



Top Takeaways for #255 Take Back Your Sleep... with Music with Michael Tyrrell

1. Michael Tyrrell is a musician who discovered that using specific frequencies in music could **heal people of many ailments**.
2. While visiting Jerusalem, Michael was handed manuscripts by a pianist he met in a coffee shop. Through these documents, Michael discovered that tuning his guitar to 444 Hertz, instead of the common 440, lead to the ability to heal through music.
3. Using a variety of specific frequencies, Michael has produced a wide range of music that has successfully healed users of physical and mental health issues.
4. Wholtones has more than 100,000 testimonials from those who have improved their health conditions and their livelihood through use of the frequencies delivered in Wholtones music.
5. Wholtones can aid those who are suffering with insomnia, PTSD, stress, hormone imbalances, menopause, and more.
6. Users have cited increased productivity, focus, a sense of peace, better sleep, healed relationships, and various other physical and mental improvements to their daily lives.
7. Discover how Wholtones can help you: www.wholtones.com
8. Learn more about Bioenergetic Healing through NES Health Bioenergetics: [Click here to learn more!](#)

Wendy Myers:

Hello, everyone. My name is Wendy Myers of MyersDetox.com. Thanks so much for tuning in to the podcast today. We have a really, really interesting show with my friend Michael Tyrrell. He is the owner of WholeTones.com, and he infuses special frequencies into his music to illicit a certain response. So his music can help to induce sleep, how to increase performance, increase activity and energy. He has amazing results with the clients that listen to his music and the special frequencies in the music. He has people that can overcome insomnia, improve their sleep. They can overcome PTSD, they can help to heal their relationships, help them to improve stress levels, improve focus and productivity. He even has testimonials of women helping to

improve their menopause symptoms, improve their hormones, balance their hormones. Like I mentioned before, he has some new music that has frequencies infused to it to help to improve energy and performance, to help you improve your workouts.

Wendy Myers: I'm so excited about the podcast today, because it's kind of along the lines of bioenergetics, using healing frequencies, healing energies to illicit a response in the body. That's something I talk about a lot, something that I use a lot for my health. I use Wholetones myself personally. I love the improvement and the sleep that I got using them. That's why I wanted to expose you guys to Michael's work, because I think it's really, really fascinating. I know many of you guys are listening to this podcast because you want to learn more about heavy metal detoxification, and how to detox your body and use all the tips and tricks that I reveal on this podcast to do just that.

Wendy Myers: I created a quiz. It's at metalsquiz.com. I created this very, very simple quiz that you can deduce your level of metal toxicity, if you're at low, medium or high risk for heavy metal toxicity. So go, check out the quiz, metalsquiz.com, if you're curious about learning more about your potential for heavy metal toxicity and some tips about what you can do to reduce your metal load in your body.

Wendy Myers: Now, to today's show with Michael Tyrell. He's an accomplished author, speaker and well-known musician. Michael S. Tyrell began developing Wholetones, the healing frequency music project, after a visit to Israel. Michael met a piano player who gave him what appeared to be a simple manuscript. Yet inside that manuscript was the music that would change Michael's life forever. As he began working with it, he discovered seven hidden musical frequencies that have the power to heal the mind, body and spirit. This is what makes Wholetones unlike anything else of its kind. Since its release in November 2014, thousands of people are feeling better than they have in years, and they flooded Michael with letters to say Wholetones is the reason.

Wendy Myers: Now Michael's latest work is helping thousands suffering from one of the greatest health issues, poor sleep. You can learn more about Michael at WholeTones.com. Michael, thank you so much for coming on the show.

Michael Tyrell: It's great to be on this show. I'm so glad everything worked out, we could get our calendars aligned.

Wendy Myers: Yes! Well, we met in San Diego, and I learned what you did. I was so fascinated, and I wanted to explore this topic more with the listeners and what you do exactly. So you own a company called Wholetones. So tell us your story, and how you came to build Wholetones.

Michael Tyrell: Sure. It started with a trip, believe it or not. I was going to Israel with a

friend of mine to proofread his book. I really hadn't thought much about anything else other than getting that task finished. So I went to Israel. While I was in Israel, it was kind of a really wonderful, but crazy trip, because the guy I was traveling with, he works on the other side of life that we do most of the time, operates in total faith. So we got to the airport and I said, "So we're going to get a GPS, right?" He said, "Oh no, we don't need one. We already have one. God's going to tell me where we're going to go." I thought, "Wow, this is going to be fun."

Michael Tyrell: He wanted me to drive and I have terrible sense of direction. So that was even more exciting. So we're driving, and all of a sudden he says, "I want you to go to Jerusalem to [inaudible 00:04:45] Street, to this particular coffee house. A friend of mine is going to meet us there." I said, "Oh so you told your friend that we're coming?" He goes, "Oh he has no idea that we're even in Israel." I said, "But he's going to meet us there for coffee?" He goes, "Oh yeah. He lives two hours away, but God's going to tell him. He's going to meet us. It'll be great." I just thought, "I want to live like this. This is awesome."

