

# Track 2

## Instruments

Identifying Instruments

#T2-1

Track 2: Instruments

Category: Various

Images of Instruments (Below)





SAXOPHONE



CLARINET



VIOLIN





PIANO



ACOUSTIC GUITAR



BASS GUITAR





ELECTRIC GUITAR



CYMBAL





SNARE DRUM



KICK DRUM



CRYSTAL BOWL



TIBETAN BOWL





TUNING FORK



C



DIDGERIDOO

# Track 3: Music

## Category: Rhythm

**Syllable Chart****Syllable Chart****Vowels**

1	Uu	(as in "Moo")
2	Uh	(as in "Ugg")
3	Oh	(as in "Go")
4	Ah	(as in "Father")
5	Aah	(as in "At")
6	Eh	(as in "Egg")
7	Ee	(as in "Wee")

**Consonant/Vowel Combinations - 119 Total**

	<u>Uu</u>	<u>Uh</u>	<u>Oh</u>	<u>Ah</u>	<u>Aah</u>	<u>Eh</u>	<u>Ee</u>
1	Buu	Buh	Boh	Bah	Baah	Beh	Bee
2	Cuu	Cuh	Coh	Cah	Caah	Ceh	Cee
3	Duu	Duh	Doh	Dah	Daah	Deh	Dee
4	Fuu	Fuh	Foh	Fah	Faah	Feh	Fee
5	Guu	Guh	Goh	Gah	Gaah	Geh	Gee
6	Huu	Huh	Hoh	Hah	Haah	Heh	Hee
7	Juu	Juh	Joh	Jah	Jaah	Jeh	Jee
8	Kuu	Kuh	Koh	Kah	Kaah	Keh	Kee
9	Luu	Luh	Loh	Lah	Laah	Leh	Lee
10	Muu	Muh	Moh	Mah	Maah	Meh	Mee
11	Nuu	Nuh	Noh	Nah	Naah	Neh	Nee
12	Puu	Puh	Poh	Pah	Paah	Peh	Pee
13	Ruu	Ruh	Roh	Rah	Raah	Reh	Ree
14	Suu	Suh	Soh	Sah	Saah	She	See
15	Tuu	Tuh	Toh	Tah	Taah	The	Tee
16	Wuu	Wuh	Who	Wah	Waah	Weh	Wee
17	Zuu	Zuh	Zoh	Zah	Zaah	Zeh	Zee

**Scat Sounds**

Shwee	Du	Dah	Bop	Doot-n
Skwee	Ooh	Sha	Dop	Doodle-n
Dwee	Shu	What	Vop	Dot-n
Bee	Bu	Bah	Bot	Dweedle-ee
Vee	Sku	Yah	Zot	Du-ee-ah
Zee	Vu	Vah	Dit	
Wee		Dow	Dot	
De		Duh	Yot	
			Shot	
			Doot	
			Dup	
			Bup	
			Dut	

**Tabla Sounds (Bol)**

Daah (as in "Add")	Din	Guh	Na	Ti	Ti Ra Ki Ta
		Kuh	Ta		Ti Ta
		Nuh			

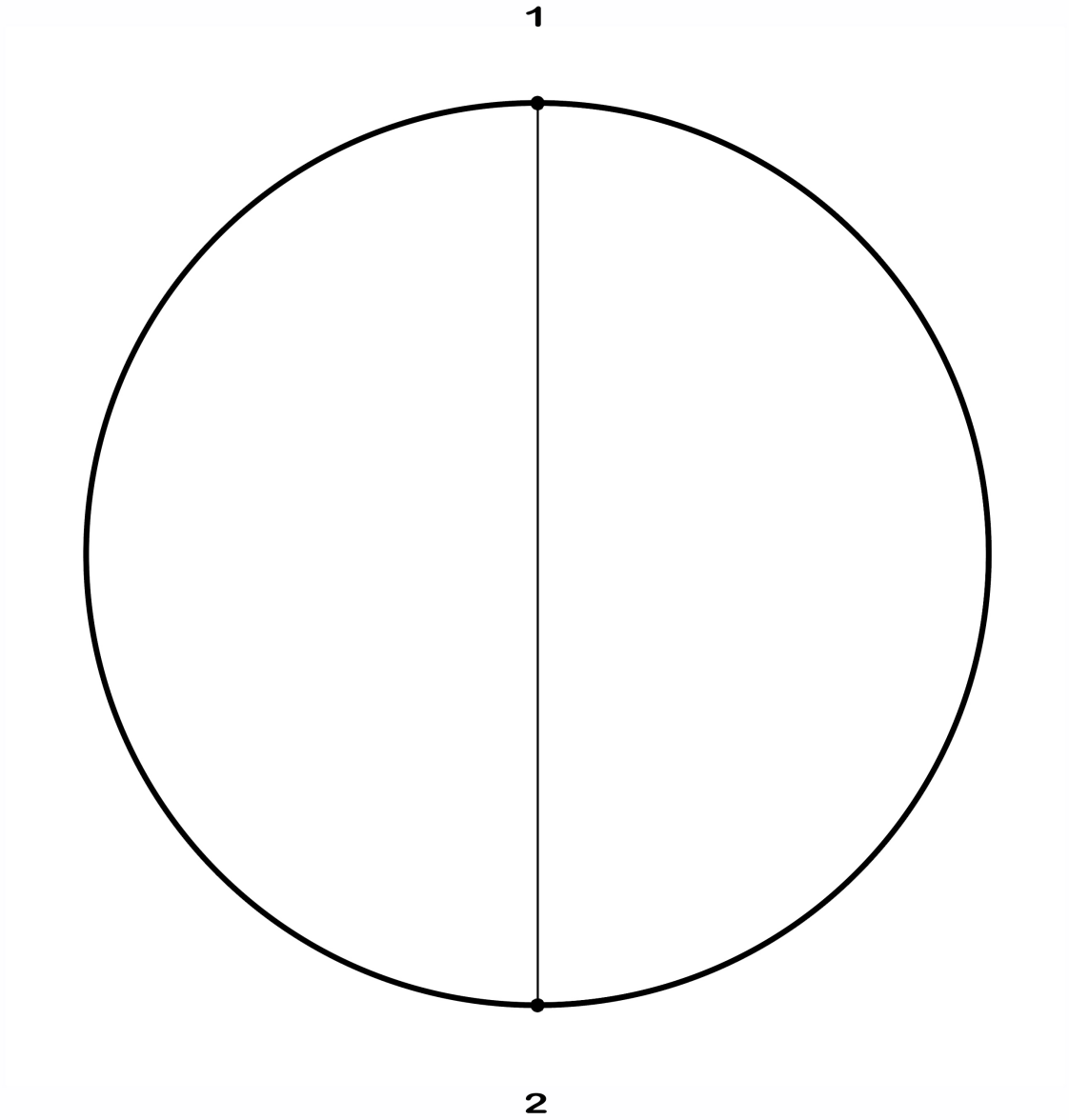


## Body Percussion List

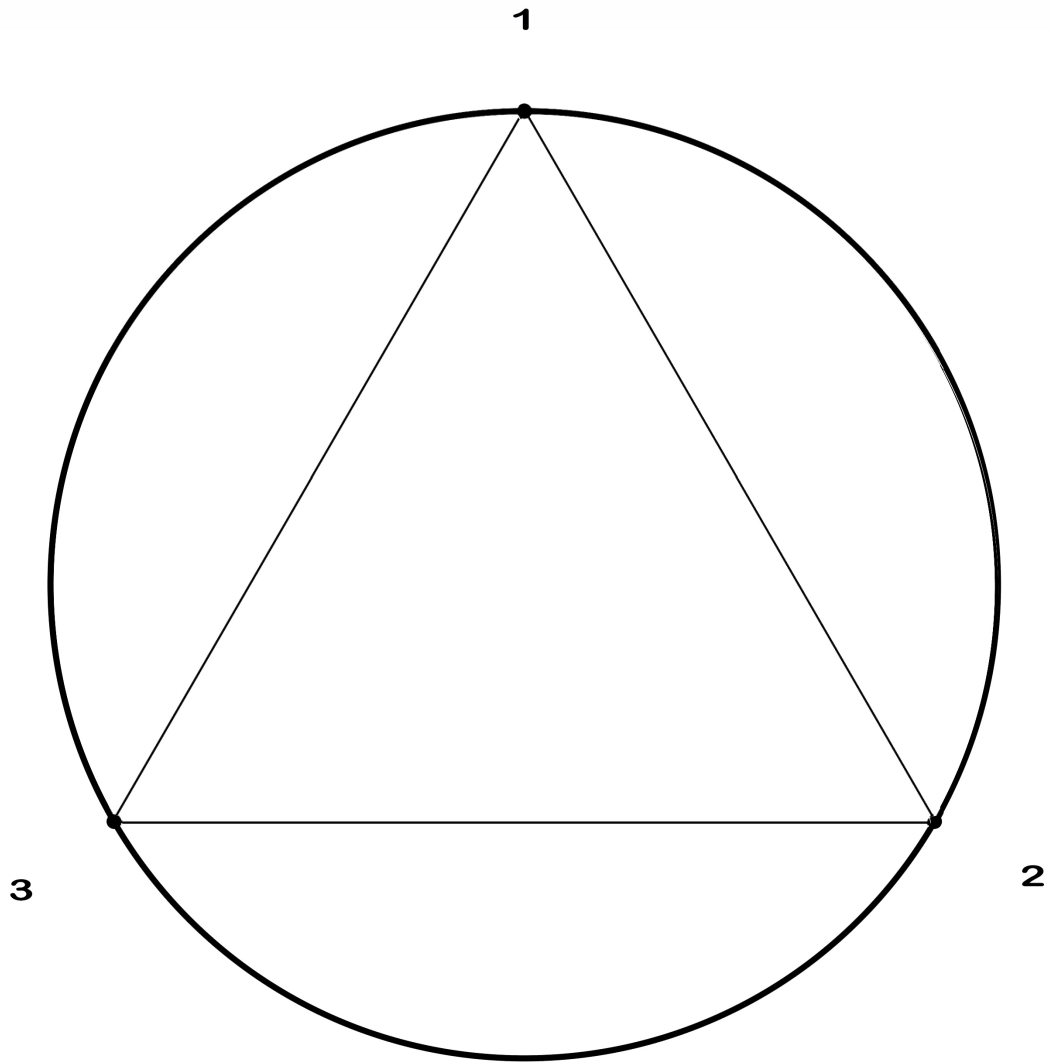
### Body Percussion Chart

Chest Tap  
Slap Chest - Both Hands  
Slap Chest - Left Hand  
Slap Chest - Right Hand  
Tap Chest - Both Hands  
Tap Chest - Left Hand  
Tap Chest - Right Hand  
Finger Snap - Both Hands  
Finger Snap - Left Hand  
Finger Snap - Right Hand  
Clap (Flat Hands)  
Cupped Clap  
Upper Leg - Both Hands  
Upper Left Leg - Left Hand  
Upper Right Leg - Right Hand  
Upper Left Leg - Right Hand  
Upper Right Leg - Left Hand  
Stomp - Both Feet  
Stomp - Left Foot  
Stomp - Right Foot  
Stationary Step - Left Foot  
Stationary Step - Right Foot  
Slap Left Foot - Left Hand  
Slap Right Foot - Right Hand  
Slap Left Foot - Right Hand  
Slap Right Foot - Left Hand

