

ICRL Technical Report 13.002

RT- ISMF Case Study Reports 2008-2013

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Introduction

This document presents a number of cases conducted between 2008 and 2013, in which a RT-ISMF (*Real-time Indeterminate Synthetic Music Feedback*) device was used in combination with an interview method that has been developed for therapeutic use of RT-ISMF. These cases are presented here for future reference.

The essential concepts behind RT-ISMF and the used interview method are discussed in detail in *Introducing Real-time Indeterminate Synthetic Music Feedback as a Therapeutic Intervention Method* (Journal of Nonlocality, Vol. II, Nr. 1, June 2013), in which article some of the cases presented here are included as well.

Conform the RT-ISMF interview method, in all presented cases each visit was divided into three subsequent sections:

- Intake interview
- ISMF music session
- Evaluation interview

The following texts summarize the intake and evaluation interviews, and the experiences visitors recollected from the music session. The names of the visitors are changed, for reasons of privacy.

Case studies

Case 13A25 (2013).

Adrian, Dutch man, 28 years (1 session). Education: Undergraduate.

Before music session: Adrian works as a counselor in various psychiatric institutions. He is in the process of becoming an independently established counselor. Adrian has a recurring question during his work: to what degree is his counseling work selfish? Is he really helping other people, or mainly doing his work for reasons of self-interest?

During music session: Adrian experienced that an 'energy' radiated outward from his heart. This energy became a transparent white/pink substance, which formed a huge sphere. In this sphere were bystanders, among them Adrian's father. Adrian's father pointed to him, which made Adrian shrink into fetal position – actually becoming smaller. Adrian moved away from the middle of the sphere. He saw thousands of people in the sphere, which made him think: "this is not *my* sphere." Thereafter Adrian had a vision in which he met a woman, again in a sphere, which turned into a heart-shaped tent of fine white-rose fabric. Then Adrian has some thoughts about a professional meeting some days earlier in which Adrian had insisted on meeting financial commitments made. He thought: "I am not selfish. I just ask for what is agreed on." The music starts to evoke "light impressions," and then Adrian sees himself defecating out the window of his apartment, whilst his defecation is collected in a large truck in the street. Adrian feels embarrassed but relieved. He sees himself with a girlfriend, together they lift up towards the clouds, and almost immediately they fall back on street level in a cozy environment at the beach. Adrian kisses the girlfriend, and she says: "You are sweet." Then Adrian realizes that he is in an ISMF session. "Can I trust Iebele?" he thinks. Then he sees himself dancing with me, which makes him feel comfortable again. Then Adrian has a vision, which resembles the first one: Something entered straight out of his heart like a 'Boem!' It was a white transparent material that after it was shot into the air, fluttered down like snowflakes on many people and the surroundings. The people noticed the 'flakes.' For some of the people the flakes were "functional," the flakes had some effect; they made them feel nice and comfortable. Other people just saw the flakes, but they did not have any effect on them; the flakes were "neutral." At the moment of this vision, the music stopped.

After music session: Concerning the vision of the snowflakes, Adrian described them as a made of "subtle, ethereal matter," to which material he attached the quality that it came from the heart (or "core"), meaning that the material could not have ulterior motives; it was pure. The material was a *meaningful* substance. The sudden release of this material from his heart made Adrian feel "free," in the sense of a freedom he had desired for a long time. He had noticed that the material was of greater importance for (some of) the people as it was for himself. Adrian concluded, concerning his question about being selfish or not: "I am an instrument able to help other people without ulterior motives. I can be pure."

Case 12H06 (2012).

Anna, Greek woman, 38 years (1 session). Education: Graduate.

Before music session: Anna reports she has a breathing problem, which to her has psychological causes. She has financial problems, and is concerned about the future of

her children. She is disappointed in her friends, who broke with her after her store went bankrupt. She states that she has always been generous to her friends emotionally and financially. It is very hard for her that her friends neglect her now. She also fears that her boyfriend does not want to take care of her daughters. She cannot make a decision about the kind of woman she wants to be in the future: will she “choose for love with the chance of being hurt again,” or will she act “bitchy, calculating, rational.”