Michael Tyrell: So I went where he told me too. When we went into the coffee house, there was no sign of his friend, but there was this beautiful music playing. When I walked in, this guy was playing piano in the corner. The moment I walked in the room, the guy's just like staring at me, like bug-eyed staring at me and smiling. I'm thinking, "I wonder what that's all about." I stared back as long as I could. Then I tapped out. I was like, "That's too weird. I can't do it." So I closed my eyes and I was listening to the music.

Michael Tyrell: I started recognize these as American songs that you'd hear in church, like worship songs but with no lyrics, of course. I thought, "Oh my gosh, this guy is in a [inaudible 00:05:46] coffee house, ultra-Orthodox Jewish coffee house, playing songs about God with no words. So that's how he's getting away with it." So then I just got giddy. So when he finished his set, he came to the table and he said, "Hi, my name is David." I was like, "Wow." He said, "I have to apologize for staring at you, but I think you're a believer and I have something really important to share with you."

Michael Tyrell: He started telling me about his life's work and what he'd been doing, decoding the Psalms of King David. I'm just sitting here going ... Being a musician, especially. He said, "But I've taken it as far as I can take it, so I want to give you all of my work, and I want you to take it from here." I thought, "Wow."

Wendy Myers: Wow.

Michael Tyrell: Yeah, that's how I felt. Like this whole thing is so cryptic and bizarre but fun. So while I'm thinking about what he said, he said, "Just hang out

for my next set. I have to go play some more. When I'm done, I'll bring you everything. It's all in a backpack in my trunk." About the time he goes back on stage, I see Don, my buddy, get up and head for the door, and he's hugging this guy. I just put two and two together and thought, "That's the guy!" Sure enough, it was his friend Ruben Duran from Tel Aviv who woke up, God told him to drive to Jerusalem to meet his friend Don.

Michael Tyrell: So I'm like, "Oh my gosh." So they wanted to go eat, and I said, "Well, just wait until this guy's done playing so he can give me this music and I can thank him, and then we'll go eat and whatever." So David came back and handed me these manuscripts, two different sets of manuscripts. One was very typical for me. It was a basic tablature chord form, like you'd see in a music book. The other one had [inaudible 00:07:27] notation. It was like chicken scratching. That one was awesome, but I didn't know anything about it. He just handed me this stuff and said, "May God bless you", and that was that. I hugged him, cried a little bit, went off with these guys to eat and finished the trip in Jerusalem.

Michael Tyrell: When I got back to the States, I took out the first set of music to play guitar to it and it was nothing different than what I had played ... There was nothing like, "Ooh, that's really special", or anything. The other one, I didn't know what to do with it. I didn't have bandwidth for interpreting that type of sulfegy, which is, for your listeners, sight-singing or singing by sight, kind of like when we're little and our parents teach us like a nursery rhyme or something. Then they sing it to us until we get it. It's kind of like sulfegy that only type of music there is [interbolic 00:08:20] lines, like you know where the notes go, but first you have to know what the first note is.

Michael Tyrell: So I didn't know what to do with it, so I just put everything in a file cabinet in my office, and I didn't touch it for two years. One day, I came home from work. I was pacing upstairs and I was just thinking the number 222, which in numerology it means God's sufficiency in the midst of man's insufficiency, or when you don't have anything, God still has everything. It's a really cool number, and I just kept thinking about that number. I had The Bible sitting on my desk, and I thought, "I open up at random in this Bible, and it says anything about David, I'm going to flip out right now." So I opened it up, and it was the genealogy, and the last thing it said, "And David, the son of Jacob." I was like, "Page 222, double it, 44 ... No it can't be this easy!" 444 is the tonic pitch to change music.

Michael Tyrell: Then all of a sudden, it was kind of like the missing chord. I was like, "If this really works ...". So for your listeners, what we would call the note "A" in America, is 440 Hertz, or 440 vibrations per second. There are some nefarious uses for that, and if you do the research of where that

particular frequency, it's very negative. It actually was used during Joseph Goebbels' time with Adolf Hitler as ... He was head of propaganda and mind control. They used that frequency as the German radio beat. So they broadcast on that beat on the radio as well. They used it to interrupt the Circadian rhythm of the human body, thus making people insomniacs by using it.

Michael Tyrell: So that was supposedly the standard tuning. When you're a musician, you just assume that that's it. That's the one. Everybody tunes to that. But it's not true. When you travel as a musician, you find out really fast that other nations tune to different tuning centers. Only Canada and the United States adopted 440 hertz as their center of tuning.

Michael Tyrell: What I was saying here, with this 444, was changing what we know as the standard tuning in America by four cents. It doesn't sound like a lot, but as a doctor and working with all kinds of different healing modalities, you realize it doesn't matter how you introduce a frequency. If it's with the human voice, if it's with a plucked string, if it's with a laser probe, it's calculated. But .01 could be a gigantic difference in the frequency realm. Like if we think one to 10, it's like, "Ah, so it's a two out of a scale of 10. Big deal." To change music four cents, even though it's not that much of a hearing difference is a giant difference in the frequency range.

Michael Tyrell: So when I started working with that as a tuning center, and recalibrating my tuners and all my instruments and everything to that frequency, I immediately noticed, like personally, I noticed my guitar stayed in tune all the time. I noticed that when I sang, I never went hoarse. I could sing five hours straight full-blown doing shows and stuff and never even slightly get hoarse. So I thought, "Well, it's balanced, it's harmonically balanced, it's definitely a proper energetic", but then some crazy stuff started happening.