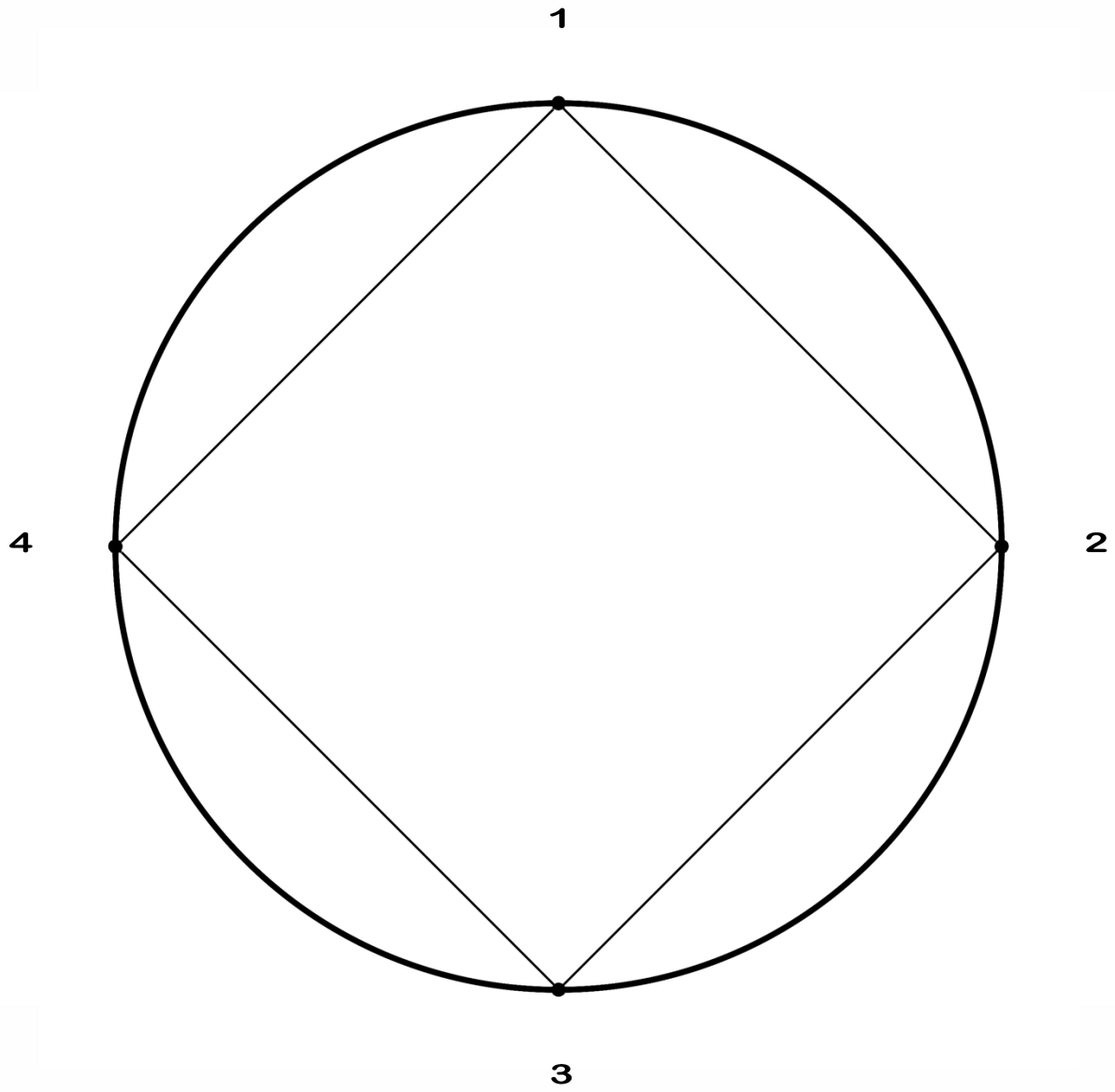
## 2 Beat Cycle Template



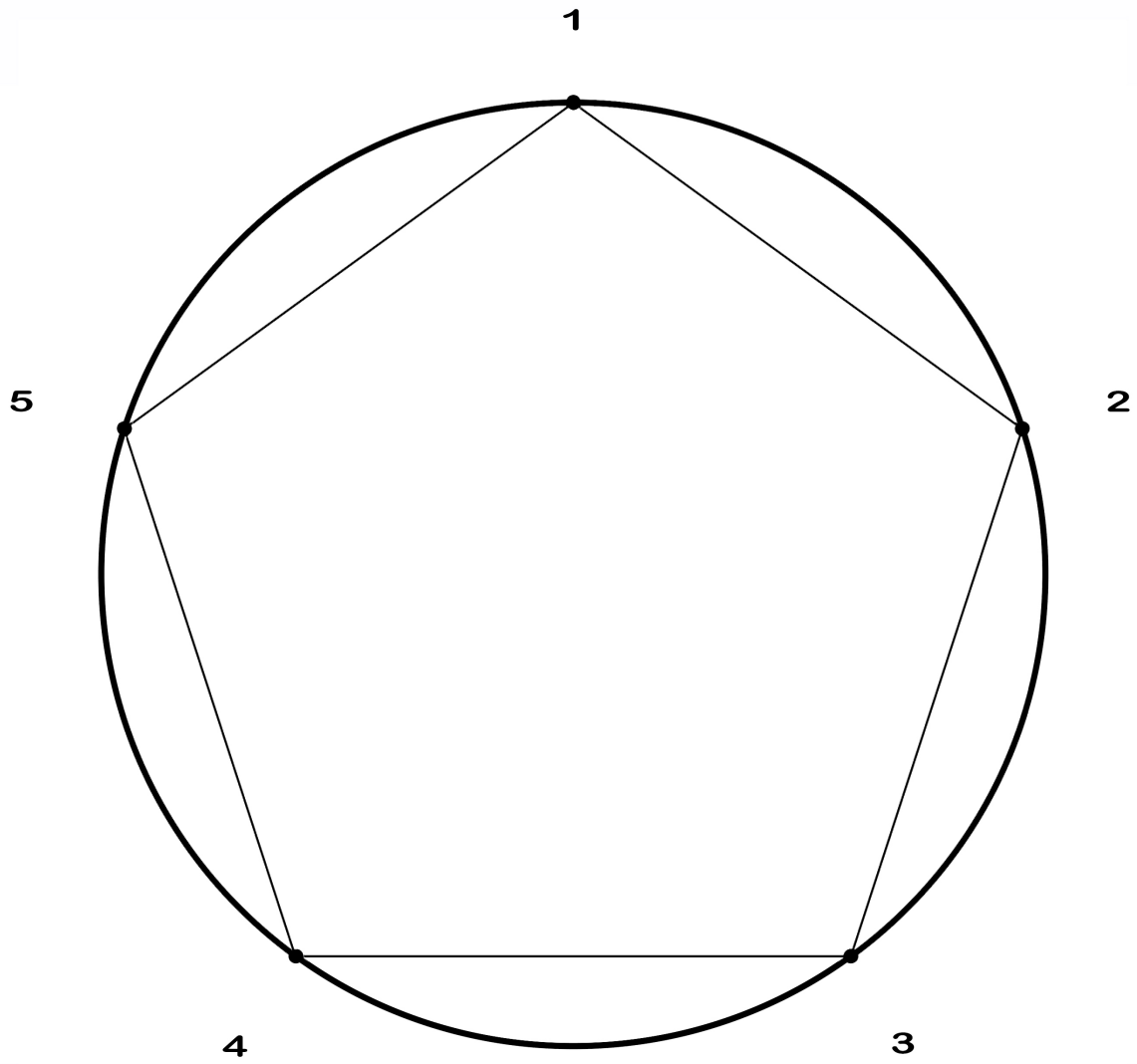
## 3 Beat Cycle Template



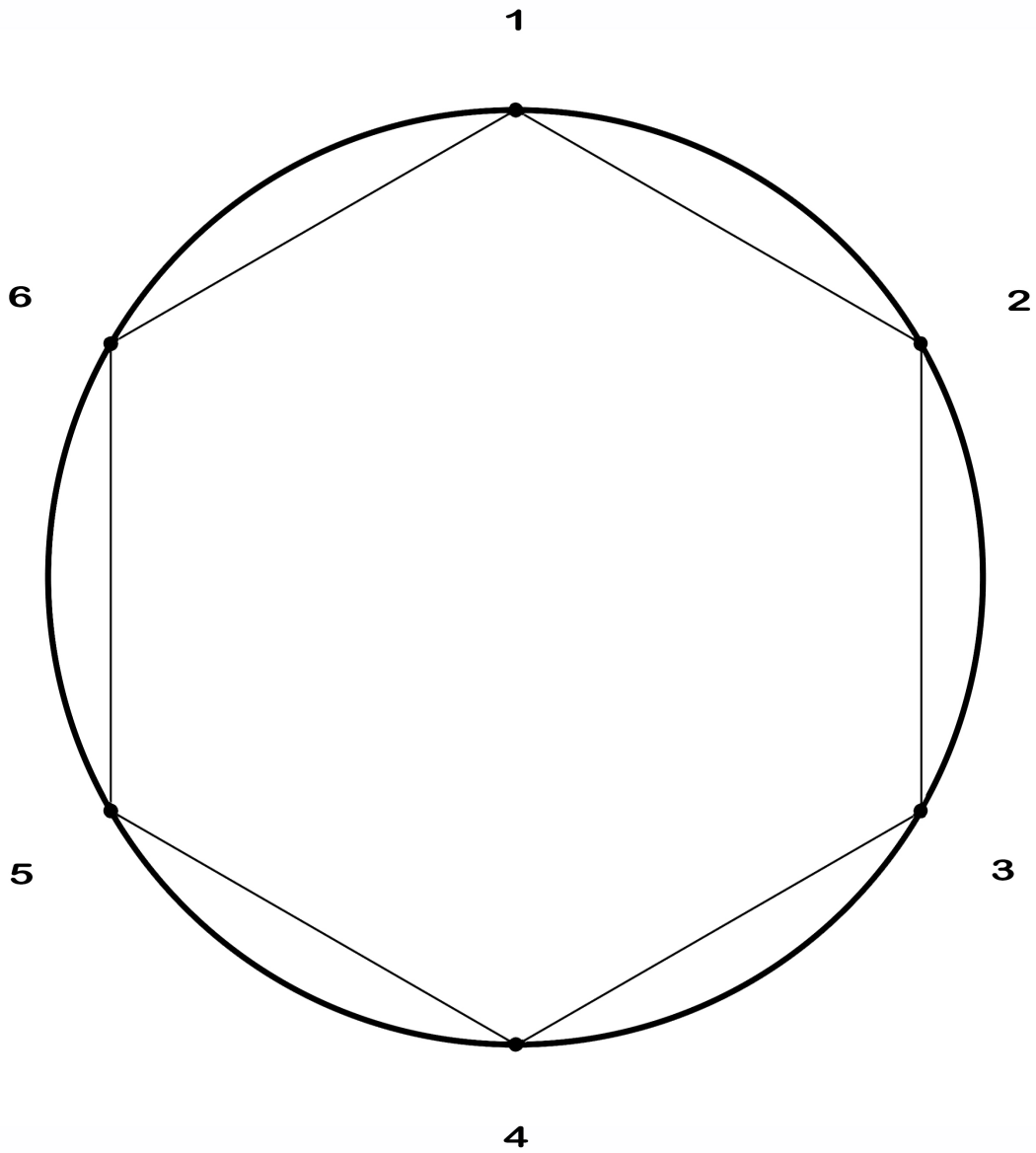
## 4 Beat Cycle Template



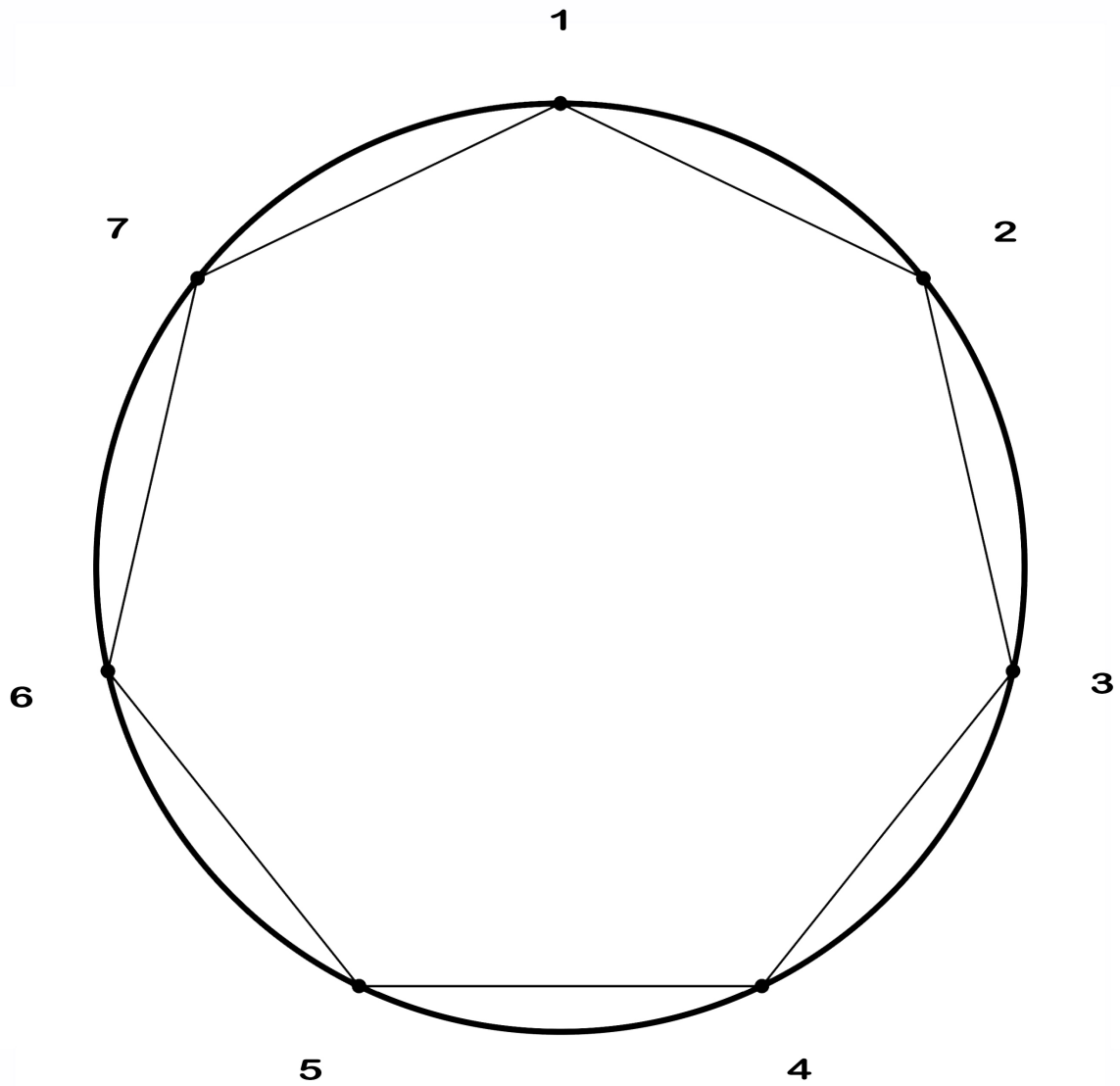
## 5 Beat Cycle Template



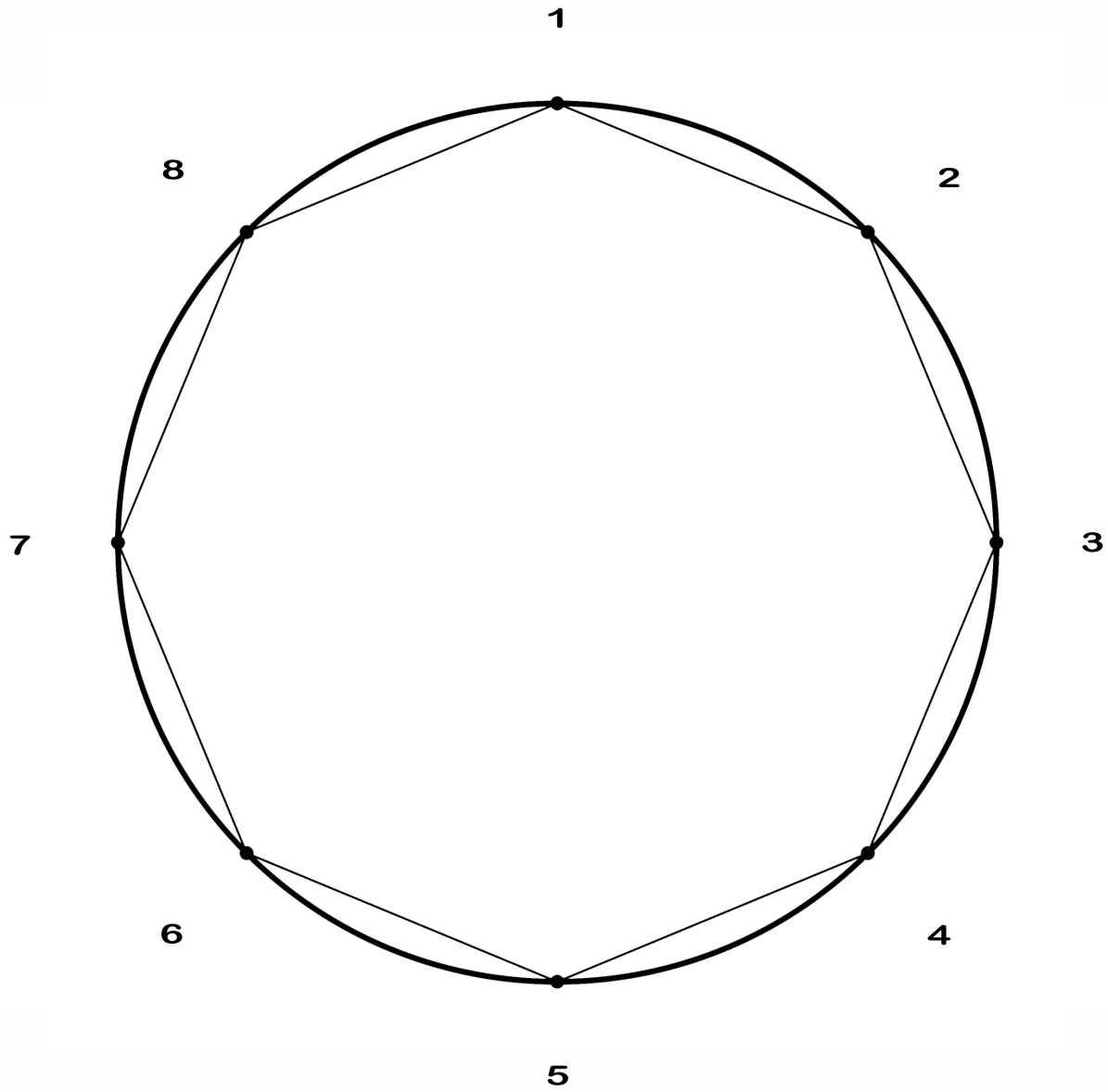
## 6 Beat Cycle Template



## 7 Beat Cycle Template

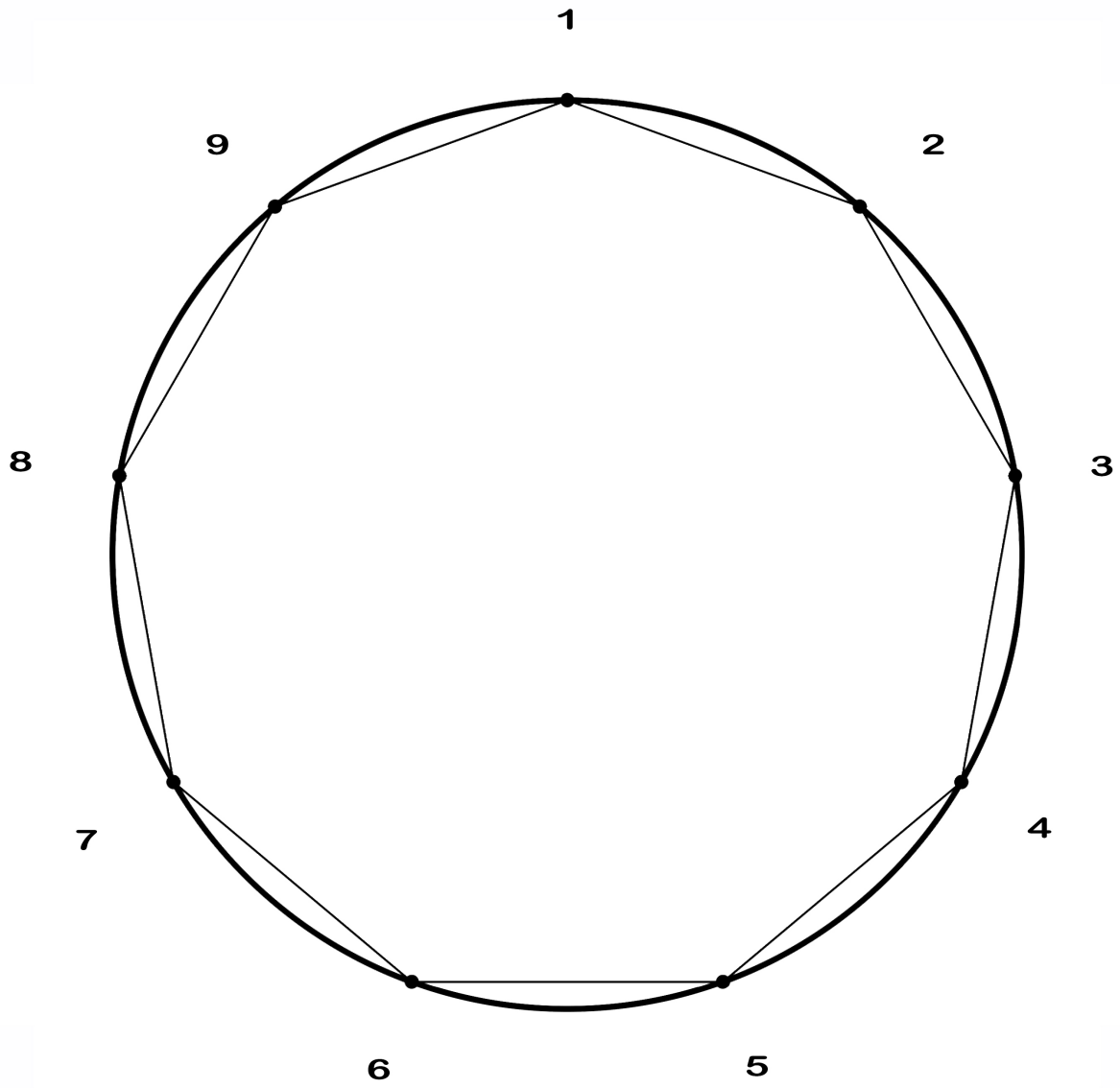


## 8 Beat Cycle Template

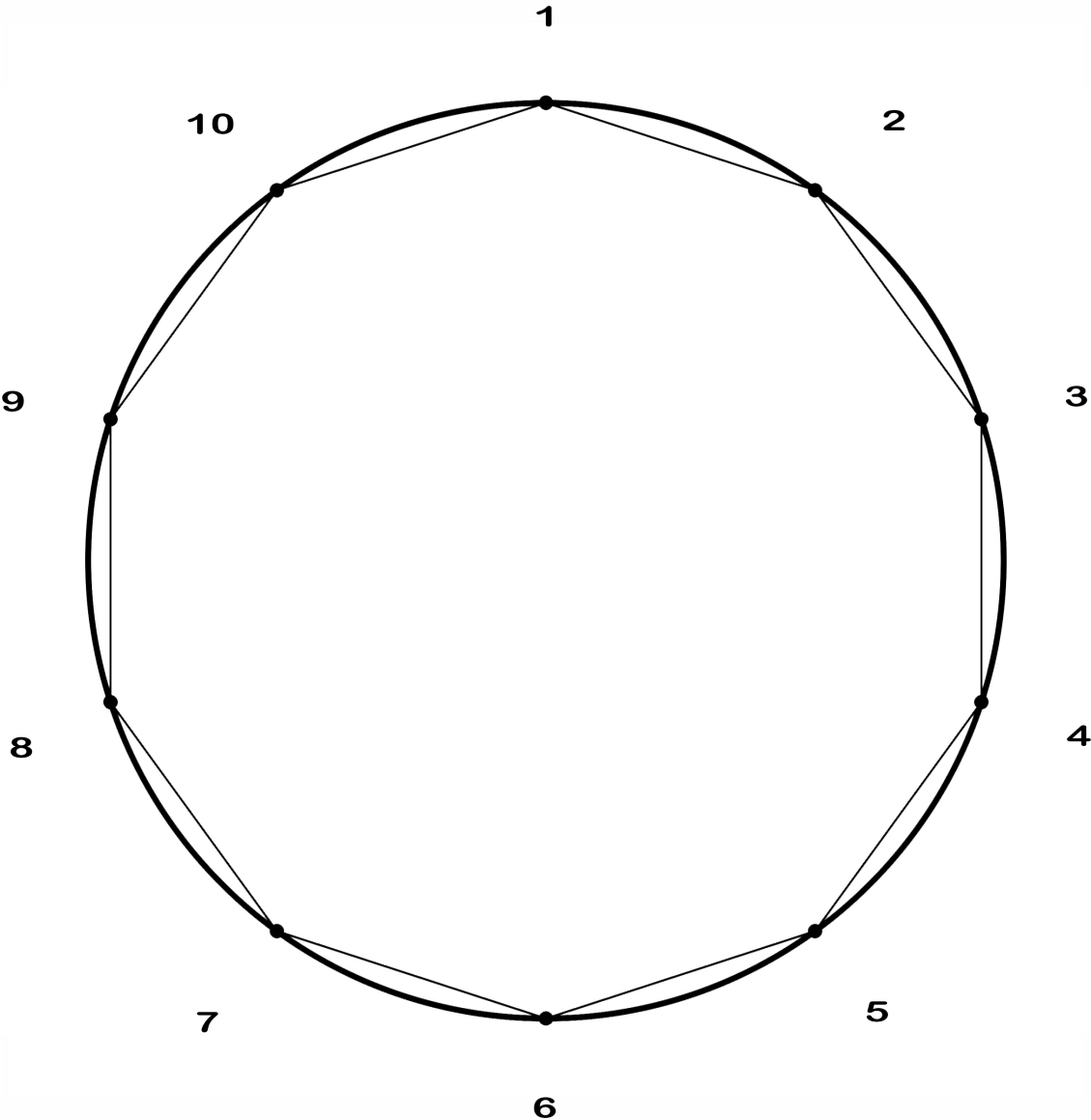




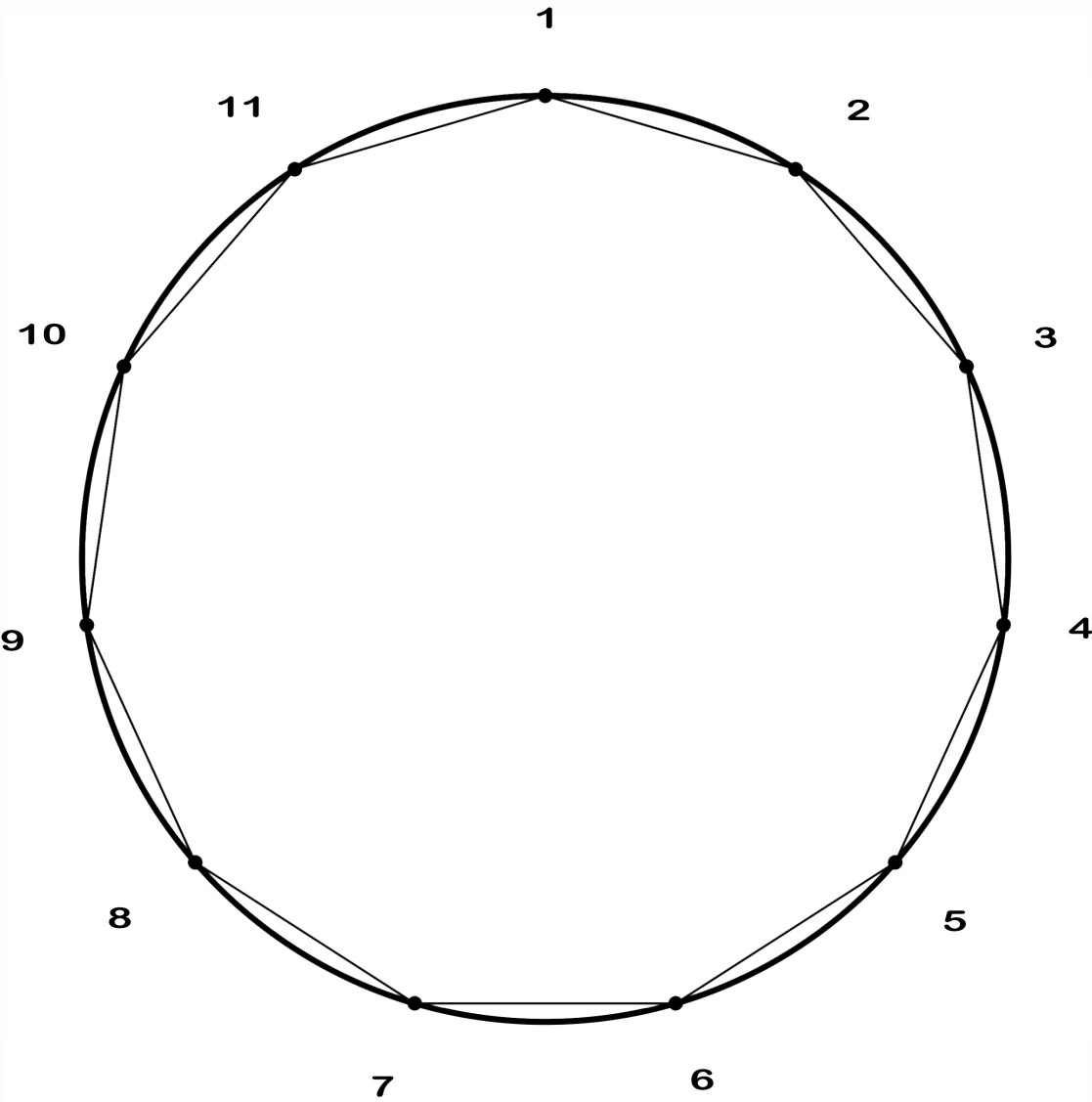
## 9 Beat Cycle Template



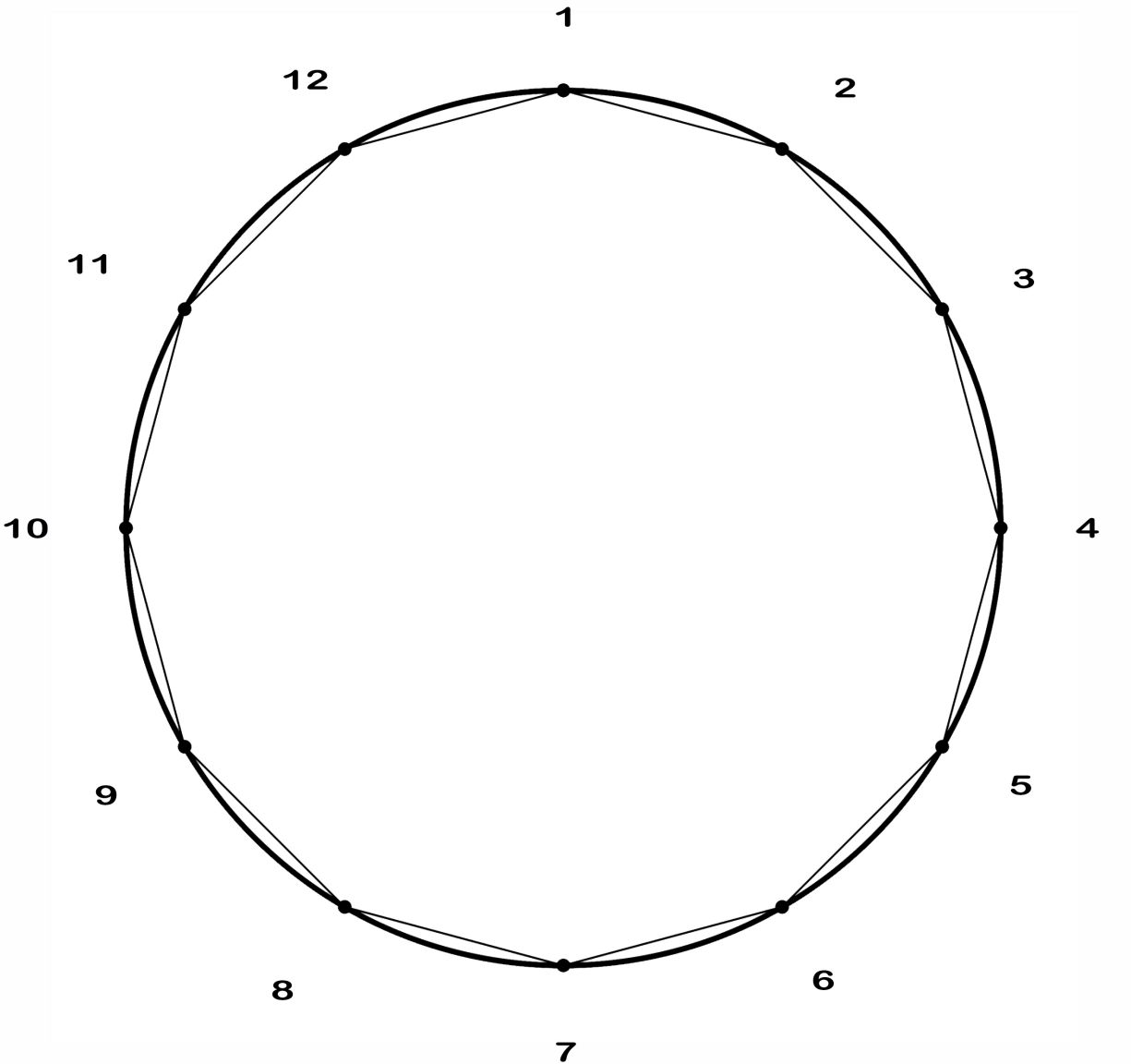
10 Beat Cycle Template



11 Beat Cycle Template



12 Beat Cycle Template



Body Percussion - 4 Beat Cycles in Groups  
#T3-4

Track 3: Music Category: Rhythm

Kick Drum, Snare Drum, High Hat Cymbal



High Hat Cymbal



Snare Drum



Kick Drum

# SUBDIVISIONS

## **FOUR**

<u>2 Divisions</u>	<u>Examples</u>	<u>3 Divisions</u>	<u>Examples</u>
1,3	1,1,2,3	1,1,2	1,1,1,2
2,2	1,2,1,2	1,2,1	1,1,2,1
3,1	1,2,3,1	2,1,1	1,2,1,1