During music session: At the beginning of the music session Anna had many thoughts (“I work too hard, I am tired, I am afraid, I don’t like my life anymore the way it is now”). Then she sees the faces of her daughters. The expression on their faces made her believe that everything would be ok for them in their future. Then she sees an open green landscape, without any detail but floating in extreme bright light, as the sun, without seeing the sun itself. She then felt like a bird, flying, which was an amazing and lovely experience. Then she saw, in a flash, a ring of a beautiful green colour. The ring seemed very precious, as if it came from a distant past. She noticed that the only thing she saw was the ring – its environment was pure void. The ring was very huge and bright. After this image she experienced sleepiness, feeling very well.

After music session: The impression of sun like, bright light had given Anna the feeling she had a strong force inside herself, able to organize her life towards her own goals. When she had the feeling of flying, she had thought: “I can solve my problems. I shall (specifically shall, not want) have a good life like that amazing feeling. I have power inside me.” At the end she recalls that during the music, she had a moment of clear self-insight: she had stopped making plans for the future over the last few months, something she normally does.

Case 12G07 (2012).

Enya, German woman, 57 years (1 session). Education: Graduate.

Before music session: Enya tells she has no specific complains, but feels sad and is about to make a decision about her future career. She divorced 7 years ago, after 32 years marriage. During the marriage, her husband had many affairs, but in secret. That was ok for her: to her, she was the “queen” and the rest of the girls were “just girls.” She never saw these girls. She divorced after her husband got a partner, with whom he showed off in public. Concerning her future career, Enya tells she wants to make use of her social talents, but that these are limited now because she “cannot make contact with her heart, and cannot feel emotions.” Also she reports feeling “psychically tense, but hates to be touched.” She cannot remember good days (with her children) during her life that nevertheless “must have been there rationally.” She feels unable to “live her own life” and all 57 years of her life are “wasted time” to her. Enya tells she visits me because she hopes to find the central (professional) goal in her life.

During music session: Initially Enya felt tense when the music started. She had thoughts about a friend who was in a difficult situation. Then she saw a sparkling amethyst, directly followed by an intense pain and “click” in her neck. This click contained (somehow) the message “that she wanted to know, wanted to remember, and wanted to see.” Then she had recollections of her youth, vague impressions of abuse between her 8th and 10th year (she never had clear recollections of abuse but images of the ceiling and curtains of her bedroom, which recollections showed up only three years ago). The recollection during the music was as vague as always. Then she had an impression (imaginary, no recollection) of a lady who works as a fortune-teller

in a crowded and messy Arab village, using sticks, beads and coffee powder. This image again told her “her soul wants to know.”

After music session: Enya reveals that she had the idea that her emotions influenced the music. This idea was strengthened when the music stopped just at the moment she felt good. Enya never wanted to investigate what exactly happened during her youth, and she still doesn't want to go into that again. Not being able to “see” her past, had to do with avoiding pain; in the same way she didn't wanted to “know” about her husband's lovers. In future social contacts, however, she now felt confident and decided to see clearly whom – or what situation – she would deal with. Concerning her professional career, she tells me she wants to do something like the forecasting lady in her vision.

Case 12E14 (2012).

Linda, German woman, 55 years (3 sessions). Education: Graduate.

Linda had three sessions during three subsequent days.

Before music session: Linda has an infection under her dental crown. In the process of deciding to emigrate from her homeland, she is living abroad for a couple of months, and a local dentist is currently treating her. Linda feels intimidated by the local dentist. Her own dentist (a good friend) has advised her over the phone to have a few millimeters from the top of the crown removed, to release the pressure on the infected area when she closes her jaws. The treating dentist is not willing to follow this advice, because he thinks the crown will be lost over time anyway. The antibiotics the local dentist prescribed did not stop the infection. Linda has a lifetime fear of losing her teeth. Linda has always felt she ‘stands below’ other people. She has the feeling that she is always doing ‘the wrong thing’ and that ‘nobody likes her.’ The local dentist reinforces this feeling.

During music session: Linda experiences how much she misses Freddy. Freddy is the dog that she took care of for eight weeks. Freddy was found along the road with two broken legs. Freddy lived in her house, while people from abroad were coming to adopt Freddy. Freddy left only a few days before the ISMF sessions started. Linda reports that during the music session she felt the legs and ears of Freddy on her arms again (Freddy needed to be carried often, for he could hardly walk because of his two broken legs). During the session Linda “felt Freddy as near as if he was really there.” She noticed how much she loved the animal (and his eyes). Thereafter Linda had images of her deceased brother. He appeared as a “monk walking in heaven.” Linda noticed that the ISMF session somehow reminded her of a regression therapy she had experienced about one year ago. The she saw “something even farther in heaven,” after which her attention was drawn to the infected area under her crown. First she saw “a circle of light around the infected tooth.” This circle of light became rather quickly a “little golden toothbrush’ that “did its job just by itself.” Linda experienced that “I myself was the tooth. I could enter my own cheek.” This was the first time Linda had a picture of the interior of her own cheek tissue. The infected area became “less frightening.”

