sex. I was mute. Innocent shy nervous people not want to be vocal.

Acoustic levitation uses gas and gravity to cause objects to hover. It can hold objects steady so they don't move or drift.

The difference between hearing and feeling sound waves is interesting. If you sit in front of a subwoofer with the frequency at 19 Hertz, with the volume turned up to 100 decibels, you won't hear anything — but you'll feel the vibrations. The resonant frequency of the human eyeball is 19 hertz and your eyeballs will start acting real funky if you did this. Exposure to 177 decibel sound waves at 0.5 to 8 Hertz messes with your lungs and shakes your bones. It can damage your joints and cause visual impairment.

The European Space Agency has a Large European Acoustic Facility which is an enclosed space. It would take 240 dB to make a human head explode. When the Acoustic Facility maxes its sound it's only 154 dB. Outside, sound waves disperse and dissipate, also unable to reach lethal levels. Yet sound makes a good weapon.

The military uses 150 dB against protesters which can cause permanent hearing loss and induce vomiting. Psychoacoustic effects of infrasonic, sonic and ultrasonic frequencies is between 7 and 8Hz. It's the resonant frequency of flesh and, again if it were loud enough it could rupture internal organs.

Some scientists think music doesn't offer evolutionary advantages, so why do we respond so strongly to it? *That sounds like an evolutionary advantage to me.* We sing from the top of our lungs, learn to play, and spend way too much on concert tickets. I sing at the top of my lungs if I think I am alone. Then my husband comes around the corner.

We can see music evoke strong emotions in our partners. We want to enjoy it with them. It can make us want to evoke similar feelings inside them, towards us. Music moves our bodies. Dance happens, we wish to entwine our bodies and dance with our partners, it's a sexy feeling.

It's the general arousal of the sympathetic nervous system.

Get that beat fast enough to get the blood moving out of soothing but not so fast you want to head bang in a huge crowded pit.

Music affects our brains. We all know this intuitively. Do we really need science...to believe it? If you prefer research, it has been shown our playlist during profile searches affects our attraction.

Is that why music helps "get us in the mood"? How does music affect our sexy moments?

Kayla answer...

Rachel: Too young to ask boy to change out the tape in his cassette player he made for us because the lyrics were creeping me out and I couldn't have sex to the songs. I left without being to explain to him.

What music gets you in the mood for sex?

I prefer silence. Weird but music interrupts the jive.

I had a boyfriend that used music to reveal his mood of the day. We did not engage in conversation. He would play music to let me know how he was feeling that day. One night during sex he played a series of songs that had lyrics saying "if only you had done better you would have had me" and I knew he was threatening to break up with me if I

didn't act more submissive. Pissed me off. I looked him dead in the eye and told him to find a more romantic playlist.

Teenagers use music to convey feelings. People your age made mixed tapes was a way of flirting.

It was a way to show someone else your inner self.

I used C.D.'s to flirt. Would play angry music at my mom. Tik toks or sending youtube links. Is the way now

Research studies have been done showing positive results from energetic music being played during your workout.

What is sound?

Vibrations of molecules in the air enter our ears and get turned into electrical signals our brain interprets to become thoughts, memories, and emotions.

Our own perception and interpretation of those vibrations influence the meaning of them despite the original intention behind the sounds.

Words disappear in an instant. You speak. Words disappear. But our Brains have something called working memory, it's the ability to retain and process information over short time periods. It is essential to deciphering meaning from these airborne molecules.

Melody is a message. 5-month-old babies notice the difference between happy and sad music. Babies make sense of the world communicatively through emotion. This is a normal period of learning before learning to talk.

#... would coo with me at 3 months old to Norah Jones

Music is a global communication style. Listening to music in another language doesn't lose all meaning. We still know what the song is trying to convey. How?

People are able to share emotions, intention, and meaning through music despite speaking different languages.

Quiet, gentle lullabies soothe babies, and we watch them swell with excitement during rambunctious music. Children who grow up listening to music develop strong music-related connections in the brain. Listening to classical music seems to improve

spatial reasoning, for a short period, maybe 15 minutes. However, learning to play an instrument increases the duration of spatial reasoning. In several studies, children took piano lessons for six months and improved their ability to work puzzles and solve their other spatial tasks by as much as 30 percent. Why does playing an instrument make such a difference? Researchers believe that musical training creates new pathways in the brain.