Counting Subdivisions - 4 Beat Cycles

#T3-23

Track 3: Music

Category: Rhythm

All 4 Beat Subdivision Possibilities

# Counting Subdivisions - 4 Beat Cycles

#T3-23

Track 3: Music Category: Rhythm

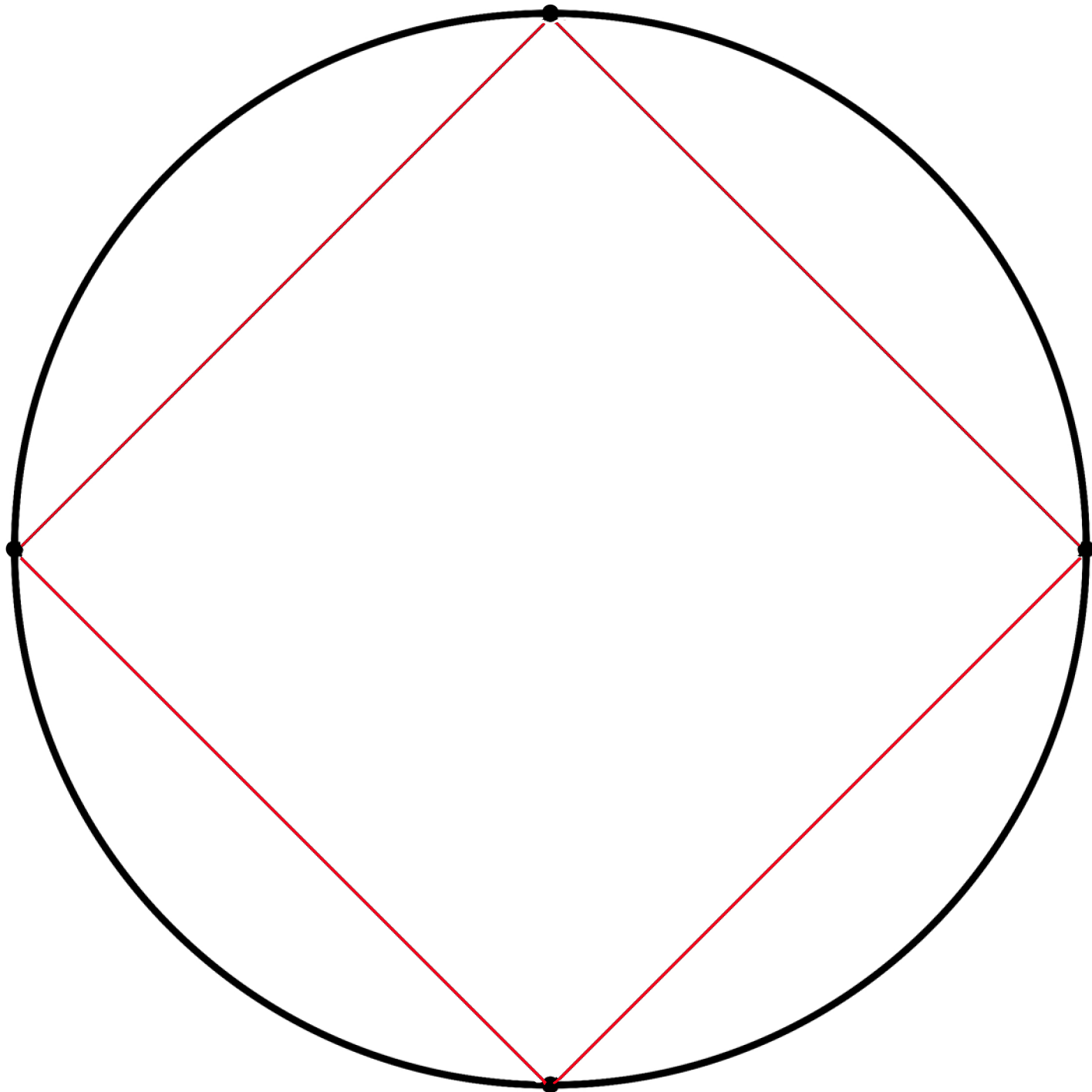
1,3 Subdivision Example

1

3

1

2



# Counting Subdivisions - 4 Beat Cycles

#T3-23

Track 3: Music Category: Rhythm

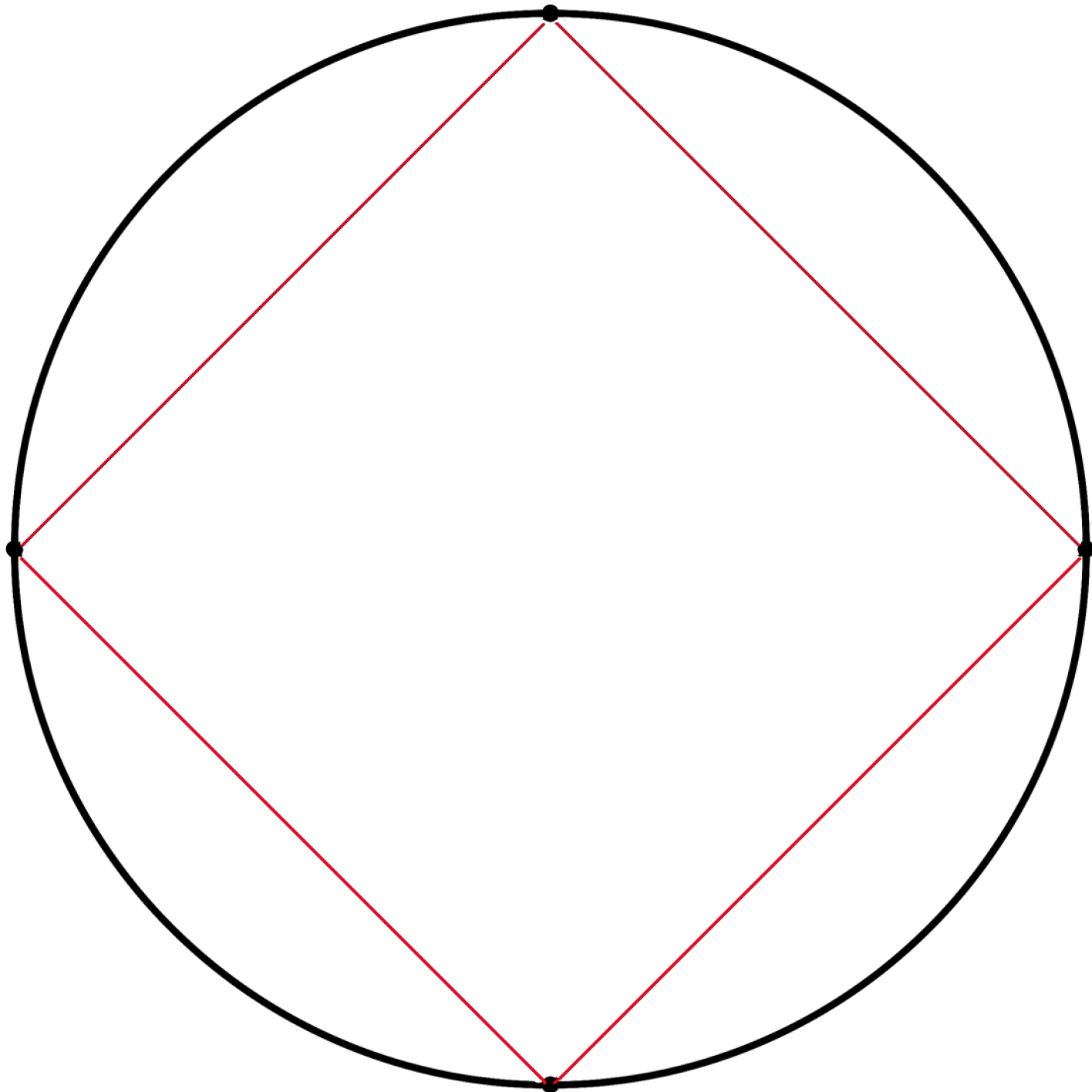
2,2 Subdivision Example

1

2

2

1





# Counting Subdivisions - 4 Beat Cycles

#T3-23

Track 3: Music Category: Rhythm

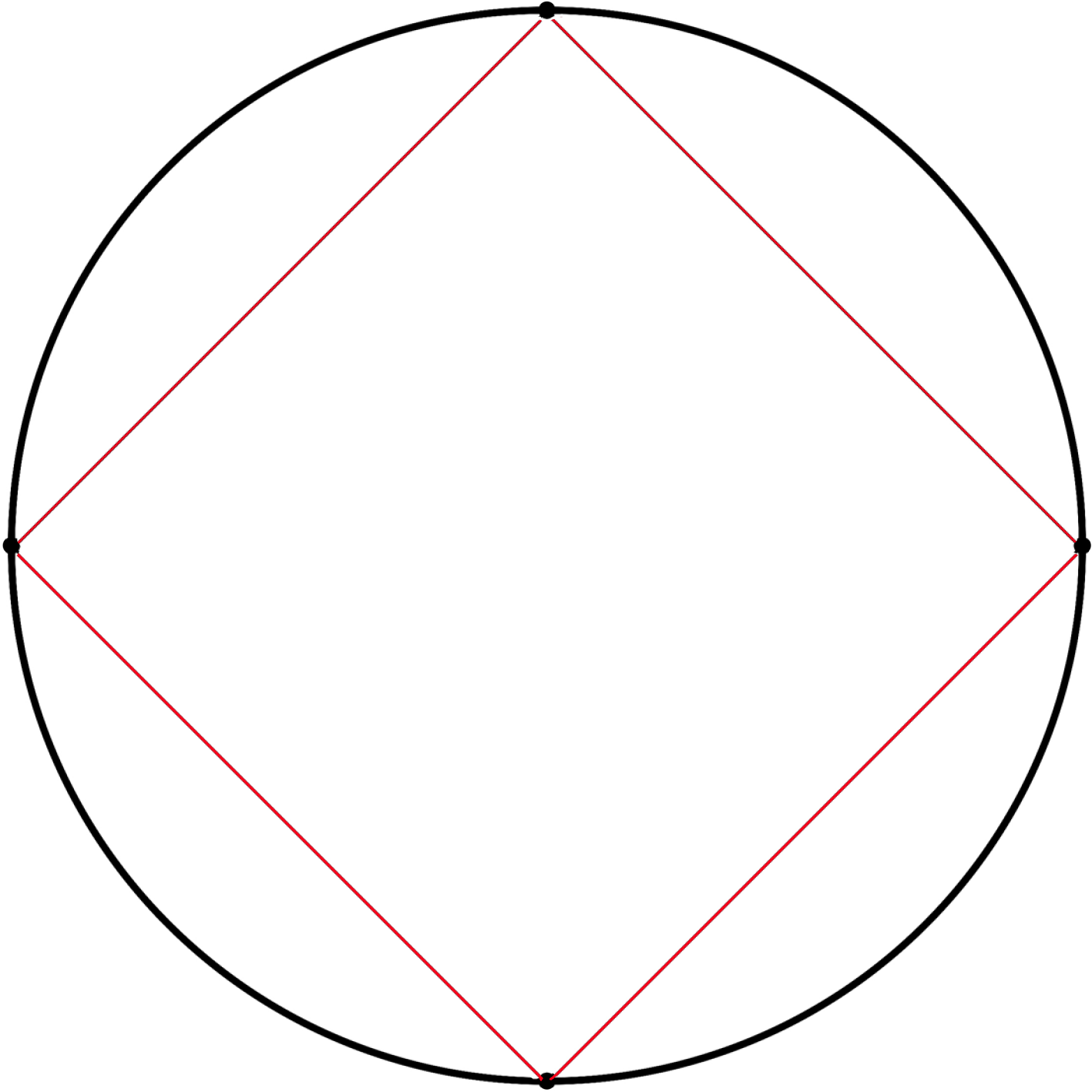
3,1 Subdivision Example

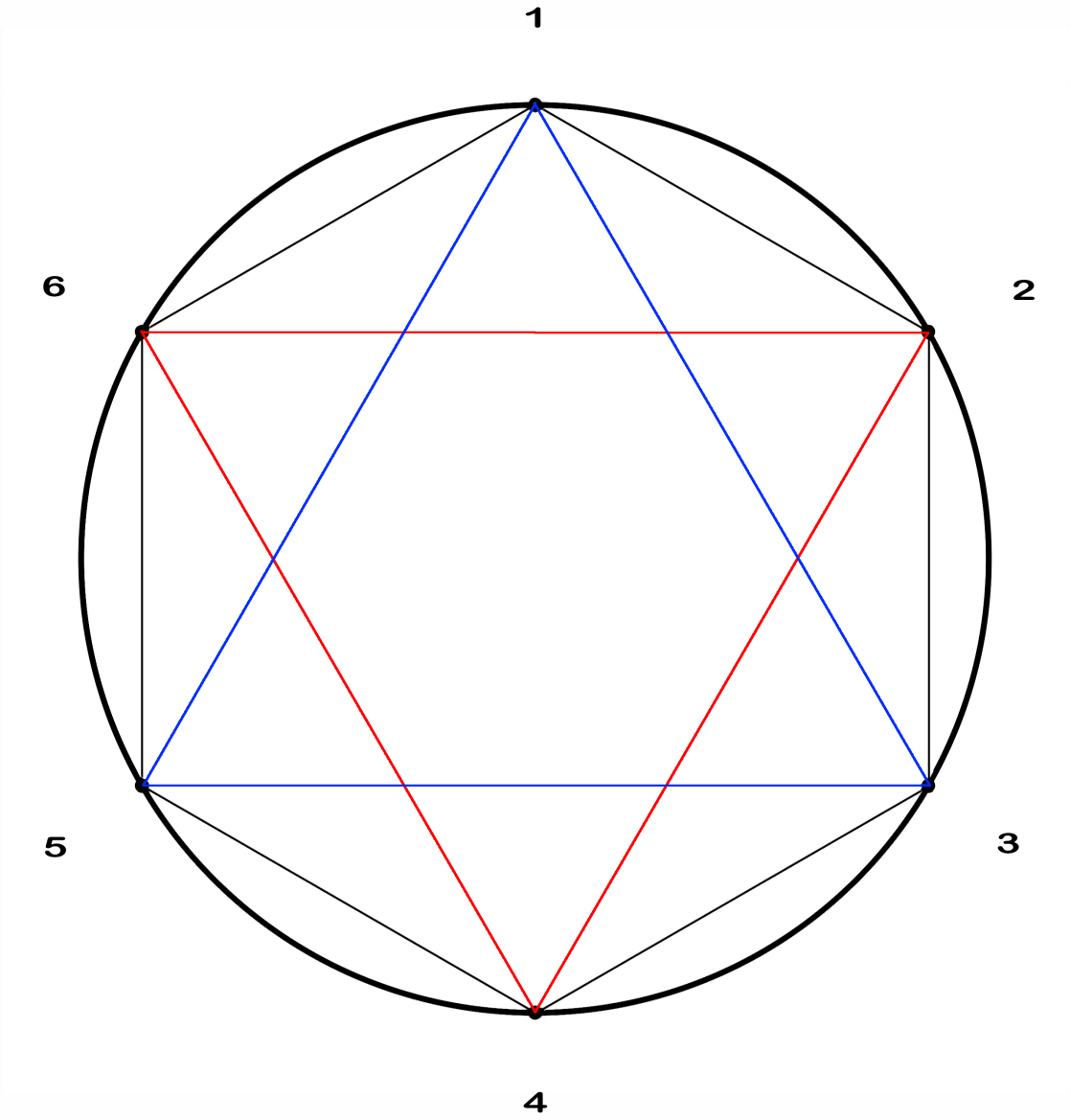
1

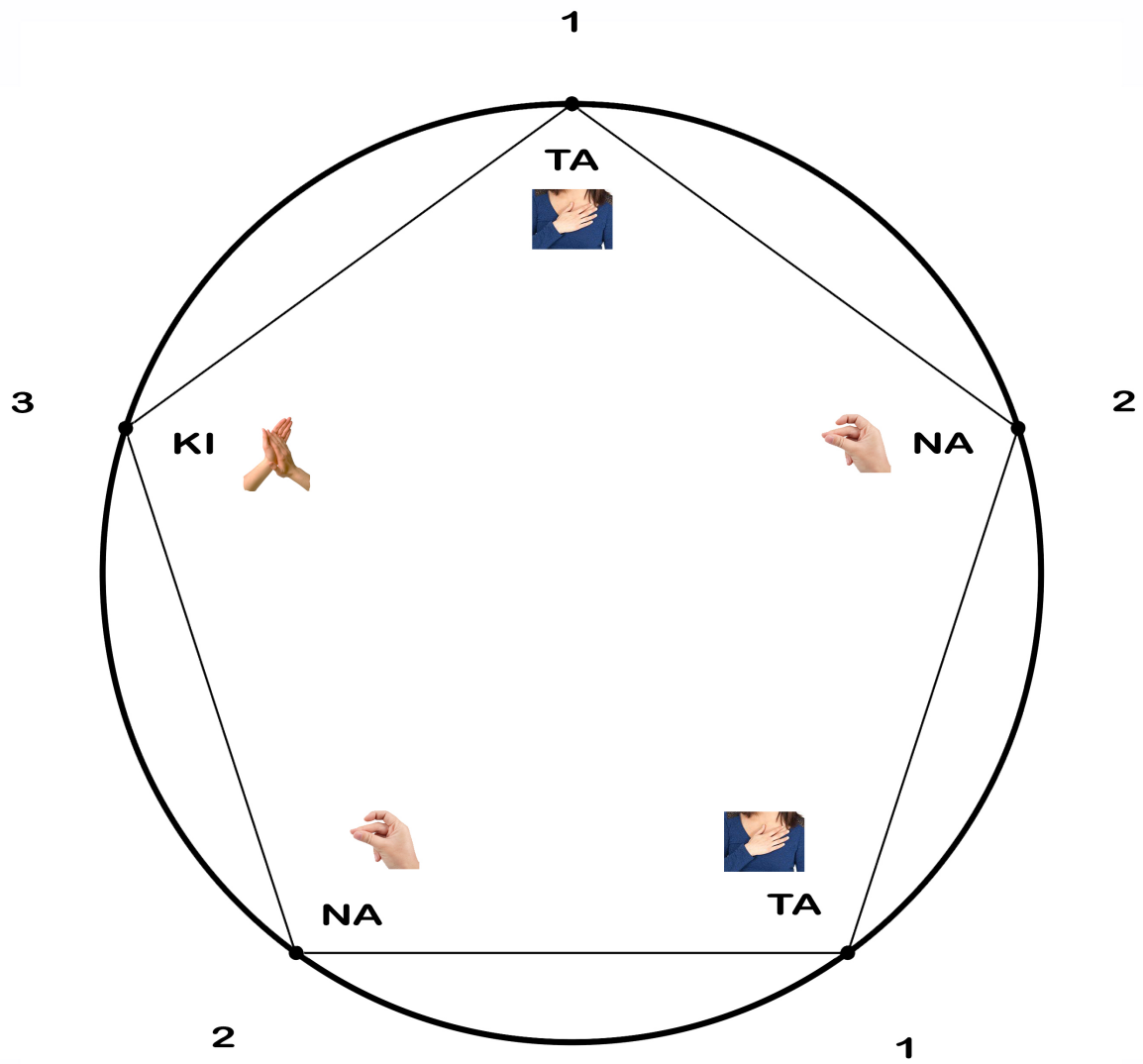
1

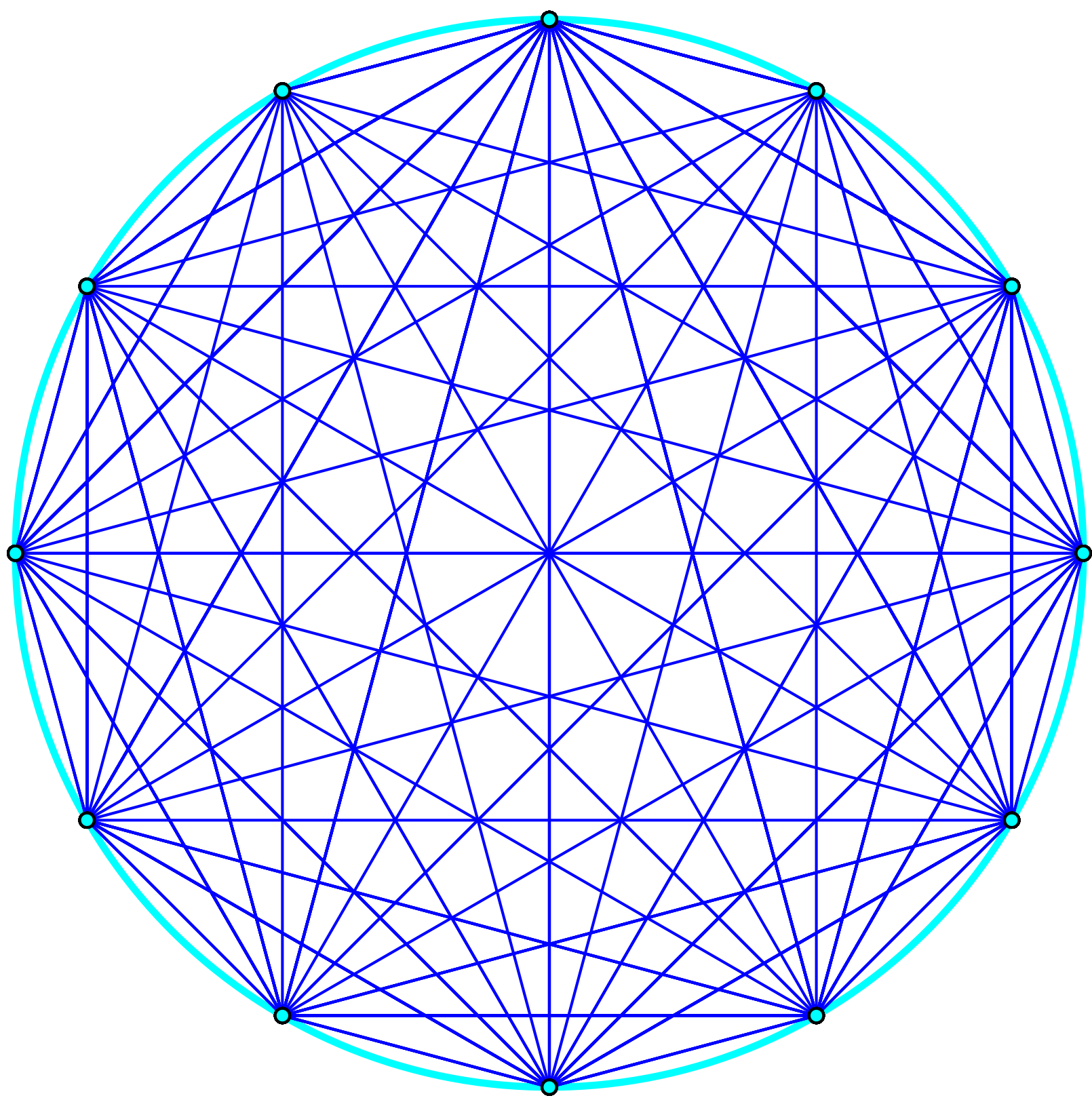
2

3









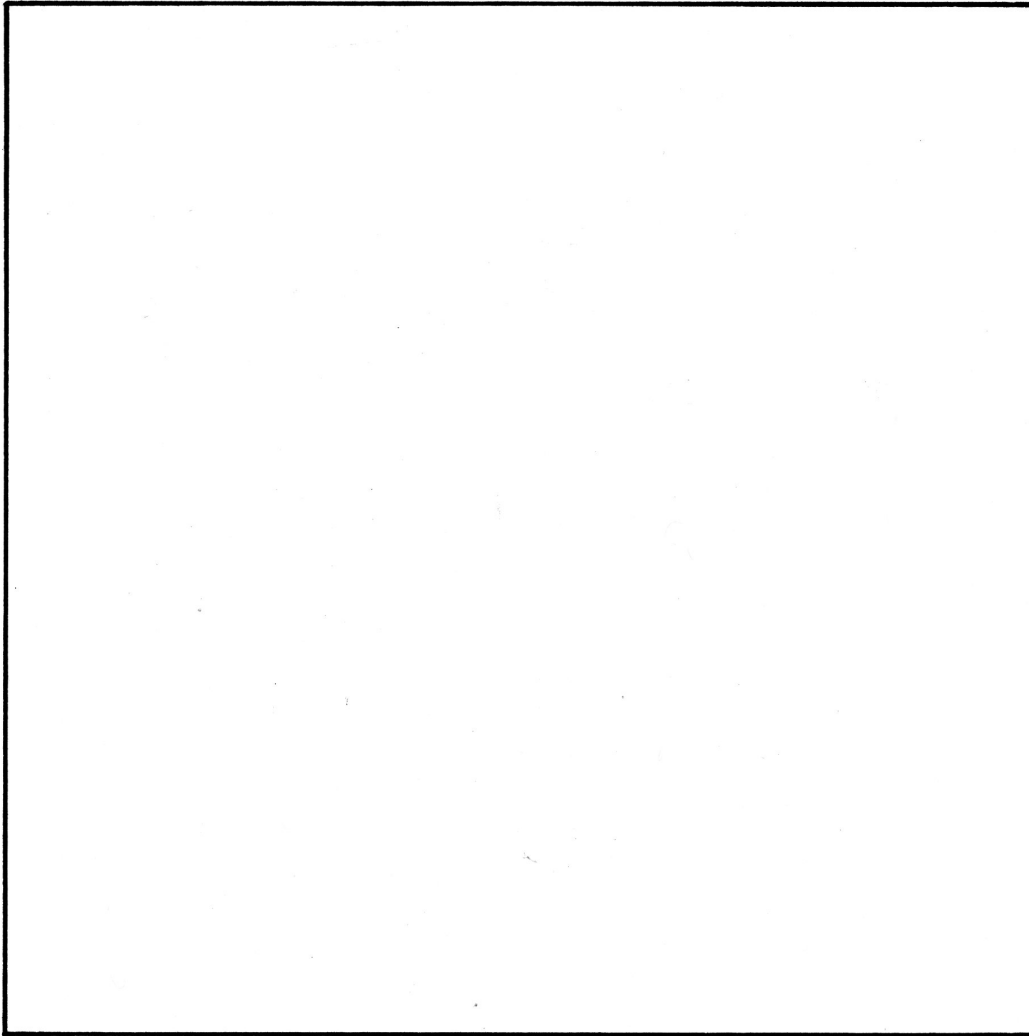
# Track 4

## Geometry

Finding Center of Polygons - Inner Circle  
#T4-2

Track 4: Geometry  
Category: 2D Geometries

Pre-drawn Squares





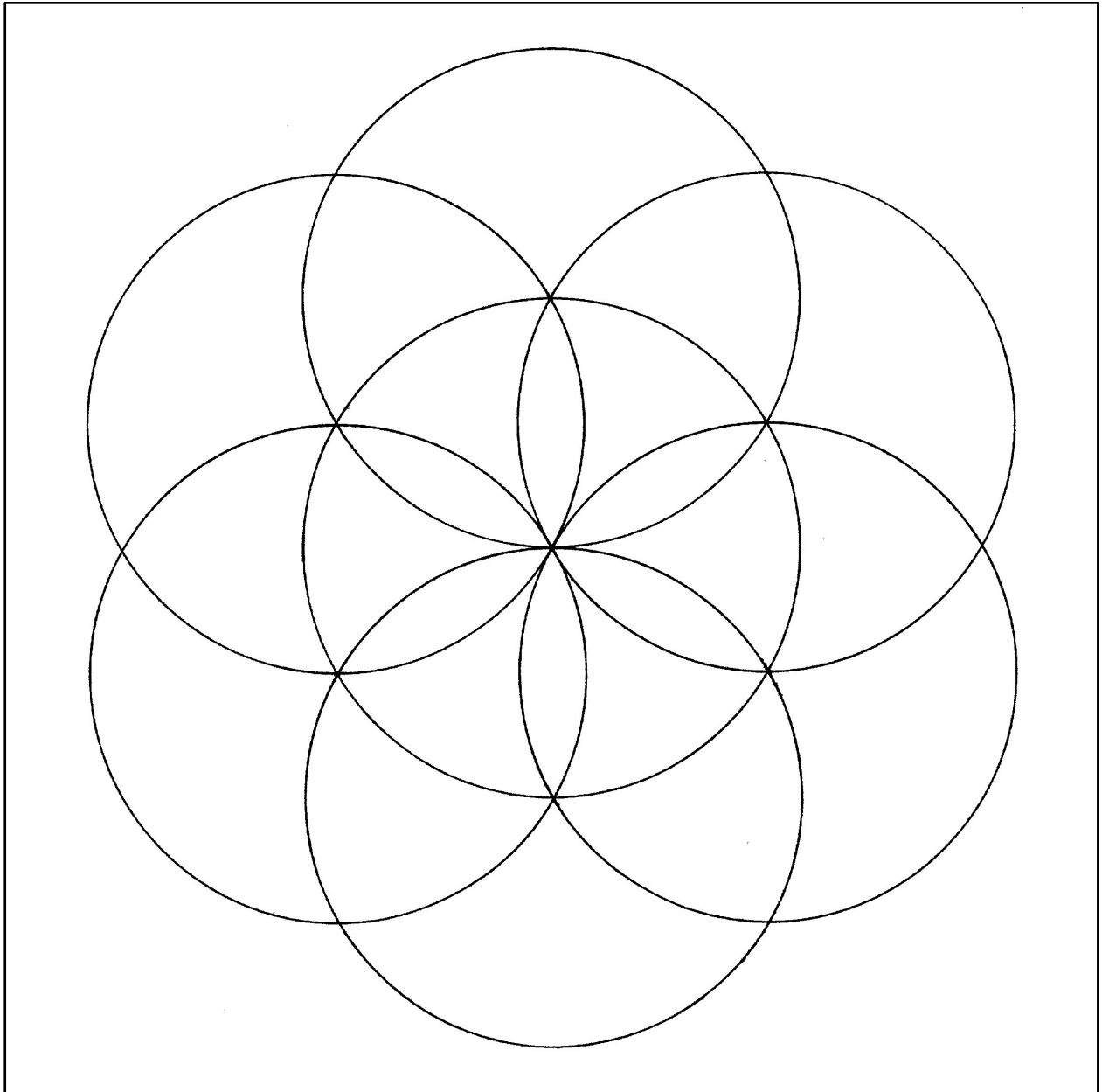
# Drawing the Flower of Creation or Seed of Life (6 Circles)

#T4-3

Track 4: Geometry

Category: 2D Geometries

Pre-drawn Flower of Creation



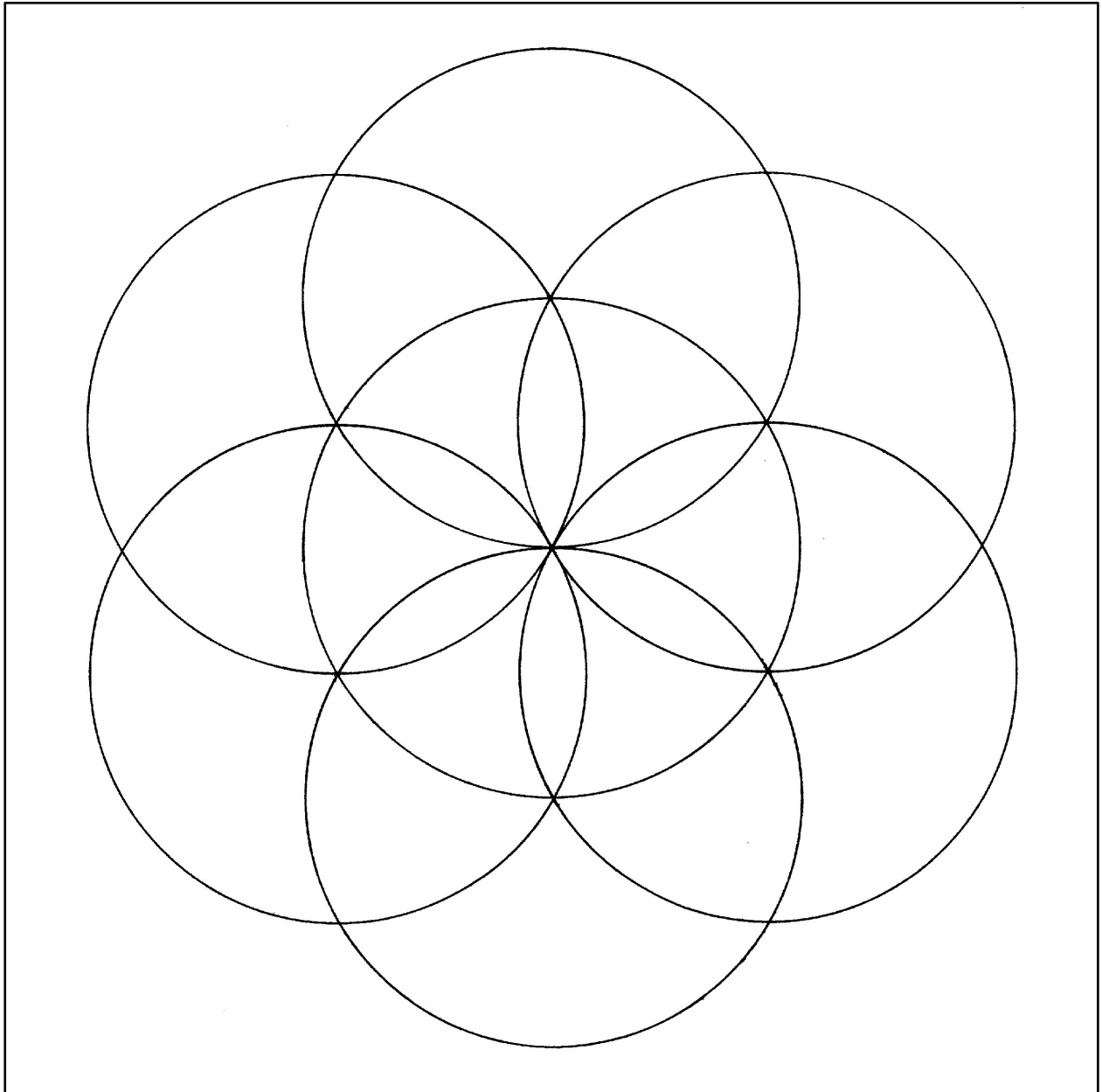
# Drawing Polygons in Flower of Creation

#T4-4

Track 4: Geometry

Category: 2D Geometries

Pre-drawn Flower of Creation



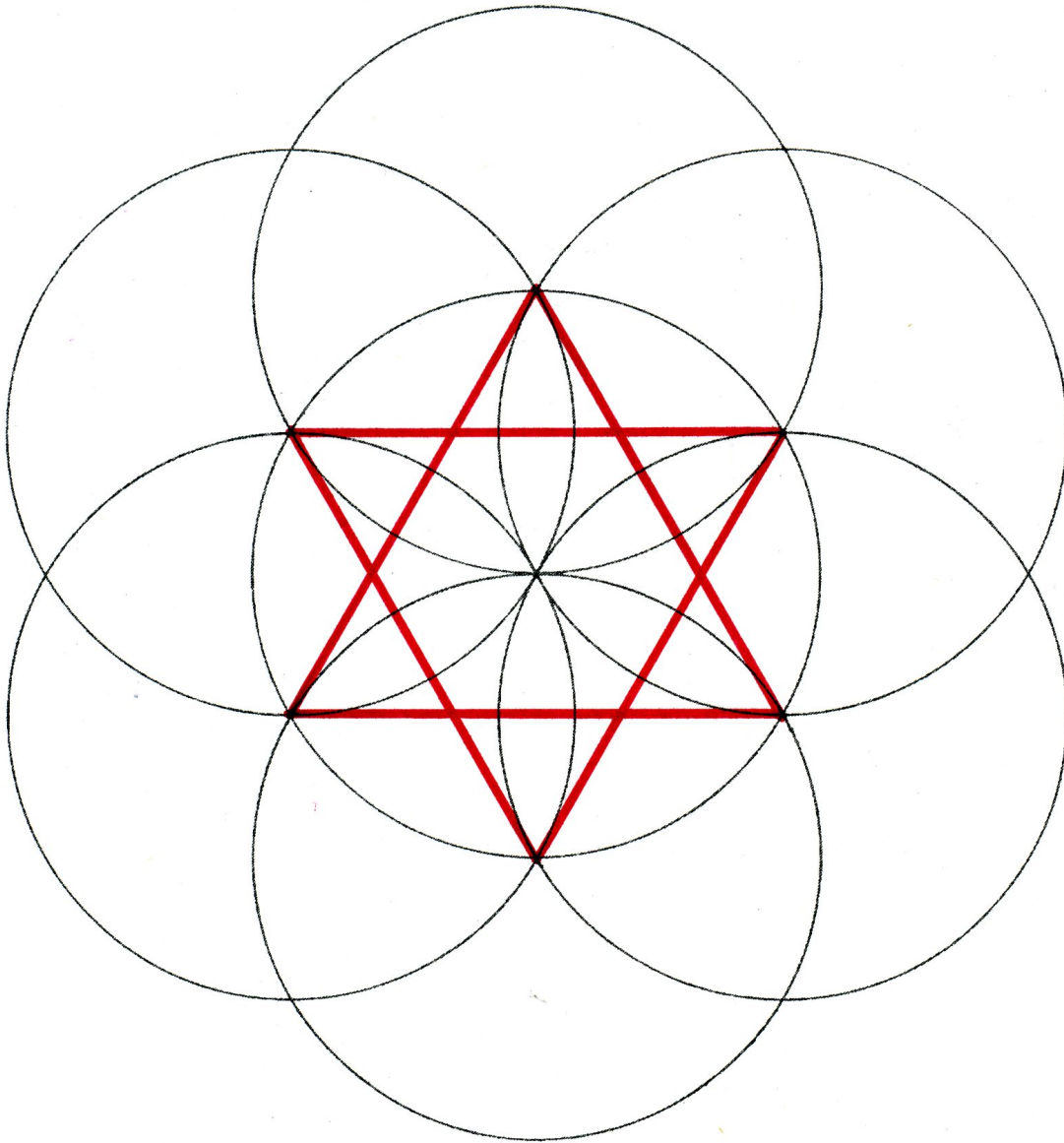
# Drawing Polygons in Flower of Creation

#T4-4

Track 4: Geometry

Category: 2D Geometries

Example of Flower of Creation with Hex Star



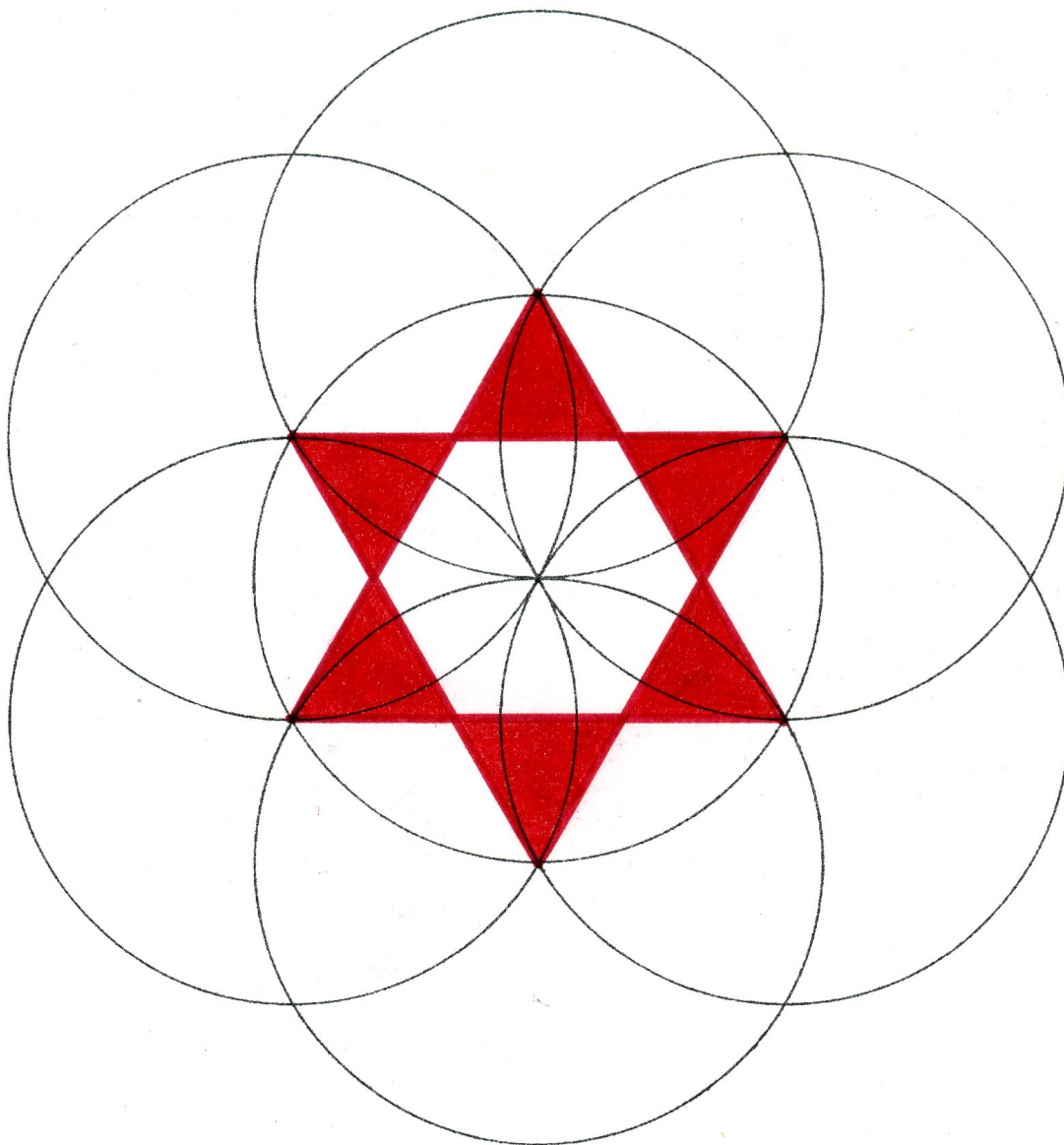
# Drawing Polygons in Flower of Creation

#T4-4

Track 4: Geometry

Category: 2D Geometries

Example of Flower of Creation with Hex Star Triangles Colored In



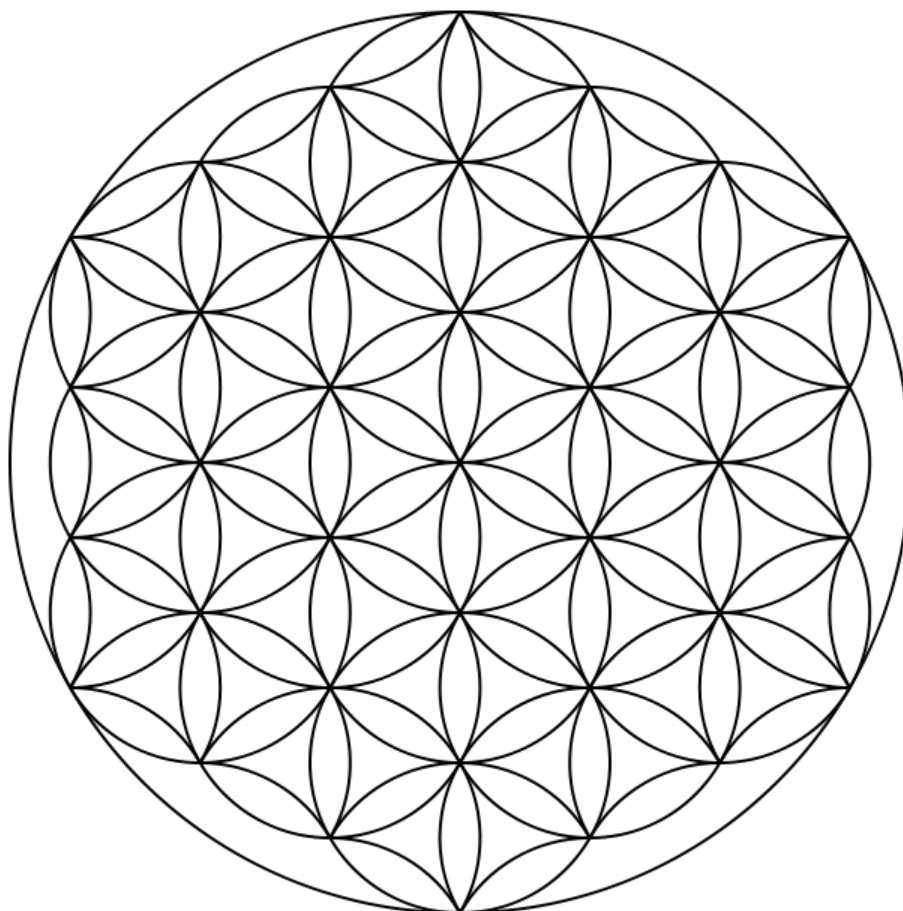
# Drawing the Flower of Life (19 Circles)

#T4-5

Track 4: Geometry

Category: 2D Geometries

Flower of Life

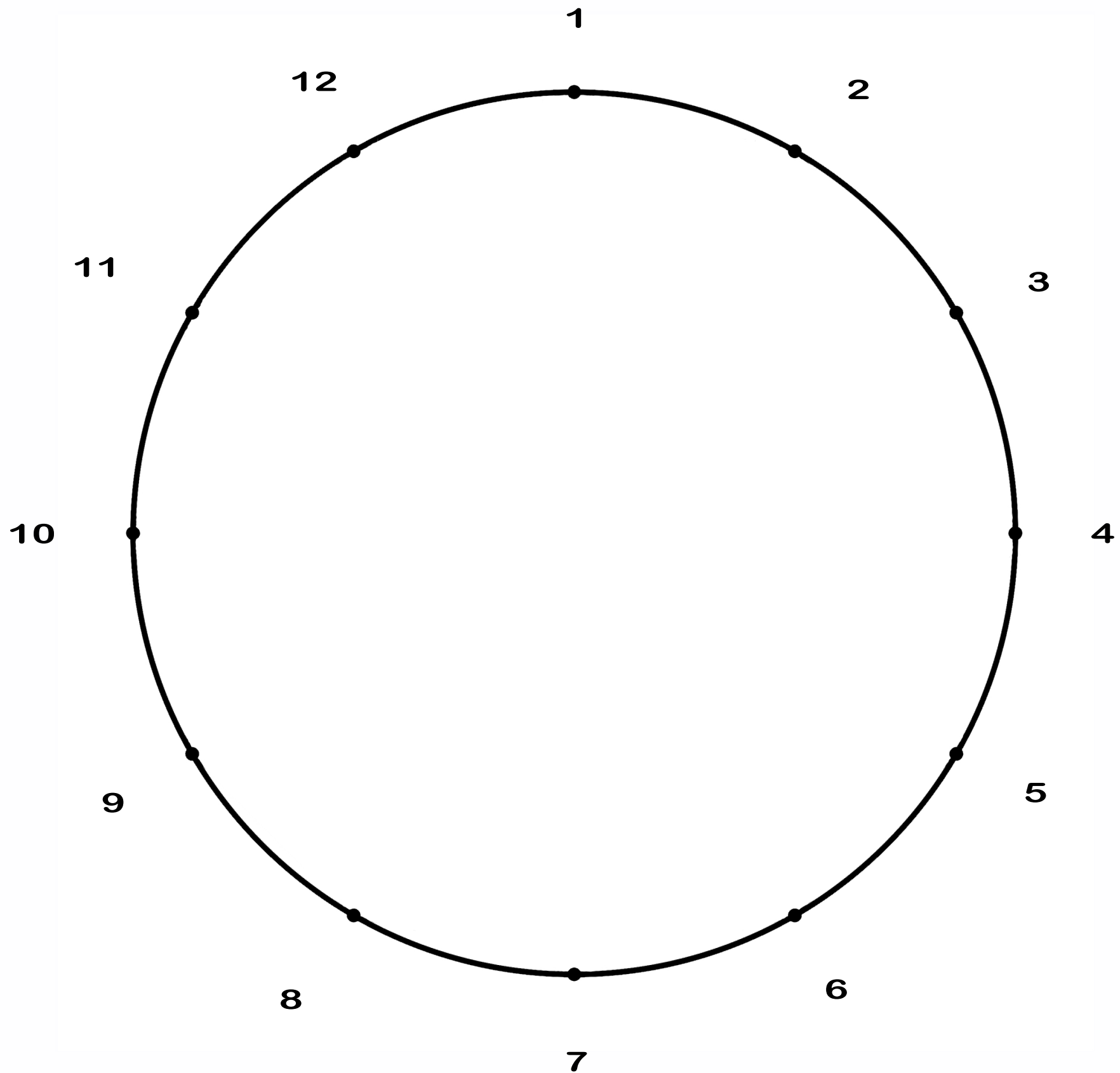


Division of Circle by Whole Numbers to Form Polygons and Art Mandalas

#T4-6

Track 4: Geometry Category: 2D Geometries

12 Dot Circle Template





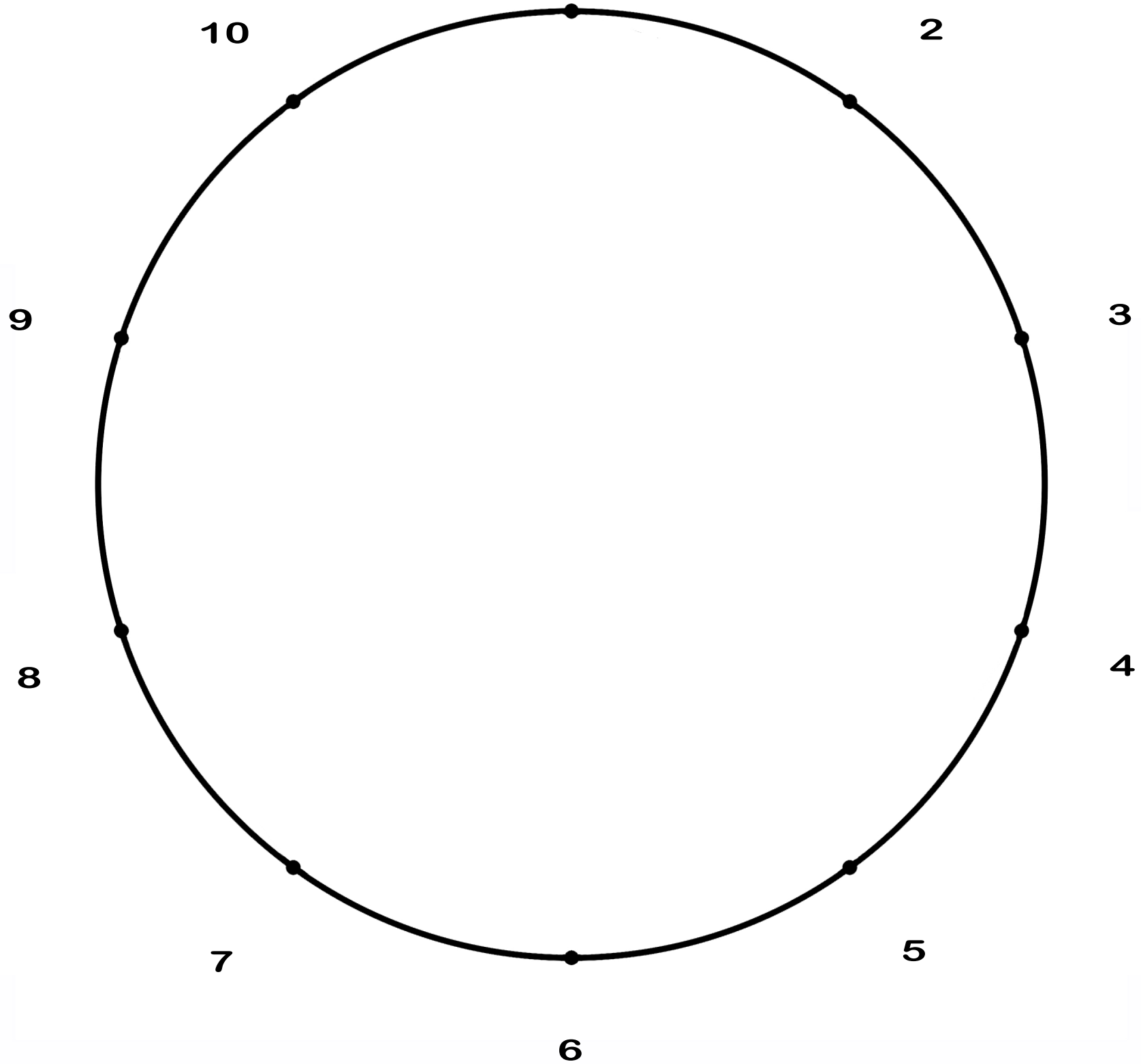
Division of Circle by Whole Numbers to Form Polygons and Art Mandalas