Michael Tyrell: Some of the first things that happened was I visited this church in Canton, Ohio. This isn't like ... I know I'm a little weird, but I don't do stuff like this randomly all the time. I felt like I was supposed to put the head stock of my guitar on this lady's stomach. It was a bizarre thing to do to unplug and go down into the audience and put your headstock and start playing guitar on this lady's body. Well, when I did, she started crying. You know, normally it'd be like, "Get that thing off me." But you could tell something was going on. I didn't know what it was, so I just started playing my guitar. When I felt like I was done, I just went back up and plugged back in, finished the day and sat in the green room going, "What the heck did I just do?"

Michael Tyrell: Well, two weeks later, the pastor called and said, "It's funny you picked that girl. You didn't know that girl, but she had Crohn's Disease and it's gone. We just got all of her labs back, and there's absolutely no

inflammation in her bowel and no more Crohn's Disease." So I thought, "Vibration." I understand vibrational medicine, I understand frequency, but could this really make that much of a difference?

Michael Tyrell: So the long story as short as possible, I put together a group of musicians and we did an experiment about three half and a years ago. I basically came in the studio with seven tones. It was really funny because after being a musician all these years, winning a Grammy award, working in Nashville, producing big projects, this was like ... I felt like God was saying, "Nothing that you've ever done is going to help you here. This is new domain." So I didn't have any music, I didn't have any lead sheets. All I had was tones in my heart.

Michael Tyrell: When I walked into the recording studio, you've gotta see the picture. You've got like five young guys in there and they're waiting for music. They've got their egg timer so they can tell you how long they ... So they get paid, you know how long they played. I just started crying. I said, "Hey, I don't have anything for you. You're already getting paid, so you don't have to do the egg timer. You're already on the clock, you're already getting paid. I'm going to hear something, and as soon as I hear it, I'm just going to start barking out what I want you to play. When I hear it, we're going to roll, and I'm going to teach you guys what to do, and then we're going to push the red light and we're record it. Whatever comes out, comes out."

Michael Tyrell: So when whatever came out came out, the first one was 22 minutes and 22 seconds long. I didn't even have a name for it. I just knew what the frequency was it was 396 hertz. It's now called The Open Door for a good reason. It's an opening frequency. So you proceed on from there, because the body understands that it's worthy to be healed. What we do, it's so important that the patient can forgive themselves, and that they actually believe that they're worthy to be healed or you're just wasting your time.

Michael Tyrell: So I thought it was phenomenal that that first frequency basically it's prime objective is to get the person to get out of shame and guilt and to be able to receive from whatever's coming next in the set. So when we recorded that, again spontaneous, what makes it more exciting for your listeners is we were in isolation booths, kind of like we are right now. Other than through this computer, we can't see each other or touch each other. In the studio, we were all in booths, but we couldn't see each other at all. So like we were across the studio from each other. This music starts pouring out of us spontaneously. Drums are going up, decrescendo, crescendo, dead stop at one point. We all stopped at the same time.

Michael Tyrell: When this was done, the only window I could see was the control room, and I saw the engineer jumping up and down, which if you knew James

Johnson, you'd go, "No way!", because he's such a flatliner. Like nothing excites this guy. If he had a tornado in his back yard, he wouldn't even care. He's jumping up and down and he's calling us into the control room. He said, "You gotta hear this!" So when you're doing it, you're not really listening. You're just doing. But when we listened back, we just sat there. All of us were just ... I said, "That one's done."

Michael Tyrell: We went in and we did it again. Seven days, we had seven songs. Each one of them was 22 minutes and 22 seconds without us even looking at a watch. It's happened that way every time. It happened seven times, one take, that was it. So that's the short story of how ...

PART 1 OF 3 ENDS [00:16:04]

Michael Tyrell: That was it.

Wendy Myers: Wow.

Michael Tyrell: That's the short story of how www.wholetones.com was born.

Wendy Myers: What do you expect the results to be when people listen to these Wholetones that you've recorded?

Michael Tyrell: Well first, what I expected at the beginning was I didn't even know. I mean, it was almost like being a pioneer. It's like, "What exactly ... " I mean, I had some parameters of how and what part of the body it may affect per frequency and all that, but I really didn't know what was going to happen. I really didn't. Now, I mean, one thing, we're now in 171 nations, thank God. We have just had over our 100,000th testimonial. The one thing that I see, though, time and time again, Wendy, is that people say, "As soon as I turn the music on, it envelops me in peace." That's like the first thing I hear from anybody.

Michael Tyrell: In the world we live in, I mean, look how tumultuous things are. People are watching some guy get excoriated that's trying to be a judge, and people are fighting, and people are unfriending people on Facebook because they either think the guy is guilty or not guilty, and the whole world's like nuts. So I create my own world where I live by living in peace.

Michael Tyrell: It sounds like you're cloistered, but if you can take what you have in here out there, people can feel it. They know that it's legitimate. So I guess that's what I'm saying, is that the first and foremost, I think it was 92% of the Survey Monkey response from the first year was, "Oh my god, my stress level, my stress level, my stress. I totally feel peace whenever I turn the music on, whenever I'm around this music." So peace and relaxation were the obvious ones.

