



HIMALAYAN BOWLS USAGE AT OLD AGE AND MEMORY CARE UNIT

Observational Research Project by Anitha Babu

ABSTRACT

The Journey of Himalayan Bowls amongst old age community and Memory Care Unit as a Therapist walking the path of healing and Transformation

Anitha Babu

BOWLS AND THEIR EMOTIONAL HEALING

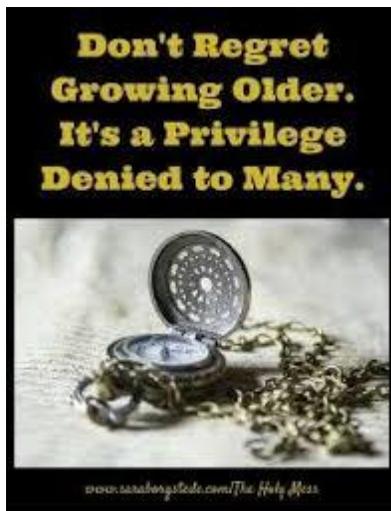
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Why Himalayan Bowls

They are made of metal alloys including a high proportion of copper and tin and are found in many shapes and sizes. Some are decorated with Nepalese script or other markings. The older bowls are hand-beaten but modern versions may be fully or partially machine-made. Every bowl is unique, and the sound quality, pitch and resonance depends upon a variety of factors including the combination of metals used, the thickness of the bowl, its shape and its size

The vibrational behavior of bowls has been simulated and has been widely studied both under friction-induced puja excitation and also after being struck. In the former case, experiments indicate that bowls exhibit both radial and tangential motion, in concurrent stable and unstable modes. The unstable mode rotates around the bowl at the same angular velocity as the puja[1], resulting in beating phenomena always being heard, even with a perfectly symmetrical bowl. Rattling or chattering may occur, particularly with harder puja, lower contact forces and greater angular velocity. Research has also been carried out using loudspeaker-induced oscillation.



Work at the Community

Period: June 2018 – Till Date

I approached a senior living and memory care unit in the place where I live for a meditation session. I started off by doing 'Monday Meditations with Anitha' and moved on to 'Friday Meditations with Anitha'. The Community consists of Senior people aging from 70+ to 85+ and most of them with Alzheimer's. I would start with watching the breath and relaxing every part of the body and request the participants to listen to the bowl and take the sound into that part of the body and watch the breath.

When I started the meditations in the community I had only 5 people or sometimes even one. Gradually, as new residents came in and a few others also joined in and I was asked if I can take Chair Yoga stretches and I volunteered and started doing Chair Yoga stretch and Sound Meditation as individual sessions. It's been more than 15 months now and it has helped me to listen more.

I used gentle relaxation techniques followed by meditation and bringing up moments to inquire emotions like Self-Love, Empathy, holding space for each other, Self – Acceptance (Which is very important). Later used Himalayan singing bowls and taking the sounds within themselves and then seeing the cascading effects before and after playing of the Himalayan bowls.

Transition from Residents to Care Givers

On a regular session every week, a care giver approached me saying can she attend the session and I welcome her to try. As I played the bowl, I saw tears from her eyes and she was sobbing and shaking. I allowed enough time to ground herself and told her that she can attend the sessions whenever she can and I requested the Community Volunteer In-Charge if I can conduct sessions only for Care Givers. That's how the journey from serving residents to care givers progressed.



Statistics Available

2019 ALZHEIMER'S DISEASE FACTS AND FIGURES

ALZHEIMER'S DISEASE IS THE **6TH** leading cause of death in the United States

82% of seniors say it's important to have their thinking or memory checked

58 MILLION Americans are living with Alzheimer's **BY 2050**, this number is projected to rise to nearly **14** MILLION

BUT ONLY 16% say they receive regular cognitive assessments

MORE THAN 16 MILLION AMERICANS provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided an estimated **18.5 BILLION HOURS** valued at nearly **\$234 BILLION**

IN 2019, Alzheimer's and other dementias will cost the nation **\$290 BILLION**

BY 2050, these costs could rise as high as **\$1.1 TRILLION**

EVERY 65 SECONDS someone in the United States develops the disease

Between 2000 and 2017 deaths from heart disease have decreased **9%** while deaths from Alzheimer's disease have increased **145%**