After music session: Linda described her appreciation of the music. In the range of 1 to 10 she would mark her appreciation with a 10, this because the music did what music in her opinion should do, namely being emotionally moving and uplifting. Linda said

she now “believed in the working principle of ISMF,” whereas she had been a little skeptical at the start of the session.

The second session started directly with the musical part, without preliminary inquiries. This time the infection under the crown was less painful than the day before. At Linda’s request, the music part was adjusted to be longer than during the first session (which was 12 minutes). After listening to the music for almost 25 minutes she reported that she “was for a short moment one with the infected area.” She could imagine in detail what the infection under the crown looked like. Not to be related as imagery of the same kind, the local dentist had shown her radiographs of the infected area about five days earlier. During the ISMF music session these pictures reminded her of the X-ray photography of the broken legs of Freddy, which she had received by email just this day from the woman who had adopted Freddy. The visions of these photos made her very sad during the session, mainly because she felt so sorry for Freddy that he had been the victim of such a terrible accident. For the first time Linda cried aloud because of how much she missed to be with, and give love and support to Freddy. Her sorrow deepened when she remembered saying goodbye to her previous partner (with whom she broke off 11 years ago), who left two days earlier after a very joyful and pleasant visit of a full week. Linda became worried that he might become severely ill in the near future (he suffered from throat cancer two years ago). Thereafter Linda experienced something like a slideshow, pretty much like how photos are displayed in the ‘cover flow’ view of a Macintosh file browser. All pictures of this vision were related to important losses: the death of her brother and mother, and - most significantly - the many broken friendships and family relations in Linda’s life. “Why don’t people stay together? Why don’t we choose to stay together for a lifetime when we feel attracted? We should not have fallen away from each other.” These thoughts came up during the music session while Linda was crying, mainly having in mind the departures of Freddy and her former partner. About the crying, Linda remarks that she felt as if she already coped with her sadness, as if the remorse already was digested, as if she had cried after the pain.

After this second music session Linda remarked in a fashion contributive to ISMF research, that the sessions had facilitated the process of putting the events of the last days in the broader perspective of the totality of her life; it helped her to give meaning to these relatively minor events which she otherwise might have perceived (and forgotten) as if they were not mutually connected with her other life events; as if otherwise they would have remained scattered experiences. The ISMF session was in a sense (by lack of other words) a ‘rational experience’ for her, but, to her surprise, helped her realize the profound emotional aspects of seemingly day by day social events. Linda experienced the two sessions she had as a “cleaning.” Instead of complaining, she now felt like being capable of facing her sorrow and remorse. Linda remarked that the conversations before and after the sessions contributed significantly to the process, meaning, that she would not have noticed how deeply moving her visions and thoughts were, had they not been emphasized (imprinted) after the music session. Also, Linda appreciated being alone during the music session. She felt she probably needed that kind of privacy - not being observed – in order to let herself go emotionally (cry).

The next day Linda’s infection is still hurting. During the third session, the ISMF system stopped working after 6 minutes. Remarkably, the plane Linda imagined she

was travelling on crashed just a single moment *before* the ISMF system failed (this was not noticed by Linda, the music session was automatically and silently restarted, but she did recall a relatively long silence – most probably caused by the automatic restart process - in the music). Although she was very scared to go to her homeland, she planned every detail of her departure during the remaining part of the session (19 minutes in total): she made imaginary calls to people she was planning to meet, and arranged tickets for her travel. She was decisive to schedule her trip as soon as possible, so she would be able to meet her previous partner again at the first stop of her journey. Linda would like to express to him and his present wife how much she enjoyed their visit. Linda had now definitely decided to visit her own dentist (who is a good friend), being determined to treat her infection the way she felt that would be best for her: removing a bit from the upper part of the crown to relieve the pressure from the infection. After this last music sessions Linda said: “I know I don’t have to justify my decisions to anybody, but I just didn’t have the ease of mind to firmly make my own resolutions. I always have the feeling I do wrong; now this feeling is consciously pinpointed to actual events and people. I don’t really want to leave, but I think it is good to go to my homeland now. I want to see and talk with the people I love.”