Michael Tyrell: There was a lot of specific ones per frequency we could talk about that were all really kind of shocking, actually, the reports on those, and all common, which is really interesting. I think the one thing that helps people understand is if you're familiar with Masaru Emoto's work, you know, the mystery of H₂O, or the hidden crystals in H₂O, frozen water molecules, the one thing that was fascinating was he actually took all of my frequencies and played them into the water before he passed away and sent me the pictures. They're actually in my book.

Wendy Myers: Oh wow.

Michael Tyrell: When I saw them, I just lost it because I was like, "Well they're just as different in crystalline form as they are how they affect us on a cellular level." It's just like you were taking ... I mean, everything's a frequency and everything has a resident frequency, so basically, if you're taking a supplement, like let's just say B₁₂, B₁₂ is a frequency too. So you can use that energy, and morph B₁₂ without actually taking B₁₂. But people don't understand how energetics work, but it really does work that way. It's much more powerful even than homeopathy because you're actually ... I know this sounds crazy, but for 24 hours, I can pretty much get water to do anything I want it to do. I can introduce different frequencies in water and it'll hold that charge almost 24 hours, which is really cool when you think about it. And I know it works because I did it by subtraction.

Michael Tyrell: And I think your listeners will think this is funny. At least I did. My friends that I work with, a couple scientists, they thought it would be fun to pull a fast one on me. We had been working on energetically enhancing ultra pure water. So it's hot in Florida where I live, so I went into the office, and they said, "Oh, do you want some water?" I'm like, "Man, I am absolutely parched." So they gave me some water, and I drank the water like normal. About 10 minutes later, I started feeling really funny. They said, "How do you feel?" I said, "I feel like I just had a really strong drink." They said, "You did! Because we've been energizing that water with the same frequency as Absolut Vodka for 48 hours."

Michael Tyrell: Now see, I didn't know that, so it wasn't like my mind didn't play any tricks on me. It was a pure test. It was like, "Yeah, my legs are buckling, so they did something to this water." Well, that's all they did. But water will only hold that charge for 24 hours, but you can actually get some of the same response from the frequency of Absolut Vodka as you can from the bottle full of Absolut Vodka.

Wendy Myers: Yeah. I know my audience does know quite a bit about bioenergetics, we talk about bioenergetics in healing various bioenergetic modalities on my podcast called Supercharge, so they are exposed to that a bit. I use a program called NES Health, that same concept, you know, testing

your body's frequencies and giving you healing frequencies, healing energies in water.

Michael Tyrell: Oh, I love it. I didn't even know that. That makes me so happy. Yeah, I'm totally familiar.

Wendy Myers: That's why I'm so fascinated by this, using sound instead of liquid to transmit energy, healing energy, healing frequencies to people's bodies. You've had results with people like improving their sleep with PTSD, with their stress levels, with healing relationships, even people's focus, brain performance. Can you talk a little bit about that?

Michael Tyrell: Absolutely. I figured we would. There's a couple, one of them is actually funny. And especially, I hope there's lots of female listeners, 'cause they're going to get a charge out of this when we get there, 'cause it's actually kind of funny. 417 is the second one after 396, and it's called Desert Sojourn. That particular frequency, as soon as people started listening to it, it was like, "My back pain's gone. My back pain's gone. My back pain's gone. My back pain's gone."

Michael Tyrell: Then, "Tinnitus gone. Tinnitus gone." Well, tinnitus is such an interesting thing because as you know, nobody really knows exactly how we get tinnitus. We know there's occupational types of tinnitus, like if you work with a jackhammer or stand next to a snare drum and a drummer at a live thing, or you work at the airport, you're bringing in planes. I mean, there's a lot of volume sensitive occupational hazard type stuff that can give you tinnitus. There's also, you know, you can fall and hit your jaw. There's a lot, but nobody's really been able to put their finger on tinnitus.

Michael Tyrell: So I met this man named Robby Besner. Robby Besner has a company called Therasage. They're just really great infrared tents. I have one, I love it. But Robby had been suffering with tinnitus for years, so much that it makes him cry because he never has a quiet moment. So my friend, one of the scientist guys I told you about, said, "Hey, this guy's name is Robby Besner, and he wants to hear your music because he thinks it might help." I said, "Well, what's wrong with him?" They said, "He has tinnitus." I said, "Well the other day, a guy told me that his tinnitus went away after he listened to 417."

Michael Tyrell: So I put my headset on him and let him listen, and about, I don't know, five minutes in, little tears are coming down his eyes. It was really moving me, because he was a real serious man and I saw him start to cry. When he took his plugs out, he goes, "My ears aren't ringing right now at all." Well, that was two years ago, and we've become really good friends. He's never had another episode of tinnitus.

Michael Tyrell: So my theory behind that, now I'm not a doctor like you, I'm just kind of an inventor musician freak, my theory behind that is we know how the

audic nerve is stimulated with our cry when we come into this world, it starts things moving and then it moves until we become fertilizer. On the other end of that, which I find fascinating, is that in frequency in music, if you play two guitars at the same time, the same chord, one masks the other one out, so it sounds like one guitar. That's why there's all these elements of learning how to spread the frequency range out on the instrument, so that's why there's a lead guitar player and a rhythm guitar player. Otherwise, everything would just be this monotone, uni-dimensional nothingness.

