

Relaxation CDs



BC Cancer Agency

CARE & RESEARCH

An agency of the Provincial Health Services Authority

Patient and Family Counselling
600 West 10th Ave.,
Vancouver, BC V5Z 4E6

Why Relaxation CD?

Recent studies in psychoneuroimmunology have shown relaxation techniques to be helpful in boosting general immune response. Just 20 minutes a day of deep physical and mental relaxation can facilitate the body's receptivity to healing treatments and aid in health maintenance.

The relaxation CD described in this brochure include segments of autogenics, breathwork, visualization, guided imagery and music. These components provide a framework within which to take "Time In" - time to find an inner calm and focus which will help to restore balance and harmony on both a physiological and psychological level.

The BC Cancer Agency thanks the following past and present staff members for their time and creative talents in the production of these CD:

- *Lis Smith, BSW, CCH*
- *Kathryn Nicholson, BMT, MTA*
- *Barbara Warren, RN, CNS*
- *Michael Boyle, MSW*
- *Ferguson Neville*
- *June Slakov, BA, DVATI, RCAT*
- *Louise Lai*
- *Bill Nelems, MD, FRCSC, Med*
- *Azmina Lakhani, MSW*
- *Patricia Nitkin, BA, MTA*
- *Cheryl Beggs, MTA*

Availability:

The CD are available on loan from the BC Cancer Agency Library (675 West 10th Ave.) or can be purchased from the Patient & Family Counselling offices at the Vancouver Cancer Center, Fraser Valley Cancer Center, Vancouver Island Cancer Center and the Cancer Center For The Southern Interior.



***In The Spirit of Healing:
Let the Music In***

This BCCA CD is unique in that it offers predominantly music for relaxation and reflection.

Side 1:

Let the Music In

Playing Time: 22 minutes

Content: Music only

Musician: Kathryn Nicholson

Offers a selection of beautiful and beloved songs, chants, spirituals, folk music from around the world. Songs such as:

- Both Sides Now
- Let it Be
- All Through the Night
- Simple Gifts

Side 2:

In the Spirit of Healing

Playing Time: 18 minutes

Content: Music and Readings

Musician: Kathryn Nicholson

Narrator: Lis Smith

This side addresses the spiritual component of the healing journey. It includes two thoughtful readings, a Japanese folk song, a Russian hymn and a Hebrew blessing. There is also an extended section of vocal improvisation reminiscent of Gregorian chant. The music and the message on this tape are universal.

Breathwork and Autogenics

***(Relaxation CD
with Chinese Ideogram)***

Side 1:

Playing Time: 24 minutes

Content: Breathwork and relaxation

Narrator: Barbara Warren, Lis Smith

To encourage progressive relaxation, the in-breath is given a colour of choice and is imagined flowing through the body. Two voices alternate to take the listener into deep relaxation to a time and place of remembered strength and centredness. The positive feelings that are evoked create a golden healing energy directed to support the work of the “inner healers”. The CD is completed with a visualization wherein the listener is invited to experience themselves as looking and feeling good.

Side 2:

Playing Time: 28 Minutes

Content: Autogenics

Narrator: Lis Smith

Music: Pachabel’s Canon

The listener experiences drifting deeper and deeper into relaxation, just as a leaf is visualized floating gently down from a tree. Then the listener is invited to use all of the senses to experience a particularly lovely place special to themselves. Autogenic phrases suggesting that limbs and body parts are comfortably heavy and pleasantly warm are repeated. Then two voices interweave affirmations of growing confidence and strength “every day in every way”. The closing image of energy rising through the body - as sap through the trunk of a tree - creates a full circle of relaxation.

The Heart of the Rose/Sleep CD

Side 1:

Sleep CD

Playing Time: 28 minutes

Content: Relaxation and/or sleep CD

Narrator: Lis Smith

Music: "Satie" played by Garry Sill.

The sound of gentle waves helps the listener imagine a beautiful beach where numbers and letters written on the sand are erased by the ebb and flow of the waves. **Satie's** soothing music underlies the sound of gentle ocean surf as waves of relaxation wash over the body creating a sense of comfortable heaviness and pleasant warmth. The body is reminded that it knows how to sleep and that sleep will be restful and dreams helpful.

Side 2:

The Heart of the Rose

Playing Time: 26 minutes

Content: Progressive Relaxation & Imagery

Narrator: Lis Smith

Music: "Gratitude" by Kim Robertson

Sounds of bird song, cello and harp begin this CD. A countdown from 10 - 1 includes a progressive relaxation from head to toe. The image of a beautiful rose moves the listener to a calm, still place. The words of the Metta Meditation invoke a universal wish for peace and well-being.