Some days after Linda had arrived in her homeland she called me. The plane she travelled on obviously did not crash (there was some kind of fear that her vision of the crash was precognitive and real). She is glad to be home. All the people she met so far - friends, dentist, foster son, people in the shop, etc. - had been kind to her. Her dentist has examined the dental crown. Linda is comfortable with the care the dentist is planning to offer within the next two weeks.

Case 12G08 (2012).

Titia. Greek woman, 53 years (1 session). Education: Graduate.

Before music session: Though feeling stable and successful in life, Titia feels suppressed by “evil energy.” She does not want (in general) to talk about her emotions. She shares that she had a serious accident in her past, and she often feels sad because her daughter does not live with her.

During music session: The sequence of experiences starts with an image of a cross, made of steel with a green emerald attached. Then she sees an image of a dull, ancient vase. She sees two times two different empty beaches from bird-eye view, both looking like made of enamel (instead of sand). The first beach was completely empty; the second had some chairs, but there were no people. Then she sees the image of a smiling masked (silver mask) man, followed by an image of Holy Mary, only in contours, which worries her. After that she “is touched by an energy,” which is extremely frightening to her. Thereafter she sees an image of a black bracelet with magic signs around her wrist. The bracelet turns into a turquoise colour, which she likes very much. Then the bracelet turns into an airy material, which remind her of coral. The changing image of the bracelet is, in connection with the other imagery a “healing and deeply relieving experience” to Titia.

After music session: Titia reveals that she had a suicide attempt 11 years ago without knowing the reason herself. Since then she is not allowed to raise her children (by law). She recollects during the evaluation that 11 years ago “an evil energy” entered her body just before she fell asleep, at the same place (wrist) where the bracelet was

placed in her vision. A few days later she jumped from her balcony at night, whilst hearing a loud noise, seemingly unable to control herself. She has never told this story (about the “evil energy” connected with hearing the loud noise, which “forced” her suicide attempt) to anybody before. This “evil power” never really disappeared, but it departed during the visions she had whilst listening to the music; this was especially noted when she witnessed the changing colour and material of the bracelet. The departure of evil power feels permanent to her. Titia wants to close the session with prayer, to ask for a permanent departure of the evil energy.

Case 12E12a (2012).

Adriana, Woman, 41 years (1 session, 1 non-ISMF meeting). Education: Graduate.

Before music session: Adriana describes her life as being marked by two periods of equal length: a happy and joyful time before her marriage, and a time of persistent sadness thereafter. For almost three years, Adriana and her husband live separated. Before their marriage her husband treated her well. Soon after their marriage her husband begins to neglect her. She feels emotionally violated by him day after day. Although her husband didn't want children, she became pregnant twice. In 2004 and 2005 she had two successive miscarriages, after which she suffered from severe depression. Adriana shows pictures of herself, which show (in her words) a metamorphosis from a successful talented (working in the field of theatre) into an obese sad young lady. According to Adriana her current strength is due to an alternative therapy related to Chinese medicine. Beneath the surface of her current healthy “walk and talk” she feels sad and fearful for the future most of the time. What she fears most is not finding a new life partner and not having children to care for. Related to her wish to become a mother, she is about to make a final decision about her marriage. She will either divorce her husband, or try to adopt a child with him, if he is willing to support her in this. Her husband is not a good partner, but she expects him to be a good father.

Adriana does not trust mainstream medicine, the global banking system, politics and the media. In her view all these “institutions conspire to prevent humanity to know the ancient truth of human origin.” Adriana feels that “the salvation of humanity can be found in the love between humans, and in the love of humans for nature.” She wants to be a living example of this idea. But, her sadness overshadows the joy she had expected to find in such a quest.

During music session: Adriana tells that the music was at first quite lonely, yet pleasant, matching the way she had felt the whole day earlier. Her mind went from one event or person to another, from people she recently met to some events a little longer back in time. Half way through the music session, the music changed in a way she didn't like too much (it became very loud), although she still felt quite well. She witnessed the image of a single tree standing before a clear blue sky. A glass sphere shielded this image. Adriana vaguely related this shield to the situation with her husband. Thereafter she had a memory of making a painting three years ago. The painting depicted the sun and two angel-like figures next to it, which symbolized her two lost babies. She had never thought about that painting ever since. Just before the music stopped she heard voices saying three times the words “The Heavens.”