Michael Tyrell: So what I found is there's frequencies that cancel out other frequencies. Think about this. It's just my theory, guys. So feedback, if you have a microphone, if you're a singer like me and you have a microphone, you put it too close to a speaker, there's too much resonance back and forth, they occupy too much [inaudible 00:24:33] of electricity, and you hear ... and it just gets louder, and louder, and louder, until somebody's smart enough to take the mic away.

Michael Tyrell: Well, that happens sometimes in this area. We can get like what I think is almost a vibration of soft tissue and bone, and it comes from occupational resonance, nonstop, 24/7, every day, jackhammer, whatever. So this is what was interesting. 417 is really close to the same frequencies that you would deal with harmonically, exactly half the value from working with that kind of stuff. So I thought, "Oh my god, I wonder if when they're introduced to this frequency if they start resonating at that frequency then it cancels out the other one, 'cause they're harmonically the same, but just different as far as how far away they are in the frequency range."

Wendy Myers: So you have a lot of interesting testimonials, and one of them is a testimonial relating to hormones and menopause. Can you tell us about that? Because I know a lot of our listeners are female listeners, will be very, very interested in that.

Michael Tyrell: Oh, I totally can. It's a wonderfully sensitive subject, too, because my wife went through that for about four years, and it was super good for me because it made me even a better husband and it made me a better listener, and I knew not to try to fix it, like a lot of guys just want to fix everything 'cause we think we can, and it's just like, "Shut up and listen." And guys always think the weird stuff. So the ladies that are watching, they always think that you lost interest in them or there's somebody else or you go to a crazy place in your head. But really, the sad part is, is that the woman is miserable in her own body, and she feels like melting wax and she feels like her clothes don't fit, they don't sleep.

Michael Tyrell: So I was sensitive to this anyway, so when I found out that one of the frequencies, which is 528 hertz, called Transformation, I find that

fascinating 'cause it's like the change, but I didn't name it because of that, I just found out later. So I knew that primarily on a physiological level, that it really worked on the female stuff, like all of your parts, meaning that helps balance hormones, a lot of ... I can't go into too many things or I'll be making claims. But at any rate, when I put out the first CD, I got all of this hate mail all of a sudden from women, and I was horrified. No, I was going, "No, I want them to love this!" And they were saying, "Why do I feel so irritable and bitchy when I listen to 528 hertz? This song really pisses me off." I was getting like all bold caps. I'm thinking, "Oh god, I've got to fix this, but I don't know if i can fix this. How do I fix this?"

Michael Tyrell: So I got really quiet, then all of a sudden when I thought about it, I went, "Oh my god, this is therapy." People forget that sound can be therapy. They take sound, but they forget sound therapy. They don't put them together, you know? So it's just another modality of therapy, which you can have a Herxheimer from listening to music too. You can have a healing crisis. So I thought, "Oh my god, I need to find out without offending them any worse how old they are. I have to."

Michael Tyrell: They were all in the goddess ages, of beginning, mid, or just ending the lovely menopause time, and I thought, "Oh my god, they're overstimulating. They're overstimulating their hormones. They're doing the opposite of what I'm trying to achieve, which is balance." So I had this idea, I went back to every one of them, personally contacted them and I said, "Listen, I want to be your best friend, not your enemy. How many times are you listening to this?" "Every single day." I go, "Stop. That one that irritates you just means one thing, you hit the bullseye. So you found out, isn't it funny that you're going through menopause, and isn't that funny that that's a frequency that deals with that, so I want you to do this. I want you to back off your prescription. I want you to listen to that once or twice a week and add a day until you're not frustrated anymore, until you can add it back into your playlist."

Michael Tyrell: I'm not kidding, Wendy, two months later, "Oh my god, my hot flashes are gone, I'm not sweating, my husband's so happy." And I'm thinking ... And it was every one of them, so it was exactly that, like too much of a good thing is too much of a good thing. I mean, I went on a liver cleanse one time, and I felt like I was going to die because I was cleansing way too fast. It was a really intense one. So I've learned now how to modulate that. But the same way with these frequencies and these tones, is that you can over stimulate a particular part of the body and have a very similar response.

Michael Tyrell: They went from being really mad at me to being my friends now. So any of our listeners, if you have the beautiful green disc or the digital download of 528 hertz, called Transformation, if it makes you bitchy, irritable, or frustrated, listen to it less, and it should happen.

Wendy Myers: That's so interesting. I didn't know that about frequency music. That's interesting. Let's talk about sleep. You have an amazing product called Wholetones to Sleep. Let's talk a little about that and how that works, and how that's different from other sleep products.

Michael Tyrell: Sure. I can tell you where it came from is that being a musician, just like a doctor, you lead a different life than a lot of people. And musicians, we work at night, so you can ruin your circadian rhythm. You can pretty much live like a vampire. Like you start playing at 9:00 PM, you play four 45 minute sets with a break in the middle, and you're driving home at 4:00 in the morning. By the time you get home, unpack, get settled, it's 5:30 and the sun's coming up, everyone is going to work, and you're just going to bed. That was my life for 25 plus years, at least, as a touring musician.

