

AJR Alice Cash Transcript

0:00:01 - Annncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. Could the future of medicine be hidden in the music you already love? Well, science now confirms what mystics have always known Music changes the body. My guest today, dr Alice Cash, is a clinical musicologist and psychotherapist who's developed groundbreaking programs using music before, during and after surgery to reduce anxiety, speed healing and awaken resilience. Join me as we explore how we can all tap into the healing frequencies of music and bring more health and harmony into our own lives. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Dr Alice. Alice, welcome to the show. I'm so delighted you could join us today. Thank you so much, Julie.

0:01:46 - Alice

I'm so thrilled to be here. I've been really looking forward to this.

0:01:50 - Julie

Me too. You say, music is medicine without side effects. What do you mean by that?

0:01:57 - Alice

Well, I think we all know that medicines can have numerous side effects, and I won't even list all the ones because I think everybody knows that. But music there is no way Music is going to make you sick or cause a fever, or make you addicted to it or anything like that, so it's just the ideal way to heal.

0:02:23 - Julie

Music, though, I find has an effect on emotion, definitely.

0:02:29 - Alice

Absolutely, absolutely. And that's what. How does that work? How does that work? Well, I mean, a lot of it has to do with your associations with a specific piece. For example, I mean, although music you've never heard before can make you cry, it can make you dance around in a frenzy of happiness, but music comes into the body as vibration. And then I mean that's the bottom line is that it's a vibration. But after that, the associations that you have from birth or even pre-birth, with a specific piece of music, a specific type of music, and then there's the rhythmic aspect of it and your body entrains. There's a thing called rhythmic entrainment, and when you're in the presence of steady music, whether it's fast or very slow and dirge-like, your body tends to sync with that and then your emotions follow. You know, you start coming down emotionally and physically, or up, or up when our son Jonathan was a freshman in high school.

0:03:41 - Julie

He was in the chorus, as most of the kids in his school were, and they were singing and they had a senior who did a solo in Poulenc's Gloria. I love that. I never heard of Poulenc. I didn't know he had a Gloria. Nevertheless, I'm sitting in the audience next to my husband and I have tears streaming down my face. And he said what's the matter? Are you in pain? What happened? And I said I don't know. It's just so gorgeous that it just moved me to tears. What the heck was that?

0:04:19 - Alice

Well, what was that? I think everybody. Every room full of people creates its own vibrational thumbprint, and the fact that you and your husband and your son were part of this beautiful experience and a solo to suddenly step out from the chorus, it's just an emotional and very moving time. Now, I mean, I dare say there were people there that didn't feel at all that way. They were like you know, when is this over? But for you, I mean, you're tuned into music, I guess, and especially food.

0:04:56 - Julie

And tuned into vibration? Certainly yeah. So there was something there. Many ancient traditions considered music sacred medicine. Do you feel modern medicine's rediscovering a truth that humanity is always known?

0:05:14 - Alice

Absolutely yes.

I mean I think from the beginning of time, once people began to realize that there was a power out there somewhere greater than them and they started putting it together, that all of the good things came from that power, and people started making music very early on. And what I've learned is that a lot of that was an attempt to imitate the sounds of nature. Of that was an attempt to imitate the sounds of nature. The earliest, first music was trying to imitate waves crashing on the shore or lapping the shore, bird songs, trees blowing in the wind, the sound of pines or palm trees, and they I think mothers especially naturally wanted to hum to their babies and lull their babies.

And then, when religion or spirituality more likely began to be a part of their lives, they were like we want to glorify the person who's given us this beautiful ability and this beautiful sound. Beautiful ability and this beautiful sound. And nowadays every church as well, as you know, every religion, whether it's a synagogue, a temple, whatever they have, their music that is definitely aligned with what they believe. They repeat that. And one of the saints I forget which one it was I want to say Thomas Aquinas. He said he who sings prays twice because of the words and the music.

0:06:53 - Julie

That's the second time I've heard that in two days, in one day, in 24 hours, and the other person that told me that said it was St Augustine.

