

Naturally Change Your Chemical State

Rhythm and Wellness Techniques by Jim Donovan M.Ed.

Using Rhythm to Slow the Speed of Your Brainwave and “Turn On” Relaxation

The Stopwatch Tap Technique

This technique uses an effective trick that essentially flips on the brain’s relaxation response using rhythmic entrainment. The technique is very simple and highly effective for anxiety reduction, eliminating thought “loops” and preparing your brain for deep sleep.

3 step process:

(1) Close your eyes and imagine the sound of a stopwatch, like the one at the beginning of the news show “60 Minutes”. In other words, do four taps per second

(2) Begin to lightly tap your hands or fingers on your legs, alternating the hand back and forth four taps per second. (If you say the word Mississippi that will guide you.

(3) Breathe Slowly

Try to keep the tapping going for at least 120 seconds or for as long as it feels good to do so.

4 Sided Breath:

This technique employs breath control by splitting the breath into four even parts (1) inhale, (2) hold the breath, (3) exhale, (4) wait without breathing. Do each of the four “sides” for four seconds. This exercise is especially good for times of crisis, panic attack, and as preparation for deep restful sleep.

4 steps:

Breathe in for a count of 4 seconds

Hold breath for a count of 4 seconds

Breathe out for a count of 4 seconds

Wait without breathing for a count of 4 seconds

Over time, expand your lung capacity and the depth of the exercise by increasing the number of seconds for each part of the breath.

The Whisper Breath

(1) Breathe in and out through your nose and exhale in a way that sounds like you are whispering to someone. It also sounds like the sound of someone breathing during sleep, or sighing.

(2) Each time you inhale and exhale, aim to narrow your airway as air flows in and out of your body.

The slowness of breath combined with the friction of the air that stimulates the Vagus nerve and induces the deepest levels of relaxation.

(3) Continue for 60 seconds or for as long as it feels good to do so.

If you feel uncomfortable or lightheaded, simply open your eyes, stop the technique and breathe regularly.

Using the Voice to Stimulate the Vagus Nerve and “Turn On” Relaxation

Humming: Exercises for clearing the mind, reducing eye strain, opening the sinuses and inducing deep relaxation.

The letter “M”

Bring sound vibration to the top of the head

Version 1

1. Teeth together, lips together.
2. Inhale a full breath and exhale mmmmmmm for the duration of the breath
3. 120 seconds or as long as feels comfortable

The letter “M”

Bring sound vibration to the forehead, sinuses

Version 2

1. Inhale a full breath and exhale mmmmmmm for the duration of the breath
2. As you exhale, slowly open and close the jaw. Lips stay closed
3. 120 seconds or as long as feels comfortable

The letter “M”

Bring sound vibration to the sides & back of the head

Version 3

1. To resonate the left side of the head, tilt to the right while holding the left side of your head with your RIGHT hand.
2. Inhale a full breath and exhale mmmmmmm for the duration of the breath
3. As you exhale, slowly open and close the jaw. Lips stay closed
4. 120 seconds or as long as feels comfortable.

Toning the vowels to stimulate and clear stress from major organs and nerve centers

Head: Eeeem

Forehead: Aiiiiim (Pronounced like the word Aim)

Throat: liiiim (Pronounced like the word I'm)

Heart: Ahhhhm

Solar plexus: Ohhhm (Pronounced like "o" in the word home)

Navel: Oohmmmm (The "u" sound is pronounced like the word "You")

Root: Uhhhhmmm (Pronounced like "u" in the word sum)

Starting at the top of your head, exhale each sound 3 to 5 times. Focus your attention of the part of the body you are working with. If you feel lightheaded stop. Allow at least 30-60 seconds after the exercise to relax.

Contact: JimDonovanDrums@gmail.com

Booking, Consulting, Schedule: <http://www.JimDonovanMusic.com>

Traning: <http://www.DrumCircleLeadership.com>

Reading List

Jim Donovan: Drum Circle Leadership

Tenzin Wangyal Rinpoche: Tibetan Sound Healing, Tibetan Yogas of Body, Speech, and Mind

Hazrat Inayat Khan: The Music of Life

Russil Paul: The Yoga of Sound

Laura Parnell PhD: (EMDR specialist), Transforming trauma, Tapping In

<http://drlaurelparnell.com/booksbydrlaurelparnell/tappingin/>