After music session: During the evaluation conversation it emerged that the music (split in a pleasant and loud part) rendered a remarkable correspondence concerning the envelope of Adriana's life, which history had also unfolded as broken in two parts

of equal length, one pleasant, and one full of sorrow. The words “The Heavens”, three times spoken, and the recollection of the painted angel figures symbolized to Adriana that her babies are watching her and are taking care of her. This makes her sad, she misses them in her real life. During the closing of the conversation Adriana recollects that at the same time she heard the voices (saying “The Heavens”) she witnessed herself moving in the outer orbit of the universe. It was like she was feeling “what the planets really are” – it felt like she was “one of the millions of planets herself and, at the same time all planets together; as if she and the universe were one single entity.”

Case 12E13 (2012).

Emilia, Bulgarian woman, 30 years (1 session). Education: Vocational.

Before music session: Emilia says that she has emotional dips and stomach pains. She acknowledges that it is hard for her to talk about her feelings, or about what caused her dips. Her life has been enjoyable so far, but she regrets that she bothered other people with her grievances. She and her husband have to move frequently to another place in the country, because her husband cannot find a steady job throughout the year at a fixed location. This irregularity may become problematic regarding Emilia’s desire to have children in the future.

During music session: During the music session Emilia saw the image of a child. Then she realized (in her imagination) that she was pregnant. Then she imagined herself sitting at the bar of the spa where she is currently working. She was having fun, drinking alcohol and smoking cigarettes. Her husband reminded her that she was pregnant (she had not realized this until then). He did so by kindly making her aware of the fact that the alcohol and cigarettes were bad for her baby. “He was taking care of the baby, and by doing so, he was also taking care of me.” Emilia experienced severe pain in her womb later in the session. This pain did not make her anxious; instead it seemed that the pain confirmed the perceived genuineness of the imagined pregnancy.

After music session: Emilia tells that her thoughts had become more “lined-up” than they were before the music session. The session had been very relaxing to her. She explained that she never has much time and lacks the mental discipline to think issues over, but the music session supported her in doing so. Being different from the massages or beauty treatments she knows are being offered at the spa where she currently works, ISMF did not offer the warmth and mutual exchange of human attention. Instead, she had been able “to think things over,” and was able to “place things in proper position in her mind.” The vision of the bar was a relief to her, as if it confirmed to her that she and her husband would be able to start a family, sooner or later.

Case 12F15 (2012).

Iannis, Greek man, 37 years (1 session). Education: NA

Before music session: Iannis has a very busy life as a manager. For that reason is he is often tired. Iannis says he has no problems or questions to resolve. He does not want to fill in the questionnaire. He wants to do an ISMF session out of curiosity, and to find out if ISMF music will make him feel relaxed.

During music session: The first five minutes Iannis asked himself “What am I doing here?” The music is bizarre and strange to him. He tried to figure out what he hears: if there is any musical figure or beat in the music. He could not find any reference to music he knows. Then he stopped thinking, and got used to the music. When the music stopped, I found Iannis in deep sleep, from which he awoke after a soft tap on his shoulder.

After music session: Although Iannis fell asleep during the music session (which to him must be due to a somehow relaxing feature of the “bizarre music”) he felt highly uncomfortable with the situation after he woke up. He tells me that he expected to have one hour of relaxation. He tells me that he is unhappy that I woke him up after 20 minutes. He doesn’t want to talk about his experiences. When I tell him that is fine, and he may listen for another 20 minutes, he doesn’t want that either.

Case 12L22 (2012)

Christina, Greek woman, 52 years (1 session). Education: Graduate.

Before music session: Christina expects that ISMF will help her to “balance her body and mind.” She is in need for that because she is highly frustrated and very sad about family issues that reached a climax recently. For four years, her husband and family practically and emotionally excluded Christina from the education of her son. For years, she worried about him because he used – and still uses - anabolic steroids. Her husband and family have always ignored these concerns. They always spoiled him excessively, for example by giving him much money to support his nightlife, also during normal schooldays. The son is now almost twenty and suffers from a severe liver disease due to the use of the anabolic steroids. The family and husband do not want to move him to practice a healthier lifestyle. Also, they don’t want to listen to Christina’s advice, and keep spoiling her son. Christina is very sad, frustrated, and desperate about what to do. She fears for the life of her son.

