



inTime: Effectiveness of a Rhythm-Based Music Listening Program Case Study: Self Report by Jane

INTRODUCTION



Thank you

Thank you so much for including me in the inTime preliminary clinical trial.

I truly enjoyed the four-week experience.

Additional notes

In addition to the completed Observation and Listening Checklists forwarded to by provider, I documented other experiences and sensations from listening to this extraordinary ABT product during the trial. I would like to share a summary of these notes with you in the hope that they will be of benefit to your study.

For your interest, I also include my significant moments (i.e. breakthroughs) and when they occurred in the program. In addition I monitored my energy level and scale of positive emotion before and after each session to measure any mood shifts.

Equipment

I used ABT Bone Conduction Headphones and a PC laptop since the trial was online.

THE inTime PROGRAM

Week One

My first impression of the music was that it felt very primal. I loved the feel of it. My body immediately wanted to sway and move to this rhythm. I **needed** to stand up and dance. At the end of the session I could feel tingling. I was aware of a faster heartbeat and I felt excited.

During this week I felt **energised** and alert after the sessions. I felt the rhythm awakening my body. This felt like a whole brain workout.

I experienced the following sensations:

- Physically my body wants to **surrender** to move to the rhythm and my mind is letting go during the sessions. It is very immersive and very **liberating**.
- Mentally I found that unconscious thoughts were surfacing. It feels like my body is releasing its hold on these and I am becoming more self-aware.
- Emotionally I feel calm and centred.
- Although I felt tired before many sessions this week, my mood shifted quickly to an energetic mental state by the end of each session.
- My behaviour this week was influenced by my thoughts as they were becoming **more** front of mind and propelled me to take action.

This week it feels like my body is awakening and shaking up “stuff” and starting to let go. Thoughts and feelings are surfacing and becoming more front of mind.

SIGNIFICANT MOMENTS:

Session #6: Felt compelled to take action on a matter that had been very confrontational for a long time.

Week Two

During week 2 I felt **focused** and alert after each session.

- Although before each session I had been feeling tired, the rhythm program shifted my mood (i.e. energy level and emotion) significantly to feel alert and happy.
- My ears feel “open” and when I move during the sessions there is a wider body movement. My whole brain feels stirred up.
- This week I felt compelled to organise things more than normal. I also felt driven to let go of physical things. I attended to matters I had delayed. I worked more efficiently and was very focused. So many thoughts are front of mind.

- It feels like there is nowhere to hide my thoughts (and feelings). I am so much more aware and there is a pressure even urgency about them that must be attended to.

SIGNIFICANT MOMENTS:

Session #14: On this day I felt a sudden energetic shift in the morning while out walking. It was as though I had spontaneously changed up a mental and physical gear. I felt something switch on.

Session #16: I started to dream a lot. As I haven't dreamt (or recalled my dreams) for a long time this was significant for me.

Session #20: Unlike me, I expressed a very strong opinion with a very strong conviction. I surprised myself!

Week Three

I felt a sense of momentum this week. I feel more active. I also feel a building up of creative tension.

- I have lots of energy. Ideas and concepts are cascading through my mind.
- More thoughts are surfacing. I am becoming **very conscious** of things I need to do and need to say where previously they didn't have such urgency or importance/focus. It feels like I am in a mental deep dive – digging and excavating my inner world. I **need to converse** because all of this is so front of mind.
- I feel a creative tension centred in my solar plexus area. I feel like the music is trying to shake out of my body (unblock) unresolved issues and make them more pronounced in my mind to process them and initiate action.
- I feel very restless and tense. I feel Impatient with myself. I feel anxious during the day. However this feeling subsides after each session to a positive mental state. The rhythmic music shifts the anxiety from my stomach and it dissolves by the end of the session. I feel some relief.
- My sleep patterns are interrupted as there are thoughts surfacing and physical tension mounting.
- Physically I want to keep moving and take action. I feel a sense of momentum and at other times feel like I am "spinning my wheels".
- Did a lot of physical work this week.

SIGNIFICANT MOMENTS

Session #21: Felt a clear sense of momentum and am very active.

Session #23: I expressed a firm response when normally in this situation I would not confront this matter. There was a flood of emotion and resolution.

Session #26: Bought flowers for myself. I never do that. Surprised myself again!

Week Four

The introduction to this week felt like a brain massage. It was very relieving.

During this final week:-

- I have experienced a lot of deep thinking and excess internal chatter. It is as though there is nowhere for my thoughts and feelings to hide. I feel I have dug down deep (but not deliberately) and things have surfaced.
- I have been battling with nervousness and a sick feeling in my stomach. I can tell I am still holding on due to inaction. However there is a dramatic shift in energy from this anxious condition to a state of calm after each session.
- I can feel this mental/emotional/physical “push” and it is getting stronger and stronger
- There is an urgency to move and to speak.

SIGNIFICANT MOMENTS:

Session #37: I had a **sudden mental shift**. On waking, I felt strong, confident and alert. I felt a strong internal drive, positive and focussed. I even felt more confident as the day moved on! I had not done anything extraordinary that made me feel so powerful today. The tension had subsided. I felt relieved.

Session #38: I also felt very confident. I felt aligned and centred. It was a very empowering feeling. A very wonderful feeling!!

POST STUDY

Although the 4 week rhythm project had concluded, it was in Week 5 that I truly experienced a significant moment. On the Monday, I felt so strong that I took immediate action to tackle a matter that I had been postponing for a long time and felt very anxious about. Now the anxiety was gone. I handled this confidently and dealt with the confrontation and consequences. There was such a strong mental push to do this as it was so front of mind and **had to be expressed and voiced**. I felt relieved and slept well that night.

SUMMARY

My experience with inTime was extraordinary, enjoyable and engaging. I was not thinking, feeling or acting my way through this but experiencing the process and surrendering to it.

My mind and body loved this rhythmic experience. For me, it is intense for a period of time as the body releases its hold, internal chatter emerges and creative tension mounts. I had a sense of no longer being able to or wanting to “hold on” and chose to surrender to the process. In turn, emotions and thoughts surfaced quickly. They became front of mind and I became more conscious and clear of this need to act. I could feel this pressure and push demanding my attention, expression and action.

For me this process created some turmoil that resulted in a shift of mental and emotional energy but when all the stars lined up and the mind and body rhythms were in sync - personal strength was born. A strength that liberated expression released feelings and dictated action. It was an internal transformation.

Jane