Michael Tyrell: I had to come up with all of these different workarounds and body hacks back then to try to find sleep. So what I used to do back in the day in a hotel is put a blanket over the TV and find an empty channel, and turn up the white noise all the way, and sleep with that on. You know?

Michael Tyrell: But I was an insomniac for a long time. When I started working with these frequencies, the first thing that I realized is again, relaxation and peace. Why don't we sleep? Well, there's not one reason, is there? We just talked about it. Hormone imbalance is huge. I mean, my wife didn't sleep at all for quite a while because she was having hot flashes, or she's sweating, or her temperature is going up and down, so she couldn't sleep. And guess what else? There's a million other. Stress is a killer. I mean, you're trying to solve the world's problems in the middle of the night instead of sleeping, trying to figure it all out.

Wendy Myers: And then EMF that's affecting our frequencies.

Michael Tyrell: Oh my god. Which, you know what? For all of your listeners, and you've probably told them all this ad nauseam, but if you have to have your phone in the room, please put it in airplane mode at the very minimum if you don't turn it off anyway, please do that. You'll notice a huge difference in sleeping like immediately.

Michael Tyrell: When I started working with these frequencies, Wendy, I wanted to take it deeper than relaxation. I wanted to get to the place ... I mean, the fun thing about frequencies is that you can pretty much figure out where the physiological line is, where the soul line is, and where the spirit line is. So when you're talking about sleep, it's such an interesting phenomena.

Michael Tyrell: The spirit line is. And so when you're talking about sleep, it's such an interesting phenomena because we have dreams. We have a dream state. There's all kinds of things that happen to us in that subconscious realm. Then we have the physiology part of sleeping. That's why I wish sometimes I could take a video. It's probably really funny. I probably sleep in 200 positions very night. I wake up in the morning, it's like, "How'd I get here?" So I mean, there's a lot of movement, a lot of things. So I had to find something that would really work for everybody. And here's the fun part. So I created Wholetones 2Sleep. And it was four traditional lullabies that I loved when I was little boy. And I remember how I slept when I was a little boy. It's so weird how you remember stuff all of a sudden.

Michael Tyrell: I remember my mother holding me. And I remember when she would start to sing. She would sing these lullabies. And she'd hold me, and her whole body would vibrate and it would vibrate my body. And it was the most incredible feeling in the world. And I remember that. I said, "I have to duplicate that." Because I want ... Part of sleeping good is feeling secure. And part of feeling secure is knowing that you're loved. And part of knowing that you're loved is I can feel comfortable enough to go to bed knowing that nothing bad is going to happen to me. And you know what lullabies, what that word comes from? Is basically goodbye until I wake. There's a lull and then bye. So in other words, the whole idea of a lullaby was to send a child off to sleep with security knowing that in a short time, I'll be seeing you again. It was a send off.

Michael Tyrell: And so I thought if I could recreate that feeling that I had with my mom of feeling that feeling of being nurtured by sound, so I took a shot at it. And the fun thing was when we finished recording it, me and the engineer were in the control room. This is the kind of crazy fun stuff that happens to me. So we're in the control room. And so once you record everything just for your listeners, you have to mix it. You got to make it sound good. You got to twist the knobs and push the levers. And so we start working on this, and I'm not kidding, like we started 9:30. By like 11:00 we're both like ... We're both falling asleep. And I'm not thinking about it.

Michael Tyrell: So we just keep banging more coffee. And I'm the guy, I'm two coffee a day guy. I already had four cups by now. Now we're thinking we should go get a cold brew. So it's like 2:00 in the afternoon. I all of a sudden looked at him, I said, "We're such morons." And he said, "Why?" And I said, "Because this stuff works. We're mixing sleep music. It's putting us to sleep. So to add insult to injury, after every project I finish, I have a listening party. You already know where this is going. So I get all this catered food, have all these people get ready to hear my new music. I'm not kidding. Five minutes in, I look around the room. They're all out. All of them are out. So I just blew my own party. Nobody ate any food. Nobody heard the music. They heard five minutes and they're cashed

out. And I didn't want to wake them up.

Michael Tyrell: So then later on people start coming around. They were like, "What did we miss?" And I said, "The whole party. Goodnight. It works." So that was the fun thing about finding out that ... Now, again, the truth. I'm all about the truth. Nothing works for everybody. I mean, there's people that have issues. And you know that as a doctor. If there was something that worked for everybody, I would make sure that everybody got it no matter what I had to do. This works for a very large percentage of people. There's a small percentage of people that are intrinsic listeners and they listen to the music and they can't stop listening to the music. So there is a very small percentage of people that say, "I tried to sleep but I just loved the music."

Michael Tyrell: But most people ... We make a joke about Wholetones 2Sleep. There's a song called Angels All Around Us that I wrote, and they call it the song that nobody's ever heard the end of because you don't. I get about five minutes into the first track and I'm out for the night. So it's extremely powerful, extremely beneficial, like I said, works for a huge group of people. But ever once in a while I'll get somebody to say, "I just couldn't stop listening long enough to go to sleep. I didn't want to turn it off." I was like, "That's not what I wanted it to be."

