

KEEPING MIND, BODY, SPIRIT IN BALANCE: Vibration as Therapeutic Intervention During a Crisis of Cancer

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Brief Abstract:

Mother Nature operates at her optimum in balance; moving through cycles of life in a natural rhythm. The body likewise functions optimally in homeostasis. Like a storm, when cancer strikes, the body's systems become locked in a struggle to return to balance; adjusting to a changing rhythm to maintain normal levels, for the well being of the whole.

Dr. Candace Pert, author of *Molecules of Emotion* explained, "how emotions exist both as energy and matter, in the vibrating receptors on every cell in the body".



Mother Nature during a storm and a patient during cancer treatment, each carry within them symbols of hope, rebirth, and transformation. This poster explores the field of psychoneuroimmunology and how the resulting research is helping to shape integrative medical care.

What is Stress?

We can define stress as a normal physiological response of the body to situations or stimulus which are perceived as 'dangerous' to the body. Stress can affect anyone and everyone at some point of time in their life. When it occurs frequently it affects health - both physical and mental.

stressfocus.com

Because of medication, steroids, and the stress of cancer, many patients (caregivers/bereaved) are not able to still the mind long enough to engage in meditation or imagery. But a physical action of hitting a drum becomes an active mantra, creating its own unique sound, allowing for the release of kinetic energy and introducing the benefits of vibrational therapy to calm adverse effects of disease, and bring the body and mind back to homeostatic.

The burgeoning field of psychoneuroimmunology (PNI) is defining the science of how the body systems (brain,

immune, central nervous, endocrine, etc.) talk to each other. Confirming that there is constant movement or vibration throughout the mind and body influencing emotional feelings and physical sensation, keeping us healthy and contributing to illness.

Case Study

Charlie is a middle aged, highly educated man, with two kids, whose wife had breast cancer. He came for caregiver counseling. Early in counseling it became apparent to him that he had been unhappy in the relationship for some time. I introduced vibration therapy using a frame drum. This inspired Charlie to find his old acoustic guitar and play, something he had not done in over ten years. Our work ended shortly after treatment ended.

A year later the patient was diagnosed with a recurrence. Charley came back to counseling. During the remission he had stopped playing the guitar and he and his wife had couples counseling, with little results. Both were unhappy. Charlie expressed the feeling his life felt out of balance. Once again I utilized the drum, which in turn inspired him to pull out his guitar again. He brought it to a session once on his way to getting it cleaned.

Our work continued for a year during which time Charlie played his guitar more regularly. The acoustic guitar is held close to the body. When tuned it is higher than a bass guitar and can play several notes at a time creating



different frequencies. One year after our work ended I received a letter from Charlie expressing his thanks for our work. His wife was doing okay, and the couple

decided to separate. He said while it was sad, especially with the kids, he felt in balance again and attributed much of it to going back to his guitar and continuing to play. In closing he stated he had no plans to stop playing again.

Utterances

Sitting over words

very late I have heard a kind of

whispered sighing

not far

like a night wind in pines or like

the

sea in the dark

the echo of everything that has ever

been spoken

still spinning its one syllable

between the earth and silence

- W. S. Merwin

"Composite Effects of Group Drumming Music Therapy on Modulations of Neuroendocrine-immune Parameters in Normal Subjects."

Altern Ther Health Med. 2001 Jan;7(1):38-47.

Objective

To determine the role of group-drumming music therapy as a composite activity with potential for alteration of stress-related hormones and enhancement of specific immunologic measures associated with percussion activities exist.

Conclusion:

Drumming is a complex composite intervention with the potential to modulate specific neuroendocrine and neuroimmune parameters in a direction opposite to that expected with classic stress response.

"Vibration Helps Reduce Pain in Chronic Sufferers" University of Florida News

Researchers have found that another kind of touch, vibration, can also help reduce certain types of pain by more than 40 percent. The researchers are encouraged by the prospect that vibration therapies could bring pill-free relief to chronic sufferers.

"The vibration truly represents an analgesic effect," said Dr. Roland Staud, a professor of rheumatology and clinical immunology in the University of Florida College of Medicine. "This is exciting because it is something that provides pain relief that is not associated with great cost."

Results from various types of animal studies, including brain studies, suggest that vibration might interfere with transmission of pain signals from various parts of the body to the central nervous system.



"The Healing Power of Sound"

"The Shamanistic belief system began 20-50,000 years ago and has been practiced all over the world from Siberia to Africa to South America. Shamans use the steady, repetitive beating of drums and rattles to move into an altered state of consciousness that enables them and their patients to take a mental journey that will lead them back to health." Mitchell Gaynor, MD.



Ancient Spirituality:

The sound of "OM" for Hindus is considered to be "the primal sound from which the universe emanates; the inner essence of all mantras". Gurudev Siddha Peeth, 2007

Contemporary Physics:

Much as different vibrational patterns of a violin string play different musical notes, the different vibrations of the tiny strands in string theory were imagined to yield different particles of nature. Thereby creating a single theory that could embrace all of nature's laws, bridging Albert Einstein's theory of relativity and quantum mechanics. Britannica.com

Vibration Tools

- Drums
- Crystal Bowls
- Chanting
- Chimes
- Wooden Knockers
- Rattles
- Percussion Instruments

CancerCare's Mission

CancerCare is a national nonprofit, 501(c)(3) organization that provides free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. CancerCare programs—including counseling and support groups, education, financial assistance and practical help—are provided by professional oncology social workers and are completely free of charge.



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