1 IN 3 seniors dies with Alzheimer's or another dementia **It kills more than breast cancer and prostate cancer COMBINED**

alzheimer's association

Data Speaks and Effects

How to Read the below CHART: -

The Value on the left side is on a scale from Zero to 5

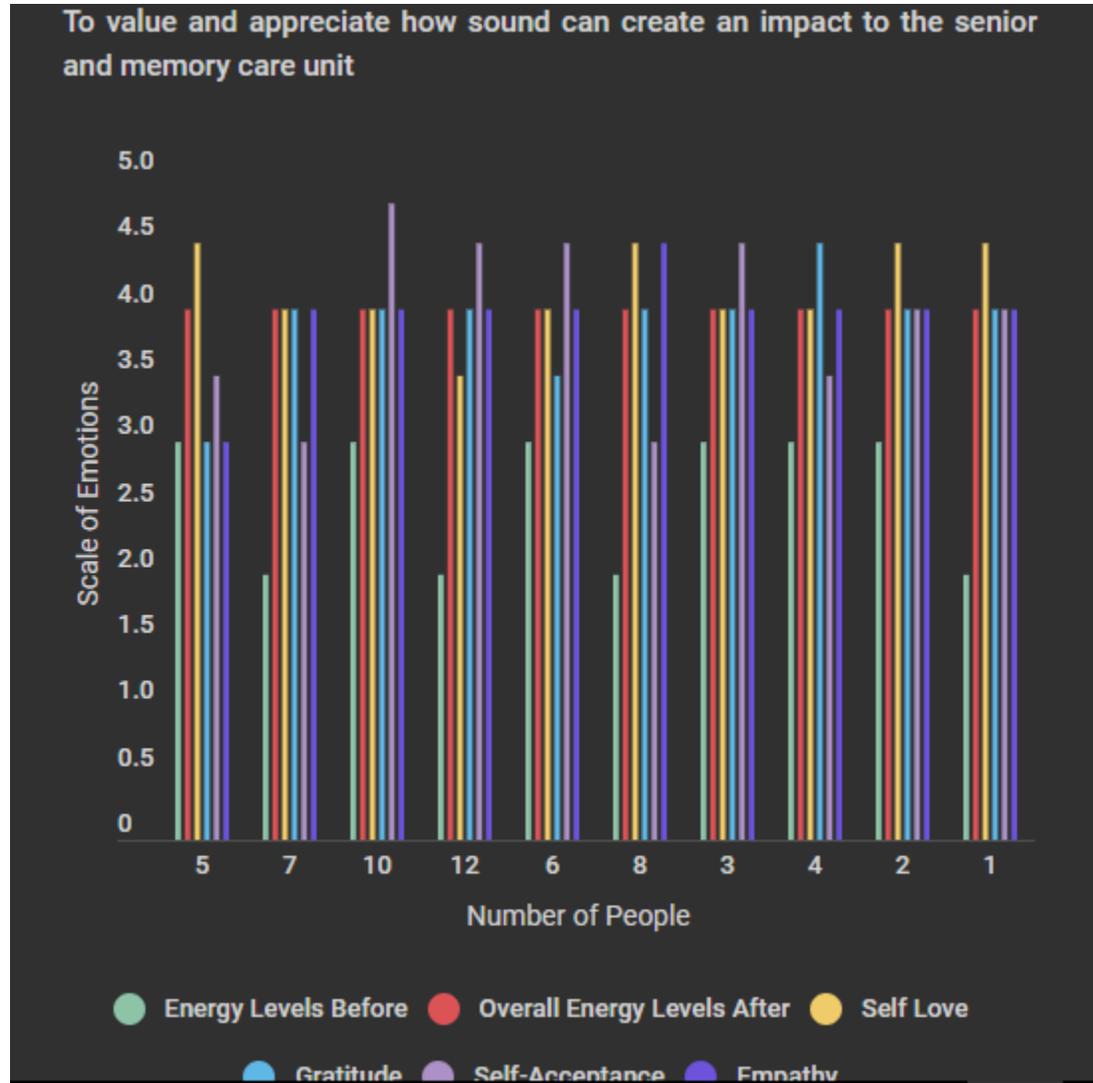
Number of people per session

I measure emotions of people per session by asking them a few questions and understand their response and then rate these on a scale of Zero to Five (0-5)

1. Gratitude
2. Self-Love
3. Self-Acceptance
4. Empathy
5. Overall Energy Levels Before
6. Overall Energy Levels After

Interactive Chart:

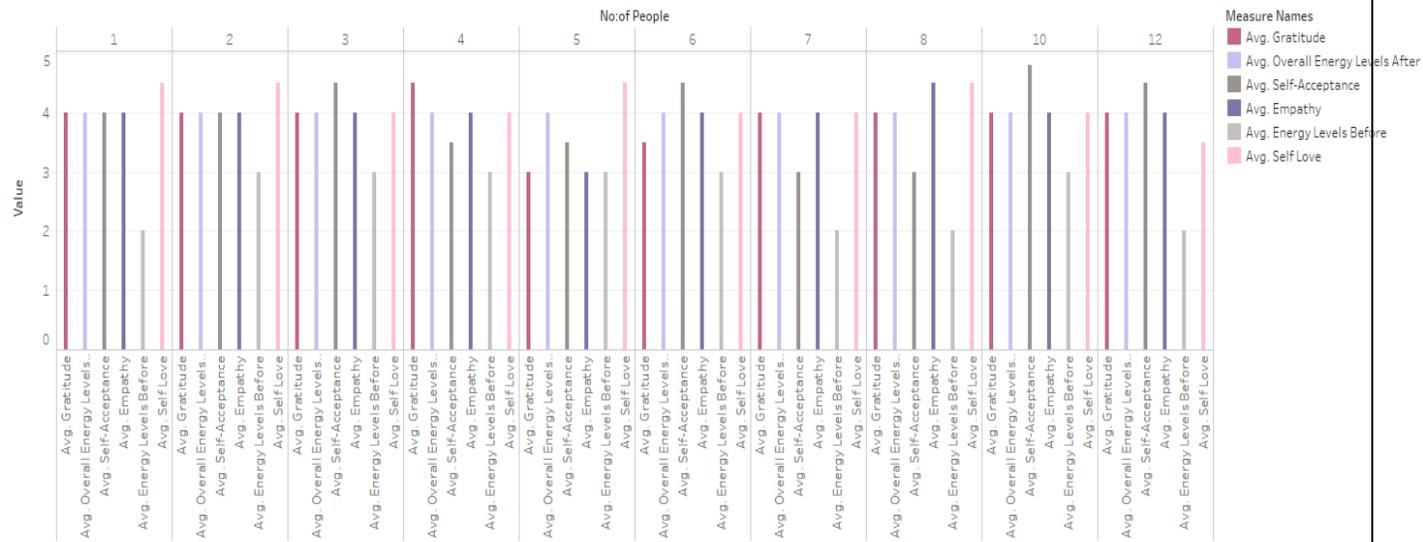
<https://infogram.com/sound-therapy-for-senior-living-and-memory-care-1hmr6g3omo094nl?live>



Static Chart: -

Software Used: I used Tableau software to do this since am interested in Data Analytics. This is a licensed software and I used a Trial version valid for 14 days only.

Senior Living and Care Givers - Sound Meditation Charts



Avg. Gratitude, Avg. Overall Energy Levels After, Avg. Self-Acceptance, Avg. Empathy, Avg. Energy Levels Before and Avg. Self Love for each No. of People. Color shows details about Avg. Gratitude, Avg. Overall Energy Levels After, Avg. Self-Acceptance, Avg. Empathy, Avg. Energy Levels Before and Avg. Self Love.

Sampling done using Tableau with Number of People and Time in months as Dimensions and measures of Empathy, Self-Love, Self-Acceptance, Gratitude on a scale of 5 as the highest number.

Effects:

- ❖ Residents expressed calmness and reduced anxiety levels so that they can sleep easily
- ❖ Some of them hold hands of each other at the end of the session acknowledging each other's presence
- ❖ Increased sense of awareness and letting go
- ❖ Gratitude for what we have now and for the space that is holding us brings in a lot of positive Vibrations amongst residents

Audio Experiences of Residents:

Below are the Audio experiences of residents during Volunteering as a Sound Therapist

<https://youtu.be/dkmuR2nWif>

<https://youtu.be/rnBRZimA81s>

Challenges

We all need to challenge ourselves to grow out from our own limitations and also extend helping hands with an open heart to embrace one another with love and compassion.

- There were times where a resident just stands up and moves away from the meditation session and I cannot stop the session and hold the hands of the resident leaving the place because the session is already ongoing. I would simply smile and say it's okay by moving my lips so that they understand or simply do a thumbs up.
- There are many occasions where I did a one on one session with the residents where they open up and share their deepest fears and insecurities and the need to feel loved and understood and request strength through prayer. Just a simple gesture of holding someone's hands was so helpful.
- There were also times where there was no show and I would sit in the library and meditate and leave.

Thank you Notes

My Sincere thanks to the below listed people who played a vital role in helping me with this project

1. Branka – Senior Living and Memory Care Unit Volunteer Coordinator – Friendly and Helpful
2. Residents and Care givers – Without which this opportunity would not have been utilized
3. Svetlana – Front Desk Coordinator – Ever Smiling and Welcoming
4. The Higher Sources and my own Karma and of others for this experience
5. Globe Institute of Recording and Production for enabling me with this research data by observation

References: -

1. Google
2. Observational Inferences
3. Wikipedia
4. Puja[1] - Octávio; Henrique, Luís L; Antunes, José (2006). "The Dynamics of Tibetan Singing Bowls". *Acta Acustica United with Acustica*. **92** (4): 637–638.