Would that spatial skill improve either way? I mean they did just age 6 months. ???

The original “Mozart effect” paper wasn’t conducted on children; the subjects were young adults. The students who listened to Mozart did better at tasks creating shapes in their minds.

In 2006 a large study was conducted in Britain involving eight thousand children. The children who listened to Mozart did well, pop music they did even better, meaning preference may matter. It’s possible your brain just needs *something* to get it going. Jumping jacks, coffee, or any peppy focusing prep.

Music benefits Alzheimer's patients as well. Musical memories seem preserved during Alzheimer's disease. What kind of music does your loved one enjoy? What music evokes memories of happy times in his or her life? And don't forget music offers relief during stress, anxiety, and depression. It lightens the mood, and can help those who have difficulty communicating. Use music to calm your loved one during mealtime, hygiene routines, boost the mood with happy upbeat fast music.

Make sure it is turned up loud enough for them to hear.

- We have to ask our listeners...can you read people’s vibes? Is that a thing? How loud do you like your music? Do you use music to convey your feelings to other people? Have you watched a loved one's face light up when you played an old song for them? Write to us on facebook, twitter, or Instagram.

- Let’s take a quick Commercial break, we will be right back. (*wait 3 seconds*) And we are back.

Commercial Spot one: (29:06)

Add “Two Beats”

**** Resume Conversation: Touch is important**

Sexual tension, your body ramps up: breathing increases, heat rises, heart rate and blood pressure increase, muscle tension increases, and hormones and neurotransmitters are released. Our bodies are built for touch. A study found skin to be highly sensitive to the vibrations given off during touch.

No...a study found *that*?

The precise timing and frequency of these vibrations conveys specific messages about texture, distance, material, intent much like the frequency of vibrations on the eardrum conveys information about sound.

The study of nonverbal communication through touch is called Haptics.

It studies the different reasons people might be holding hands. For example: a mom and her small child use hand holding as a safety hold. Lovers hold for endearment. A falling hiker holds on for dear life.

My immediate thought goes to a good movie director. A kiss on the cheek can mean a dozen things if a director is skilled in showing the differences in nonverbal communication.

And we as the audience pick up on that. In real life we can pick up on people's intent.

a hearty back slap, a gentle slide across the back while passing by someone in your way, "high-fives", shoulder pat, head pats, a light brush across someone's arm, hand, or knee. Each of these give off nonverbal messages of intentions and feelings.

Our skin has nociceptors that only respond to chemical stimuli. So you have receptors dedicated to skin irritation. These receptors respond to prostaglandins, neuropeptides, and proteases in response to irritants.

The thalamus carries messages from the sensory organs like the eyes, ears, nose, and fingers to the cortex.

And it all gets converted to electrical signals to reach the brain. We harvest vibrational energy. Have you heard the term energy vampire?

Your vibe matters. In a relationship if you get too relaxed and start taking someone for granted or expecting things -... that shows. Your mood shows. Your thoughts show. Since thoughts **are energy**. Your thoughts have mass. They are photons. Thoughts lead

to emotions. Which leads to chemical reactions which vibrate differently depending on the chemicals.

Emotions interact with all the systems in our bodies. Our brains give off beta, alpha, theta, and delta bands and gamma waves. These are measured in Hertz and each section of your brain does not emit the same brain wave frequency as the other sections at any given moment. The heart's electromagnetic energy can be detected three feet away from the body. Brain Waves are Detected and can be Decoded Outside the skull. We sync up with each other so your vibrations matter.

If you are an abusive partner the energy you are putting into your partner is toxic. If you are dismissive or negligent the vibrations you give off are notable. If you pretend to care or fake interest it is felt on multiple levels.

The vibe you are giving off is just a **way to describe your overall state of being**. At the quantum level the universe is energy vibrating at different frequencies. Emotion is vibrational so each emotion has a frequency plus a biological effect plus a physical manifestation in our actions and behaviors and our mental state is directly affected by our emotions.

So if you think your partner is not affected by your emotions or your vibe you are delusional.

I want to talk about chemistry for a moment. There was an experiment done Exciting a vibration between two atoms in a chemical bond that should have increased the likelihood of the bond breaking during a chemical reaction or, at the very least, have no impact on the reaction, according to conventional wisdom. But, researchers have shown the opposite can happen - introducing a specific vibration to an atom can inhibit the breaking of a bond and slow a reaction down.