#T4-6

Track 4: Geometry    Category: 2D Geometries

10 Dot Circle Template

1



# Division of Circle by Whole Numbers to Form Polygons and Art Mandalas

#T4-6

Track 4: Geometry

Category: 2D Geometries

8 Dot Circle Template

**1**

**2**

**3**

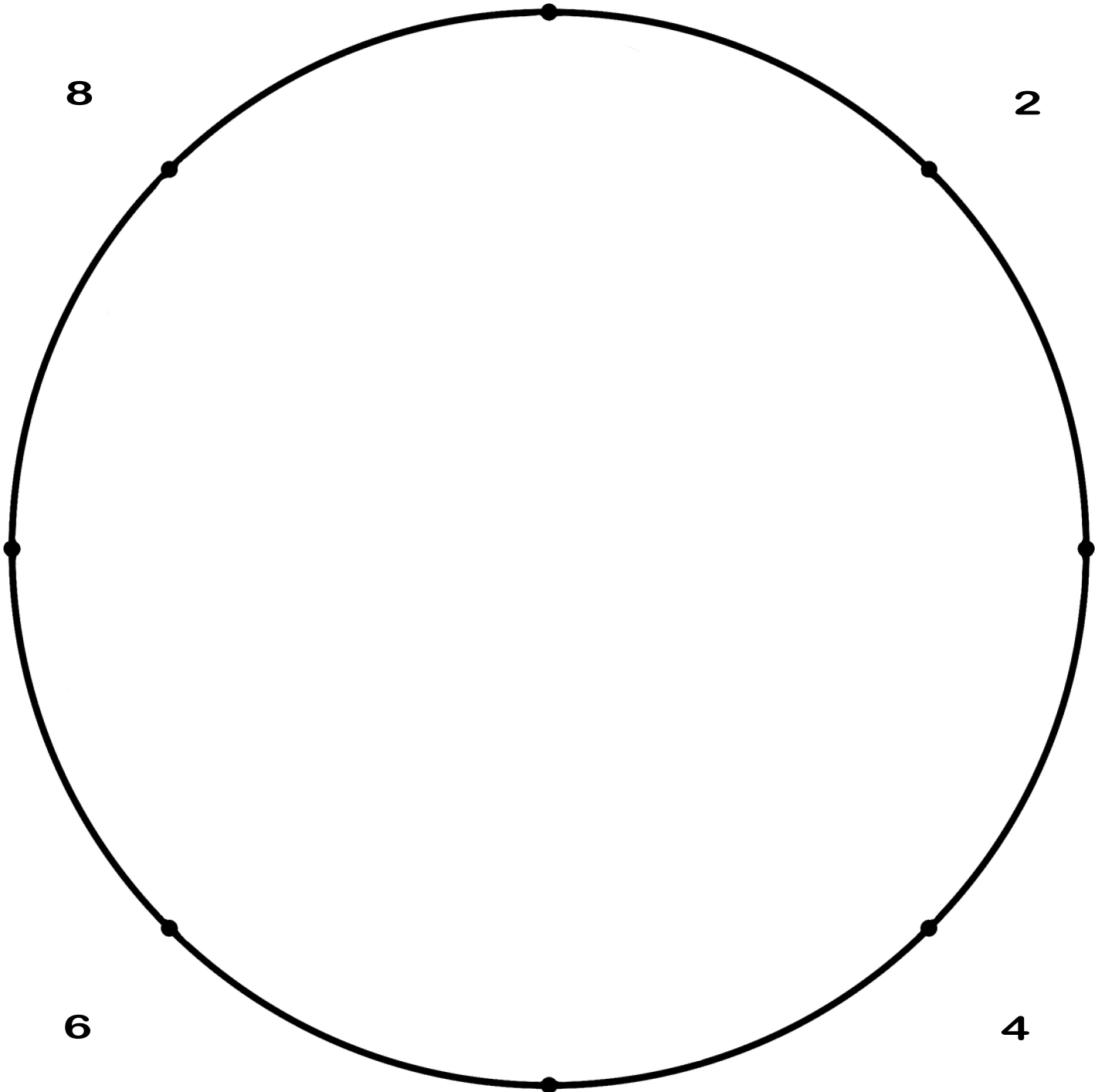
**4**

**5**

**6**

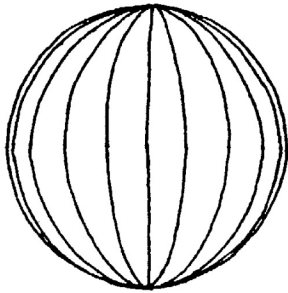
**7**

**8**

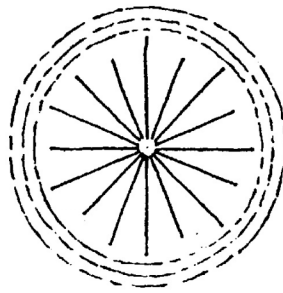


# The Patterns of Life

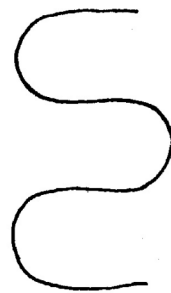
by Richard Feather Anderson © 1995



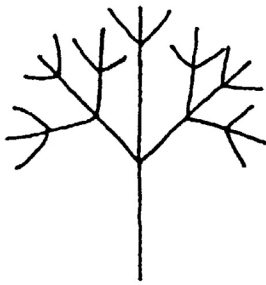
**SPHERE**



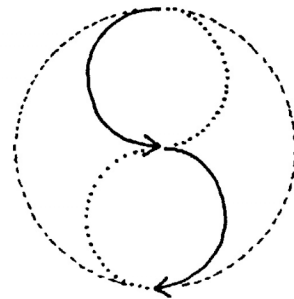
**EXPLOSION-RADIAL  
RIPPLE**



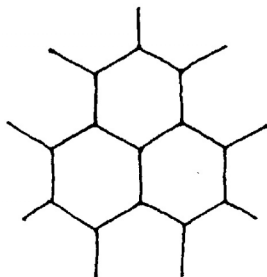
**MEANDER**



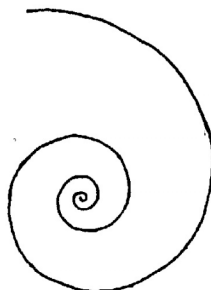
**BRANCHING**



**ALTERNATION**



**CLOSE-PACKING**



**SPIRAL**



**HELIX**

# **The Basic Underlying Patterns of Life**

by Richard Feather Anderson

## **Spheroids**

The sphere is Nature's way to enclose space using the least surface area.

The sphere is the most compact shape possible. A film of water contracts to form the most compact shape, a sphere. A soap bubble uses the least surface material to enclose the most compact area of air.

## **Explosion/ Radials**

The explosion or radial pattern is the quickest, most direct way to disperse energy or matter from a single point outward in all directions. It allows the fastest, most direct communication from a center to an edge.

Every place around the center is in a direct line, the shortest path from center to perimeter. Because it is the shortest path, an explosion provides the quickest way to disperse energy and return to equilibrium. A water or milk drop disturbs the calm surface of the liquid. Because the explosion redistributes energy quickly, it minimizes the disturbance, and lets the surface return to homeostasis.

## **Ripples (part of radial pattern)**

The circular or spherical ring of an explosion creates ripples or waves (of moving liquid or sound), or concentric rings moving outward from the center.

## **Meanders**

A meander is a regular repeating curve. As water moves over a sloped surface, it speeds up and then slows itself down, causing an oscillation, which is the meander.

A meander slows down the flow over a surface (flow of water over land, cars along a road). It increases the length of passageway to allow for more processing of materials (digestion, purification of water).

The meander pattern is Nature's way of packing more material or passageway into a small space (intestines and brain convolutions).

It increases the surface area or length of edge between two things (longer river bank, joints between two skull plates), which maximizes the connection, interchange or

communication between the two. It creates an interlocking joint between two areas, which can better resist shear stress (dovetail finger joint in cabinetry, skull sutures).

In the case of rivers, the meandering path provides for the maximum transit of the water, it moderates, tempers or regulates the flow of the water, reduces erosion, and maximizes the length of stream bank, the edge between waterway and land. Water moves faster on the outside of the curve, eroding the bank and cutting a deeper channel, and slower on the inside of the curve, depositing sediment several bends downstream. A river will not naturally flow straight for more than ten times its width. When we confine a stream into a straight concrete channel, like we do in cities, we increase the speed and force of the water, increasing soil erosion and minimizing the sedimentary deposits, which are instead washed out to sea.

## Branching

Branching is the most efficient way to collect or distribute energy, materials or information over a large area. It works well both ways, distributing energy from the center outward or drawing energy in from the extremities to the center. It minimizes the length of channel, passageway, wiring, etc. to reach everywhere within an area or network. Branching creates the most extensive network with the shortest total length of run, and least amount of material to create the channels or links in the network. It enables the most rapid communication to all spots within a large area.

Branching is a modification of the radial pattern by three-way or four-way joining.

Nature uses branching in plants to give the widest leaf and flower distribution to maximize absorption of sunlight and expiration of wastes with the least amount of fiber and weight in the stalks or limbs.

For trees it is important to arrange their leaves to spread them out over the largest space possible while keeping the leaves as close to the roots as possible, without overtaxing the ability of the limbs to support themselves and the leaves. This allows for the greatest sun exposure and the most efficient transfer of the photosynthesized solar energy down into the rest of the tree. To circulate nutrients efficiently the tree needs to minimize the distance between the trunk and the maximum number of leaves. Branching also allows the trees to bear the highest number of leaves, flowers, and fruit while keeping the weight of the branches to a minimum. Without efficient branching patterns tree limbs would become unbearable loads.

Branching is efficient because it allows for thin members at extremities and thicker ones at the center where the flow is greatest. (Circulatory system, thin extremity veins where flow is least, huge chamber at heart where flow is huge.)

## Close Packing/Shrinking/Cracking

When any natural form dries and contracts, the most efficient way for cracking to occur is in a pattern of three-way joints. (mud, seed pods, buckeye nuts)

Counting Spirals

#T4-13

Track 4: Geometry

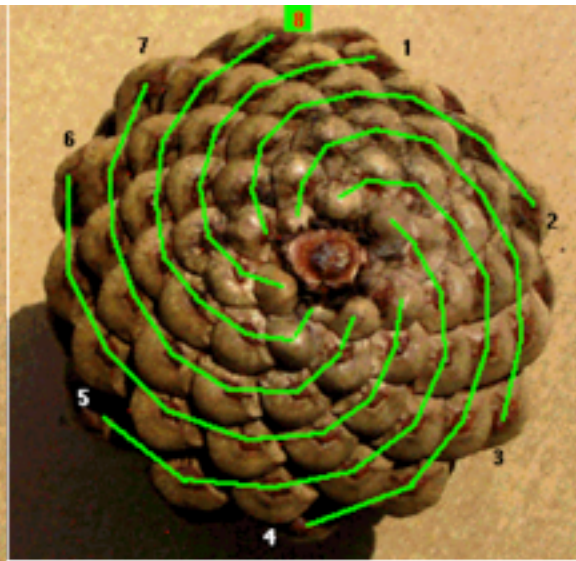
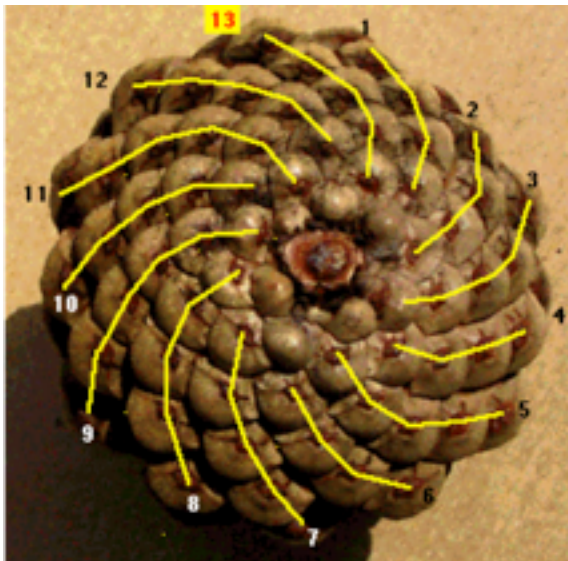
Category: Golden Mean and Fibonacci

- Pine Cones
- Succulents
  - Cactus
  - Daisies
- Sunflowers



















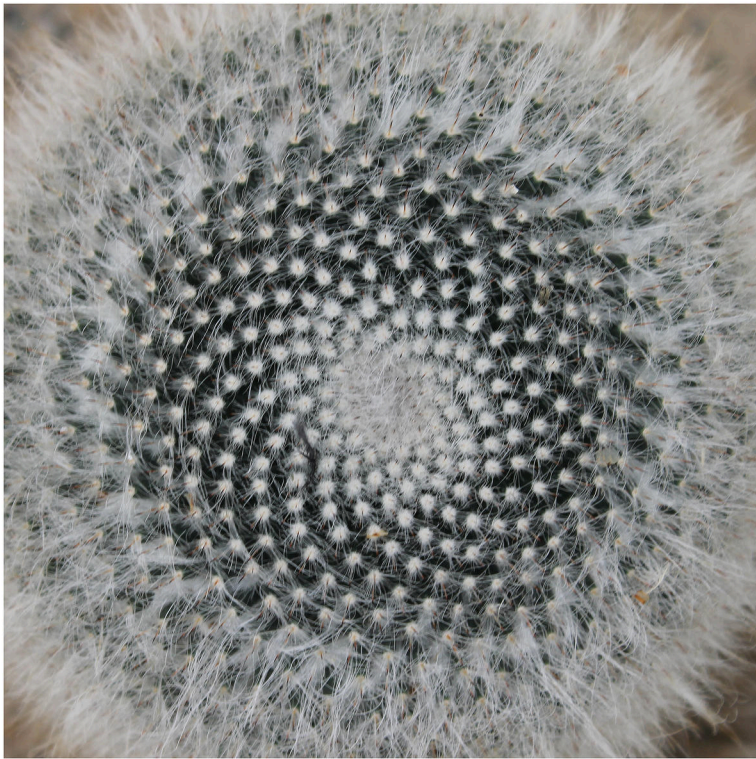








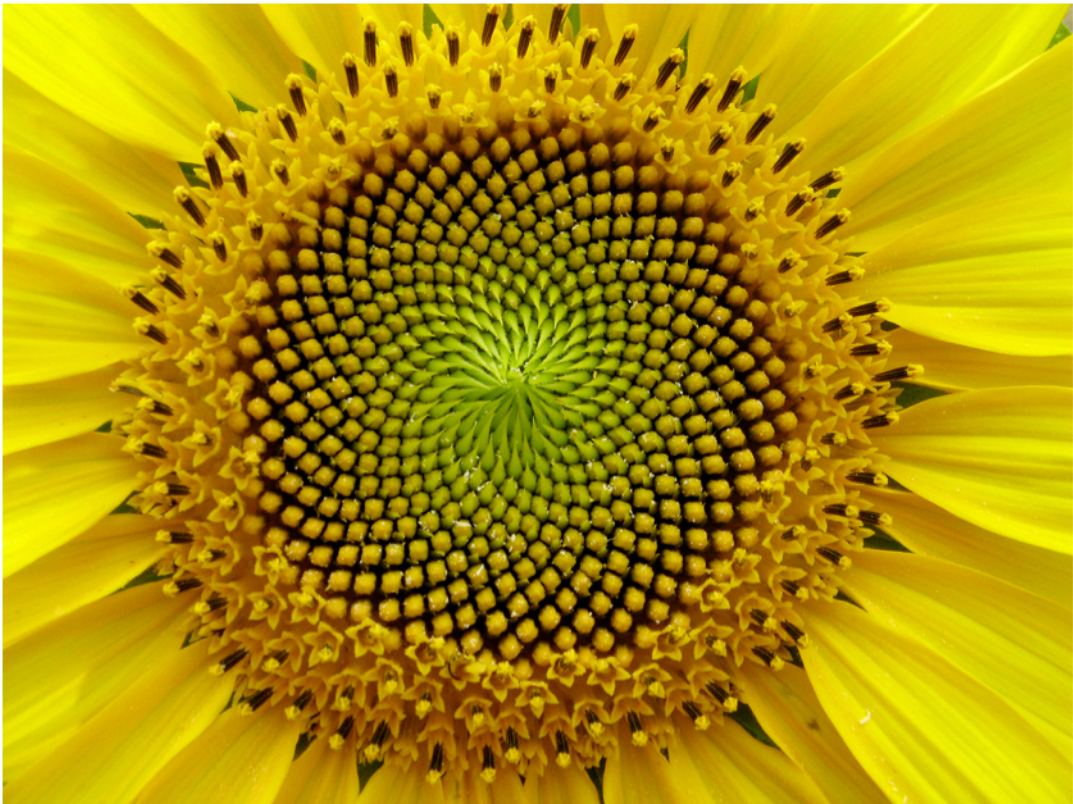




MBKKR PHOTOGRAPHY © 2012

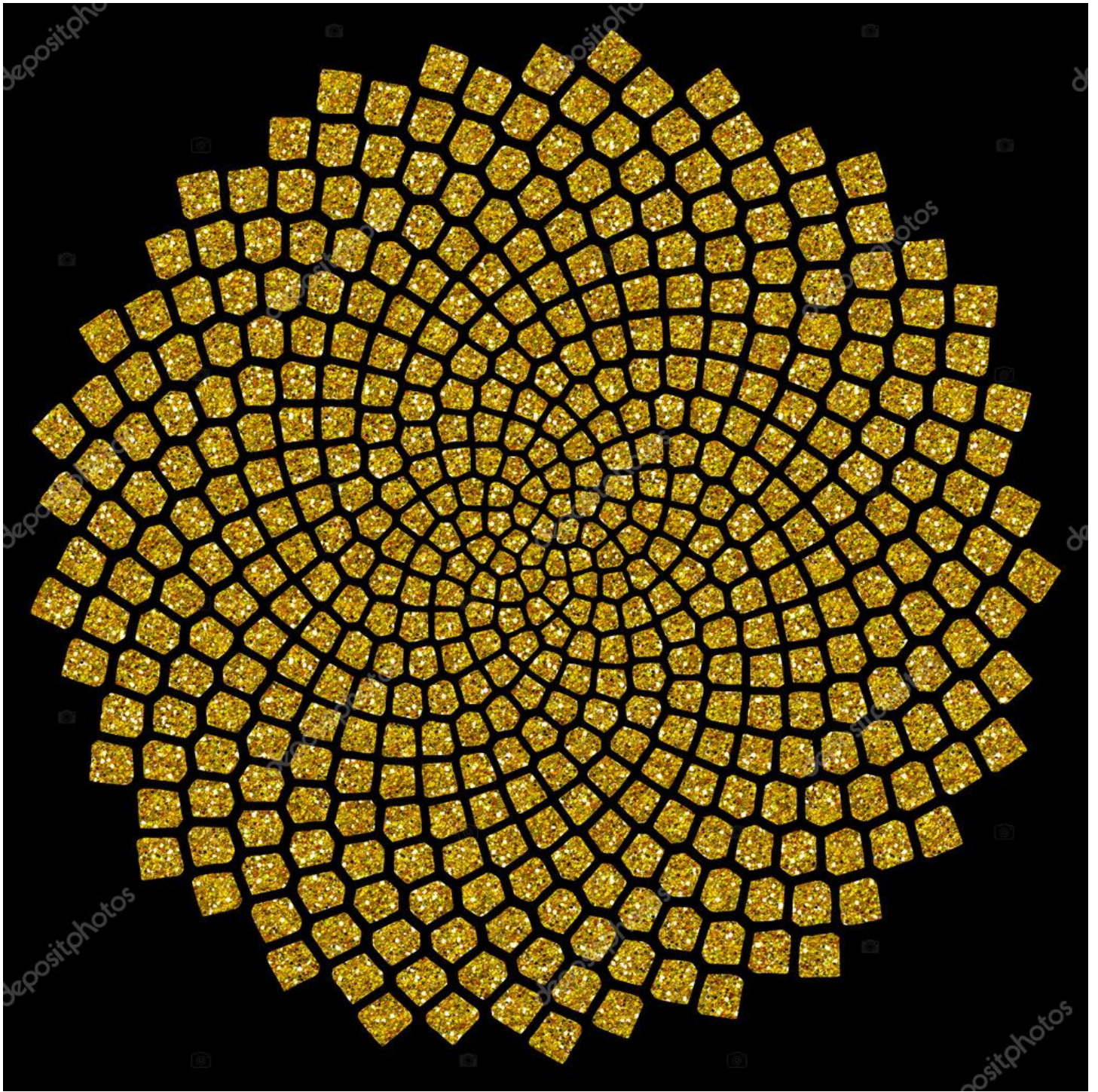










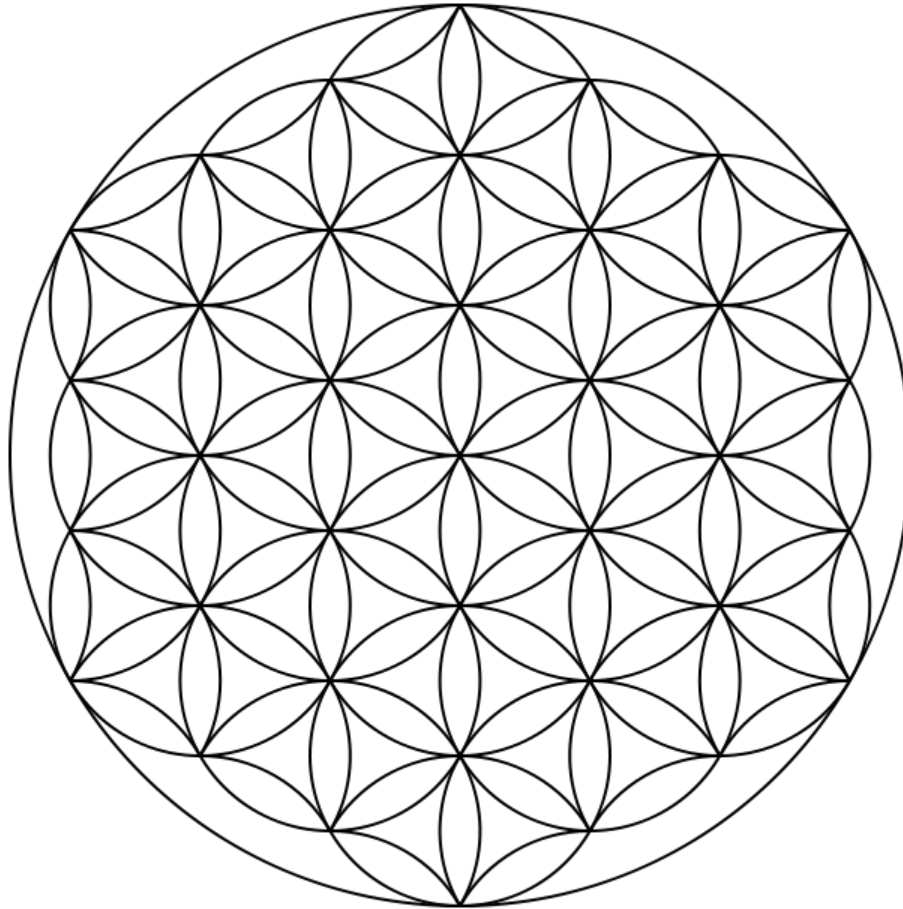


# Finding All Patterns in the Flower of Life

#T4-14

Track 4: Geometry

Category: 2D Geometry



# Finding All Patterns in the Flower of Life

#T4-14

Track 4: Geometry

Category: 2D Geometry

## List of Patterns in Flower of Life



PETAL



TRIANGLE



DIAMOND



GEM



EYE



PYRAMID



HOURLGLASS



STAR



CIRCLE



FLOWER

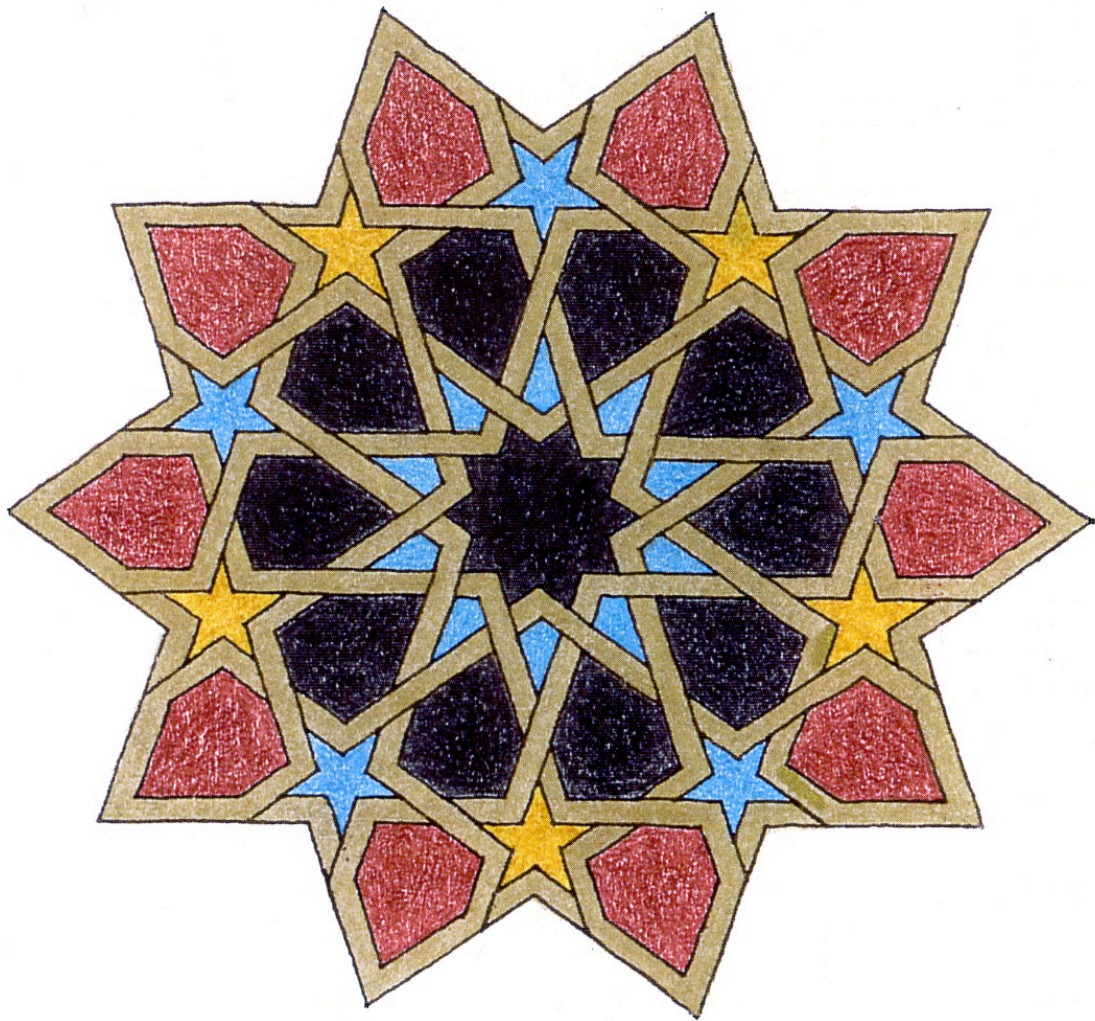
Mosaic Tile Coloring  
#T4-15  
Track 4: Geometry  
Category: Art and Pattern Grids

Mosaic Tiles Drawings  
(Below)