0:07:03 - Alice

So we'll have to look it up. Yeah, we'll have to Google it.

0:07:07 - Julie

Augustine or Thomas Aquinas. We had a doctor who I think is the foremost mold expert doctor in the country perhaps one of them in the world named Neil Nathan and he talked about early in his career. He was working on a Native American reservation in the middle of Oklahoma, I believe, and he was in charge of the ICU there at the hospital and he said he had a patient who was a member of the tribe and he was very, very sick and he had sepsis and nothing was

working. The antibiotics weren't working, nothing was working. And at one point he said they just were beside themselves because they thought we're going to lose this patient and one of his buddies, I guess, came in and said can we bring in a drumming circle and drum in his room. And Dr Nathan said yeah, he's like we didn't have anything to lose.

So he said they came in and I forget how many people he said were in part of this drumming circle, but he said they drummed constantly, without a break, for three days, for 72 hours. He said somebody would get up and go to the bathroom or get something to eat, but there were always people that were continuing. They never stopped the drumming, which is a frequency on its own. And he said at the end of the third day the patient got up and walked out of the hospital and he was completely fine and lived a long life.

0:08:33 - Alice

That is fabulous and I've heard stories like that and I do think you know we're getting back to that. You know the pendulum swings and the circle goes round and round, but I think we are getting back to drumming and chanting and toning and I did study all of that in Colorado and Arizona three summers with some of the leaders in that field and I even had 10 past life regressions with a woman and in one of those. I was a drummer and I was in a jungle and it was really cool.

But I mean drumming has been a powerful way of communicating pre-verbal language.

0:09:14 - Julie

I'm fascinated by the solfeggio frequencies and the different frequencies that have been used to heal since the beginning of time. Can you explain to those that aren't familiar with the solfeggio frequencies and what they are and how do they work? How does the body mimic them or connect with them? I always think of like the body synchronizes, similar to a metronome Right rhythmic entrainment yeah, with the rhythm. So explain solfeggio and explain entrainment for us, please.

0:09:50 - Alice

Well, I mean, I could probably talk the rest of the time about just that, but for general purposes, rhythmic entrainment is when the body synchronizes to a nearby steady rhythm. So you're listening to a piece of music and you tap your toe and you nod your head and sometimes you get up and start dancing. But in terms of the solfeggio, solfeggio is actually something that started in the medieval era and our scales and our use of a clear scale, that where we have tonic and dominant I don't know whether that's getting too detailed, but if you go do re mi fa, sol la ti do, do is the home note and fa is the subdominant and then G is the dominant. So if you go to a concert and the orchestra at the end goes bum, bum, bum, bum,

Solfeggio, in my mind, is a little bit different from different vibrations and the idea that in our culture today A is tuned to 440 vibrations a second. But my understanding is in earlier times that vibration was a little bit lower. That vibration was a little bit lower and there are people who say it was healthier when it was lower, like 436 instead of 440. I mean just a teeny bit, but that people relax better and people heal better when they're relaxed. You know, and that's part of the idea of my surgery music and headphones, because when you're stressed out your body tenses up. But anyway, getting back to the vibrations, I mean that's not really my area of expertise, but I read a lot about it myself and I know that people are well, they have very different opinions about that, about what tuning system is going to be the best, but the system we use today is A440. And in an orchestra, I mean classical music is what I was trained in. Then I went into the music medicine realm, which is very different or fairly different.

0:12:26 - Julie

Right, and I want to do a deep dive into the music medicine here in a couple of minutes. Where did your passion for music and healing originate? Do you come from a musical family?

0:12:38 - Alice

I was hoping you'd ask that. Yes, I mean. First of all, I have just loved music from the moment I was born, I think, and I grew up in a family that really was not trained musicians, but my father was a minister in South Carolina and so I went to church every Sunday and until I was probably four or five years old I was in the nursery and I remember the day a boy came into the nursery to play the piano, to play. Jesus Loves Me, for us to sing, and I thought that's what I want to do, right, there is play the piano and make music like that. And I love singing hymns in church and I loved hearing the organ.

