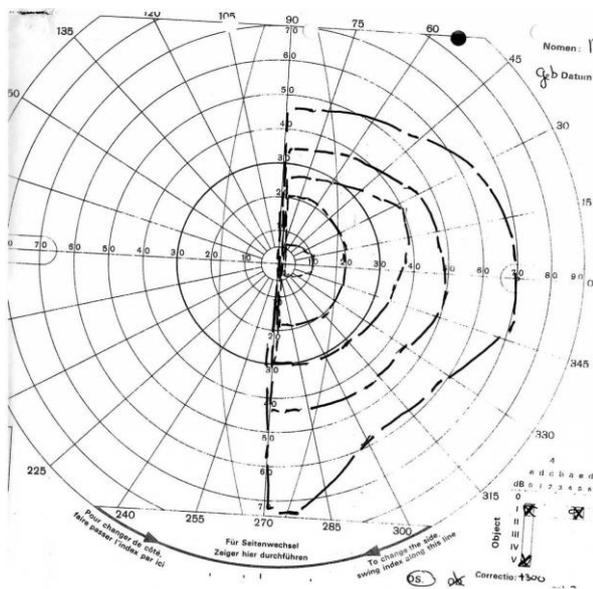


Testing someone's visual field with Dr. D. Bergsma from the University of Utrecht – the Netherlands.

One of my clients puts me in touch with Dr. Bergsma, a neuro-psychologist that runs a research project about damages in the visual fields of CVA-patients. My client is such a CVA-patient and she is selected to take part in this research project. She has had her CVA in the summer of 2005 and the visual field of both her left and right eye are 50% damaged, as well as her speech and her motor skills. She asks me to work with her to see if her symptoms can heal. Just before we start working she has been to her ophthalmologist who has tested the range of her visual field.

Picture from left eye:



of the optic nerve, but because of the damage there the sounds cannot flow steadily. As if they have to take small jumps in places where there is too much damage. This kind of singing continues for some time and then quite unexpectedly and suddenly the sounds change and they follow the optic nerve from beginning to end without jumps and without interruption. It is as if the sounds have melted with the nerve, have found a residue of intact optic nerve cells and try to restore a tiny nerve connection. It is fascinating to follow the pathway of the sounds and both experience and study them. After this second session she has the definite impression that her visual field is enlarged, especially in the left eye.

When I come for the third session she tells me that she can better see the food on her plate and look at the clock to see what time it is.

She has also watched a DVD-movie and was able to see the whole screen. It still tired her and she had to put her conscious attention to it, but there is a definite amelioration.

During the third session I sing from the backside of the head and she has the impression that the sounds travel through the optic nerve and reach towards the back of the eyeball. She tells me she has a feeling of tender sanding there. As if the sounds of the voice are carefully scraping off some substance that hinders the eye.

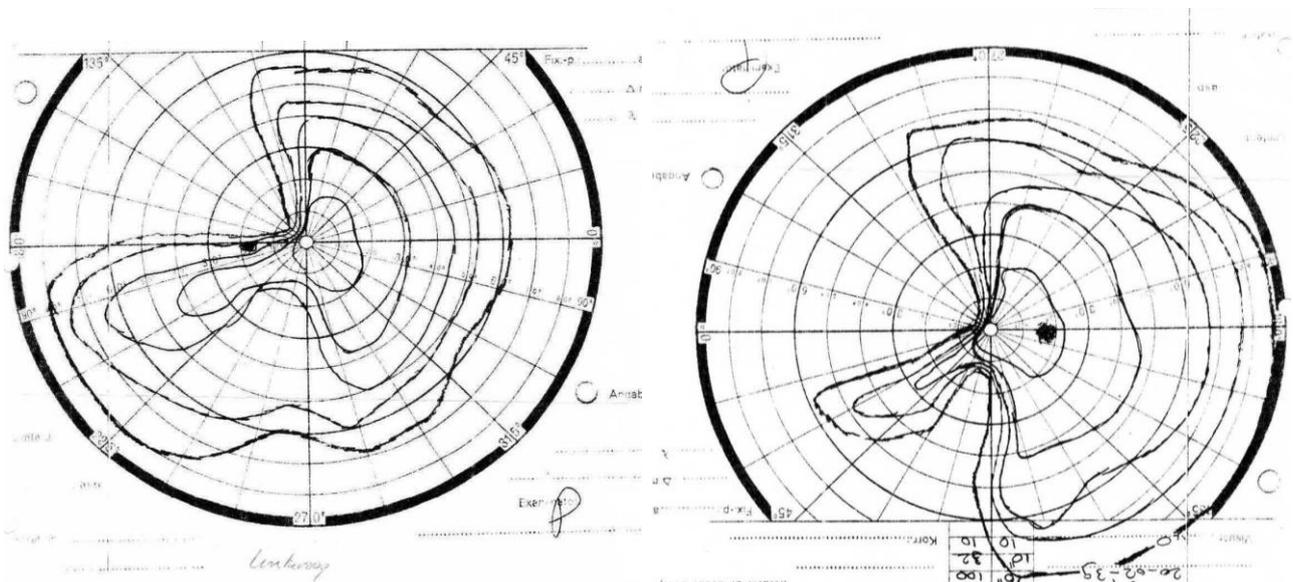
Also after this session subjectively the vision has improved.

After the three sessions on the 24th of January 2006 she has another test with the ophthalmologist.

To his surprise both eyes have improved dramatically, especially the left eye shows remarkable ameliorations.

Chart of left eye:

Chart of the right eye:



Both charts show remarkable ameliorations: in the left eye the gain is 25% compared to the first tests done in October. In the right eye the gain is 10%.