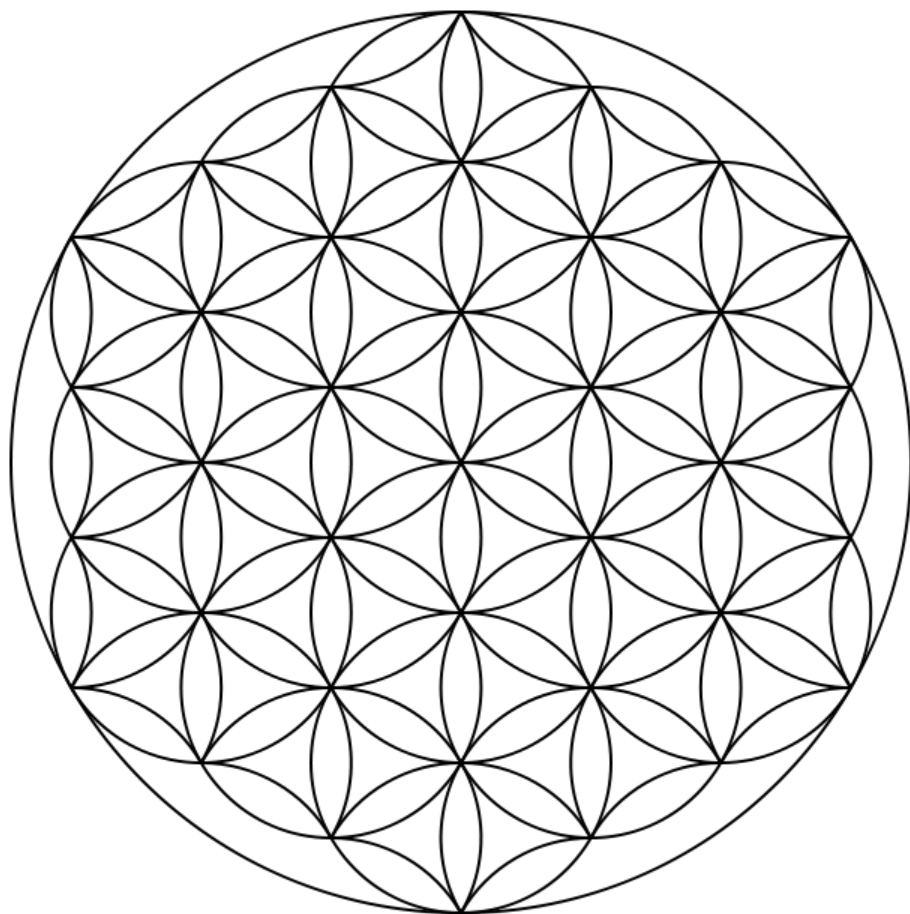
**Rainbow Spirals based on North Rose Window of Chartres Cathedral**  
© Allison Willets



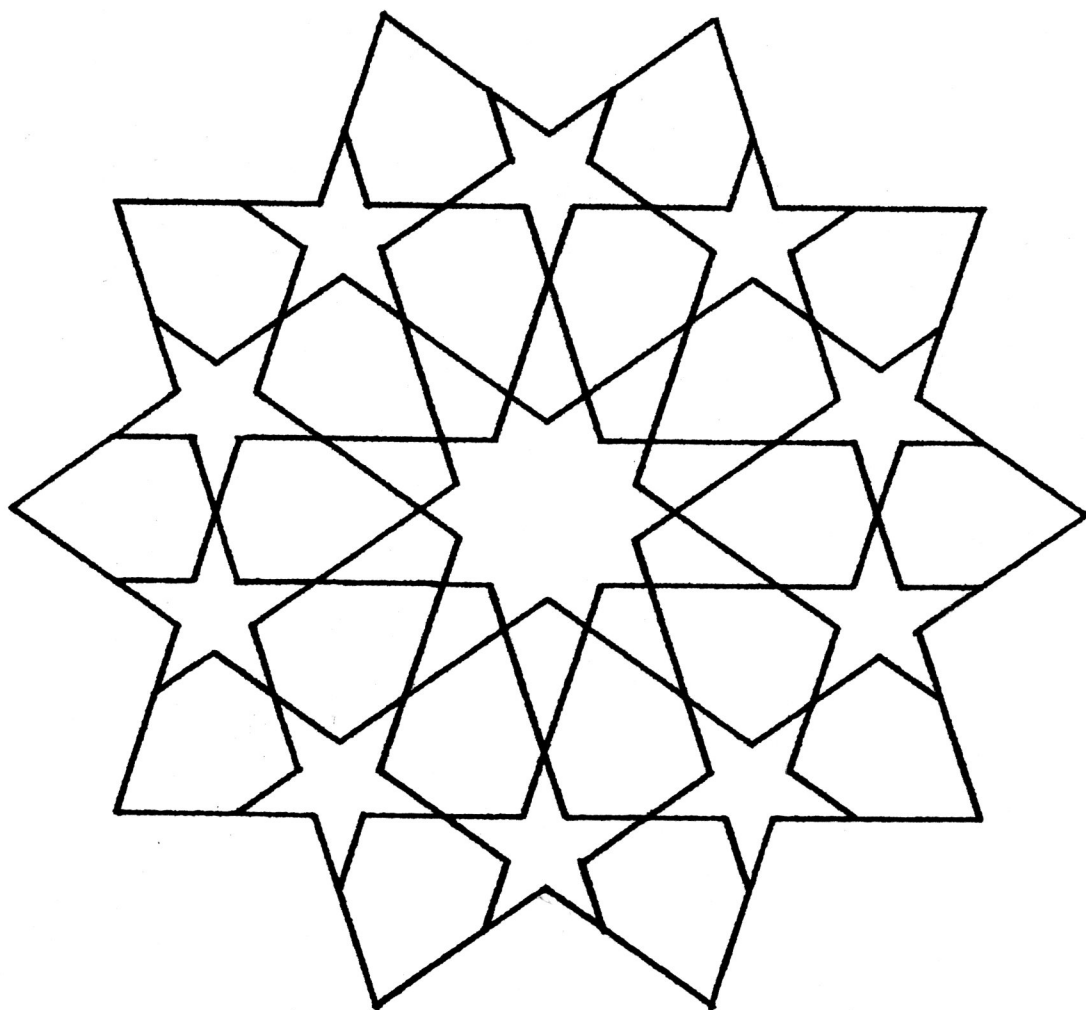
**Decagonal Star Islamic Pattern - © Richard Feather Anderson**

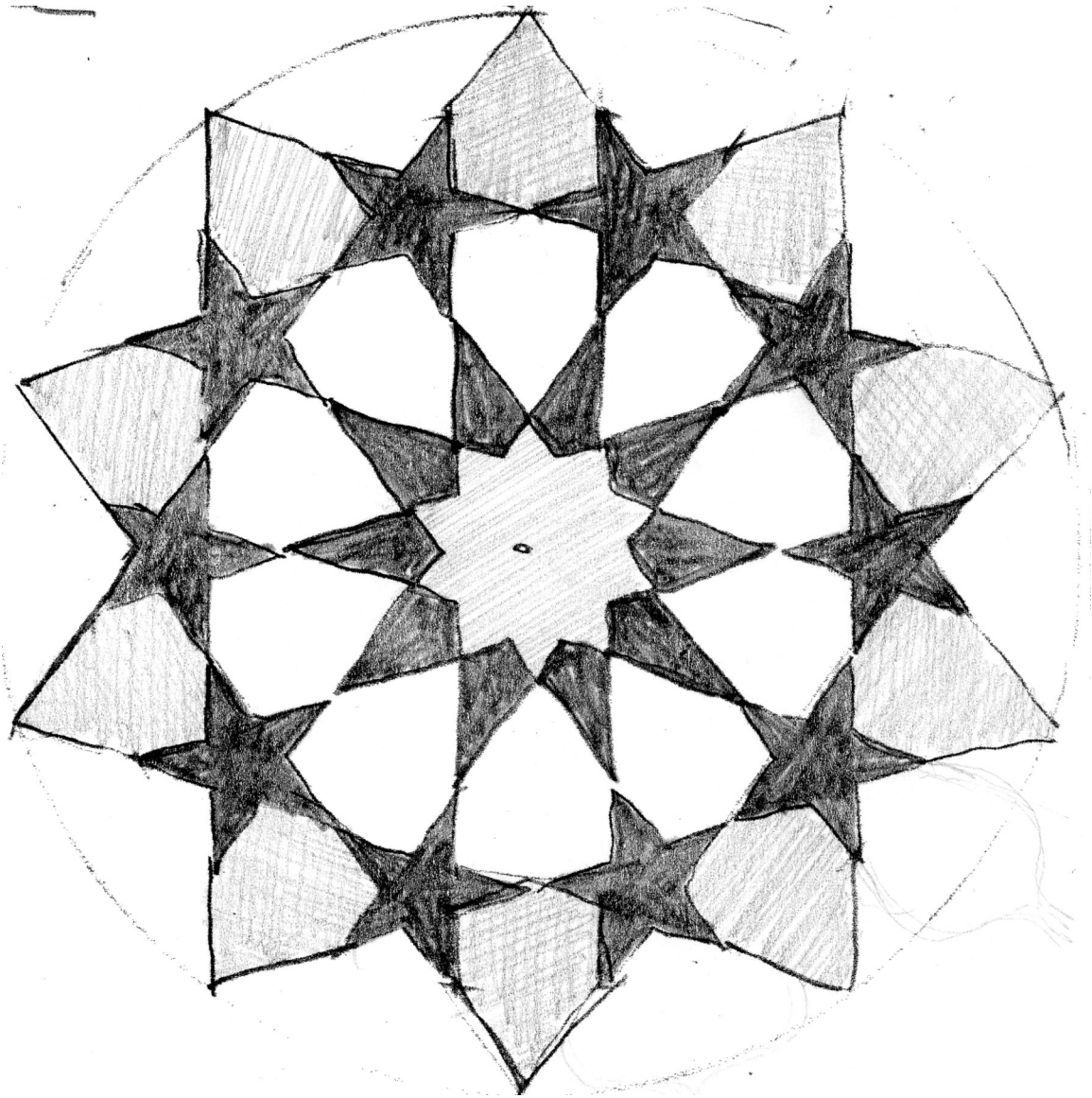


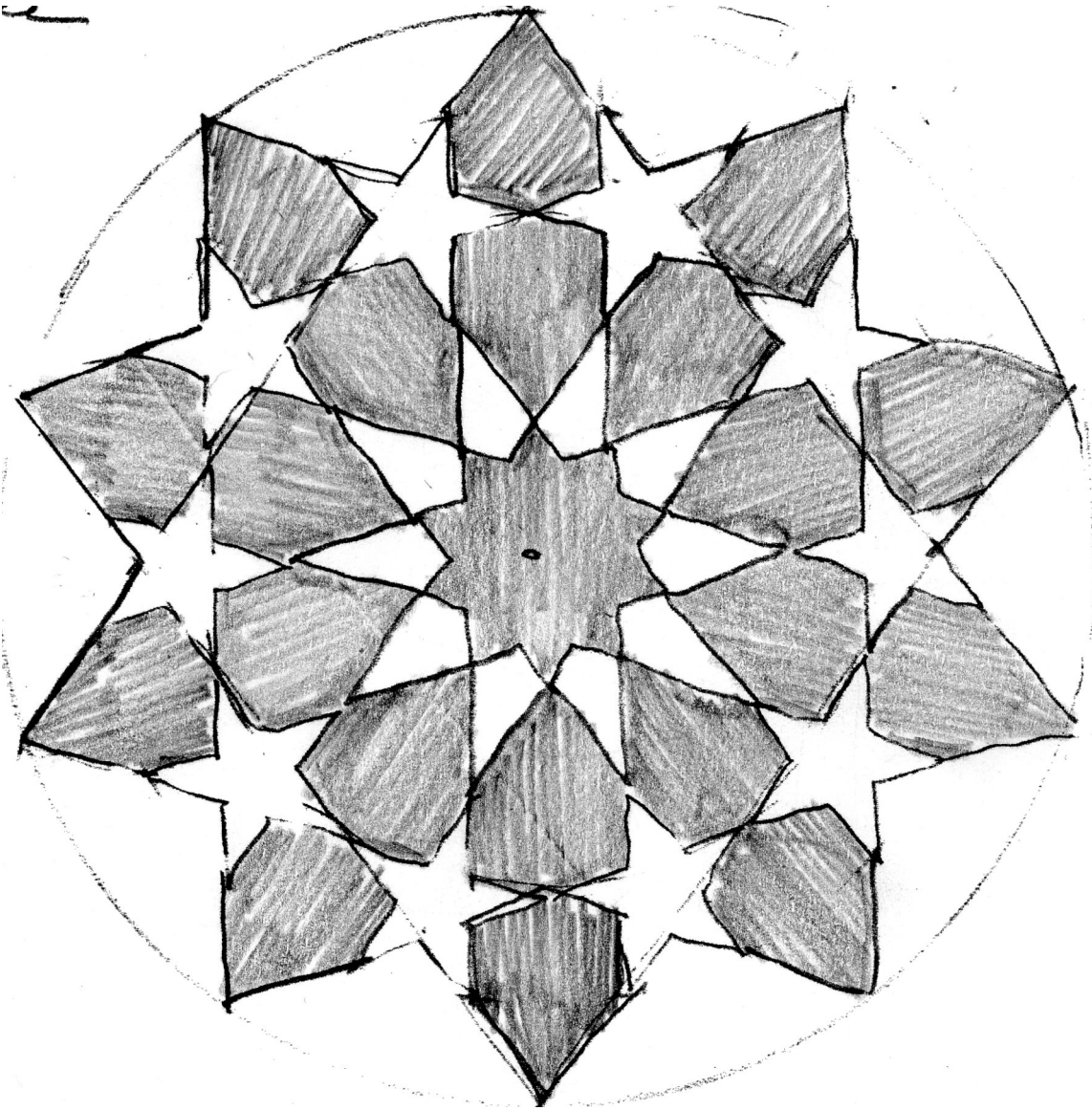
**Seven Petaled Lotus - courtesy of Erik Larsen**



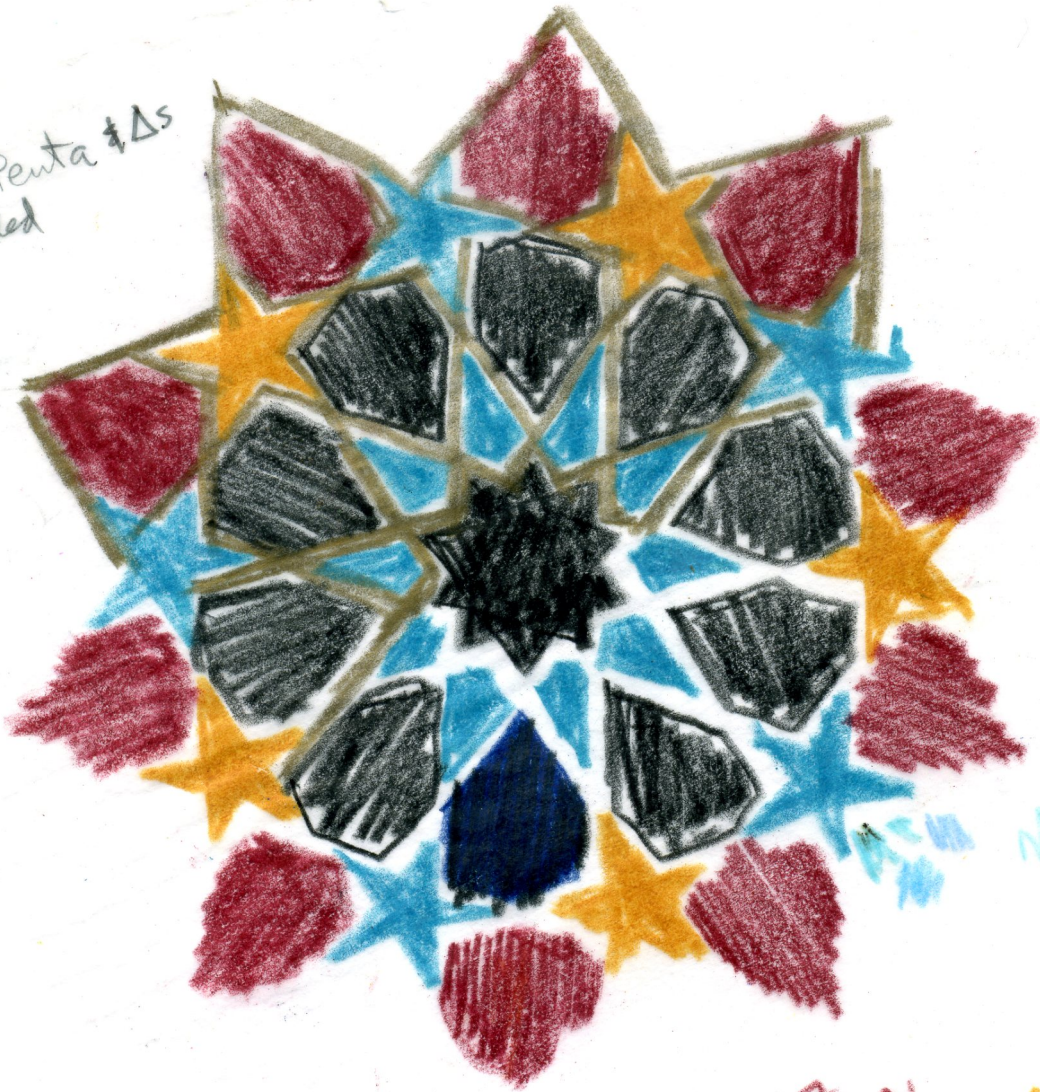








e Penta  $\Delta$ s  
sealed

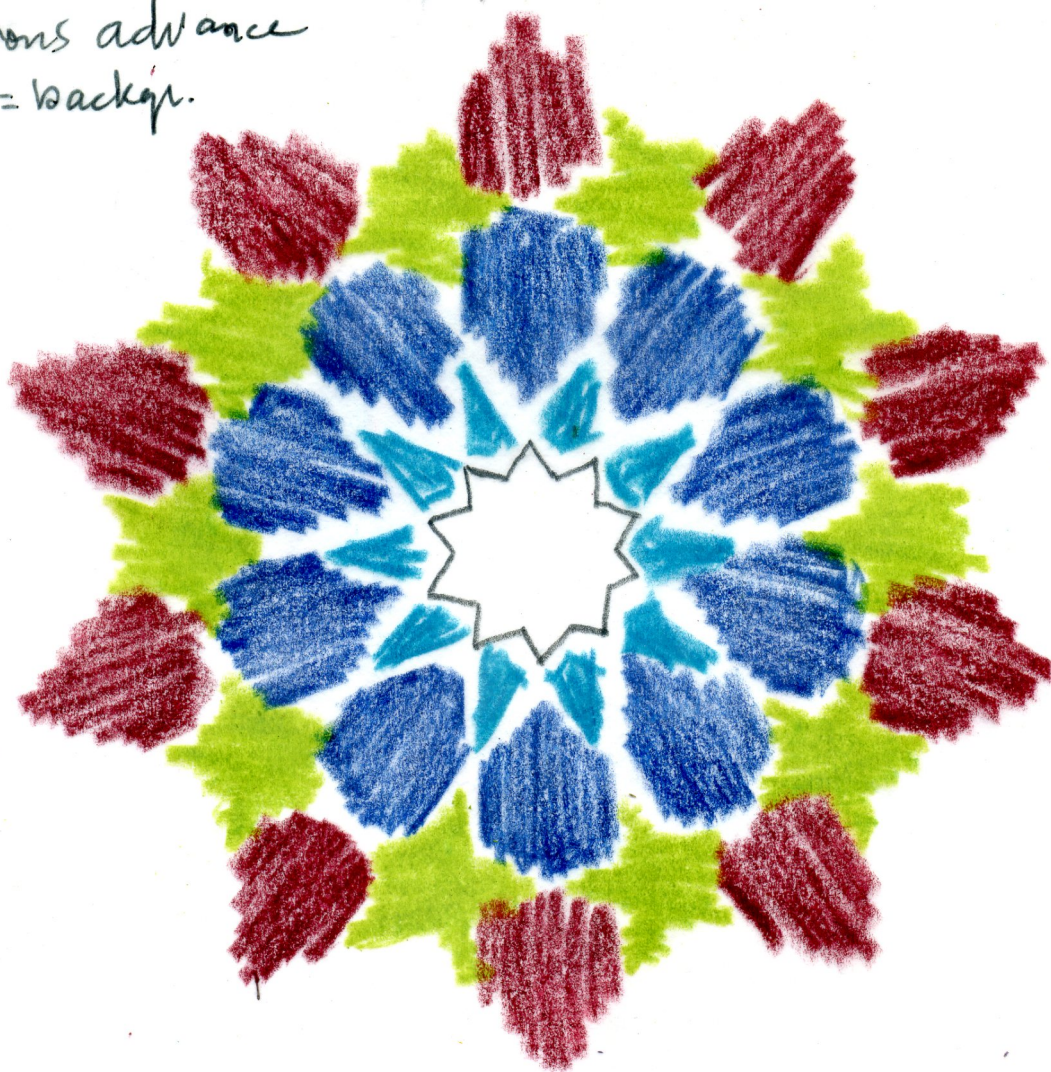


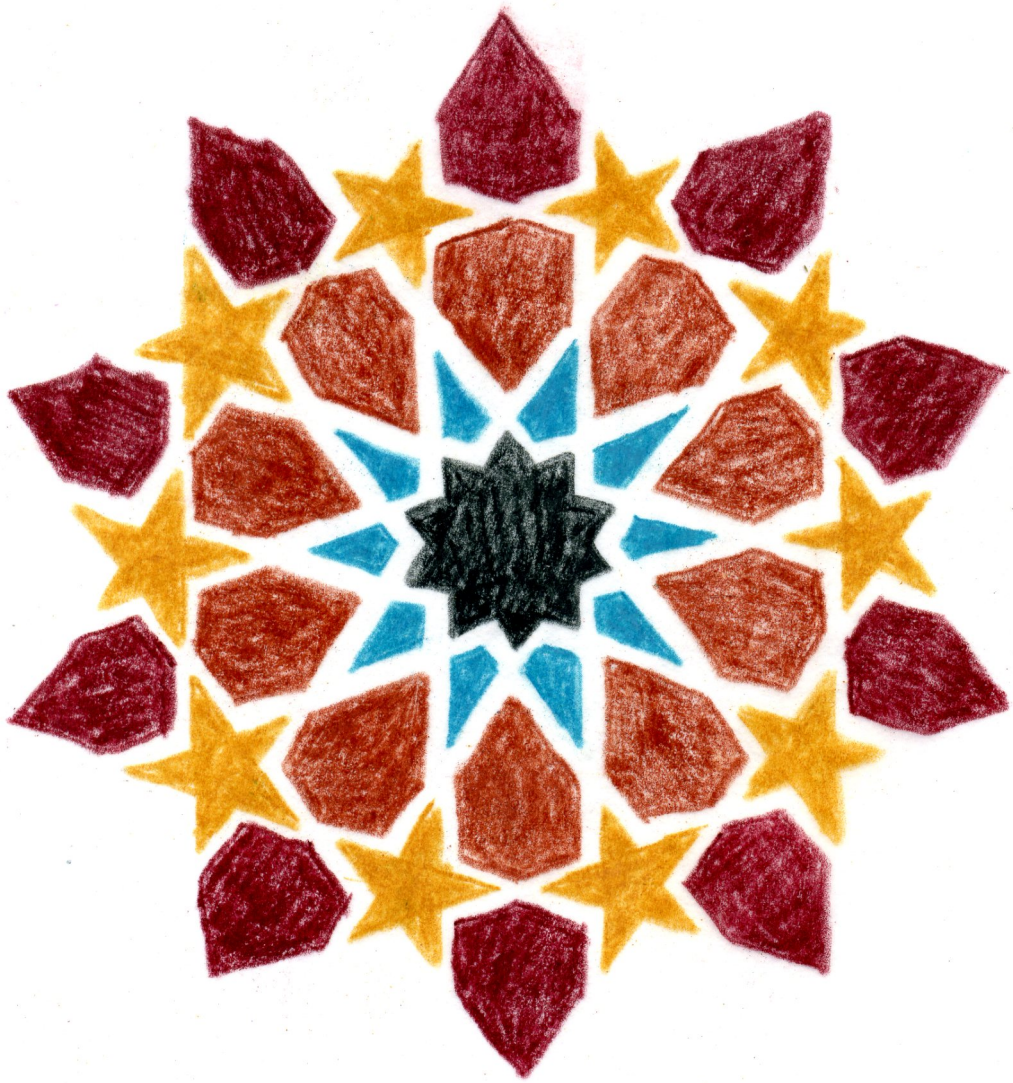
27.12

10<sup>1</sup>  
10<sup>2</sup>

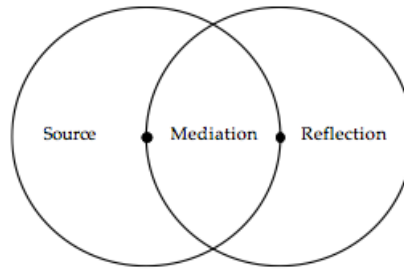


wrong advance  
s = backgr.





## Vesica Piscis – Three Realms of Consciousness



Source	Mediation	Reflection
Universal Consciousness	Balancing Consciousness	Empirical Consciousness
The One	Manas	The Many
Solar	Tellurian	Lunar
Unmanifest Realm	Incarnation Fixity in Time/Space	Manifest Realm
Heaven	Human	Earth
Unknown	Knowing	Known
Archetypal	Transitional Gateway in between	Sensate Reflect upon experience
Absolute	Ambiguous Liminal	Relative
Reality	Creativity	Actuality
Abstract	Formative Malleable	Concrete
Infinite	Becoming	Finite
Oneness	Threeness	Twoness

Source: Vesica piscis was used to represent the three realms of consciousness by Lama Govinda in his book, Foundations of Tibetan Mysticism (London. Rider. 1969).