And then I wanted to take piano lessons and my mother said you can't take until you're eight years old, because that's what one of the neighbors said was best.

You have to wait till you know how to read and can do math and stuff like that. So one of the first days of third grade, which is eight years old, I was sitting in the reading circle and there was a knock on the door and the teacher went to the door and she she came back and she said is there anybody in here that would like to take piano lessons, and I was me. Me Mama said I could take when I was eight years old. So I went downstairs at the school that day and had my first lesson and I've been playing ever since. I majored in piano performance and got my master's in piano performance. But then, as you know, my sister Kathy I have four younger siblings and Kathy's the youngest, and she started on the cello when she was eight or nine, I think and my parents both had wonderful voices, but they didn't really play an instrument and Kathy and I just went all out full tilt.

0:14:29 - Julie

Isn't that interesting. Did you have ancestors?

0:14:32 - Alice

Both of my grandmothers could play the piano for fun and I think my maternal grandmother's mother also had loads of sheet music from World War I that I went through and framed a lot of it. But I think I don't know if you've ever heard of the Moravians, but my maternal grandmother and great-grandmother lived in Winston-Salem, north Carolina, where all the Moravians were and music was a huge part of their culture and brass choirs and vocal choirs and lots of music. So I do think it's in the DNA and my oldest daughter is a professional violinist in Boston. Granddaughters all play the violin or cello, so we love music. It just makes us feel wonderful and connected.

0:15:19 - Julie

Yeah, Full disclosure, everybody. Her little sister, Kathy, is a graduate of my angelic attendant training and she she's an orchestra conductor now and still plays the cello, obviously. But she's amazing, so talented, so she hooked us up exactly. Full disclosure. That's how all this came about. You discovered music being used during surgery and wondered if it could also be helpful pre and post-op. Tell us about your findings.

0:15:54 - Alice

Okay, well, in 1990, I got a PhD in musicology, which is research into music, which is research into music. Traditionally, it's research into music history, you know, studying Gregorian chant and early motets and things like that. But in my case I had a minor in women's studies for my PhD too, and so I did my dissertation on Wanda Landowska and the revival of the harpsichord and I mean it was wonderful. I loved it. I got to go to Paris for six weeks and do research in the

Bibliothèque Nationale and it was fabulous. But I thought I would be teaching in a regular university.

After I got this and by an unbelievable set of circumstances, Julie I can't tell you how unbelievable but meant to be, I think it was I went to the music school one night and I saw a notice on a bulletin board that said there are going to be these three all-day workshops music in the brain, music in wellness and music and healing and I thought, oh, that sounds wonderful, because I had started thinking about music and healing when I was pregnant with my three daughters and I used music and labor delivery and all that. And so I went to these three days of workshops with a wonderful man named Dr Arthur Harvey and at the end I said with a wonderful man named Dr Arthur Harvey. And at the end I said Arthur, this is what I want to do. I mean, I just didn't realize all that was out there that I could be doing. And he said well, Alice, Kentucky does not have a music therapy program. What I'm doing is called music medicine and that's what you would be doing. And there's not a degree in music medicine. But he said let me think about it and I'll get back to you.

Well, he thought about it for almost a year before he got back to me and I was thinking I'm going to have to move to California and teach at a community college or something. And out of the blue he called me one day and he said Alice, are you still interested in working in music medicine? And I said, yes, absolutely. And he said come down here to the medical school right now. He was at the medical school and when?

0:18:12 - Julie
In Kentucky University of.

0:18:13 - Alice
Louisville School of Medicine.

0:18:16 - Julie
They were starting.

0:18:17 - Alice
They were just beginning to start their arts and medicine program, oh wow. And he said, okay, tell me what you specifically are interested in. And I said music with Alzheimer's patients, music with newborns and pregnancy, and then music in recovery for people in chemical dependency recovery. I'd love to find a way to use music to help them. And he said, okay, I'm going to tell you something and you'll be the first person to hear this. I was like, okay, I've just been offered this wonderful job in Hawaii that I would love to take, because my family loves Hawaii and we've been there for the past three summers. Now I've been offered a full-time job and I would like to have you take over my job here at the medical school. Wow, I was like wow, Arthur.