During music session: The first thing Christina experienced was a “wake-up call.” She felt that she was removed from a situation of sleep. Also she felt a kind of threat. A voice said to her verbatim: "Wake up and do something!" Immediately thereafter Christina had the thought that she should go to see her husband and son in Athens, within the next few days. At that moment Christina felt very strong and clear. “I understood that I – in the same powerful mood as evoked by the music - would *and could* explain what is important for my son, and how we, my husband, family and myself, should assist him.” Then Christina had a nice recollection of the time with her son when he was young, swimming in the sea as they used to do frequently. Those images made her cry, because “they were such great memories.” Thereafter Christina had a feeling of pain relief. This pain relief she knows from the time she took medication for menstrual problems, a very pleasant, sleepy feeling. At the end the music sounded "happy", which gave Christina a sense of optimism.

After music session: After listening to the ISMF music, Christina reports she feels much stronger and powerful. The role she has to fulfill as mother has become clear to her. She decides to go visit her son and her husband in Athens, to convince them that they should stop denying the serious situation to which her son has arrived. Christina is determined not to act emotional and weak anymore, but to do exactly what she is convinced she has to do as a mother. To her, the music session had helped her to clarify her confusion.

Case 12K16 (2012)

Ellen, Dutch woman, 54 years (1 session). Education: Undergraduate.

Before music session: After raising her four children (her youngest daughter is now 16), Ellen wants to find her “own calling” or “own profession.” She wants to do something with Chineng Qigong, music and (bodily) movement. Currently she attends graduate school to become a child therapist, but she still has a few courses to complete. The hardest part of the program for her to finish is clinical diagnosis, which part is too oriented on Western medicine, for Ellen. One of her daughters, now 22, was diagnosed as schizophrenic and multiple personality disorder when she was 9. This diagnosis was a huge shock for Ellen at that time. By chance she met a psychologist who looked at her daughter from another perspective. According to him, her daughter had troubles with high sensitivity (not in a ‘disordered’ way). The situation with her daughter remained difficult for a long time, but the contact with this psychologist was an important support for the whole family. Currently Ellen's daughter is doing well. Ellen does not talk to everyone (but to some people she does) about the beliefs and attitudes that she has developed in her life. In particular, her father is not with her. The way Ellen copes with her daughter does not have the approval of her father, who feels that her daughter should be treated by means of medication, in a typical Western way. Regarding her work, Ellen would like to work with people. Should she fail in the program for child therapist - Ellen thinks she needs such a diploma in her future work - she considers doing something with ICT. She certainly wants to work with people, preferably in a coaching way. Ellen has previously experienced an ISMF session during a group meeting. Ellen considers using ISMF in her future practice. She therefore wants to experience an individual ISMF session.

During music session (mixed with after music session): Ellen reports that the general trend in the music was that it became brighter and more cheerful after a time; hard and low notes were played less frequently gradually. The music gave her “the message” to “follow” the bright and cheerful parts of the music. The music made her feel that her future work is (“will be”) related to Chineng Qigong and music therapy. Furthermore, the music made her convinced that she should not to be stopped by the establishment (“Western science”) or by her father.

Ellen experienced the “hard basses” in the music as symbolizing something that was slowing her down her career, as if they symbolized her father's opinion and/or her training as child therapist. The lighter parts of the music symbolized for her a kind of message to “follow her heart.” Ellen noticed that she “fell back” each time she heard the low notes again, which did “punish” her. This meaning of “punishment” attached to the basses in the music was confirmed to Ellen, when she, at one point, thought about her father's opinion and her training, and *just after that* she heard the low notes again. This was, to her, a second confirmation that she should not withdraw from her intuitively just decisions in her life, because of her father’s judgments or “Western” education in general. Ellen thereafter again experienced bright and cheerful music, all the time that her thoughts followed her heart. At the end of the music session Ellen “knows for sure” that she has to follow her heart. Ellen stresses that this was to her a remarkably touching “knowing to know.” She says she has had the experience of 'knowing with absolute certainty' only a few number of times in her life, so she could easily distinguish the value of her certainty from having “just an idea.” The fact that she had this thought (“I have to follow my heart”) at the same moment the music stopped, was a third confirmation to Ellen that she should value this thought as “true

information.” When I ask Ellen what she will actually do when she follows her heart, she answers: "This, what we've done now."

