

Anxiety and VAHT...

by Laurence Marie

I have been practicing VAHT since 2007, and have acquired some experience. At times, I felt that I was in control to the point of developing protocols, however, it never lasted long enough for me to become complacent.

Anxiety is nearly a "catch all" term. It can impact people in so many different ways... from being just a nuisance to being debilitating.

Case study 1

I met B. at a gathering where I had been invited to do a presentation about Vibroacoustic Harp Therapy® (VAHT). I always illustrate my presentations with a few case studies. For some reason I mentioned a lady who had come for a few sessions to see if the psoriasis on her hands would heal. It hadn't healed completely but had improved significantly with VAHT, and that was good enough, I guess, for B.

A few weeks later B. made an appointment to come and see me and start VAHT sessions. B. is a very nice lady, in her mid-40s, happily married and has a son who, at the time, was 17 and in his last year of high school. Her main reason for coming to see me was the anxiety she felt in relationship to her job. Since 2008, she hadn't been able to get promotions because of the anxiety. She became extremely anxious and had panic attacks during the day and at night. It was impossible for her to talk about her mother or her son without crying; her mom was in a nursing home since she suffered a stroke, and her son was going to be leaving for Switzerland on an exchange program. She was proud of him but couldn't bear to see him leave. She also mentioned that she had psoriasis and was covered with it, from head to toe. She also had food sensitivity issues — blueberries and oranges would cause her to have severe diarrhea in seconds.

Based on my experience, personal and professional, as well as my studies of various health modalities and readings, I have come to the conclusion that all 'dis-eases' have their source in an unresolved emotion. So I needed to find out a few things from B., but I didn't want to rush her. As she wasn't forthcoming, it took a few weeks before I could draw a pretty clear picture.

Her grandmother had died when B's baby was around one year old. I expect this had left an impression on my client. B's pregnancy and labor were difficult. The fear for her own welfare was probably on her mind during the whole pregnancy, labor and birth. And, wouldn't you know it, she developed psoriasis when her son was around one year old! Skin issues usually have to do with "separation," either avoiding or wanting it.

The fear of being separated from her baby caused her anxiety but somehow she only became aware of it when it started interfering with her life. Initially it was her job promotions, then driving to work, her mom being sick and her son moving away. B. was living her life from one panic attack to the next. They occurred during the day and at night. I suspect the food sensitivities probably were also due to her anxiety as well.

B. came for 17 sessions between October 2012, and May 2013. She came weekly until January, then every two weeks and monthly for the last three sessions. After the first session, the anxiety level was better only during the night but it was an improvement. After the third session, she only suffered one episode of anxiety during the week and it was mild. If she woke up at night, it didn't amount to much and she was able to go back to sleep. The psoriasis in her ears and on her left arm had decreased. After the fourth session, the anxiety was still decreasing, but as she started talking about her mother and her son, her

eyes filled with tears. Her digestion was much better — she had eaten some blueberries without adverse effect! After the fifth session, she could also eat oranges without adverse effects! She relaxed enough on the mat that she fell asleep. After the sixth session, she was able to talk about her mother and son without 'falling apart!' After the seventh session, she had had Christmas dinner with her mom at the nursing home and enjoyed herself! There were no episodes of anxiety nor panic attacks during the week following the eighth session. During the week after session 10, she had two panic attacks at night, but not as bad as before.

Between sessions 11 and 12, which would have been in January 2013, I received a call from B. Her mother had passed away suddenly so she had to cancel her appointment. B. was totally calm, just related the facts to me and made another appointment. That was the ultimate test!

Meanwhile she had applied for a new position at work and got it. She did have a little anxiety related to her new position but it didn't last.

After 15 sessions, B's anxiety was totally gone! Her food intolerances had been resolved since session four. Her psoriasis was better but I felt she might need a little more help, so I suggested that she not drink pasteurized, homogenized milk (a processed food), because people have started having problems with digesting dairy products since pasteurization and homogenization was instituted.

B. came two more times. Summer was starting and she was busy helping her son to make the big move. She said she would get in touch at the end of summer. She did, but since she felt fine, there was no need for her to see me. Her psoriasis was always somewhat better in the summer because she would go bathing in the ocean. The following spring, I got a note from B. She told me that she was still free of psoriasis for the first time in 17 years, free from anxiety and panic attacks, and that she could still eat blueberries and oranges.

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Case study 2

Over the years I have been invited to give many presentations or workshops to various groups or people attending a health fair. One of the health fairs one year had a theme: mental health, so my presentation was about VAHT and mental health. A lot of people attended, which surprised me. During my presentation, a man consistently asked questions. He was obviously interested, but it was nearly distracting.

