

(Breakthrough, June 1986)

RESULTS OF EMERGENCY TREATMENT TAPES USED IN SPLENECTOMY

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It was suggested to me that the Monroe Institute would be interested to hear of my experiences with your special emergency tapes for surgery. Prior to the operation (a splenectomy), I listened to the *Pre-op* tape several times. I told the surgeon, anesthesiologists and other doctors associated with the operation at University of Virginia Hospital that I should like to be allowed to listen to the tapes in the O.R. and recovery room and asked for help. Initially, they were somewhat skeptical but when they saw the literature and realized that I was serious, their attitude became, "Well, it's your prerogative—so long as it doesn't interfere with our work."

So, on the morning of the operation, I rode to the O.R. plugged into the earphones of a Sony Walkman listening to the natural sounds that I had started to find very comforting. Various people assisting were friendly and rather amused at the sight of this person being wheeled into surgery, apparently listening to music. When I had a chance, I told people that they were special tapes for surgery. They were all intrigued. Meanwhile, I felt happy and confident (the pre-op morphine probably helped, too).

I woke up in the recovery room listening to a tape. This reassured me that the staff had gone along with my wishes. I felt very well after the surgery and was sitting up in my bed the same afternoon—quite alert. At one time I pulled myself into a squatting position to reach something at the end of the bed. While I was doing this, a nurse came in. She asked when I had had my operation and found it hard to believe that it had been that same morning.

I listened to the tapes over and over again in the hospital. To be transported mentally to a seashore or grassy field was such a wonderful release from the realities of limited mobility, discomfort, unpleasant procedures and confinement to a small area. Every sound and word took on a special therapeutic meaning. The tapes were also very useful at night when it was hard to sleep and there was nothing to keep one occupied. I would feel soothed and usually fell asleep. I also found the tapes helpful when I returned home—they helped me rest and sleep.

The hospital staff was very impressed with the speed of my recovery and healing. I have told all my friends about these wonderful tapes and would unconditionally recommend them to anyone about to undergo a similar experience.

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