

The Rhythm of Life

An ingenious synthesis of science and art helps newborns and adults alike

Seven years ago Dr. Fred J. Schwartz of Piedmont Hospital in Atlanta Georgia conceived the idea of producing a musical recording for babies utilizing womb sounds. His belief was that a familiar environment would help to soothe fussy babies and in the process, provide a degree of relief to harried parents.

With the musical creativeness of Burt and Joe Wolff this idea blossomed into the Transitions line of recordings: sonic environments combining the relaxing and familiar sounds of a mother's womb with beautiful harmonies and musical textures.

The recording sounded great and the reasoning seemed sound, *but how would the babies react?* In a clinical study conducted at the Neonatal Intensive Care Unit at Georgia Baptist Medical Center, a Transitions recording was played for critically ill premature babies. The result: Transitions Womb Sound Music had a dramatic affect on the babies' ability to absorb oxygen (a critical issue in premie health because of the babies' underdeveloped lungs) and the babies were visibly calmed.

Word spread quickly; with reports in such diverse publications as *Profiles in Medicine*, *Reader's Digest*, *CD Review Parenting*, and *Entertainment Weekly*, coverage on *CNN* and word of mouth, the reputation of the Transitions recordings grew tremendously among infant healthcare professionals and childbirth educators. With its clinically proven benefits, Transitions Music is now recommended by the National Infant Development Education Association.

Transitions recordings are now a common sight at hospital nurseries

and gift shops, Lamaze classes, and baby clothing and furniture stores nationwide.

But the story continues. Many adults, upon hearing the Wolff Brothers' infant-oriented creations, reported that they too enjoyed a calming experience of simple serenity, and a refreshing new concept in "easy listening" was born. "The memory of these sounds is deep inside all of us", says songwriter/producer Joe Wolff, "Hearing that natural rhythm of life touches a dult hearts in a unique and strangely familiar way."

Womb sound music for adults is more than just enjoyable. Noted self-help psychologist Johnn Bradshaw uses music from the Transitions Series on his PBS Television show and has found the Transitions experience so profound that he "highly recommends" these recordings. "The primal connection made through the mother's heartbeat aids immensely in helping to get in touch with submerged feelings."

Dream a Little Dream, the next release in the Transitions series, features the same soothing womb sounds heard in Transitions 1 and 2. Now these sounds are presented as the rhythmic backdrop to beautifully produced original lullabyes. The result is a collection of sensitively crafted melodies tastefully enhanced by an underlying pulse of maternal heartbeat and breath. Dream a Little Dream received the Parents Choice Audio Honors award for 1993.

Night Light, from the Wolff Brothers follows, with further exploration into the marriage of melody and womb sounds, this time without vocals. This record has become an international favorite, with strongh sales in Japan.

Boogie Woogie Bullfrog from Atlanta educator/performer **Jerry Zee**, represents a bold departure for Transitions Music. No Womb Sounds! This collection of original songs is perfect for the six-and-under set. This recording has been awarded the Gold NAPPA Award for 1995 by

the National Parenting Publishers Association.

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[back to:](#)