0:19:11 - Julie
Had you graduated with your doctorate in your Herpzikord studies by that point? Yes, and were you teaching at University?

0:19:19 - Alice
of Louisville. No, I was waiting to find a job. I mean I think I probably I may have been. I was teaching at Indiana University Southeast, which is right across the river. But anyway, he said, let me talk to the man who's the head of this program, who's a psychiatrist, dr Joel Elkies. So he did, and he called me back and he said Dr Elkies would like to see something you've written. Well, my main thing was the dissertation on Wanda Landowska and the revival of the harpsichord. So I sent that over to Dr Elkies and then I got a call saying that Dr Elkies would like to talk to me. So I went over there. He was a wonderful British gentleman, probably 75

years old at that time, and he said Dr Cash. I heard Wanda Landowska play in London during the war.

0:20:13 - Julie

And I'm a huge fan of hers.

0:20:15 - Alice

And your dissertation is delightful and I would love for you to work in the arts and medicine program as coordinator of music and medicine.

0:20:25 - Julie

Who would ever have known that? When you mentioned that a few minutes ago, I'm like who the heck is that? That's random. And now you're telling me that this Wanda was she even still alive at that point no.

0:20:38 - Alice

She died at 59.

0:20:40 - Julie

So I'm getting full body goosebumps and feeling teary that Wanda's in heaven helping you orchestrate this, because I got to tell you Alice the Harpsichord and Wanda, you know, together I'm going. Yeah, where'd that come from? That was divine guidance.

0:21:01 - Alice

Yeah.

0:21:01 - Julie

Absolutely. Oh my goodness.

0:21:03 - Alice

Wow. So I started in at the medical school and I realized people were focusing a lot on Alzheimer's at that time and I began to understand that music therapists they really don't want you to say that you're a music therapist if you do not have a degree in music therapy, which I do not. So I decided I need to find an area that could use the help of music but is not being treated by music therapists, and that was surgery. Nobody is doing music in surgery because you can't go in there with a guitar or a flute or a violin. And so that's when I began to put it all together and I was. I was understanding more and more about rhythmic entrainment and I was understanding about how anxiety affects the patient before surgery, because many people are afraid they won't wake up. And so I started a blog. I've got well over 400 blog posts and writing about anxiety and how it affects your body before surgery and how music and the power of rhythmic entrainment.

If you're listening to slow, steady music through headphones, then automatically your body begins to respond to that tempo. That slow, steady tempo. Your breathing slows down and stabilizes your heart rate, slows down and stabilizes your heart rate, slows down and stabilizes. Even your blood pressure can stabilize directly as a result of the calming music. So then, another big factor, Julie, that I have to say. I was speaking to a group of holistic nurses here in Louisville and a nurse came up to me and she said Dr Cash, there is a surgeon down here I'm not going to say the name of the hospital, but one of our downtown hospitals and when he's operating he plays Another One Bites the Dust by Queen.

0:23:03 - Julie

I've been in those OR suites for decades and the music they play a lot of Jimmy Buffett they play, but that's fine for them but not for the patient. It's all across the board and it's way more

rock, to your point. I've been there. I know that there's way more rock that's played than you know soothing, comfortable music and it's to keep the vibration high so the surgeon can be, you know, and it's to keep the vibration high, Exactly so the surgeon can be upbeat and energized.

Well, and the other thing that's coming in my mind too one of my best friends who lives in Louisville is an ER nurse. She's retired now but she worked at UofL. She worked at University of Louisville emergency room oh wow, and I know a big portion of that population is indigent. So you've got people that have challenges, right.

0:23:57 - Alice

It was not UofL Hospital, though, where this guy was.

0:24:00 - Julie

No, I know, but at UofL, where you were and doing your testing, I know that patient population in some instances has more challenges than somebody you know at another, maybe more affluent area hospital.

