

2012 VAHT Interesting Case Studies (all musicians) - Sarajane Williams

Pain

40+ y.o. woman with old L-5 fracture; 20 min. of VAHT decreased back, hip and leg pain from 4-1.

50+ y.o. woman with back, neck shoulder tension; 20 min. of VAHT decreased pain from 6-1.

50+ y.o. woman with low back pain and sciatica; 20 min. of VAHT relieved back pain from 7-3.

60+ y.o. woman with back pain; 20 min. of VAHT decreased pain 9-3. Reported the next day that she slept very well after the session.

60 y. o. woman with autoimmune disorder affecting mucosal membranes, multiple abdominal surgeries and shoulder tension. Post 20 min. of VAHT, abdomen "opened and relaxed" for the 1st time without pain (6-2). Had new insights and recognized her "old, more relaxed" self.

60+ y.o. woman with chronic back, hip shoulder, neck and L knee pain and multiple medical issues including asthma and tinnitus. After 20 min. of VAHT, chest congestion from long-term asthma lessened and back (6-1) and knee pain resolved (5-1). She cried with tears of joy post session - it was the first time she was virtually pain free in at least 3 years, despite numerous other attempts to find pain relief.

60+ y.o. woman had low back pain, sciatica and thigh and leg pain post lumbar surgery that she had a few weeks earlier. She wasn't able to sit. Her father died 2 weeks ago, too. During a 5 minute demonstration of VAHT at a conference, her back pain and other symptoms resolved from 9-2.

70+ y.o. woman with tension, fatigue and old R arm injury; 20 min. of VAHT decreased pain and tension from 7-4. Felt relaxed and energized and reported that she experienced "3 important personal insights."

Migraine Headache

40+ y.o. woman was recovering from migraines earlier in the week. Residual headache decreased from 7-1 after 20 min. of VAHT.

Arthritis

60+ y.o. woman with arthritis; 20 min. of VAHT: Hands 7-3; Shoulders 7-3.

Dissociative Identity Disorder

60+ y.o. woman suffered and abusive and traumatic childhood. Years of therapy finally revealed DID with 19 personalities. During 45 min. of VAHT, a "spirit guide," that one of the personalities previously mentioned but the woman did not believe, was visualized by the woman during a pentatonic improvisation. This "memory integration" was very important to her. Vibration did not affect her head or left side of her body, but did "open" the rest of her body. She was delighted that she felt grounded and able to stay aware in her body and felt very relaxed post session. Right knee and ankle pain from torn Achilles tendon 7-4.

Emotional Release

50+ y.o. woman recovering from bowel and lymph cancer treatments, tearfully described her treatment ordeals pre 20 min. VAHT session. Post session, felt nurtured - like in her mother's womb (her mother died when she was 16). Overall pain and tension decreased from 4-2.

60+ y.o. woman with shoulder and back tension. 20 min. of VAHT "moved energy from her solar plexus to 3rd eye." Then she saw her deceased mother who had been dead for around 20 years and experienced tears of joy. Pain decreased from 8-1.

60+ y.o. woman with neck and shoulder tension was stressed from dad's recent death and family issues. Felt invalidated by everyone in her life, pre-session. 45 min. of VAHT initially felt like chest congestion which poured out into emotional catharsis, sobbing and clearing. She felt aligned, "recognized" and transformed after the session. Pain decreased from 6-2.