The ophthalmologist tells her he cannot account for this improvement, because it is quite rare that this happens in cases like hers. She tells him about our work and he bluntly

dismisses it. There is no question in his mind that this work could have caused such a significant amelioration.

When I see the charts it dawns on me that both eyes are affected by the CVA. I was under the mistaken impression that only her left eye was affected. In the three sessions that we did the sounds were drawn to the left eye and we have followed the indication of the sounds and concentrated on the left eye. It is remarkable that her left eye also shows the greatest improvement. So we assume that the voice has supported this healing.

After the tests we start working together on a regular basis (about every 6 weeks one or two sessions) and also focus on other symptoms of the CVA, like her speech and paralysis of the left side of the body.

In the summer of 2006 she is selected to participate in the research-program of Dr. D. Bergsma. He is testing a new technique that trains the expansion of the visual field of CVA patients.

When she is selected for the program she tells Dr. Bergsma about our sessions and he asks us to interrupt our work during the 4 months of the training with him in order not to influence and contaminate the results of the training.

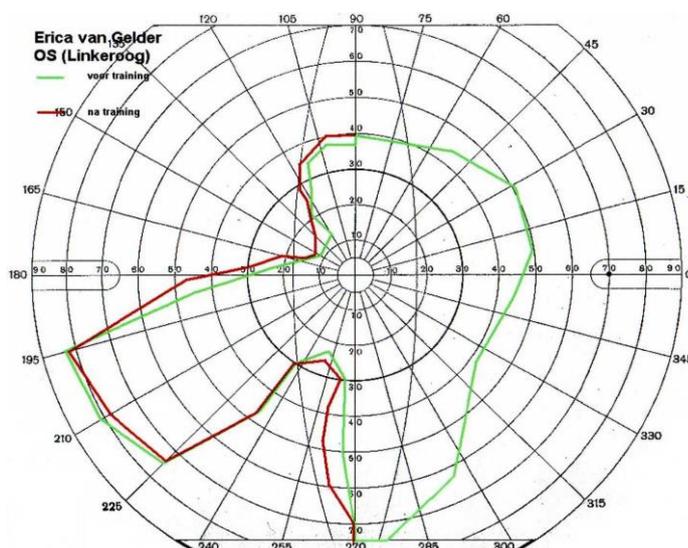
During her final interview she asks Dr. Bergsma, if he would be willing to test the effect of my work with the voice with the same equipment that he uses for his research. He accepts the proposal and we go to the University.

The procedure begins with a test of the condition of the visual field of both eyes when we arrive. I have not worked with her for about 5 months then.

Dr. Bergsma and one of his students are present and after the first test is done we start working. I sing for about 20 minutes and the sounds of the voice especially penetrate into the optic nerves from both eyes. She shares her impression that the sounds are like ancient sailing ships on two big rivers sailing away to the back of her head. As if a fresh wind has blown through her brain.

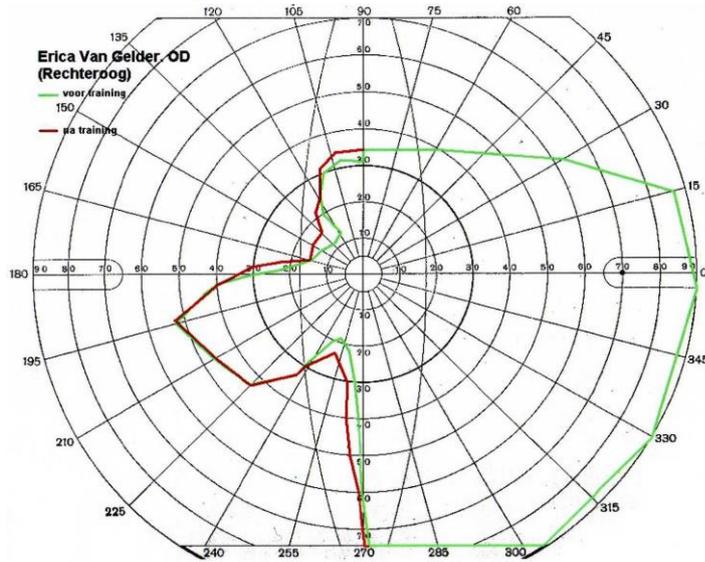
I explain to Dr. Bergsma that the sounds, the impressions and images create an activation in the brain that enables the sounds to affect the brain cells.

Chart of left eye:



I also tell him that the effect of the singing is immediate. During the singing I could follow the sounds into both optic nerves from beginning to end where they are located in the back of the head. This session exactly takes off where the last session ended. The difference is that now the nerves seem to be broader and stronger. As if there are more connections and fibers in the damaged parts than before.

Chart of the right eye



After the singing has ended the visual field is tested again. I am very curious to find out if the results show something of the effect of the singing.

The green lines show the visual field before the singing, the red line shows the visual field after the singing.

Both eyes show an overall amelioration of the visual field. This means that the effect of the voice is measurable and beneficial for the visual field of both eyes.

Dr. Bergsma immediately warns me that these tests are no scientific proof in the usual sense. We would have to repeat the tests many times and with different people. However in light of the first tests (October 2005), that showed the 50% loss of visual field in both eyes, the tests done in January 2006 that show ameliorations in both eyes, with an increase of 25% in the left eye and 10% increase in the right eyes after only three singing sessions and the measured ameliorations during the tests now in Utrecht we can conclude that the singing has a beneficial effect and that the results can be clearly measured and seen.

It is my first proof that the voice works.