Wendy Myers: Yeah. I'm aware that somebody with our NES Health Bioenergetic program, some people just don't respond to it for various reasons. But the majority of people have amazing results, so.

Michael Tyrell: Sure.

Wendy Myers: Yeah. And so you have a new product coming out called, I think it's called, Active, where it's for active people, people looking to uplift themselves and get energized. So that's exact opposite of the Wholetones 2Sleep. So tell us about that.

Michael Tyrell: Exactly.

Wendy Myers: So that's not out yet. But it's going to be out soon. So we thought we'd mention that.

Michael Tyrell: Yeah. Well, I'm so excited. I've never been so excited about anything because it was a complete departure from rest, relaxation, fall asleep, be groggy. This is just the opposite. This is for energetic people, gym rats, people like us that work and need energy all day, like you high-functioning, high-vibratory person. And I don't have the opportunity of being a dullard at any point in my life. And so if I have music that also helps me stay in that place, I mean, I don't have any other technical way of saying this. Music kicks my butt. I wasn't thinking about that when I first started creating it. But when we got in the studio, it was like the ultimate setup because it was in Dallas. And it's a big studio. And I was

in the A Room. There's a B and C Room. And then on the other side, there's a music school. And so what's really nice is that there's more of a millennial, like 19-, 20-, 21-year-old kids that are learning sound recording.

Michael Tyrell: So I put one of the songs on that we were working on. We were listening to it once we cut the track to listen to it on the big speakers. And all these kids came in from the school. And they're like, "What is that? Oh, my God." And they were dancing and stuff. But I'm going, I mean ... Here's a 58-year-old guy writing music for kids that's freaking them out. You know why? Because they picked up on the energy. We should have this at a rave. This would work. And I'm just like, "Oh, my God. This is exactly ..." And we didn't invite them in. We were just playing the music, and they burst into the recording studio listening to the music. So I think there's going to be a lot of applications. I'm still working on the delivery method. Because most of us, fortunately or unfortunately, and we go to the gym and we listen on our phones. I'm not a fan of listening to phones. I'm not a fan of Bluetooth. I'm not a fan of high EMF.

Michael Tyrell: Unfortunately, there's no stopping people from using their phones. There's just not. If I knew how, I would, but I can't. So I have to at least give them something somewhat ... It's almost like a parent that knows their kid's going to eat cereal so they try not to give them the sugary one. They try ... right? But I'm still working on the delivery method of how I'm going to get the music to the people, if I'm going to do it in an app form, or if I'm going to do it in streaming or mp3 form. I'll always offer CDs because, believe it or not, we still sell 85% hard copy people still want to get something in their hands too. And, plus, the quality on wav form is so much bigger on a disk than it is in streaming audio.

Michael Tyrell: But yeah. I think people are going to find that ... And there's a couple little surprises in it too. I actually have a couple voiceovers that come out of nowhere. Like right in the point of your exercise work, think that you're probably going to start lagging on me, you'll hear my voice behind you start challenging you. It's really exciting stuff. It's pretty cutting edge. But it's great in the gym. That's where I test it right now is in the gym when I was really lazy, too. On a lazy day, I put it on and just busted it. So.

Wendy Myers: Nice. No, I'm going to have to get a copy of that.

Michael Tyrell: Oh, [inaudible 00:39:33]. As soon as I get the copyrights back, I'll send you some wav files, and you can start listening to it.

Wendy Myers: I would love that. I would love that.

Michael Tyrell: No problem.

Wendy Myers: So let's talk about EMF and how EMF, which is a frequency, electromagnetic frequency, and how that impacts our bodies and how it negatively impacts our bodies.

Michael Tyrell: Well, if people could see in the realm of light, if we could see what we know is there, we'd be shocked. We'd be shocked right now, both you and I. As clean, my house is ... Mercola came to my house and even commented how clean my house is. But I'm not ... He's off the grid. At 6 o'clock he turns everything off in his whole house.

Wendy Myers: Oh, yeah.

Michael Tyrell: Everything. I can't do that. I mean, kudos to Dr. Mercola. But they measured my house, and my house is extremely low EMF. And so the same thing like with your wifi. People don't understand how that works. It's like we think one thing. We think, "Oh, connectivity." But if we could really see, we'd be getting shot through in so many ... infrared, wifi, radiation, all types of light waves, electromagnetic fields, as you mentioned. But you can't ... that's coming in your window right now. You don't even realize that. And you're being crossed through by all your neighbors' junk too. That's why I live where I live. I live on three acres and there's nothing that can break through that perimeter, basically. It's all tree-covered.

Michael Tyrell: But that's the point, thought, that we are like Swiss cheese when it comes to bioelectricity because we're getting blasted by all kinds of stuff. So the best thing that I know how to do ... First of all, when I created the Wholetones 2Sleep player, I made sure that the player itself was very low EMF. I also made sure that you could connect the devices with it, but you cannot connect to wireless headsets. And people go, "Well, people are going to be angry." Well, I'm not going to be the guy that's responsibility for bringing EMFs into your brain. I'm just [inaudible 00:41:32]. If you want to use your ... And I'll tell you one thing. When I put this in a room and play my phone through it, I can't stand the way music sounds on my phone. But when I play it through this thing, it's like a Bose Wave Radio. It's that good. So it makes everything sound good, but you can't connect headphones to it unless you use a wire.

