



## inTime Case Study: Self Report by Suzanne

### INTRODUCTION



Age 47

History of Depression

Mother of 3 children, youngest in now 17

14 years ago I suffered a bout of depression (mild to moderate) believed to be brought on essentially by years of lack of sleep due to having 3 young children. I was prescribed Prozac which I took for 18 months. The tablets worked in that I became numb but I knew ultimately that I didn't want to continue taking them. I weaned myself off them whilst pursuing natural alternatives.

Since then I have been able to keep myself balanced quite successfully over the years using natural therapies and techniques as well as enjoying many cycles of The Listening Program® (TLP). In the last couple of years my mood has fluctuated more. I hadn't used TLP in nearly 2 years and had pursued an audio meditation programme which I found helped; I was able to keep my head above water and carry on. I also had some health issues that were sapping my energy.

However last summer, I realised I wasn't coping as well as usual. I had become very tearful, over emotional, cried daily over the slightest thing. Just 'lost it' more frequently; I berated myself for losing the control I had been quietly proud of regaining and retaining for so long.

I found myself unable to engage in conversation that involved a subject that was upsetting in any way. I couldn't retell a sad news story without my voice wavering or being unable to finish my sentence due to a lump in my throat or tears in my eyes. I was unable to hold difficult discussions or those that involved the slightest confrontation or decision making. Holding a telephone conversation at work became a daunting prospect. I found information a jumbled mess and I seemed unable to make sense of it. I had stopped singing on multiple levels!

I started to believe I was going to have to give into medical intervention again, which for me personally falls into the realms of failure. I'd reached a point where I couldn't see an alternative solution.

## **THE inTime PROGRAM**

Then, quite by accident, in late September (2013), I found myself agreeing to participate in the Advanced Brain Technologies rhythm program trial. Although I knew this trial was in progress, it was something that I didn't think applied to me, I thought it was something else.

I started the rhythm trial (now inTime) listening and it took me by surprise; I was hooked right from the first day! I absolutely loved it. By the 3rd day I wanted to listen for longer; 2 x 9 minutes just wasn't enough. I was totally absorbed in the music.

I used air conduction Sony F1 headphones for the first part. I listened to 20 consecutive days as I didn't want to miss a day. For the next 20 days I listened with the Waves air/bone conduction audio system.

I found I really craved these rhythms, it was an innate component of my make up that I'd found, as if it was lost. The music felt like a security blanket that I was able to completely melt into and trust. The rhythms became a part of me and I was totally absorbed into the music; I didn't move the whole time as if pinned to the chair. It was as if I was forced to relax and I really relaxed! My listening sessions felt like mini meditation sessions. I really couldn't get enough and I didn't like having to wait the half hour for the next listening session to begin.

Bearing in mind I was listening by accident, I had absolutely no expectations and no thoughts as to what might happen.

Within only 1-2 weeks, I became aware that I was no longer crying every day. I felt more in control of my emotions and I had regained some of my composure.

After I completed the first part of the trial, 20 days, I was able to hold a conversation and relate a story without becoming upset. I felt more centered and grounded and my thoughts had become clearer and more organised. I noticed I didn't mind answering the phone again at work – quite an important factor really. I could organise myself, my family and my work with a sense of calm. I realised I was better able to sequence time and events and plan forward without being anxious or stressed about what was upcoming in my life. I was working around two major changes in my work life and I couldn't believe how I was just calmly taking one day at a time without being overwhelmed. I am now more content with what I've achieved in a day instead of stressing on what I hadn't done and I remain relaxed knowing there's always the next day to do the rest.

My previous constant state of overwhelm had disappeared. Over the following weeks changes have continued to show themselves. My inner sense of calm has returned - like I used to be (pre children). I don't just 'lose it' anymore. I sing along to my favourite songs again! I still have an odd day that's not as bright as it could be but I know I feel 'normal' again.

## **SUMMARY**

For me, inTime has reversed the symptoms of my fall into depression and I don't say that lightly. inTime has made changes at a core level which has given me increased emotional stability. inTime hasn't just put me back to where I have functioned for so long with my head just above water; I actually feel inTime has reversed the downward spiral and lifted me back up into a more positive realm where I am able to feel happy, content and look forward to what's ahead.

I have continued to listen to inTime and I will do for some time to come. Who knows what other minor miracles might be in store for me! My listening sessions aren't as intense as in the beginning but still continue to be a wonderful relaxing experience each time.

I am still amazed and can't quite believe how these beautiful rhythms have made such a difference to my life in such a short space of time.

Thank you to all involved with the making of inTime!

Suzanne Heath  
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