

# The Legge Method of Allergy Elimination

by Michael Legge



## Introduction

The Legge Method is a safe, noninvasive way of rebalancing the body's energy by the healing power of music. The Legge Method is the result of many years of research to combine Chinese Medical Theory with

Western Music Composition.

Unique in its comprehensiveness and precision, the Legge Method is able to restore a sense of well-being in the patient by means of 384 compositions, each highly differentiated.

## History

The idea for the Legge Method for energetic rebalancing and allergy elimination began when composer Mike Legge was introduced to Chinese Medicine by acupuncturist Nicolette Schwartzman. Seeing all energetic imbalances as falling into one of five categories, the Chinese over four thousand years ago created healing music among the modalities to address these imbalances. Their compositions work to affect the body and mind to rebalance these five categories: Wood, Fire, Earth, Metal or Water.

For Legge who had long been interested in music's potential as a harmonizing influence, this introduction to Chinese music provided the stimulus to build on this ancient and validated system. Why limit a healing music to only five pieces, each based on a separate tone, when greater differentiation was possible? If each key could have one of 5 different Chinese notes added to it, 60 different healing pieces could be used. This system was further developed into 120 discrete pieces of music

with the introduction of two different time signatures, what Legge termed yin and yang. After further research, it was determined that not just one but two extra tones from the Chinese pentatonic scale could be harmonized, thereby expanding the original 120 to 360.

But would this system work as a rebalancing tool? Clinical trials on patients found it to be definitely effective. Up to this point, the Legge Method was used to effect a general rebalancing in the body. The final step as a modality to eliminate specific allergies came with the introduction of specific allergens into the testing protocol.

In the Legge Method, we're working with the energetic healing and rebalancing power of sound in the form of music. Each of the 360 pieces has its own integrity and application according to the patient's need. Another way of putting it is that each piece is a potential prescription, the means to rebalance or neutralize a disharmony.

Of course, using sound or music to heal is nothing new and the Legge Method has carried it much further with other musical resources to present a safe, precise and effective healing modality. In fact the practitioner of the Legge Method is able, by kinesiology testing, to determine which of the meridians in the Chinese medical model is the actual one being rebalanced by the music.

## Musical Concepts:

### Traditional Chinese Music

Traditional Chinese Music was composed in the pentatonic scales, where each mode would span two or more octaves. The tones and modes were related to the Elements. Today, except for the traditional orchestras, the Chinese

play in the diatonic scales. The Legge Method employs concepts from both East and West. Pop musicians often use pentatonic scales in solos with the harmony containing chords built from the diatonic scales. Some chords may even contain tones outside the scale.

Repeated tests with the patient base at the Bucks County Health Center indicated that only the two main time signatures are relevant. The Yin polarity vibrates to 3/4 time and the Yang polarity vibrates to 4/4 time.

Also, the composition was repeated five times. The reason for repetition is that in order for the healing musical patterns to have their effect a retraining of energy is necessary.

Since any one of the twelve keys could be used in treating energetic imbalance, there must be a rationale that underlies the system. The twelve keys are relevant to the twelve meridians in the meridian system. Further, one patient may require one key while another patient could require a different key in addressing the same allergy. In order to get a fix on the patient's system the Legge Method practitioner tests, through kinesiology, the tone or key of that center.

## **Musical Concepts:**

### **Music for the Legge Method**

Any one scale has seven tones so there are five non-harmonic tones from which to choose. The healing music composed by Mike Legge is in two layers – tonal with one non-harmonic tone – and tonal with two non-harmonic tones. These layers are available in all twelve keys both 3/4 and 4/4 time (360 healing music compositions). At a more discreet level the modal sequence of each and every composition is in optimum order.

## **The Training Program**

In this course the participants need to learn:

- Chinese Five Element Theory
- Concept of Yin and Yang
- The 12 Meridians and 12 Organ systems
- The Chinese biological clock
- The use of Kinesiology and the pendulum to test patients

- Musical keys and how they relate to the meridians and organs.
- Vibrational impact of the healing music

- What is an allergen?
- Why do we react allergically?
- Allergies and the immune system: a vicious cycle
- Testing for allergens with dilutions
- What is the most important allergen to clear first?
- How to ask the right question

- Understanding how to test for the prescriptive music
- What computer to use
- Sound cards, notation software, musical directory and sub directories
- Analog versus digital
- CD's, Midi files, MP3's

## **What can a patient expect from a session?**

A highly trained Legge Method Therapist will test for energetic imbalances, often specific ones at the request of the patient.

For example, the patient may complain of a certain allergy. The therapist, following a strict protocol, determines which musical composition will neutralize that allergy. Key, time signature and non-harmonic tones are tested by applied kinesiology to determine which piece of therapeutic music is needed.

The patient then listens to the composition and is tested again. In this example, the patient would no longer test as reacting negatively to the allergen. If necessary, the patient will listen to the same music again, or to another if testing reveals that is what is needed to complete the process.

The treatment is very powerful yet gentle because the music brings harmony into the patient's energetic system. There is no negative reaction because the body is healing in its own way.

## **The Founders**

Mike Legge holds a Master of Arts Degree in Music Composition. He studied classical guitar under David Harris and jazz guitar under Joe Cinderella. He is also a certified hypnotherapist. He is a Research Scientist in Health Systems with the New Jersey Department of Health and has a private practice where he treats patients with hypnotherapy or the Legge Method healing music.

Nicolette Schwartzman L.Ac. is a national board certified acupuncturist with a background in homeopathy, energetic medicine, nutrition and biology. She has been practicing in Pennsylvania since 1986 and since 2005 also in North Carolina.

Together they teach workshops throughout the United States.