The CD is completed by counting back from 1 to 10 with suggestions of calm, strength, clarity and encouragement.

The Cloak and the Dove

Side 1:

Playing Time: 25 minutes

Content: Affirmations

Narrator: Lis Smith, Michael Boyle

Music: Bill Henderson, Rob King.

The opening image is one of a box in which distractions can be stored. Two voices weave in and out of each other to enfold the listener. As a feather drifts slowly out of the sky, the listener counts down from 10 to 1 and the muscles of the body are encouraged to relax. Awareness is drawn to a cleansing flow, a stream of healing light, which is then woven into a cloak of empowering words and images. At the end of the CD, the listener is invited to choose between drifting into sleep or re-entering the waking day with a sense of tranquil energy.

Side 2:

The Dove

Playing Time: 24 minutes

Content: Breath & Imagery Work

Narrator: Lis Smith, Michael Boyle

Music: Bill Henderson, Rob King.

Using the power of the breath to create a calming effect on the body, the focus moves from the top of the head all the way down through the body. The image of a meadow is suggested and from there, using the interweaving of two voices, the listener can follow the flight of a dove over a variety of pleasing landscapes to deepen the sense of freedom of relaxation. Toward the end of the CD the listener can rest by a refreshing stream to reinforce the healing aspects of relaxation.

The Path of Healing

Side 1:

The Path of Healing

Playing Time: 23 minutes

Content: Progressive Muscle Relaxation with natural sounds.

Narrator: Lis Smith

Music: Kathryn Nicholson, Rob King

This CD begins with approximately 6 minutes of progressive relaxation. As a pilgrim on a journey into healing, the listener is offered images of strength and support, and a healing presence as a companion. Fragments of songs, such as “Whispering Hope” and “Tis a Gift To Be Simple”, enhance the uplifting tone of this journey.

Side 2:

Heart of Healing

Content: Healing Imagery

Narrator: Lis Smith.

Music: Ed Henderson, Robbie King

This side of the CD elaborates on the theme of wholeness. A globe or ball of tranquil energy is imagined and moved in the mind’s eye by the listener around the entire body, encouraging deep physical relaxation. The listener is then invited to focus on the “inner pharmacy” we all carry within. This is an image of our ability to create substances that can calm the body, stimulate the immune system, clear the mind and gather the spirit.

Air, Fire, Earth and Water

Side 1:

Air and Fire

Playing time: 28 minutes

Content: Progressive Muscle Relaxation, Imagery

Narrator: Lis Smith

Music: Kathryn Nicholson

Acknowledging the power of strong emotions, this tape invites the listener to experience riding in a hot air balloon using the force of their emotions to propel them to a place of vision. Imagery is further used to encourage release of unnecessary tension, etc. followed by progressive relaxation. The singer’s voice echoes the affirming words that follow before the balloon drifts safely down to land.

Side 2:

Earth and Water

Playing Time: 25 minutes

Content: Autogenics, Imagery

Narrator: Lis Smith

Music: Kathryn Nicholson

Begins with an autogenic exercise i.e. the mind repeatedly telling the limbs they are heavy, warm and comfortable. Continuing the theme of the elements, the listener experiences the supportive and warming strength of the earth and then the freedom and buoyancy of the water. The double induction (the voice, double tracked) creates a framework to encourage a deepening of the relaxation and is accompanied by the singer’s lovely voice.

Peaceful Heart

Sides 1 and 2 are the same:

Peaceful Heart

Playing time: 36 minutes

Content: Religious music and verse

Narrator: Lis Smith

Music: Kathryn Nicholson, Jennifer Dudley

Available on tape or CD

A thoughtful and timeless collection of scripture readings and verse, hymns and songs to inspire a Peaceful Heart.

Contains:

The Call

Excerpts from "Morte D' Arthur"

Prayer of Saint Francis

The Serenity Prayer

Turn, Turn, Turn

Footprints

I Come to the Garden

Psalm 23 - The Lord is my Shepherd

To Love Often

The Gift of Love

Wherever You Go

Psalm 121

He Watching Over Israel

Ave Maria

Light One Candle

Old Irish Blessing

Mousaka & Ripple

The latest relaxation CD produced by the Patient and Family Counselling Department is intended for children from two to 10 who are going through a difficult adjustment or who just need to be reminded of how special and loved they are. The stories were written by Lis Smith and are interwoven with original songs and music composed and performed by Kathryn Nicolson. While both tapes are primarily for children, they can be enjoyed by adults.