I've been in too many abusive relationships and I know from the outside people don't understand why women stay in relationships like this. But there is something abusers do that break conventional wisdom. They introduce specific vibrations that make us want or need to stay. It's weird. It is a very different feeling than a healthy happy relationship and we all can feel the difference. Even outsiders can feel the creepy difference. If you think people can't see you, they can. They know something isn't right.

I want to ask our listeners about their favorite non verbal touch communication in a relationship. Something special you share with your partner. What makes you feel the

most loved? Have you ever felt someone else's emotions like a bag of bricks? Tell us your stories. We have Tic Tok and Youtube.

- We are going to take a Commercial break, we will be right back. (*wait 3 seconds*) And we are back.

Commercial Spot two: (38:29)

Add "Two Beats"

***** Close the conversation: Everything you see is important**

I found this word in Wikipedia. *Mamihlapinatapai* is used somewhere near the tip of South America. It is "A **look** without words, shared by two people, who want to initiate something, but that neither is willing to start".

Rachel: My friend had a crush on a boy and we were sitting at the bus station when her crush walked up. Her eyes bulged out of her head and we had a 4 minute conversation behind his back with just our eyes. I would look him up and down and raise my eyebrows at her about him and she would freak out. This was all done silently. What was your favorite non verbal conversation?

Kayla: ...

Molecules vibrate due to chemical bonding. This vibration is changed by simply involving other atoms *or you can affect the vibrational excitement* by adding energy to gases, solids, or liquid reactions *which changes the dynamics of chemical reactions*.

What the hell does that have to do with dating?

Molecules can be 10 times more reactive in terms of adsorption, bonding, and separation when you *manipulate a reaction* with vibration, energy, and the amounts of molecules.

What the hell does that have to do with dating?

How do we get our spouse's attention when we feel lonely? Have you ever "met eyes" with someone and your vagina fell out of your pants? We are just atoms and molecules interacting. If you are the type of person that doesn't get dates or have a hard time finding love then change your molecules. Create different chemical reactions. Act different, sound different, move different, do different. Change. I mean you are already not getting pussy or dick. If you make a fool of yourself it's not like you will get any less of it. Right?

Kayla talk about dating and clothing options and colors...Colors have their own frequency vibrations. Synesthesia, Colors=emotions (pink valentine vs black ripped up valentine)

A beam of light has values of frequency, wavelength, and energy. Red light has longer wavelengths but less energy than Blue light which has a higher frequency and carries more energy than red light. And yet we associate Red with energy and Blue with relaxation. So bizarre. I heard a saying "if you don't think color matters, try painting the bottom of your pool red."

Anyways, we are almost out of time. The point of this episode is that anything coming at my senses will be turned into an electrical pulse shooting its way into my brain. What are you giving off that will make its way into someone's brain? Are you standing up straight? Are you speaking loud and clear? Do you smell nice? Are your clothes clean? Did you use conditioner in your hair? Do you pluck your nose and ear hair? Because I am getting vibes from your eyebrows.

And once you are secure in a relationship. Are you still being nice? Are you using a pleasant personality? Are you patient? Loving? Giving? Are you putting in your 100% or are you taking advantage of someone? Today, don't worry about them. Think about your own behavior and grooming. Are you solid or slacking? If you are solid then make sure your partner is treating you with love and respect because you deserve to be treated better than they treat the check out clerk or the stranger they held the door for. Be nice to each other. It feels good.

Share Audience stories/ideas

I would like to introduce next week's episode, Episode 11: My lover is a bagpipe. Next week's episode is about touch and its effects on relationships. How does it affect our moods? Can it be used to create a more loving environment? Cutaneous grooves in our fingertips are like vinyl record grooves...is our touch a creation of vibration that reaches deeper than sight or sound? Is the stimuli from touch essential to our soul? Do we play our lovers like instruments with our touch? Patting like a drum, squeezing like a bagpipe, we release a symphony of hormones in our partners.

We want you guys to submit your ideas/stories/and questions pertaining to next week's topic. You can email us. Or, join our patreon. We want to hear from you. And if you got anything out of today's episode give us some love, subscribe, and rate us.

Thank you so much everyone for listening. We love you. See you next week on Dating Hypothesis!!!

Music ends show