0:24:16 - Alice

Yeah, Well, what I decided was I mean because I read so much research about music in the OR and they said it is typically good for the surgeon to be able to choose the music that he wants, but there's a misconception that when the patient is under anesthesia they're not going to hear the music, but they do. Enough. People wake up saying I heard conversations that I wish I hadn't heard, where the doctor said this is worse than we thought. This doesn't look good to nurses talking about where they went for lunch and what they liked, and the patient just doesn't need to hear any of that, much less the doctor playing. Another One Bites the Dust. So that's where I thought okay, what if the patient could have headphones preloaded or pre-programmed with slow, soothing, beautiful music? And I started bouncing it off the doctors and nurses that I knew around the country and they said Alice, that's a great idea. I can't believe nobody's ever done that.

But, nobody had the ability to miniaturize and load a little chip in a headphone until around 2005. So that's when this was really ramping up was 2005. And then in 2008, I got the patent on the process and concept.

0:25:33 - Julie

Well, and not just the music that's being played and the conversations that are happening in the operating room, it's just the sounds of the operating room, the bleeps and blips. Well, bleeps and the blips and the breathing machines and the. You know all of that.

0:25:47 - Alice

It's a lot.

0:25:48 - Julie

The instruments clanking. I mean, it's not conducive to call. By any means, not at all. Yeah, yeah, so tell us what the protocol is. The patient puts the headphones on in pre-op. Yes, they leave them on throughout surgery and then they leave them on in post-op as well, correct? And do they get to choose what kind of music genre that they prefer? And do they get to choose what kind of music genre that they prefer?

0:26:25 - Alice

Yes, Because of what we talked about earlier with associations, I didn't want to choose music that was likely to be familiar, Because my first instinct was to put of course I'm a classical musician. And so I thought, oh well, Claire de Lune and Moonlight Sonata and all of these

famous soothing pieces. And then I thought, wait a second. No, I have had people tell me if I heard a piece as I was being wheeled into surgery, that I played on a recital and had a memory slip. That would not be calming and soothing to me. So I chose less familiar classical miniatures is what I call them. But then I commissioned a jazz trio to do a jazz playlist that has the beat of the healthy, resting heartbeat. And then I have a friend who is a New Age composer, Jonathan Goldman, in Colorado, and he bestowed on me one of his playlists that has all the qualities that I'm looking for in New Age genre playlist that has all the qualities that I'm looking for in new age genre.

And then I created a playlist of lullabies that could be for anybody, babies through adults. And then I have what I call my memory care playlist, which is for older people who want to hear tiptoe through the tulips, and my Mary Osmobile and things like that. That's not so much for surgery as it is just for orienting people and giving them something they can relate to and remember. So I have five playlists and you can go on my website and hear samples of each playlist. And then I have my playlist not only downloaded onto the headphones but I have apps of each playlist so you can go to the Apple Store or the Google Play Store and download one of the apps. But then I have MP3 players too, which are smaller than the headphones. They're less expensive and you'll talk later about the coupon if people want to get my headphones \$100 off.

0:28:33 - Julie

Do they get better results when they have full headphones versus AirPods, or just you know?

0:28:42 - Alice

I think the headphones are the best because they are 100% cordless, and AirPods are cordless, of course, but they do fall out every now and then, you know, depending on what Well?

0:28:53 - Julie

and then you got the Bluetooth going on too.

0:28:57 - Alice

Between the AirPods and the phone. Yeah, yeah, and you don't really want to have a lot. Bluetooth is already in surgery with the CyberKnife and things like that.

0:29:07 - Julie

Well, and the staff. You know they all have their phones in there too. Yes, true, surgeons aren't looking at it in the middle of surgery, but anesthesia I've seen anesthesia looking at their phones. I've seen circulating nurses and some of the other people certainly not the ones that are sterile, that are in masks and gowns and you know sterile gloves are sterile that are in masks and gowns and you know sterile gloves.