Measuring Angles within Polygons

or

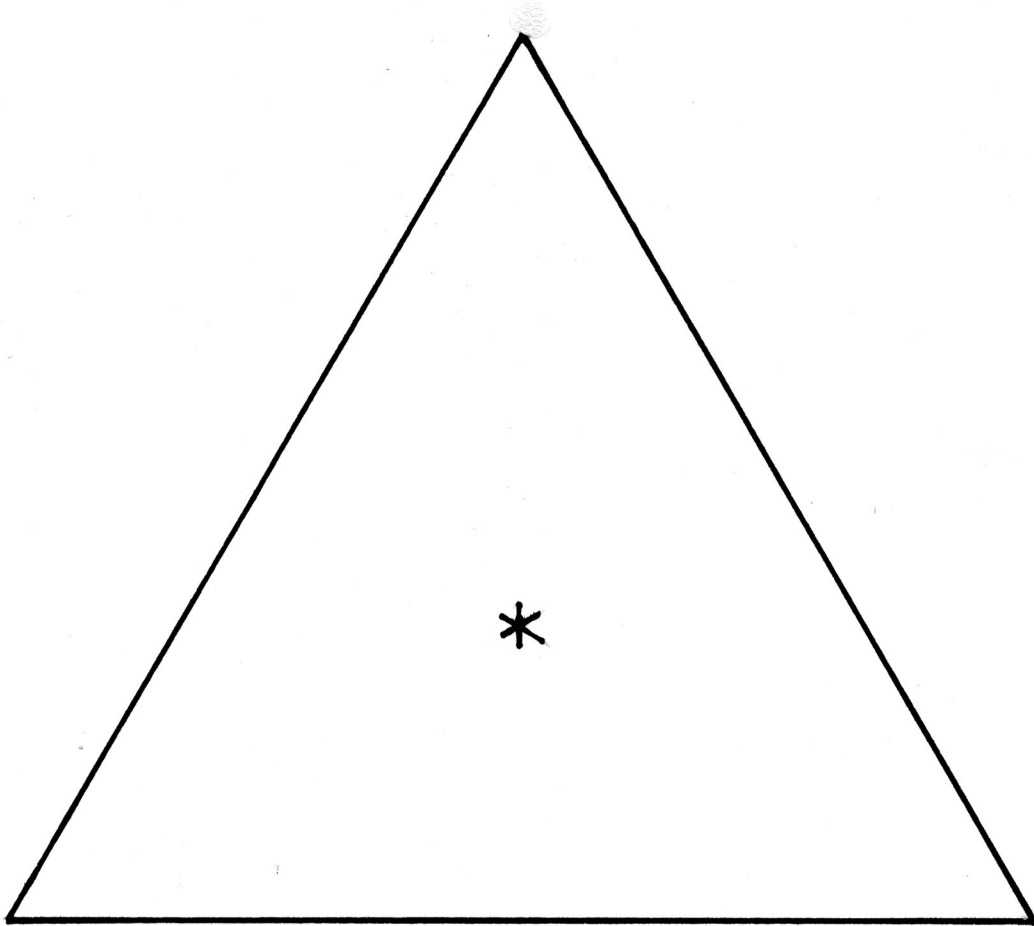
How to Use a Protractor

#T4-20

Track 4: Geometry

Category: 2D Geometries

Triangle with Crosshairs in the Center



Measuring Angles within Polygons

or

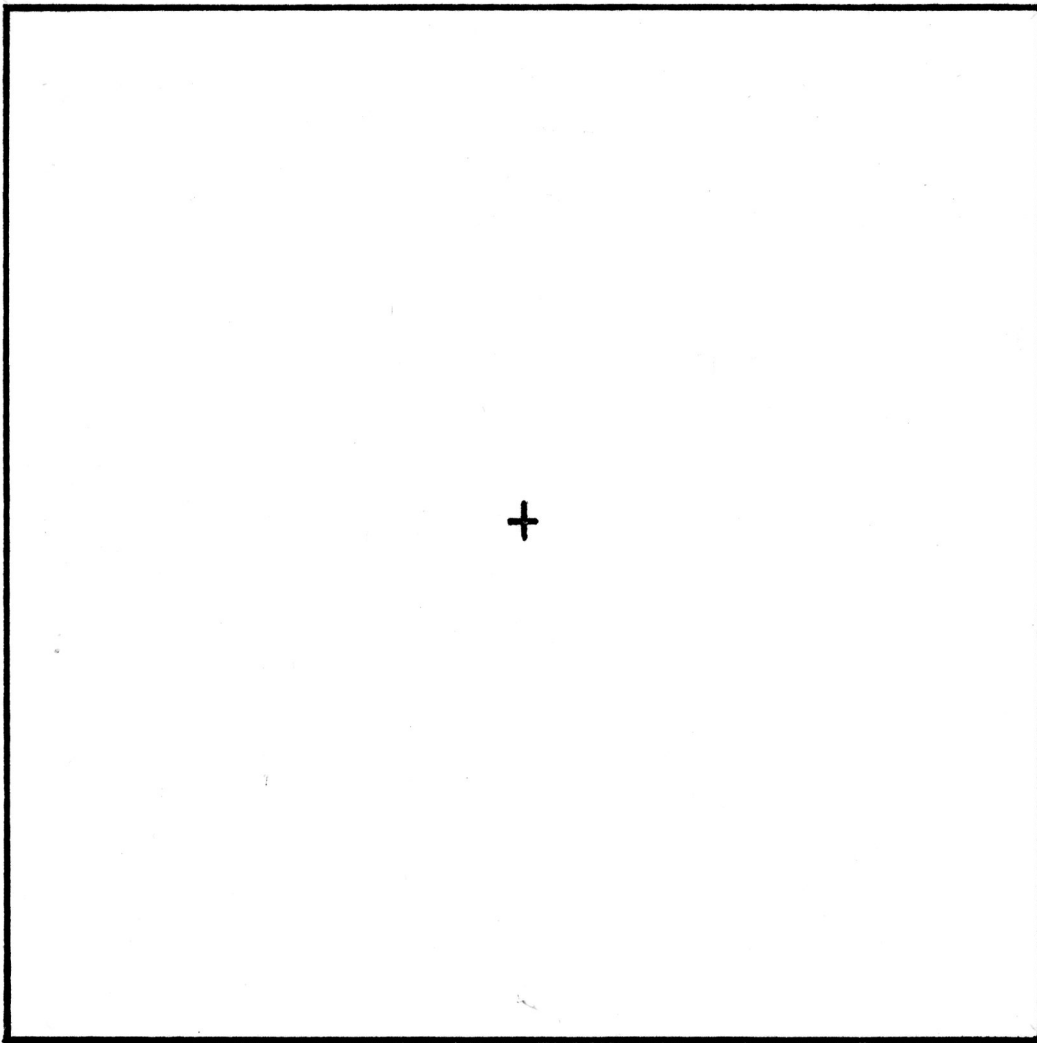
How to Use a Protractor

#T4-20

Track 4: Geometry

Category: 2D Geometries

Square with Crosshairs in the Center





Measuring Angles within Polygons

or

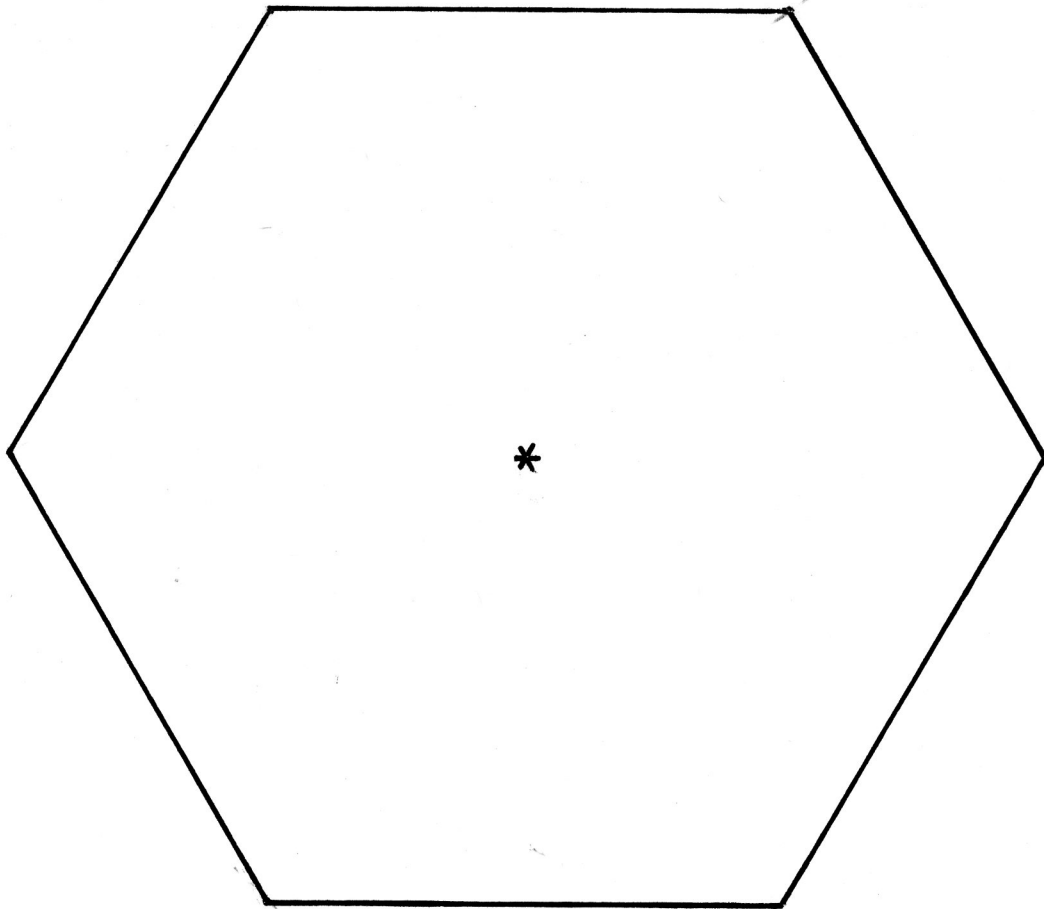
How to Use a Protractor

#T4-20

Track 4: Geometry

Category: 2D Geometries

Hexagon with Crosshairs in the Center



Measuring Angles within Polygons

or

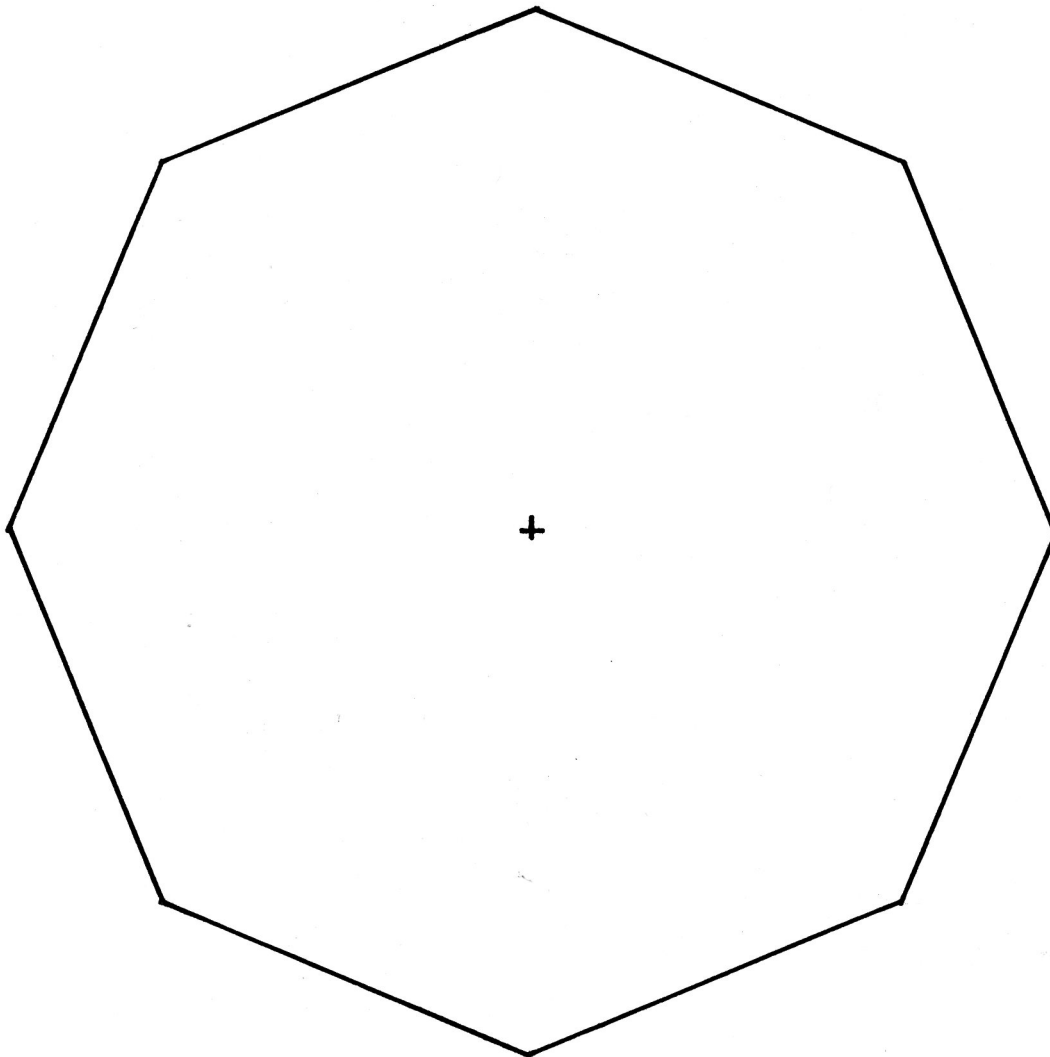
How to Use a Protractor

#T4-20

Track 4: Geometry

Category: 2D Geometries

Octagon with Crosshairs in the Center



Measuring Angles within Polygons

or

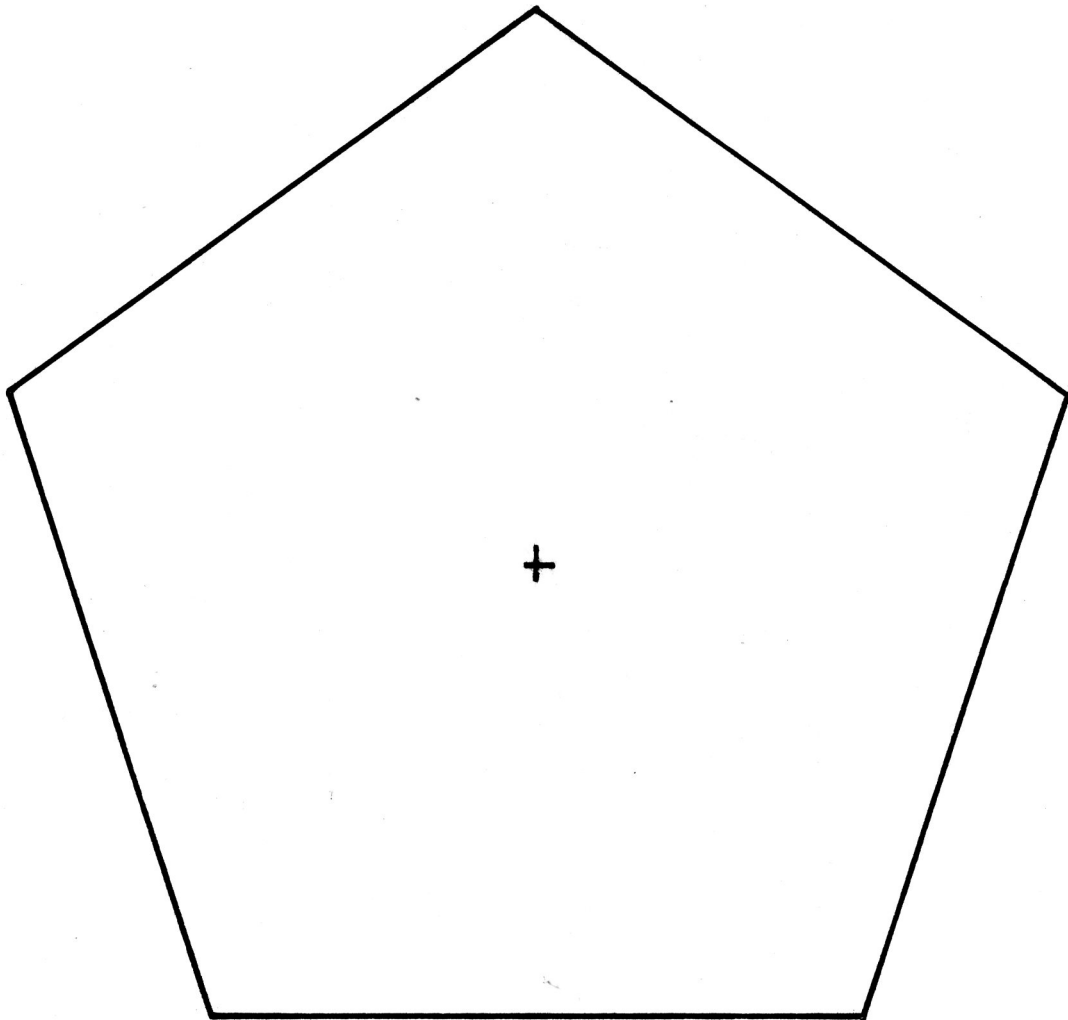
How to Use a Protractor

#T4-20

Track 4: Geometry

Category: 2D Geometries

Pentagon with Crosshairs in the Center



# Track 5

## Emotional Expression

Animal Sound and Movement with Cards

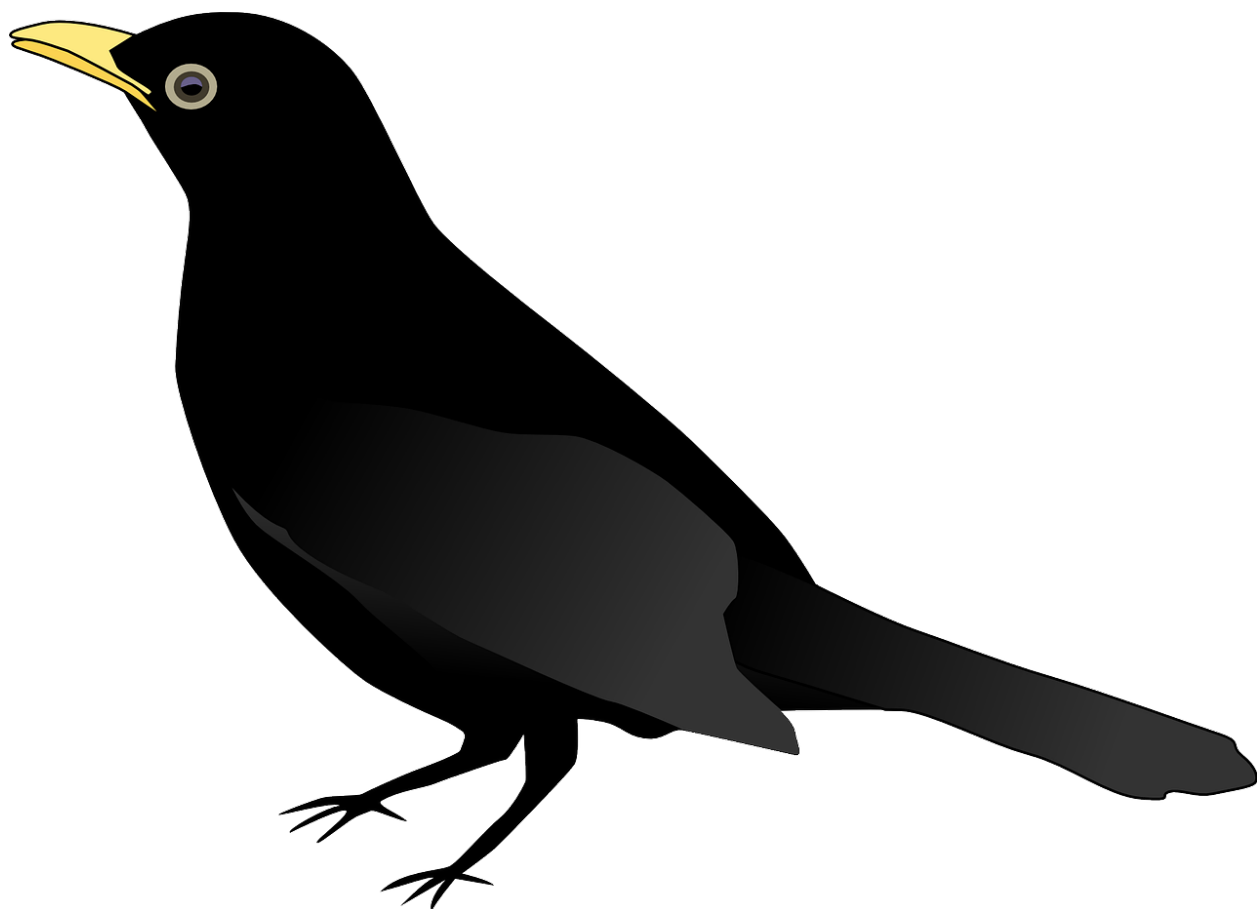
#T5-8

Track 5: Emotional Expression

Category: Voice Expression

Images of Animals with Sounds and Movement





CROW

CAWWW

FLY



CROW

CAWWW

FLY



DOG

BARK

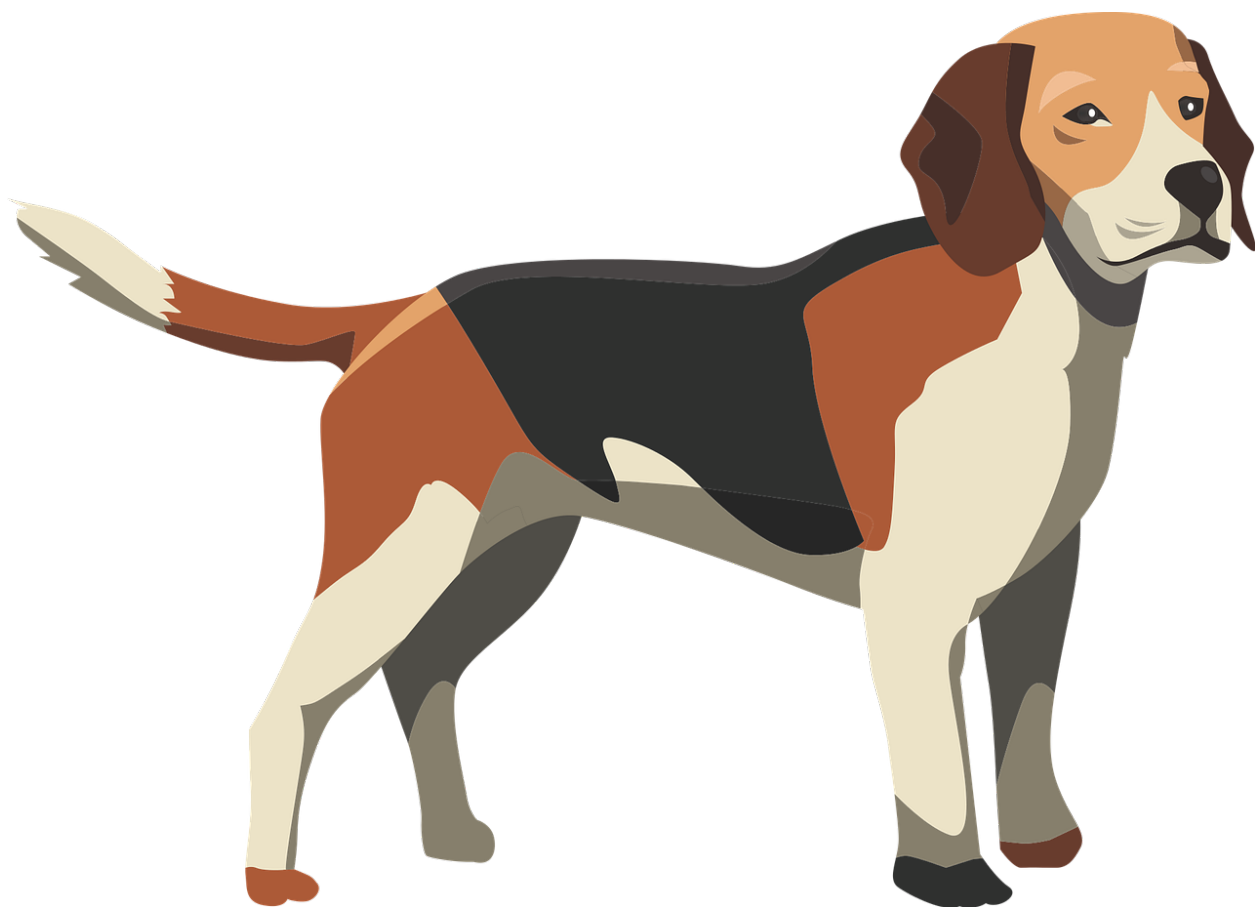
LICK



DOG

BARK

LICK



DOG

BARK

LICK





DOG

BARK

LICK



CAT

MEOW

RUN



CAT

MEOW

RUN

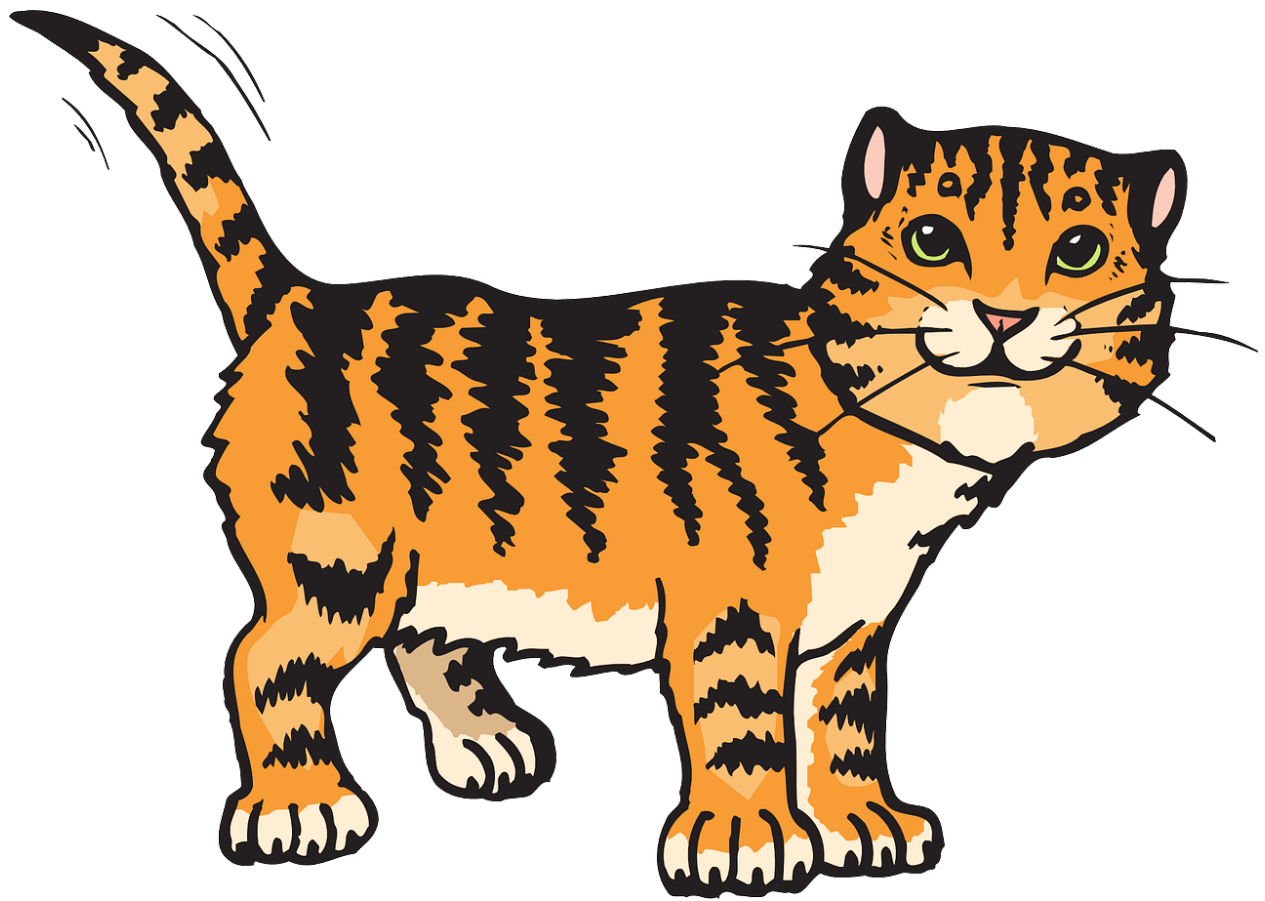




CAT

MEOW

RUN



CAT

MEOW

RUN





FROG

RIBBIT

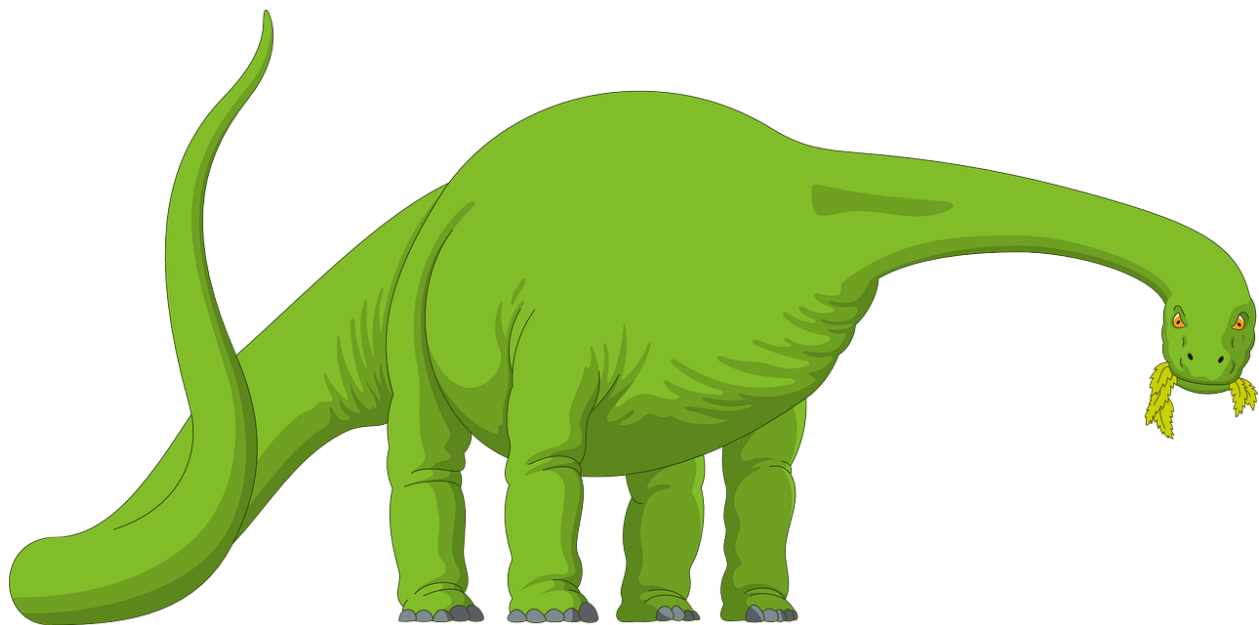
HOP



FROG

RIBBIT

HOP



DINASAUR

ROAR

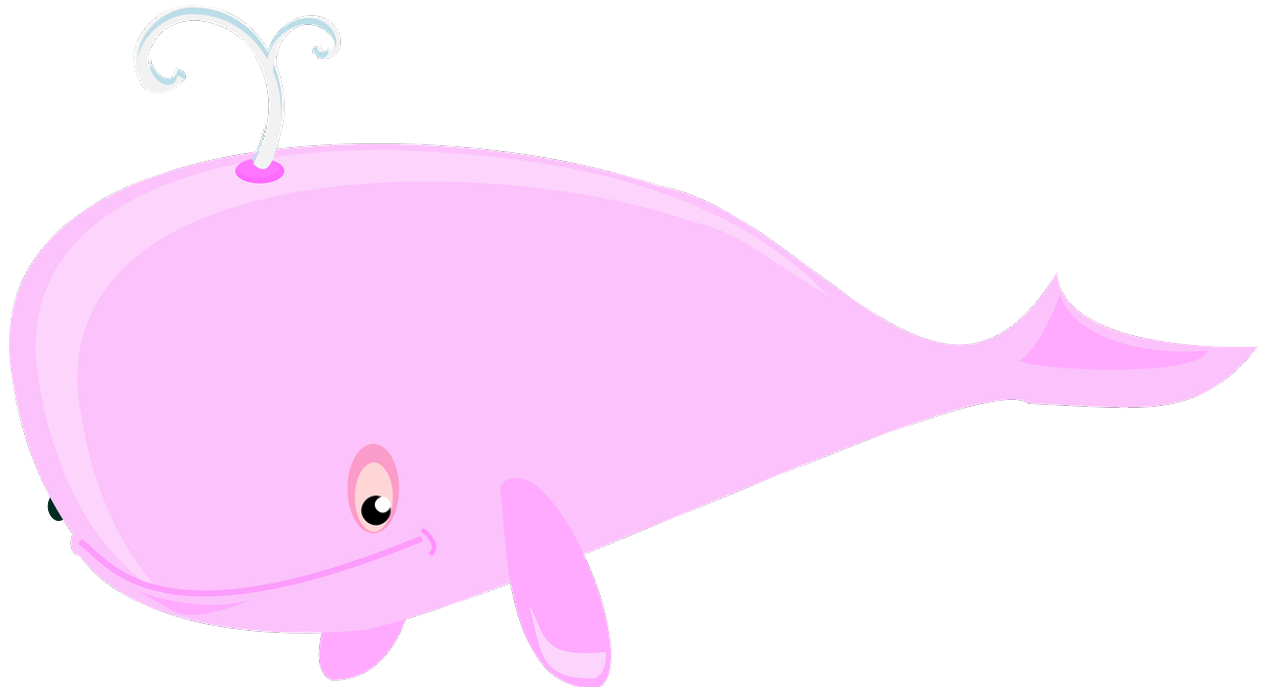
STOMP



DINASAUR

ROAR

STOMP

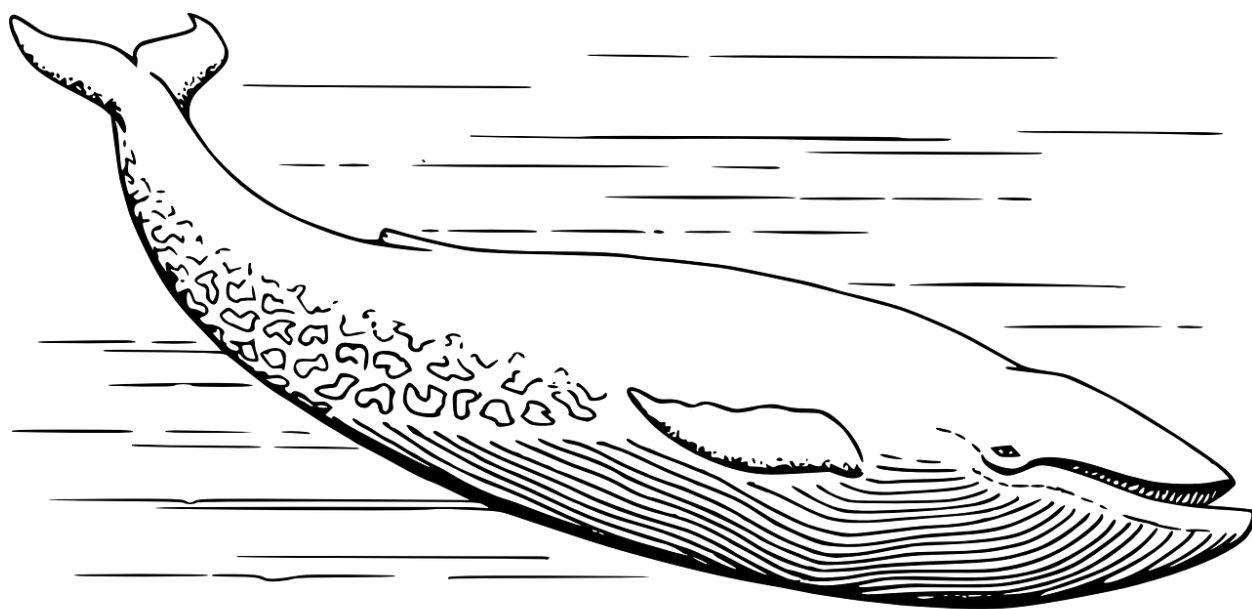


WHALE

eeUU

SWIM





WHALE

eeUU