After music session: Ellen is currently in the process of setting up a practice in which she uses ISMF music, combined with several studies in alternative medicine.

Case 10C18 (2010).

Kees, Dutch man, 33 years (1 session). Education: Undergraduate.

Before music session: Kees visits a psychologist because he had suffered from sudden and increasingly violent behavior that started about two years back. Ultimately he had smashed his own house to smithereens. Also he had hit his current girlfriend. He regrets his violence deeply, and does not understand what the source of that behavior is. His normal attitude has always been stable, enthusiastic, mild and friendly. After his violent explosions, he lost his feeling of having an identity. He wants to get back his real, own identity.

During music session: The first few minutes Kees had floating and spinning sensations, combined with alternating relaxed and stressed feelings. Also the feelings of violent rage appeared. Kees had very “imaginative thoughts,” but these, he said, were normal to him. Kees distinguished uplifting parts in the music during which he felt revived, and negative, heavy parts that made him feel small and shrunken.

After music session: It was hard for Kees to value his experiences during the music session, but when we focused on the very last minutes of the music, Kees recollects he had a vision in which he was running away from something. The speed of running made him float, which was to him an escape from some unknown danger. Then his body was uplifted and he pivoted around the middle of his body. Thereafter he sees himself laying on a stone table, situated in the middle of a large, open green field in a forest. It is daytime. Kees notices that he lies down with his arms spread. He feels safe and secure that way. That feeling of safety is, when Kees recollects it, new to him. He thinks that the image of laying down with his arms spread may help him when he is about to get aggressive again.

Case 09L14 (2009).

Sandra, Dutch woman, 28 years (1 session). Education: Graduate.

Before music session: Sandra’s grandmother passed away one year ago. Her (severe) mourning has made her contemplate questions about the mortality of the human soul. Sandra recognizes that her thoughts about life and death have become “very rational and metaphysical” after the loss of her grandmother. Sandra has worked as an energetic therapist for many years, but since her rational thoughts have subdued her emotions and sensitivity to others, she feels less capable to continue her work as energetic therapist. To Sandra it has become unclear what “healing can possibly mean to beings that are mortal anyways.”

During music session: During the music sessions Sandra saw a clear image of grandmother, as if “she was really there.” Her grandmother “radiated an unbelievable amount of love.” The vision of her grandmother was like a “living image.” Sandra had strong emotional feelings thereafter.

After music session: Sandra tells she had no vision or visible recollection of her grandmother after her death. Her grandmother was, so to say, “really gone.” The living image Sandra had witnessed during the music session, had “finally re-evoked emotion instead of rationality after so many months.” When I meet Sandra a few weeks later, she says that she was now able to continue her work as a therapist again.

Case 09B06 (2009).

Jim, Korean man, 38 years (1 session). Education: Graduate.

Before music session: Jim is a psychiatrist who has ambiguous feelings about his work in a psychiatric hospital. He is studying and practicing hypnosis therapy in private time, searching for an alternative for the clinical electroshock therapy he currently conducts on patients. He is also interested in out of body experiences, with which he is experimenting at night.

During music session: Jim sees watery color spectra. These ‘waves’ soon become ‘cloudy’ and then resolve in a ‘void.’ He experiences deep relaxation, and “goes out” for many minutes thereafter. When he ‘awakes’ he wants to recollect what happened in the void, but he cannot. Then he experiences that his body is in rest, yet moves at the same time. He feels floating a bit, about three centimeters above the sofa. He feels that his “energetic body separates from his physical body.”

After music session: Jim is amazed how quickly he went in a very relaxed state, which he relates to the music. Also he suggests that his deep relaxation may be due to the absence of artificial EM radiation in my studio. Jim tries to connect his experiences and the used techniques in ISMF with his clinical objectives concerning OBE and hypnosis. Jim cites numerous references to literature that bring about ideas that the human mind is under control of extraterrestrial forces.

Case 09K08 (2008).

Jasper, Dutch man, 35 years (1 session). Education: Graduate.

Before music session: Jasper describes himself as a positive, optimistic character but is sometimes a little depressive. He is a little limited in his work because of a ‘frozen shoulder.’ Sometimes he is edgy, tired, but most of the time he feels “pretty clear.”

During music session: Jasper first felt very relaxed and comfortable. Then he remembered his deceased mother. He tried to make contact with her. His remorse became more intense. He also thought that there was a certain “resonance” with the music, as if his intensified emotions had effect on the music. Then he felt a pressure on his shoulder as if a block was “worked on by an outer force or entity.” When the music stopped that impression immediately disappeared.