Wendy Myers: Well, I think that's smart of you because at least you're trying to protect the people that are purchasing your music, protect their health. Which is the whole point. You're trying to improve their health.

Michael Tyrell: Well, I can hear it. I'm one of those weirdos. I can hear it. I can hear a fluorescent, incandescent. I can hear the lights humming. And so when I hear strong EMF, it drives me crazy. It's like [zzzzzz 00:42:08]. I mean, it really bothers me anyway. I guess Dr. Mercola even more than me because he turns everything off.

Wendy Myers: Yeah. I mean, that's-

Michael Tyrell: Yeah. He drives it-

Wendy Myers: Yeah. There's so many people that are hyper-sensitive to EMF. They walk near the power cords or the power structures and they start feeling a little nauseated and start feeling sick.

Michael Tyrell: Yeah. Well, and there's great science behind that. And they're just ultra-sensitive to that. I'm pretty sensitive to those particular types of frequencies too, especially, like you said, power grids in places. My wife and I, when we were in Nashville, I almost bought this apartment. I wanted it so bad. And soon as I got in there, though, my head ... I was like ... When I got upstairs, I was like every time ... We looked in the back, and all of the power for this one part of Nashville was coalescing into this big power plant right behind it. And it was like, "No dice. I can't live here. I wouldn't even sleep."

Wendy Myers: Well, I love what you created with www.wholetones.com. And is there anything that you left out in our discussion that maybe the listeners would want to know or would just be craving to hear about?

Michael Tyrell: Well, I think a lot of it is in the book, which is a good thing, which is in my book they can get. It's kind of like the freak in the frequency 101. It's a little bit of everything. There's plenty to say. I mean, I think we've covered a lot of really good things. I think the big thing for people to understand, though, if I wanted them to walk away with anything would be to demystify this for them. That's really what I exist for, is to not make it spooky or hyper... not make it a physic lessons, but try to make it fun to where somebody can say, like, say, frequency, and that sounds woo-woo still to people. But it's not. That would be like if I said, "Hey, Wendy. There's this amazing new exercise and you have to try it. It's called breathing. And you go like this, [inaudible 00:43:56]. And then you go [inaudible 00:43:58]. And you go, "Oh. But that's a little weird, Michael. That's cutting edge." It's like, "No. It's elemental in life." For everything is frequency.

Michael Tyrell: So the first thing there was, I mean, if you really want to go there with me, the very first thing there was frequency. That started everything. So it's all [inaudible 00:44:17], but the most misunderstood thing. So when I get people to understand frequency, I say, "Think about radio. Think about your microwave. Think about anything that has to do with a number." Us communicating. You're 900 megahertz telephone. Our cell phones. They all operate on a certain bandwidth of frequency. So it's actually something we're using all the time, but we just didn't really understand that that's what it is. So that's the big thing for me is trying to help people to understand how important and how elemental frequencies are. We can't communicate without them. Every word we

speak is a frequency. Every thought in our head is a frequency. Every color, light itself, the sun.

Wendy Myers: Yeah. Well, you know what? I highly recommend anyone listening to try Wholetones, whether you're trying to sleep or trying to relax, whether you're trying to improve your performance and be more active, because it's a really unique way and very simple way to address your health and to address your health issues. And I think it's just it's very, very cutting edge. I mean it's not, but it is. I mean, it's like you said, it's very elemental. It's very simple, but it's also very cutting edge at the same time. And that's why I had you on the show. We like to talk about all kinds of things, cutting edge, biohacking, and alternative ways to address your health issues. You don't have to take a pill or supplement for every tiny little health issues. There's other interesting ways, simple ways like this, to address your health.

Michael Tyrell: Absolutely. And I'm honored that you'd have me come on. And I absolutely adore meeting new people. And I love meeting new people that are other people's guests because it's so exciting because I get emails back. And they're, "I saw you on Wendy Myers show. And I listened to your music." And just today, it was like, I think it was a Ben Greenfield one or one of the ones I did with somebody, and somebody said, "I met you through Ben Greenfield." And like, that touches my heart. Because the only way that they would have ever come across what I was doing was because of him. And now it will be because of you. And that's a big [inaudible 00:46:16]. It's a big deal.

Wendy Myers: Yes. Yeah. Well, Michael, thanks so much for coming on the show. Wanting to the listeners where they can find you.

Michael Tyrell: Well, www.wholetones.com, that's W-H-O-L-E-T-O-N-E-S dot com, or www.wholetones.com.

Wendy Myers: Yeah. I mean, just the results speak for themselves. I mean, you're in 171 countries. You have helped hundreds of thousands of people, if not millions of people, improve their health with the power of frequency that you've infused into your music. And so, like I said, everyone, just click on the button and click and try the Wholetones 2Sleep. I've been using it. It's amazing, and so I highly recommend it. So everyone, thanks so much for listening today. You can learn more about my work at myersdetox.com. I love teaching everyone about heavy metal detoxification and simple techniques to detox their body. And thank you so much for listening. I love what I do every single day, and to educate you guys about alternative ways to approach your health. Thank you for tuning in.