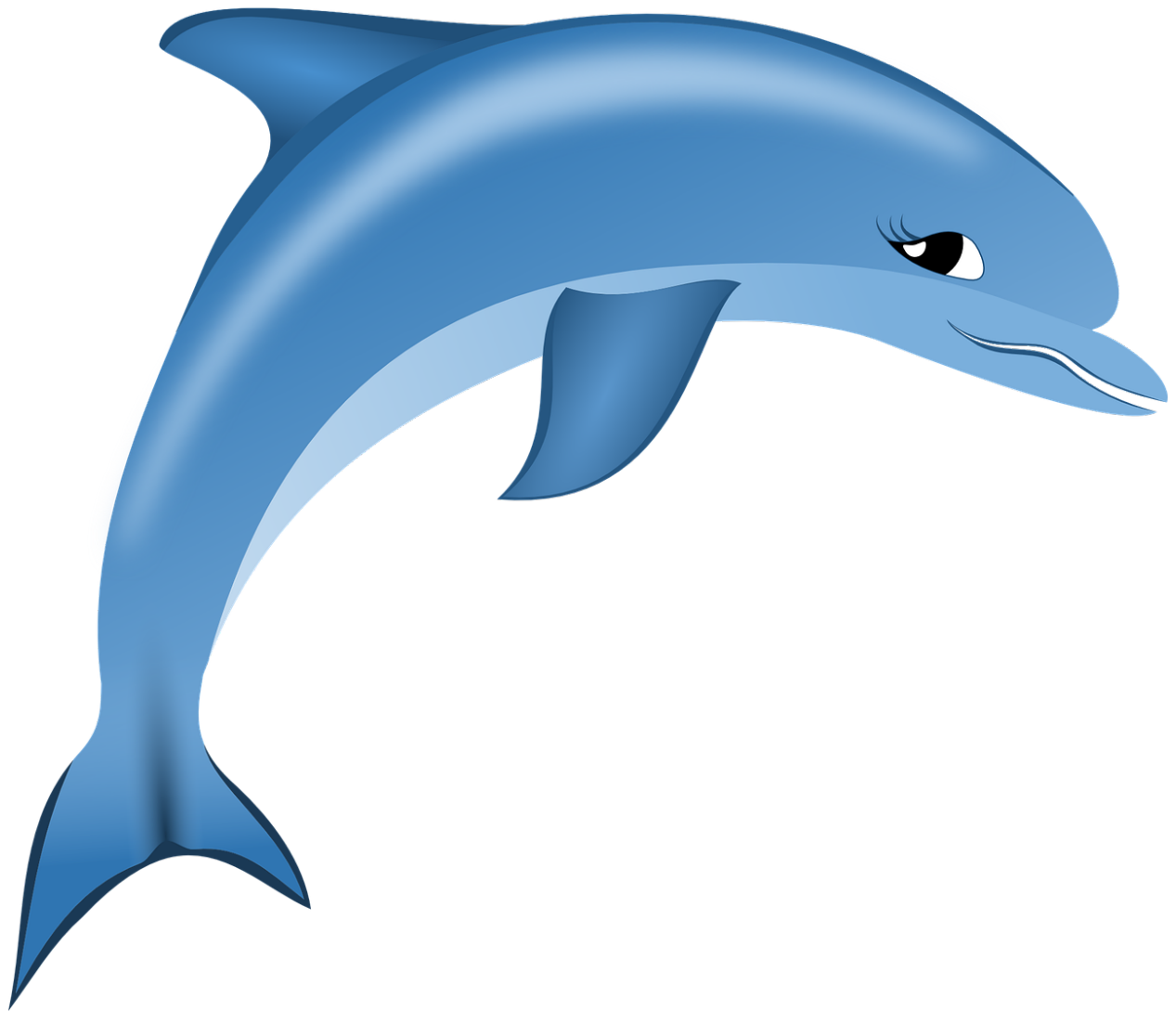
SWIM



DOLPHIN

SQUEEK

JUMP



DOLPHIN

SQUEEK

JUMP



LION

ROAR

RUN



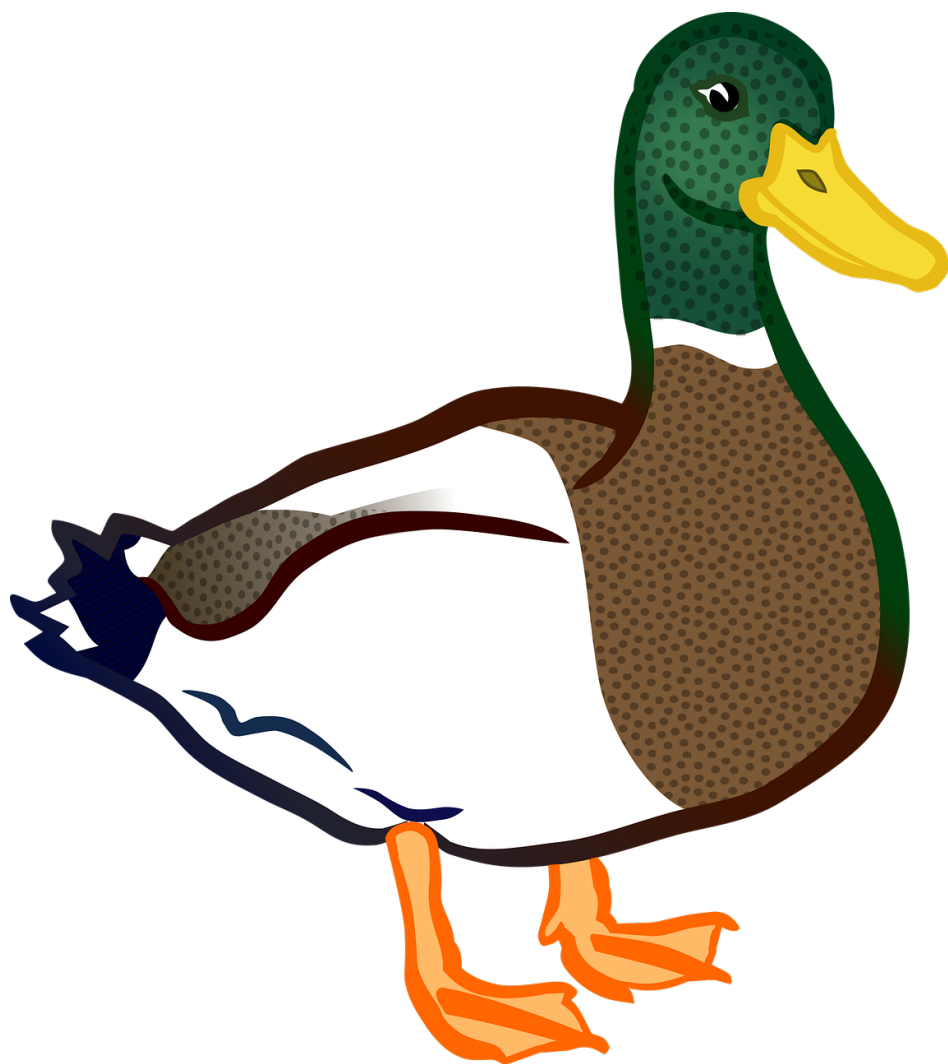


LION

ROAR

RUN

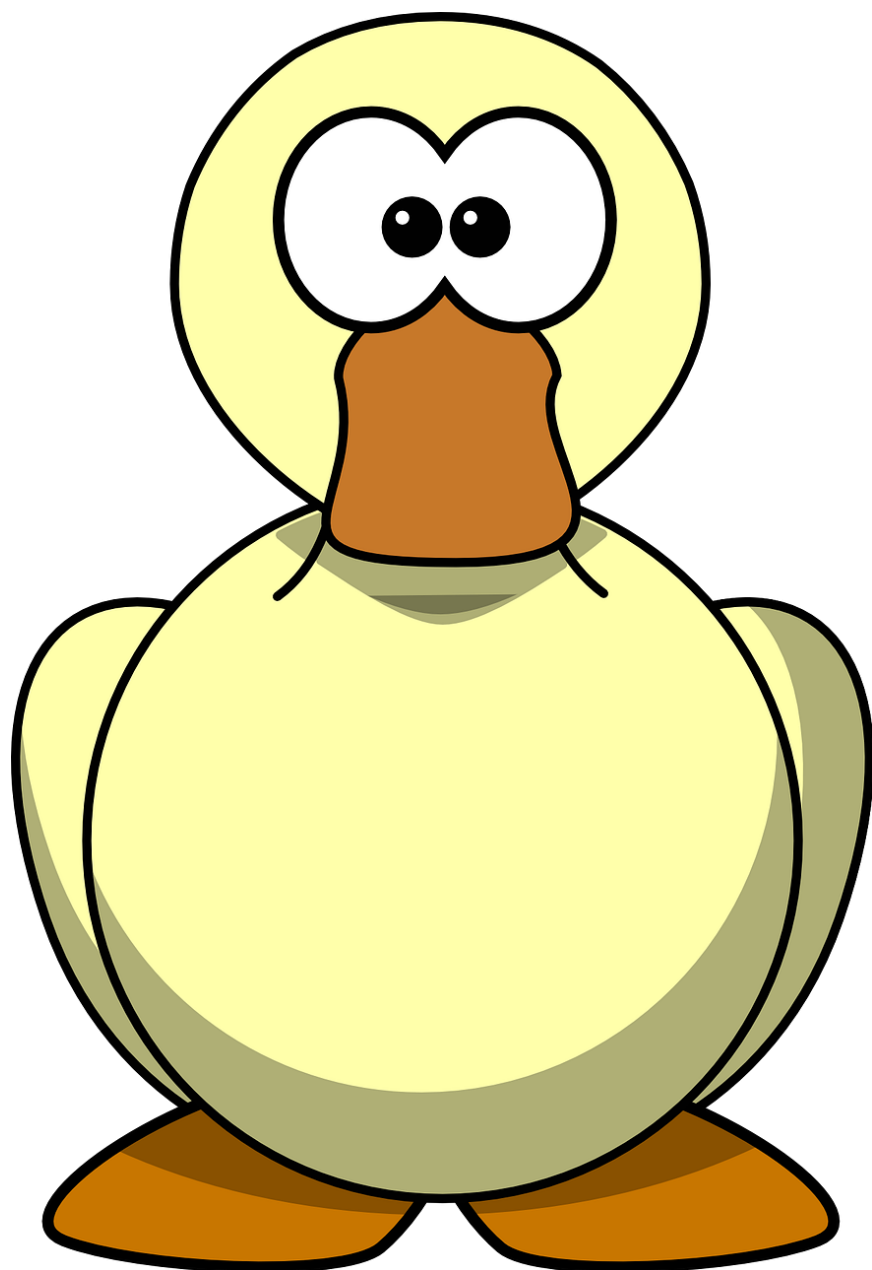




DUCK

QUACK

WADDLE



DUCK

QUACK

WADDLE



BIRD

CHIRP

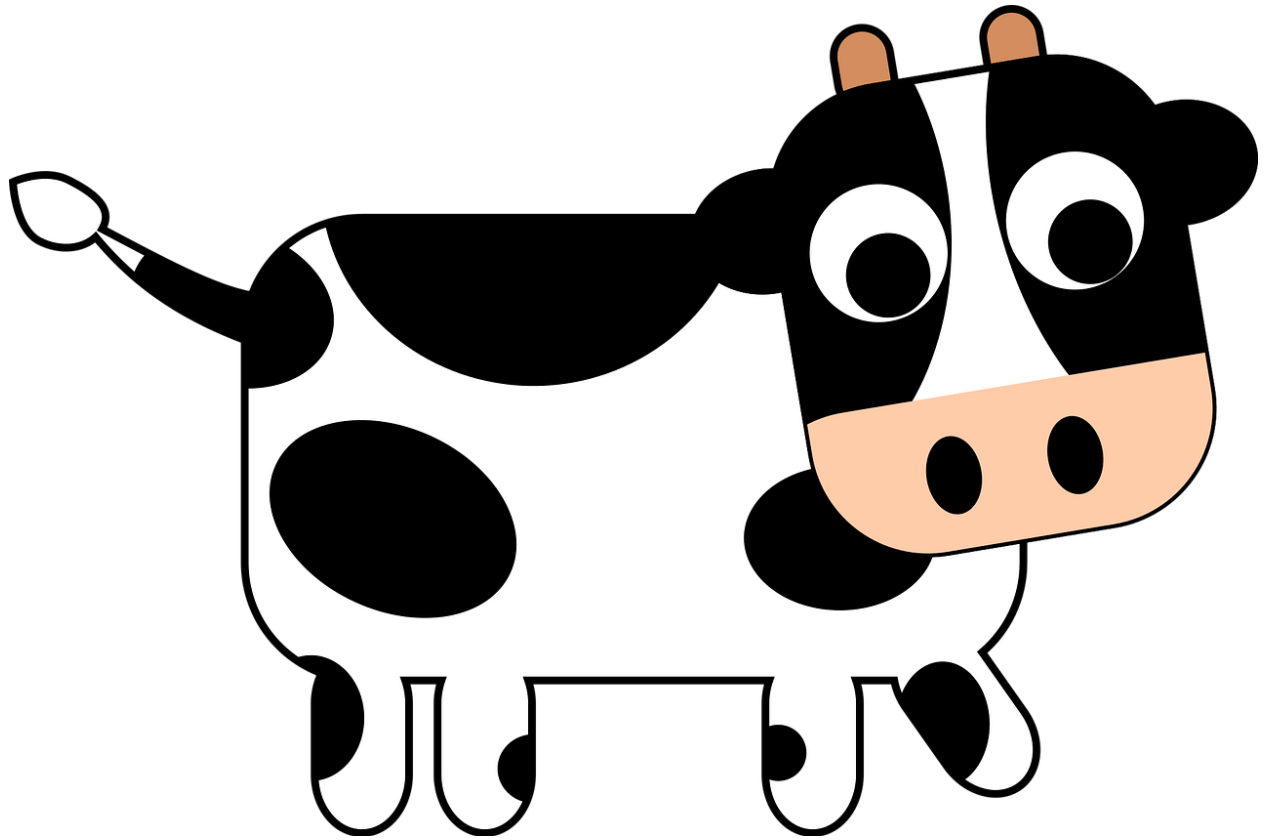
FLY



BIRD

CHIRP

FLY

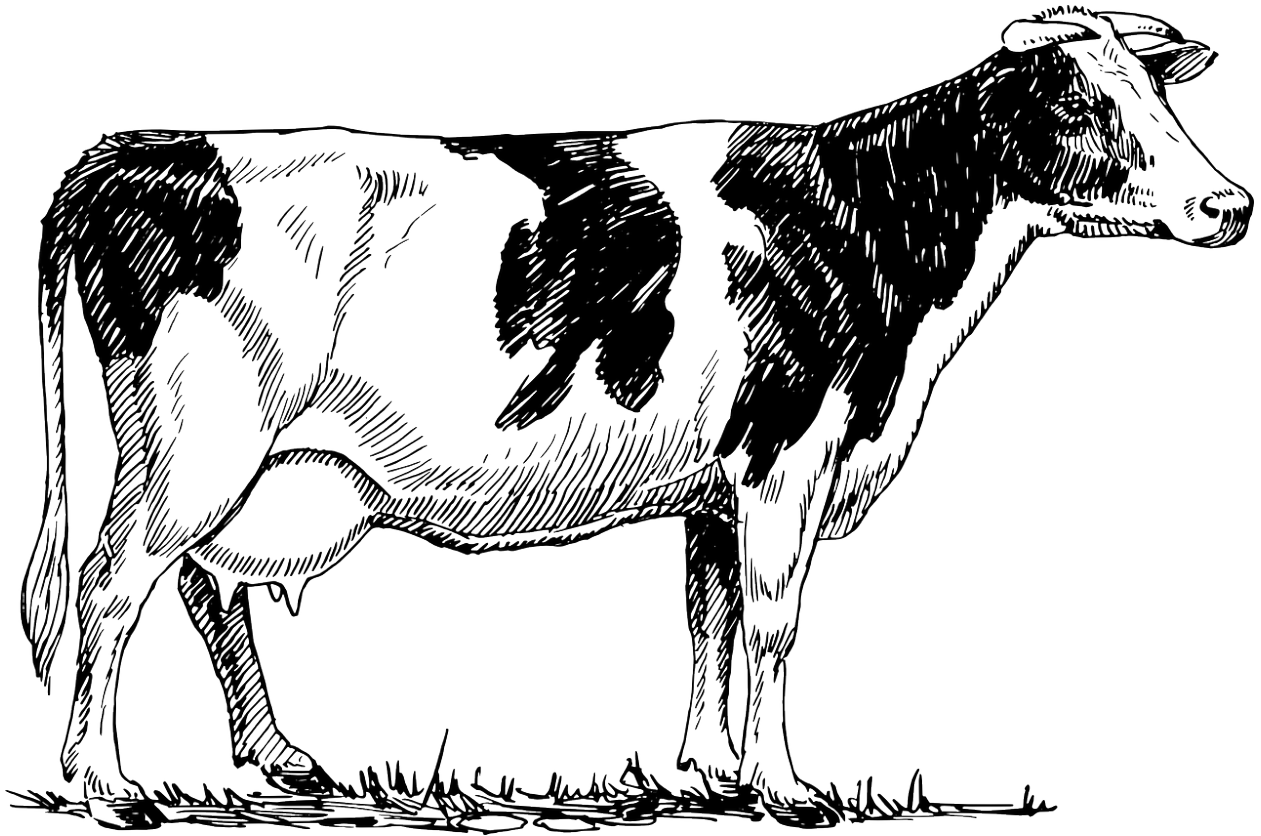


COW

MOO

WALK





COW

MOO

WALK



PANDA

NO SOUND

SLEEP



PANDA

NO SOUND

SLEEP



PANDA

NO SOUND

SLEEP

## Vowel and Consonant Combinations

Vowels

- 1 Uu
- 2 Uh
- 3 Oh
- 4 Ah
- 5 Aah
- 6 Eh
- 7 Ee

2 Vowels

Uu, Oh	Oh, Uu	Uh, Uu	Ah, Uu	Aah, Uu	Eh, Uu	Ee, Uu
Uu, Uh	Oh, Uh	Uh, Oh	Ah, Oh	Aah, Oh	Eh, Oh	Ee, Oh
Uu, Ah	Oh, Ah	Uh, Ah	Ah, Uh	Aah, Uh	Eh, Uh	Ee, Uh
Uu, Aah	Oh, Aah	Uh, Aah	Ah, Aah	Aah, Ah	Eh, Aah	Ee, Aah
Uu, Eh	Oh, Eh	Uh, Eh	Ah, Eh	Aah, Eh	Eh, Ah	Ee, Ah
Uu, Ee	Oh, Ee	Uh, Ee	Ah, Ee	Aah, Ee	Eh, Ee	Ee, Eh

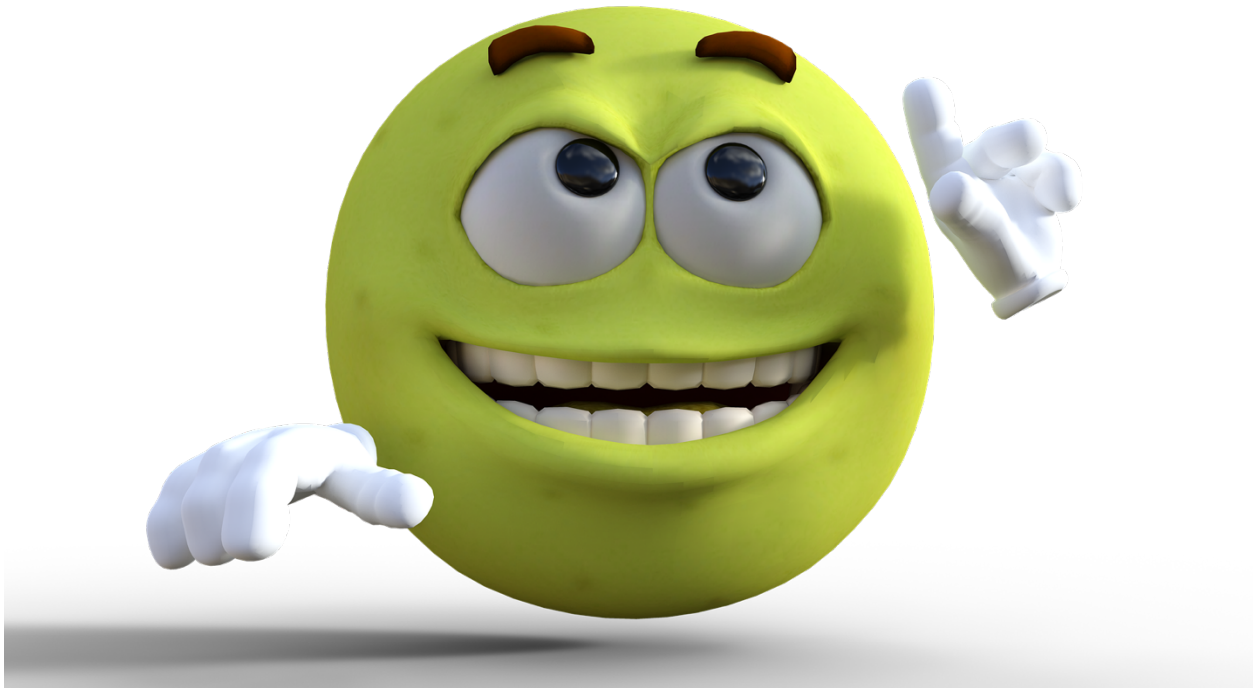
Consonant/Vowel Combinations

	<u>Uu</u>	<u>Uh</u>	<u>Oh</u>	<u>Ah</u>	<u>Aah</u>	<u>Eh</u>	<u>Ee</u>
1	Buu	Buh	Boh	Bah	Baah	Beh	Bee
2	Cuu	Cuh	Coh	Cah	Caah	Ceh	Cee
3	Duu	Duh	Doh	Dah	Daah	Deh	Dee
4	Fuu	Fuh	Foh	Fah	Faah	Feh	Fee
5	Guu	Guh	Goh	Gah	Gaah	Geh	Gee
6	Huu	Huh	Hoh	Hah	Haah	Heh	Hee
7	Juu	Juh	Joh	Jah	Jaah	Jeh	Jee
8	Kuu	Kuh	Koh	Kah	Kaah	Keh	Kee
9	Luu	Luh	Loh	Lah	Laah	Leh	Lee
10	Muu	Muh	Moh	Mah	Maah	Meh	Mee
11	Nuu	Nuh	Noh	Nah	Naah	Neh	Nee
12	Puu	Puh	Poh	Pah	Paah	Peh	Pee
13	Ruu	Ruh	Roh	Rah	Raah	Reh	Ree
14	Suu	Suh	Soh	Sah	Saah	She	See
15	Tuu	Tuh	Toh	Tah	Taah	The	Tee
16	Wuu	Wuh	Who	Wah	Waah	Weh	Wee
17	Zuu	Zuh	Zoh	Zah	Zaah	Zeh	Zee

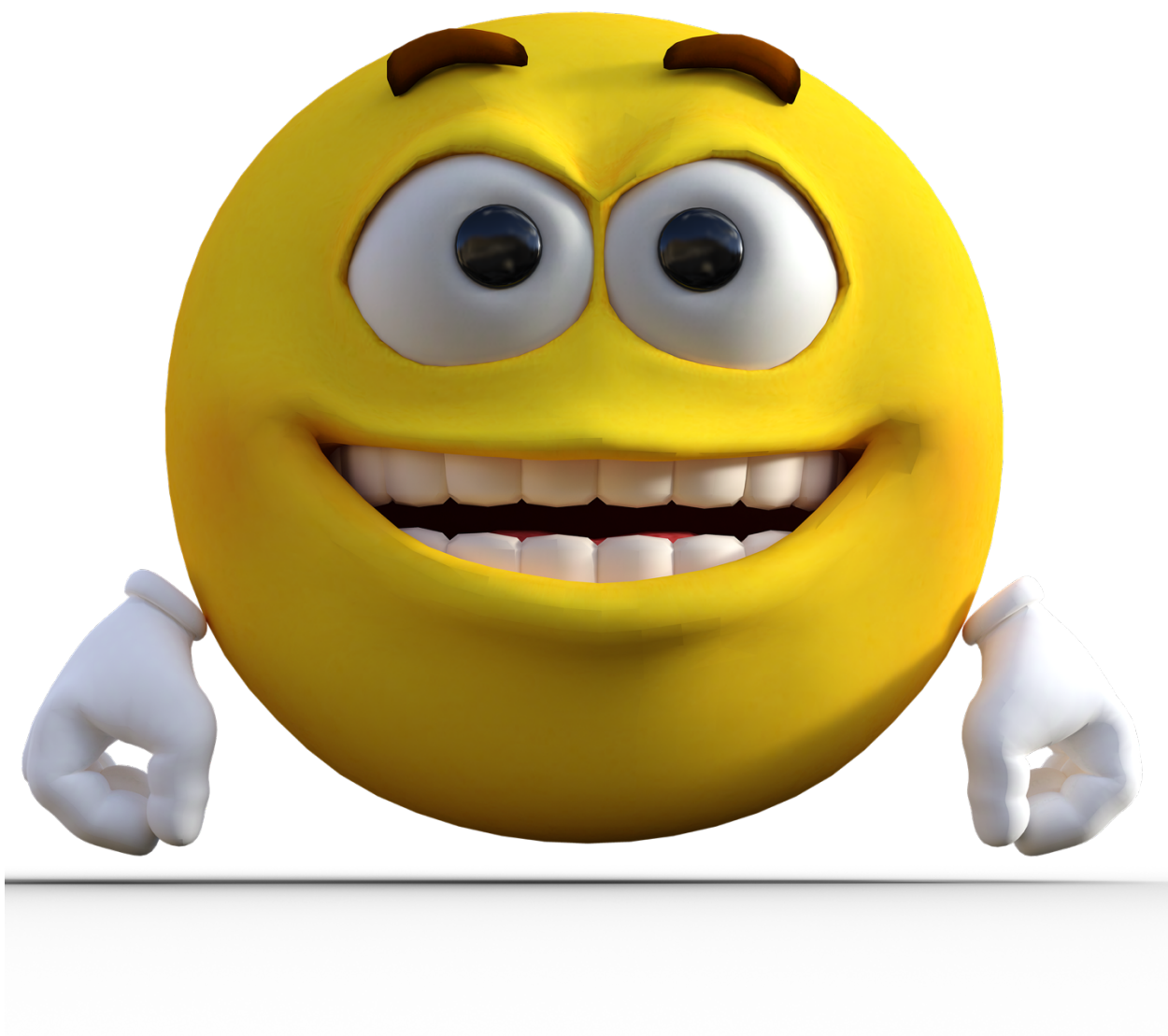


Expressing Emotions  
#T5-14, T5-16  
Track 5: Emotional Expression  
Category: Emotional Intelligence