A few days later, that very man called for an appointment. When he showed up at my door (I see adult clients in my home, whereas I have an office in town where I see children with special needs), I wondered about taking him as a client. He was so distressed and talked so fast that I couldn't understand him. He couldn't make eye contact. His body was in constant motion. I had to talk to myself to not become fearful.

C., a man of 51 at the time, had severe anxiety, suffered from depression, and had been abused sexually and psychologically as a child by his parents and his uncle. He had been bullied at school by other children and also by teachers. Growing up, he didn't have one person to turn to for help or for comfort. He had been having nightmares every night since childhood and had many fears and a lot of anger!

At age 18, he had been involved in a severe car accident in which his friend was killed. He was involved in two more car accidents. These left him with severe physical pain in various parts of his body as well as some psychological pain. He smoked heavily and his breathing was labored. He was also constipated. He hadn't worked in years because of the anxiety and lived in subsidized housing on a disability check. C. took many medications including antidepressants, anti-anxiety meds, sleeping pills and pain killers.

The first five weeks I saw C. every week, then we spaced the sessions every two weeks for eight weeks and then monthly.

By the second session, he was sleeping better and had some good dreams! For the first time in his life, he was able to hug a friend. He was afraid of some of the harp's notes. His body would literally jump off the mat when I hit

those notes!

By the third session, his pain had decreased. He visited his sister and mother and was able to talk to them for 20 minutes without getting angry! He experienced color imagery during the session and he liked that!

By the fifth session, he was sleeping well, with only occasional nightmares. Because he was doing so much better, I suggested that he might start looking for a job — which he did. He began working as a security guard for a few hours a week.

By the seventh session, he was working more hours. In fact, while working three days in a row, he didn't get nervous. He was also breathing more easily and coughing less.

By the ninth session, he looked and felt pretty good, but was afraid it wouldn't last.

By the time we reached session 15, he hardly felt any of the notes! To me, that was an indication he was on the mend — the energy was flowing through his body. He no longer had nightmares and looked more self-assured. He was able to look me straight in the eyes and give me a real hug! And, he had stopped smoking!

Towards the end of his sessions with me, his father had a heart attack. C. asked me to come and play for him. It was very evident that he had no more anger towards his father. He was looking after him with so much love and tenderness — a beautiful sight!

By the 23rd session, C. was off all medications. He still comes to see me about once every two to three months, mostly as a safety net. I hope to wean him off.

Case study 3

This story is about a young woman, who was a math teacher in a middle school and the mother of two young children. She was on sick leave because of anxiety, insomnia, heart palpitations, fears and some back pain. She felt stressed about work.

She came for nine sessions, starting in June 2012. When she arrived for her second session, she reported that since her first VAHT session, her back pain was gone, her palpitations had decreased and her fears had lessened.

By the third session, she had more energy and slept better.

By the fourth session, palpitations during the day had stopped. She still had some while going to sleep but they didn't last. She smiled readily, and the tone of her voice had even changed.

By the seventh session, she felt 95 percent better. She was sleeping well and very rarely had palpitations.

I saw her a month later, at the end of August, before school was to start again. She was not at all anxious about going back, and was even thinking about new ways to teach! Just to make sure I asked her to come again in January. She reported then that she had had a great term at school and was feeling great!

Discussion

The first two clients had had long standing issues, hence I believe that is why it took so long to get satisfactory results. We had many more layers to plough through, one at a time.

The story of the young woman demonstrates how relatively easy and quick it is for a person to heal when things are addressed immediately. I have had enough cases like this to be confident about it. There are no layers to decipher through. The 'e-motions' don't have a chance to get wedged somewhere in the body and become a chronic issue. The young woman's back pain didn't get established and claim resident status.

Children rely on adults for their wellbeing. C. had no one. His issues just piled up, one layer after another. Whether all of his physical pains were due to his emotional state or just to the accidents it is difficult to say, but either way, as his emotional state improved, so did the physical pains.

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In the first story, my client only started searching for help 16 years after her anxiety started and was preventing her from advancing in her career. Prior to receiving VAHT, she dealt with the psoriasis using Ultra-Violet Light, creams and bathing in the ocean, and tried to bury her feelings regarding her son and her mom under her skin.

I am very grateful to B. and C. for trusting me and staying the course. Often people will stop sessions because they feel it takes too long. It doesn't always, but sometimes it may take a while.

I have learned that each case is different, so the protocols do change. However, I do like to see clients weekly for the first three to five weeks. By then, there usually has been enough of an improvement that both the client and I will be encouraged. Then we space the sessions to every two weeks, then monthly, etc., until the problem is resolved.

I find VAHT an absolutely marvelous way to help people heal in a truly holistic way. Their physical symptoms improve or disappear. Because the emotions are brought to the surface and integrated, their whole demeanor changes, their eyes sparkle, they readily smile and their foot steps seem lighter. Imagine — all that, without medication! ♥

Integration, continued

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