After music session: Jasper says that the music was a positive, calming experience. Jasper thought the music lasted much less than it actually did. He thought the music lasted for about 8 minutes. In reality the music session was 22 minutes. He had the impression that he and the music were “entangled” and that he could predict and influence the music. He had experienced that the music was in “resonance” with his intensified emotions.

Case 08M10 (2008)

Meindert, Dutch man, 34 years (1 session). Education: Undergraduate.

Before music session: Meindert is married and has a daughter of 15 months. He and his partner want to move to another house, because their current apartment is too small for a family. Meindert and his partner both earn some money with irregular freelance positions, which causes much financial stress. Their current apartment is very cheap and moving to another house is a difficult decision to make, because that might mean that Meindert or his partner should look for a well paid permanent job – which would be a sacrifice in each case, since they both love their current freelance work very much.

During music session: Meindert noticed that he relaxed very quickly. The first minute the music was dynamic, but then it became calm. To Meindert it felt like the music reacted to his mood, meaning that as soon he eased his thoughts by himself, the music represented that mood thereafter. After he had relaxed himself, the music helped Meindert to let go all thoughts that popped up, i.e. now the music was inducing his calmness instead. During the rest of the music session Meindert lost his awareness of time completely. He cannot say if the session lasted 5 minutes or one hour (it was 25 minutes).

After music session: To Meindert the music sessions felt like a whole night of sleep. He feels that the music session brought him into a balanced and harmonic state of consciousness, more quickly and intensely than other relaxation techniques that he experimented with before. Meindert believes that intent creates reality, of which the session was an affirmative example to him.

*Case 08A05 (2008).*Steffie, Dutch woman, 45 years (1 session). Education: Undergraduate.

Before music session: Steffie says she feels nervous, tired and edgy. She started fasting five days ago, to tackle her physical fatigue. Steffie thinks her body and mind need to clear up. Steffie hopes that ISMF will help her to ease her nervous thoughts.

During music session: During the music session Steffie first feels that unrest and fatigue, both in her body as well as in her thoughts. Slowly the fatigue becomes deeper, physically – but the unrest in her thoughts calms. She feels a “deep and thick lethargic inertia,” which causes her nervous thoughts to disappear completely. Steffie recollects that she felt lovely, and she was waiting for the moment when new disturbing thoughts would pop up in her mind; but that didn’t happen. She realizes that she “is exactly at the place where she wants to be.” She feels like slowly walking on the bottom of the ocean. At the end of the music session her body feels well known to her, safe.

After music session: After the music Steffie says she is in a much better mood than before. She had a “lovely safe experience.” The session (8 minutes) had felt to her as a guided meditation, but she had reached much quicker and deeper “the place where she wants to be,” both mentally as physically. Steffie feels comfortable with her observation that she apparently needs much rest; when her physical fatigue is resolved, her edginess and nervous thoughts will likely disappear as well.

Case 08M11 (2008).

Peter, Dutch man, 46 years (1 session). Education: Undergraduate.

Before music session: Peter hears a constant beep in his head (not ears). This beep started 18 years ago, and is a profound obstacle in his daily life. The beep makes him feel nervous and hunted. Peter thinks the beep in his head may be caused by EM fields (GSM antennas, wireless internet, etc.).

During music session: Apart from seeing many images of his new girlfriend during the first minutes of the music session, Peter noticed that the beep in his head increased in volume significantly. Then the beep disappeared completely, which was an experience of full relaxation and rest. Peter had no images or thoughts; he only experienced “pure and total silence.”

After music session: To Peter it was a remarkable to experience silence during the music session, because he normally does not enjoy music at all. To him, music normally appears as “sounds” to which he is always very sensitive. The ISMF music was, on the contrary, pleasing to him, and helped him to relax. After the music session, while we are talking, the beep in Peters’ head returns. When Peter notices the beep rising, he recollects that he had a “powerful thought” at the end of the music session. He felt himself making a clear decision: he was resolute, in a single-minded fashion, to find the same rest and silence he felt during the music in his daily life. Peter says that, to do so, he has to change situations in his life on a very practical level. After 5 months I receive an email message from Peter. He has moved to a house in nature. The beep is no longer constant, it only returns a few minutes a week.