0:29:33 - Alice

But yeah, there are phones in the OR. Well, I think that's the nice thing about the preloaded headphones and MP3 player. There's no signal that's being transmitted in there. That's going to knock something else off. And the thing about the MP3 players is that we are making those co-brandable with the hospital and then they can give those to the patient afterwards, and it's part of marketing as well as healing.

0:29:56 - Julie

That's brilliant. Yeah, I love that. What is it about those with memory issues when they've forgotten everything else? And we've all seen those videos on Instagram and Facebook where the young gal comes in and she's singing the Ave Maria with a tenor who's in his 90s, who doesn't remember anybody or anything, but he can sing that with her. He knows the words,

he's got perfect pitch. What is that about the brain and the memory that is triggered with music?

0:30:36 - Alice

Dr Elkes, the man that hired me. As I said, he was about 75. And he said Alice, the first study I want you to do is with Alzheimer's, to see why music is so powerful with them, because we have loads of anecdotal reports. But I want you to do some empirical studies saying exactly how music does this and how much it does it and how long it does it. So I did actually do a study here at a wonderful state-of-the-art Alzheimer's facility.

But what Dr Elgis told me before I even started, that was, he said, when people have Alzheimer's facility. But what Dr Elgis told me before I even started, that was, he said, when people have Alzheimer's, it's like all of the doors in the brain begin to close. But the one door that stays open is the door to music. And what we know, what we do know for sure, is that it's music of your courting years that you will remember when you're in your 80s and 90s and want to hear because it brings back when you're courting. You've got all these hormones running through your body, you know. And then you add the music that you dance to on the weekends or week and you put it together and it's very, very powerful and people, he said, the door to music stays open until the very end, and we know that hearing is the last sense to go right.

So to be able to play music for someone who most of their memories are gone their quality of life is almost zero. Most of their memories are gone. Their quality of life is almost zero. What we found in the study that I did was that a 30-minute music intervention, playing the music that they asked for. It was a combination of the music of their courting years and then hymns. A lot of them had favorite hymns they wanted to hear and when I would play those for them for 30 minutes on the piano, they would sing along and they'd start reminiscing and for several hours their mood was greatly improved. They ate better at mealtime, they slept better that night and they were less combative all day long.

0:32:46 - Julie

Oh, how wonderful let's change directions here. Can you share a profound in your opinion transformation you've seen with a patient using your program?

0:32:59 - Alice

Oh gee, let me start with my mother, because she was actually the first person that I used headphones that I had put the music on for, and I don't guess you ever met our mother, but she was a South Carolina minister's wife, very restrained, you know very proper all of that. And when I first told her that I was creating headphones for surgery and I found out, well, we got a phone call one day saying that she needed bypass surgery ASAP and I needed to get down to South Carolina. So I drove down there with a stack of CDs and some headphones and a Walkman. That's all I had at that time. This was like 96 or so. And I said mama, I'd like you to wear these headphones during surgery. And she was like oh, Alice, I don't really like to wear headphones. And I said but this is what I do now, this is what I do for a living, and if my own mother won't do it, what are people going to think? And they said, okay, I'll do it. So we tried to pick out music and she said you know, I really don't want harp music because it reminds me of death. You know stuff like that. And finally she said Alice, you just pick out whatever you want, as long as it's not nearer my God to thee. So we ended up choosing Handel's water music, which was very, very nice, Randall's water music, which was very, very nice.

But when she was wheeled into surgery, daddy and I were in the waiting room and we were not at all sure that she was going to make it through. They didn't even know how many bypasses for sure she would need till they got in there. And so six or seven hours later they came and said okay, the surgery's over and you can go back and say just a few words to her. And so Daddy and I, with great trepidation, went back to the recovery area and it was one of those that

just had curtains. You know, she didn't have a room or anything, just curtains. And people were moaning and it was kind of scary.

But when we got close to her she almost sat up, almost propped up on an elbow, and she said oh, Alice, the music was beautiful and I was like is this my dignified mother singing? You know, right after a heart surgery, quintuple bypass? And she said I will never have surgery with that music again. She said it made such a difference and she had had quite a bit of surgery. But I mean she started telling me things that she had never told me before, like oh, I remember when you were first born and you smell so good and I thought you know that music melted something that's been in her heart and she was just sweet, loving mother and she never really went back to being quite that minister's wife, proper person again, nothing like using your own mother as a lab rat.