Emotion Emojis



EXCITEMENT



HAPPINESS

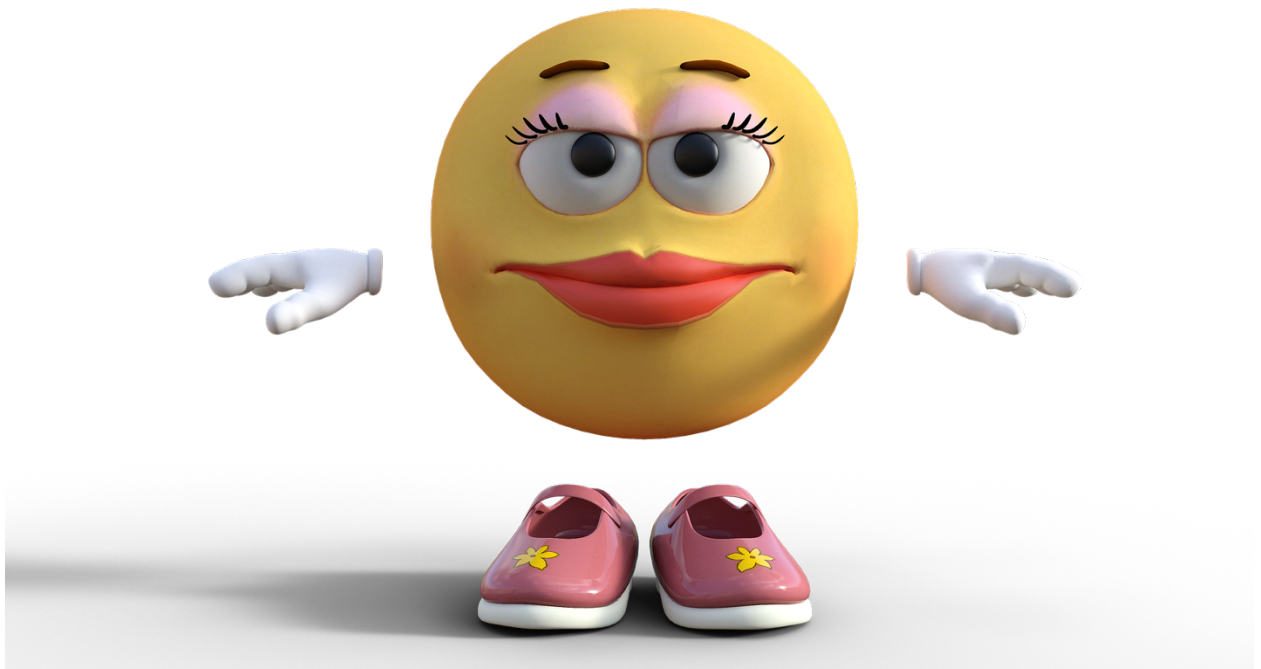


SADNESS



GUILT





BALANCE



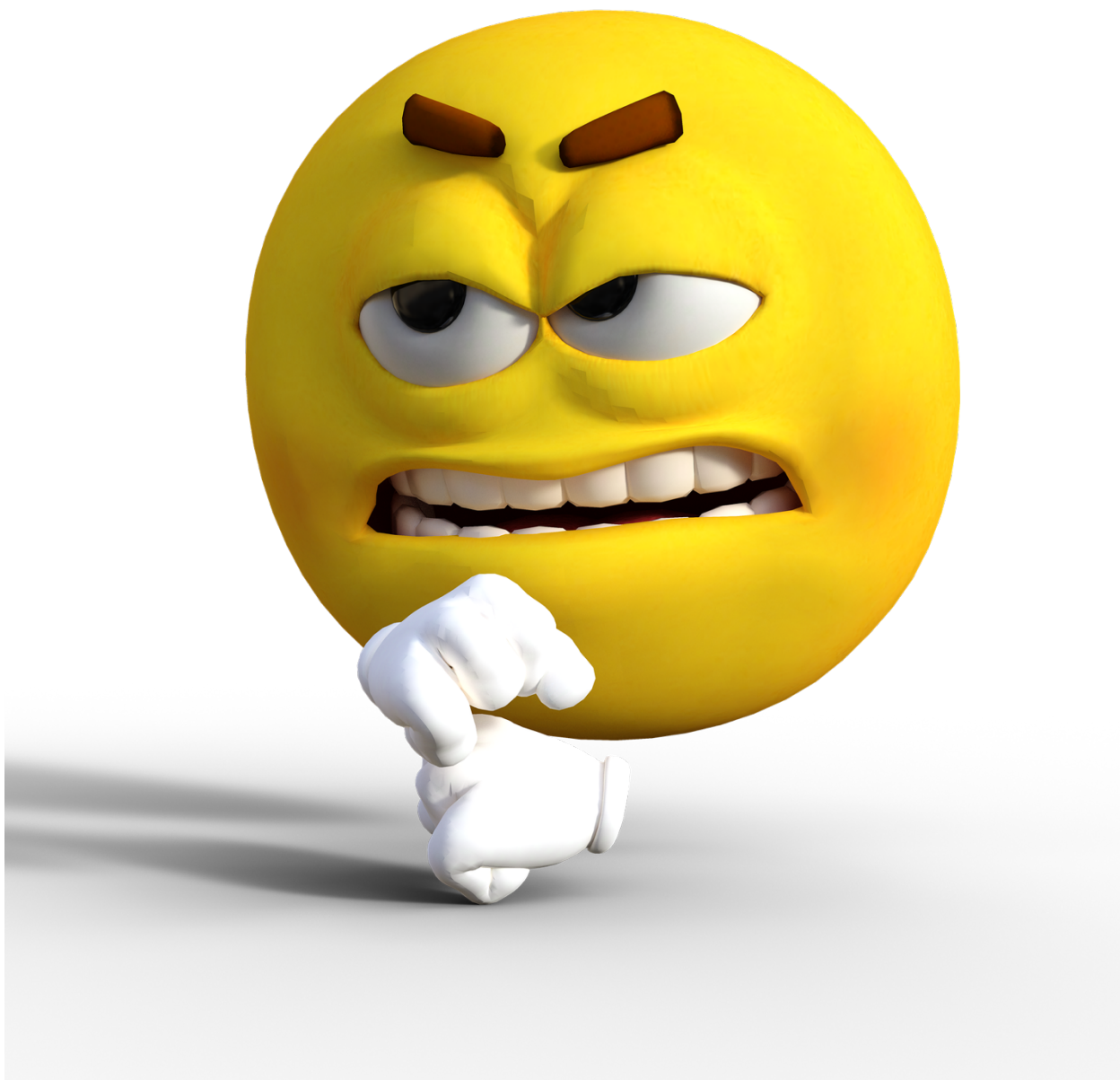
UNCERTAINTY



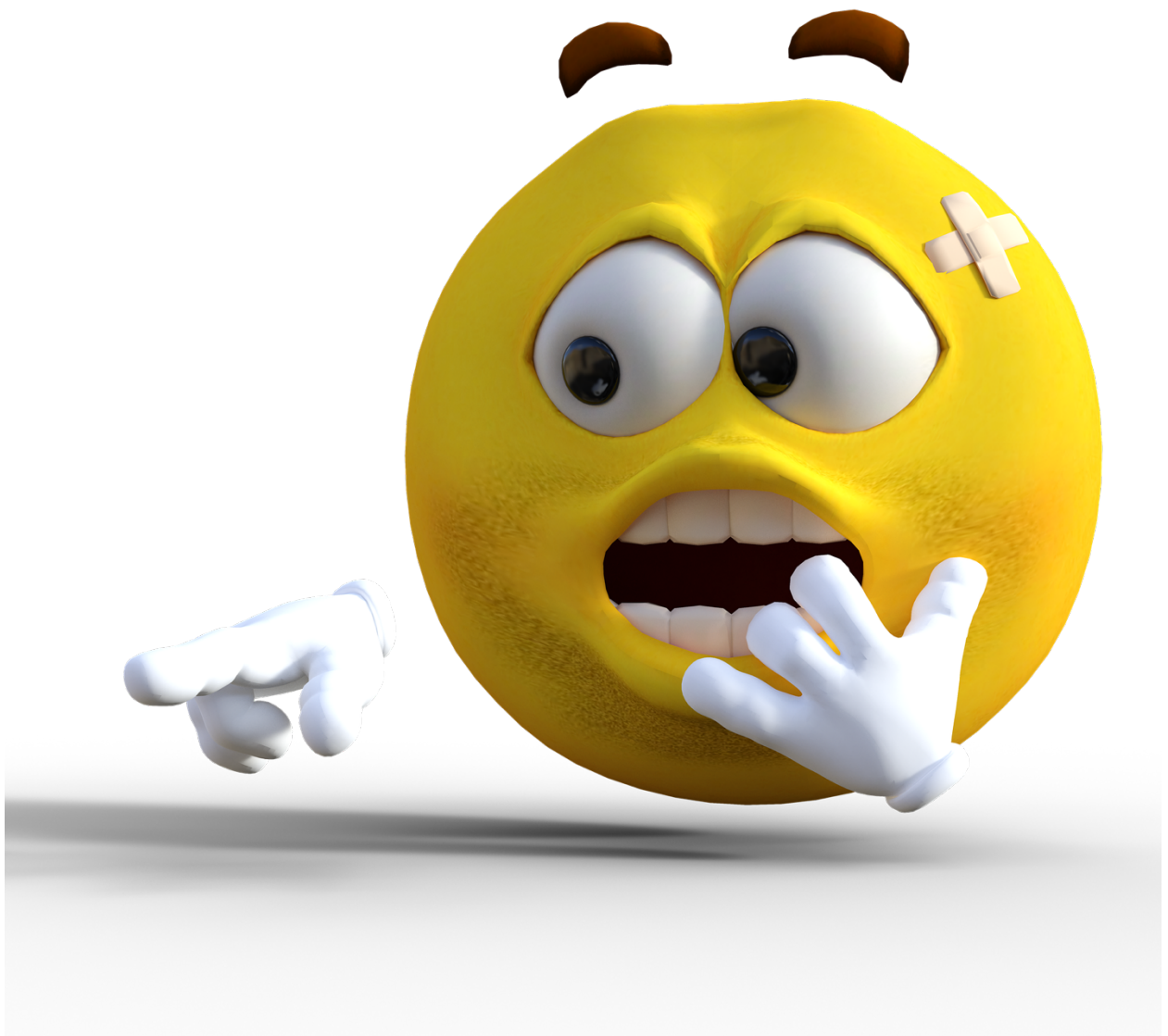
COOL



ANGER

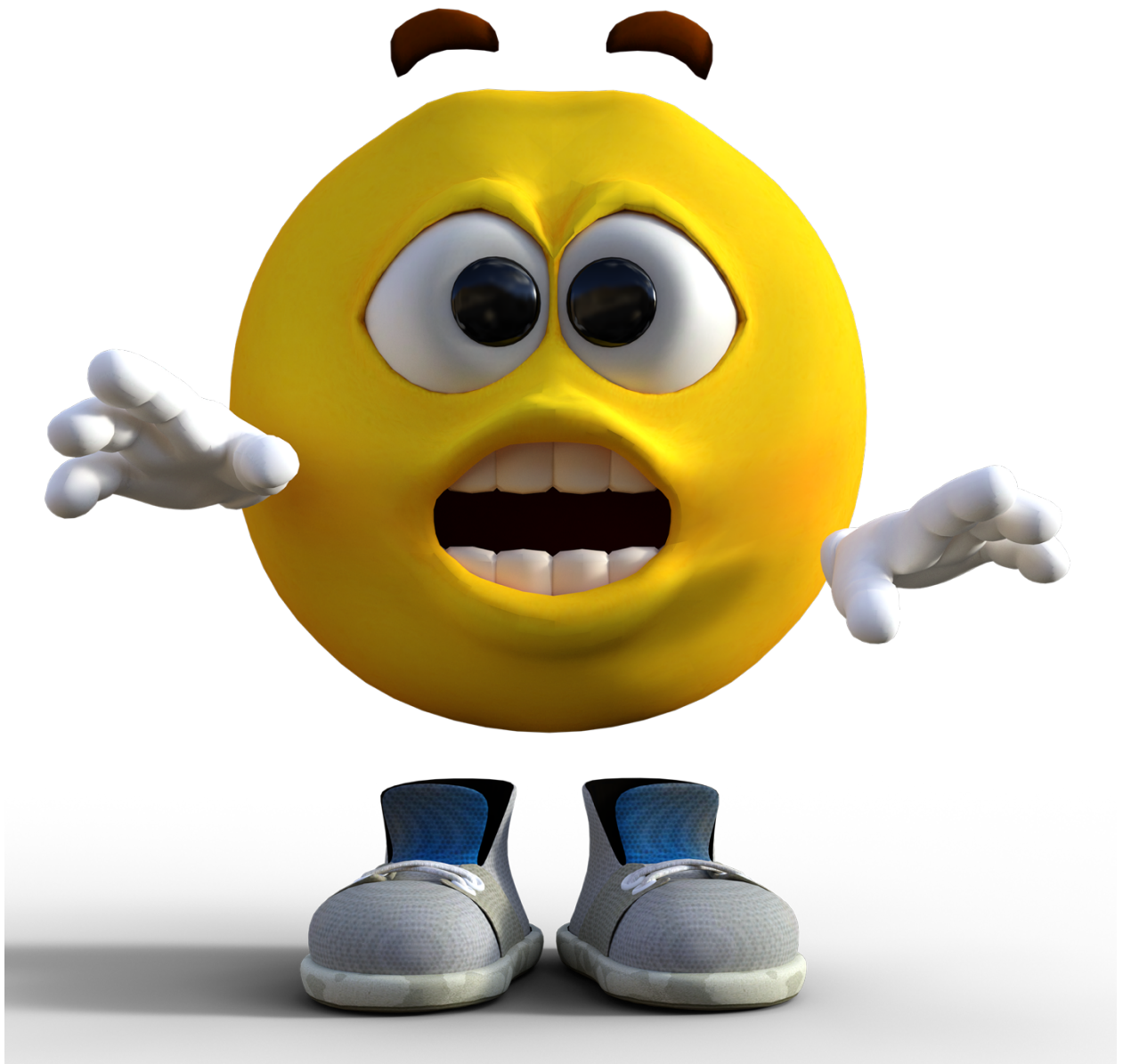


FRUSTRATION



BLAME

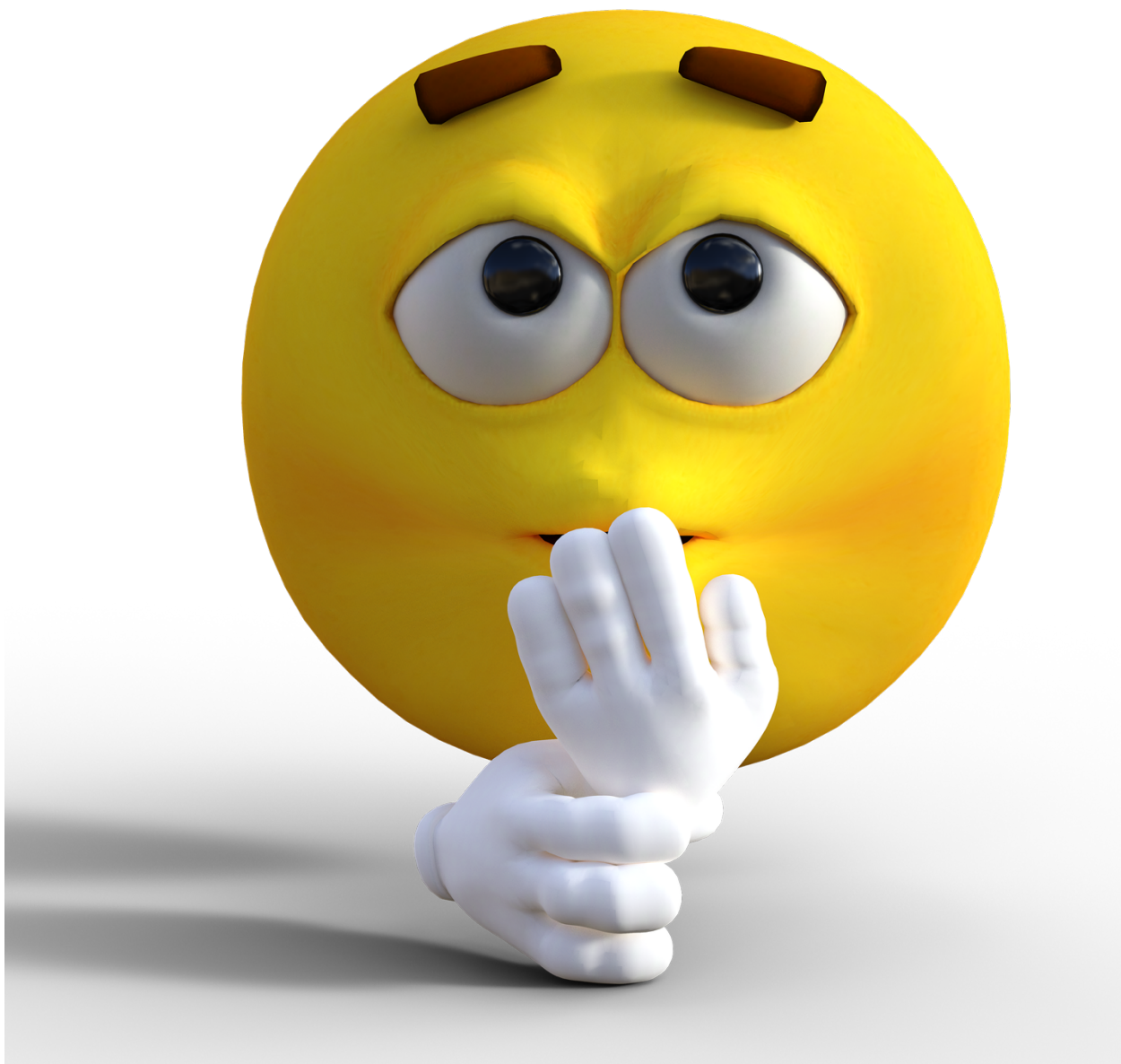




FEAR



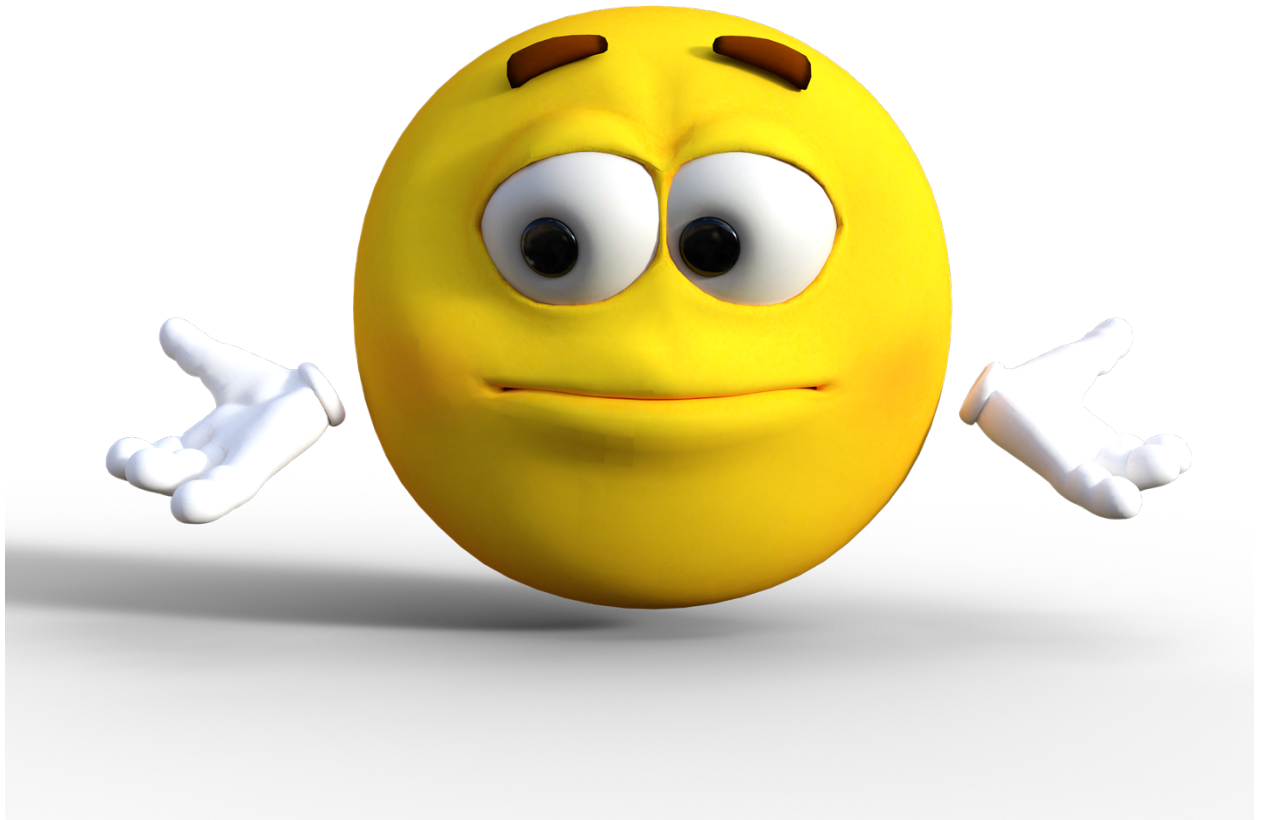
HOPEFULNESS



UH - OH

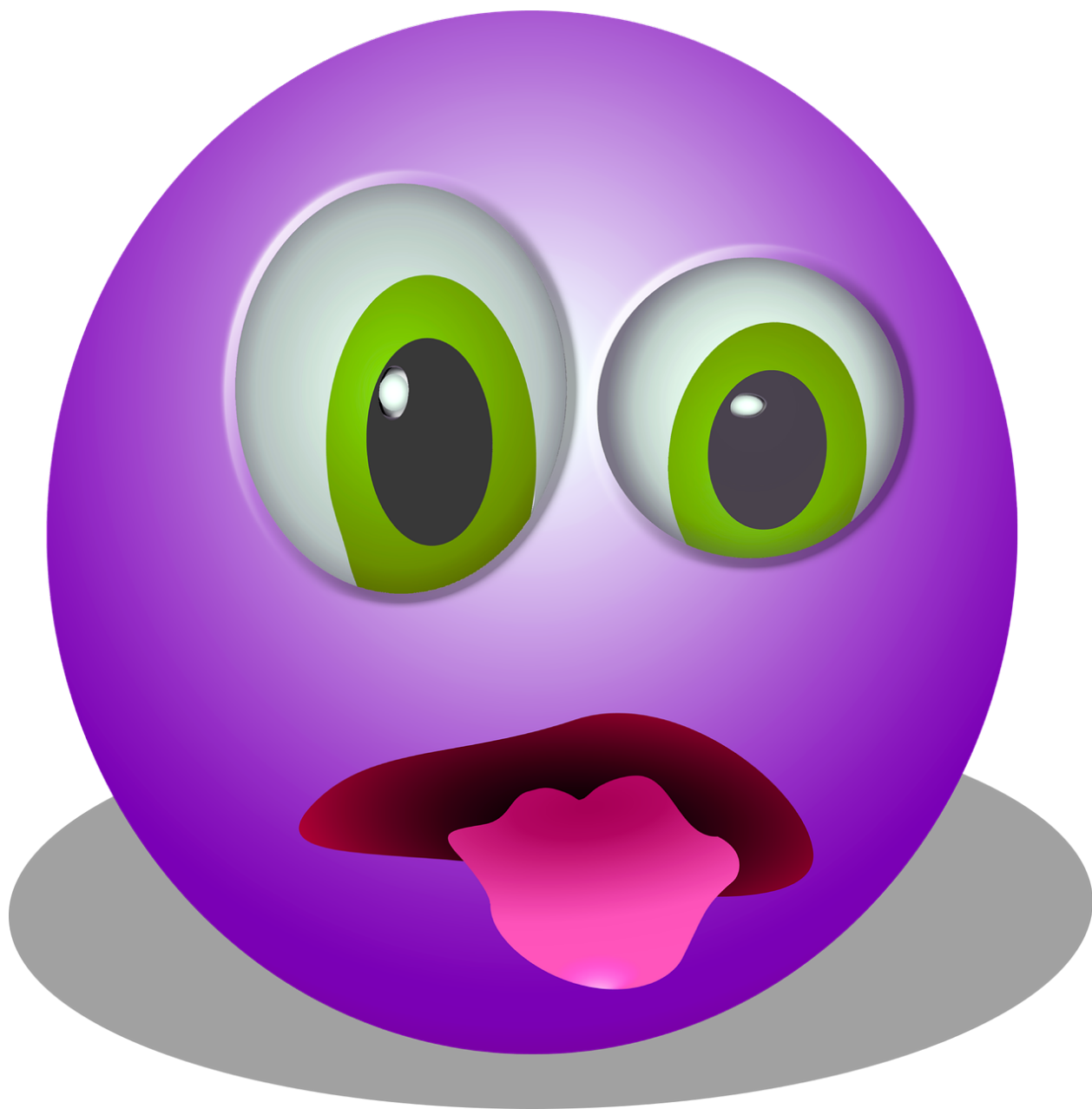


DEPRESSION



DISCOURAGEMENT





ANNOYANCE





PESSIMISM



REVENGE



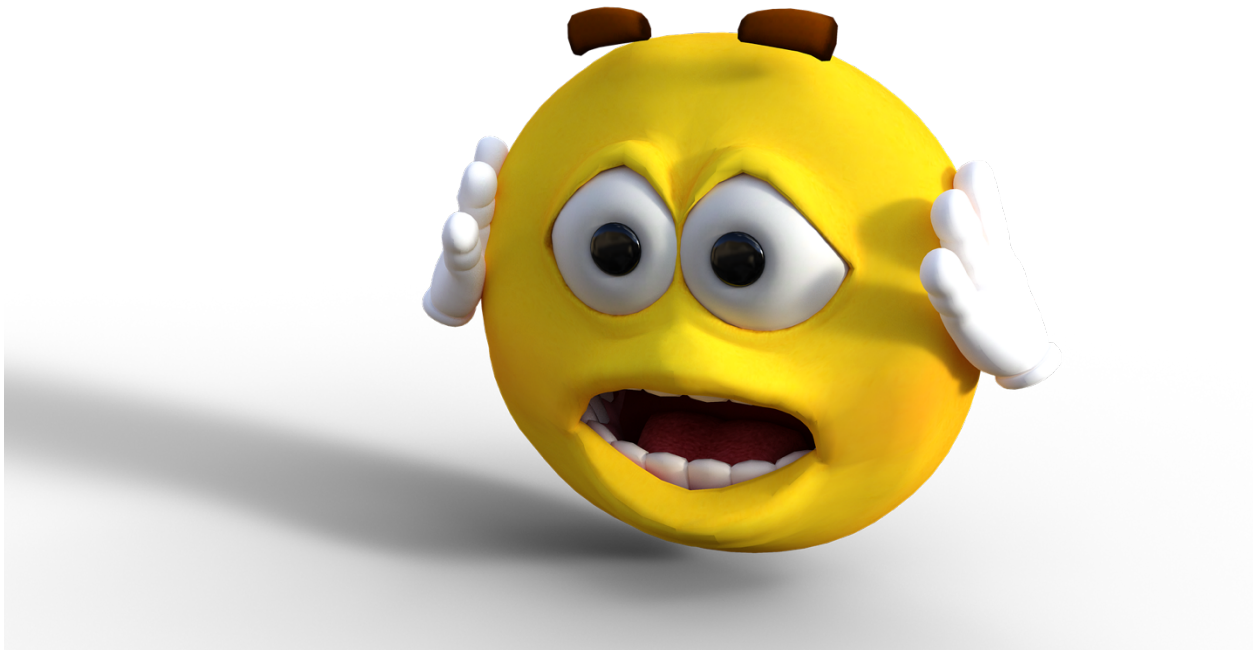
OVERWHELMENT



UGH  
ARGH

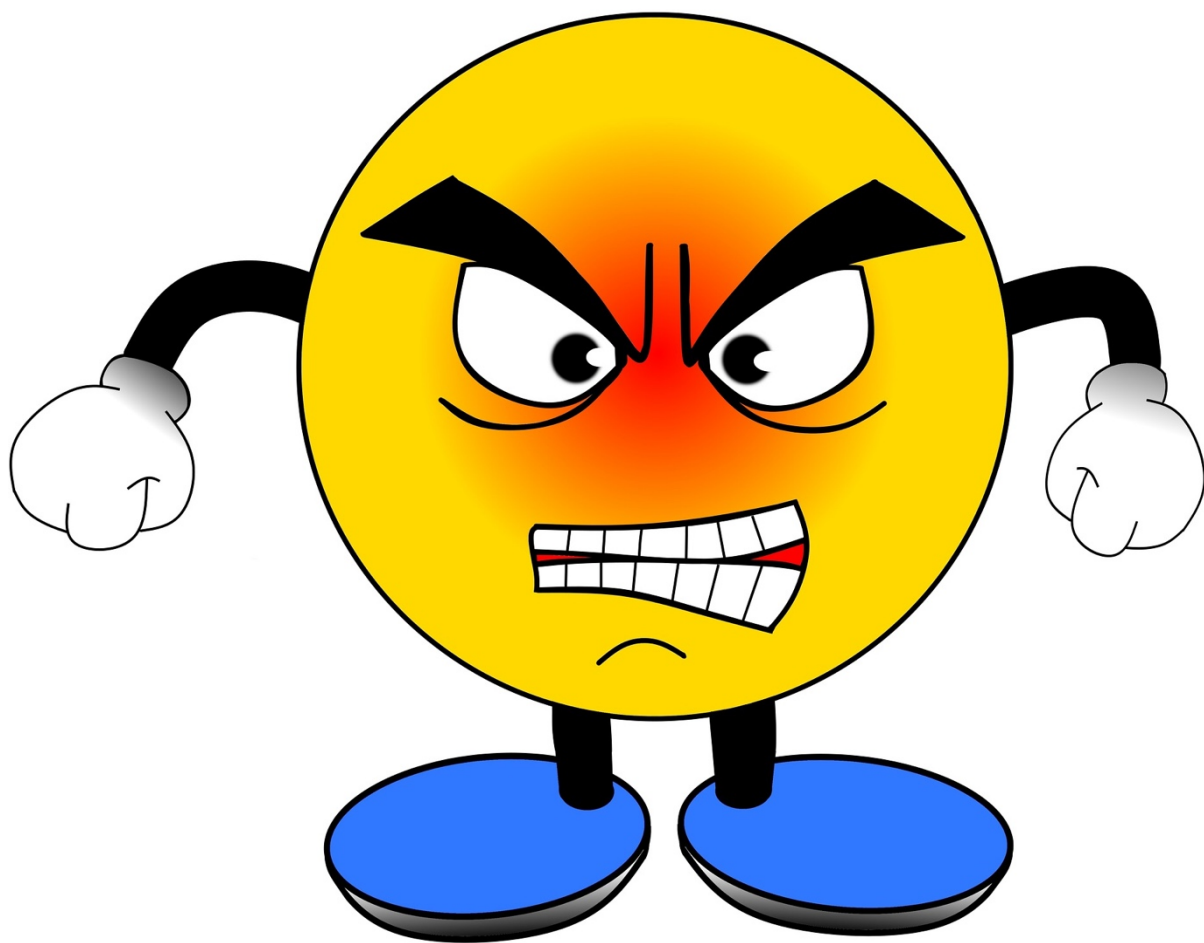


CONTENTMENT



ANXIETY





RAGE



SADNESS



HAPPY TEARS



IRRITATION

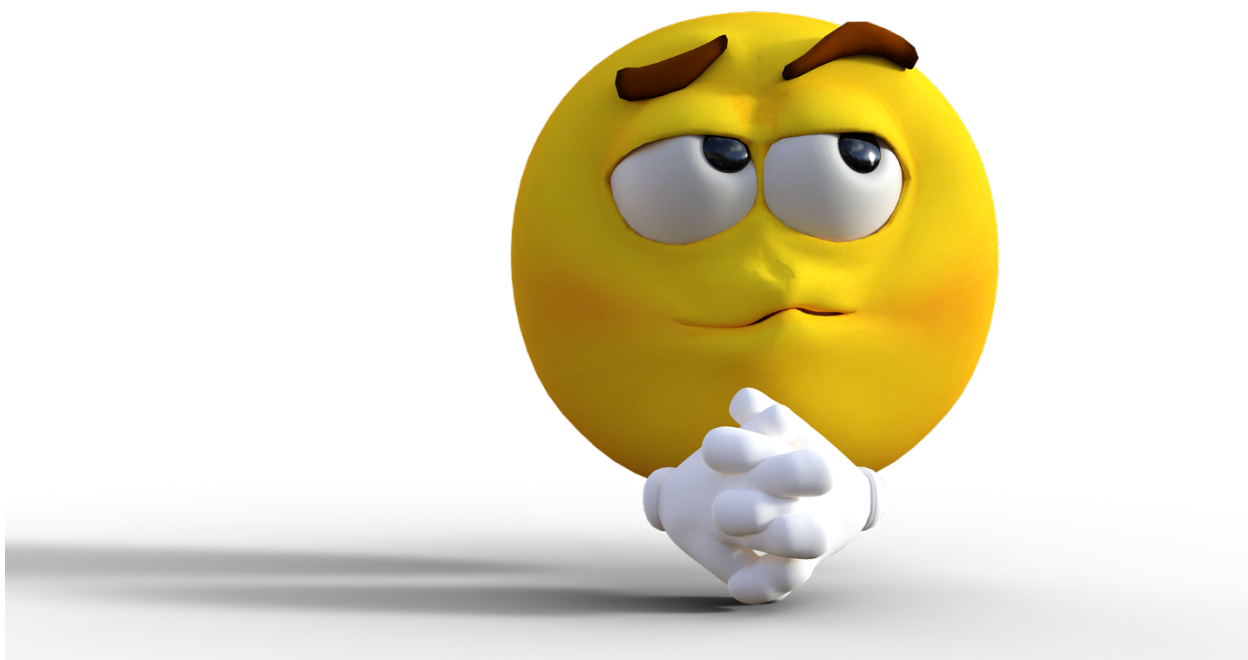


BLAH

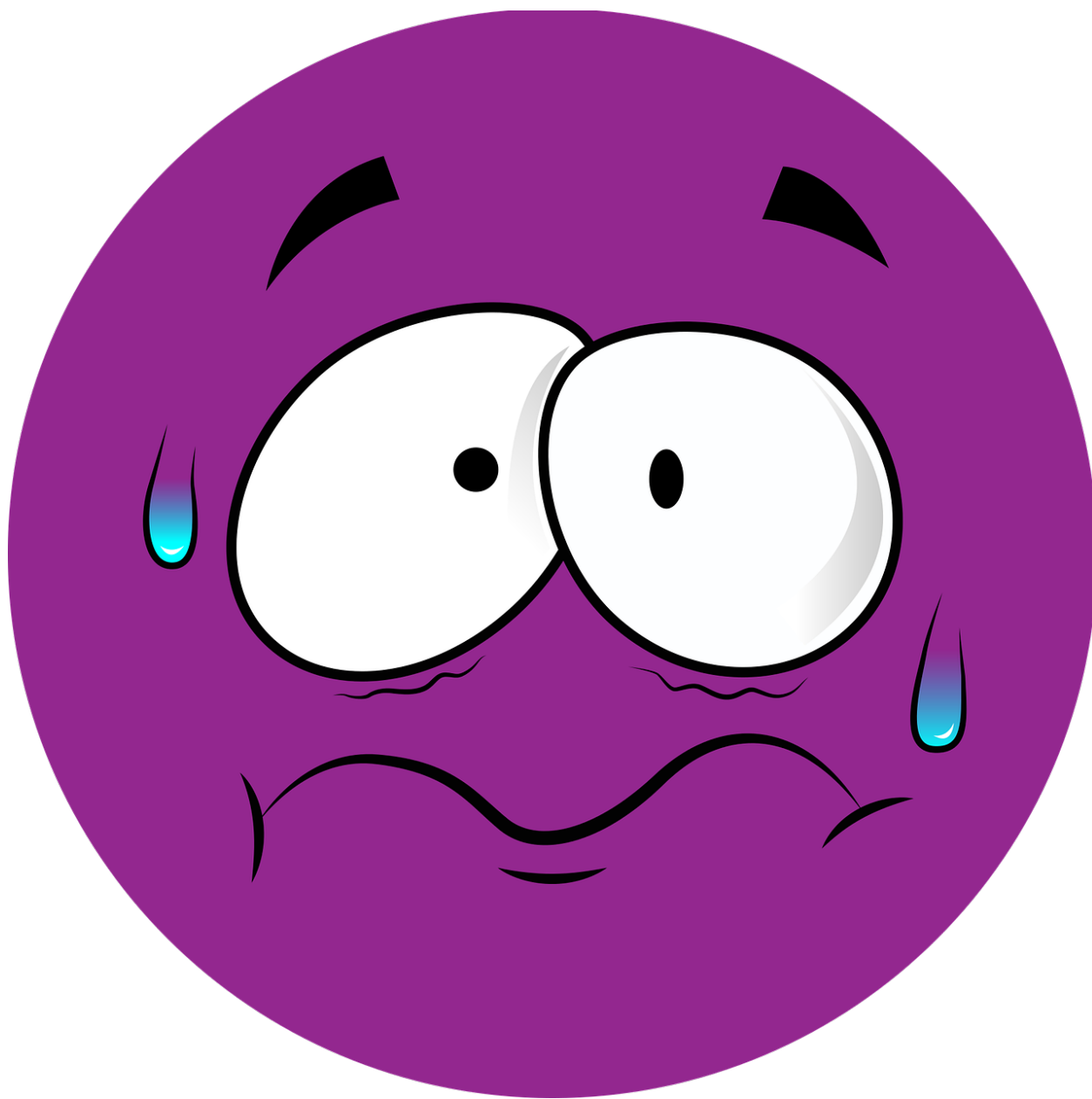


JOY






DOUBT



STRESSED OUT

# Feelings

 silly	 excited	 happy	 calm
 annoyed	 confused	 nervous	 surprised
 scared	 embarrassed	 sad	 angry
 proud	 tired / sleepy	 curious	 worried

Created by Amy Gregory

amysgregory@gmail.com

# How do you feel today?

 LOVED	 HAPPY	 CONTENT	 SLEEPY	 SAD	 HEARTBROKEN	 STRESSED	 WORRIED	 ANGRY
 ESTATIC	 WARM	 AFFECTIONATE	 SHOCKED	 ANXIOUS	 HESITANT	 CONFUSED	 DEPRESSED	 BETRAYED
 INTELLIGENT	 LUCKY	 CONFIDENT	 SKEPITCAL	 SCARED	 HELPLESS	 DISAPPOINTED	 IRRITATED	 EXPLOSIVE
 ACCEPTED	 HOPEFUL	 PLAYFUL	 HOPELESS	 INVISIBLE	 FRUSTRATED	 POWERLESS	 DISGUSTED	 VIOLENT
 STRONG	 SILLY	 GOOD	 UNSURE	 EMPTY	 WORTHLESS	 GAURDED	 SNEAKY	 RAGE
 UNBREAKABLE	 EXCITED	 ABANDONED	 LOST	 ALONE	 REJECTED	 TOXIC	 HURT	 OVERWHELMED



Afraid



Angry



Annoyed



Astonished



Bored



Confused



Content



Ecstatic



Gloomy



Happy



Miserable



Pleased



Sad



Satisfied



Serene



Surprised