Side 1:

Mousaka

Narrator: Lis Smith

Music: Kathryn Nicolson

Stories of an engaging little grey mouse.

Side 2:

Ripple

Narrator: Lis Smith

Music: Kathryn Nicolson

Ripple is a plucky green caterpillar.

NO LONGER AVAILABLE

*The Healing Light
(Cantonese)*

Side 1:

Healing Light

Playing time: 30 minutes

Content: Breathwork, Imagery

Narrator: Louise Lai

Music: Silk Road Music Company

Breath work and imagery are combined to create a healing light to the abdomen, to the *dan tien*. It is then moved throughout the body and limbs, bringing the relaxation response wherever it touches. With frequent practice, one can learn to use this technique to bring relaxation to the body anytime, anywhere without using the tape.

Side 2:

Sleep

Playing time: 29 minutes

Content: Breathwork, Imagery

Narrator: Louise Lai

Music: Silk Road Music Company

Soothing music and the spoken word prepare you for sleep, bringing your attention to the breath. The first image is of walking on a peaceful beach, finally resting in a safe and comfortable spot. Waves of relaxation wash over various parts of the body, a systemic relaxation technique.

Lullabye

Side 1:

Lullabye

Playing Time: 28 minutes

Content: Relaxation and
Guided Imagery

Written and Spoken by:

Patricia Nitkin and Lis Smith

Music: Ed Henderson, guitar

Just as the hummingbird knows how to draw nurture from the flowers, so the listener is encouraged to draw upon images in nature that are peaceful and calming. To variations of the tune of the well loved song "All through the night", we are reminded how nature itself needs to sleep. The piece continues with progressive muscle relaxation, the sound of gentle waves and finally the lovely mantra "I am calm, I am peaceful, I am loved and I am healing".

Side 2:

Lullabye

Playing Time: 20 minutes

Content: Relaxation and
Guided Imagery

Music and Vocals:

Ed Henderson and Patricia Nitkin

On this side guitar music and humming lull the listener further into restful sleep.

*All proceeds go to the Fraser Valley
Cancer Centre which has sponsored this
CD.*

Sunset Sunrise

Side 1:

Sunset

Playing Time: 25 minutes

Content: Relaxation

Narrator: Bill Nelems &
Lis Smith

Music: Birgit Giesser

The introduction by Dr. Bill Nelems describes the detrimental effects of persistent stress and anxiety on the immune system. He goes on to explain how favourable immune responses can be created by evoking the relaxation response.

A progressive muscle relaxation follows using the breath to help release the tensions and anxieties of the day in order to prepare for restful sleep. Accompanied by voice and guitar, and the sound of a gong, sunset images are offered. The music becomes a lullaby and affirmations are echoed in quiet song.

The side ends with a benediction.

Side 2:

Sunrise

Playing Time: 26 minutes

Content: Healing Imagery

Narrator: Bill Nelems & Lis Smith

Music: Birgit Giesser

The introduction explains the dynamic process of relaxation that allows us to become actively involved in our healing journey and to interact in a healing way with the images of nature around us.

The golden light imparted by the beginning of a new day is used in a progressive muscle relaxation. Voice and guitar accompany images of daybreak, Spring and renewal interwoven with verses of the folk song "Come by the Hills", and a beautiful Yeats poem set to music by Birgit Giesser.

Affirmations follow suggesting that the listener be strengthened and shielded throughout the coming day by these powerful images.

Blossoms Over The Bridge

Side One:

Blossoms Over the Bridge

Playing Time: 31 minutes

Content: Breathwork, Progressive
Muscle Relaxation & Imagery
Work

Narrator: Dr. Bill Nelems &
Azmina Lakhani

Music: Piano improvisations by
Cheryl Beggs

Musical Piece: With a Smile and a
Song

This CD speaks to the art of the relaxation response. The art can be acquired over time, enhancing one's self of well being. Allow yourself, if you wish, to see this relaxation process as a bridge – a bridge from one physical setting to another, or even a bridge from one mindset to the next. A bridge from tension to peace, from fear to hope.

Side Two:

A Musical Journey

Playing Time: 28 minutes

Content: Music and Imagery

Music: Piano improvisations by
Cheryl Beggs

Musical Piece:

What a Wonderful World

This side of the CD begins with comfortable breath work that allows you to let go and relax. Waves of relaxation wash over your body, as you continue to drift into relaxation. The imagery and music helps you to create a magical, musical, place of delight in your mind. A place of warmth and comfort is created just for you.

All proceeds go to the Cancer Centre for the Southern Interior which sponsored this CD.