0:36:06 - Julie

Well, they're handy. I love it. I love it. Have you done outcome studies of people's recovery time and their healing journeys when they use your?

0:36:17 - Alice

headphones. The VA did a lot of that, since they have put down the most money for that. They've done follow-up studies that show that they do get well faster and they require less anesthesia, less pain medication, less anxiety medication. And when you have less of that then you are going to recover faster. You know most people will, and what I have found is that it's the joint replacement patients all us baby boomers that are having our joints replaced. They really benefit from the headphones because they don't put them completely under. I guess they're just sedated. But they have to be able to talk and say, wiggle your toes or wiggle your fingers or something, and so when they're listening to the music with sedation but not general anesthesia, it's ideal. Because during joint replacement, as I'm sure you know, there's hammering, sawing and drilling. Nobody needs to hear that.

0:37:24 - Julie

But they do. My inventions are all orthopedic surgery and some of that I've been on the market for 30 years are for total joint replacement.

0:37:34 - Alice

So yes, I know it well, we should collaborate.

0:37:39 - Julie

There's a woman that we had on the show named Peggy Huddleston. Are you familiar?

0:37:43 - Alice

with Peggy. Yes, I have her book in my bookcase.

0:37:45 - Julie

I was just looking at it and her research is really extraordinary because and she's doing it in these big fancy places like Harvard and Hopkins, like you have too and her outcomes of people using her program that does use, does utilize, some music are just astounding. They're so impressive. And I was going to say, if you don't know her, I'll make that introduction for you if you'd like you know, I know her by her book and I would love an introduction to her because I think that would be awesome.

She's extraordinary, really a wonderful woman. Music's long been described as a universal language. How do you believe it communicates with us on a spiritual or energetic level beyond the scientific?

0:38:41 - Alice

Oh, great question. I mean, I do believe that music crosses all communication barriers. I mean somebody in China or Russia or South America or Louisville, Kentucky, can listen to the same music and experience many of the same feelings and reactions and energize level, whether it's energizing them with drumming or something, or calming them down with flutes and mandolin or cello or whatever. And that's where instrumental music, I think, is the most powerful for healing, not so much songs that have words and bring up memories and you relate to it and you know, think about, do you like that singer or do you believe those words, whatever Instrumental music is truly the best for healing purposes.

And one of the things I was going to mention, which is I don't know that everybody would agree with this, but when I was studying out in Colorado with a music medicine guy, he said that he believes every organ in the body has a range of vibrations, that when, like when your liver is healthy, it's going to vibrate, because everything vibrates, it's going to vibrate between this number and this number, and when you fall into a state of disease, it starts vibrating faster in an effort to heal itself. And that's true of every organ, he said, and you can use frequencies, you can use your own voice. I mean, that's one of the things I studied with him was toning, vocal toning, and you can learn to send vibration from the top of your head to the soles of your feet with your own voice. You can tone for yourself, you can tone for other people and you can do distance toning for somebody in another country, sending them those healing vibrations and visualizing what part of them needs to be healed.

0:40:46 - Julie

I do that every day, but I'm not singing while I'm doing it.

0:40:49 - Alice

Well, you might want to add that. No, you don't need that, but it's a wonderful, amazing and well-documented phenomenon, isn't that?

0:41:00 - Julie

fabulous, wonderful. What is it about music that connects us to something greater than ourselves, you know, to the divine, to different realms? You talked about past lives. You've done some past life work yourself. What is it about the music that helps facilitate that?

0:41:26 - Alice

One of the things that I wanted to talk about and you just reminded me I had forgotten. Do you know about drones? And I don't mean the airplanes that I wanted to talk about and you just reminded me I had forgotten. Do you know about drones? And I don't mean the airplanes that fly around, but a low, repetitive tone, like a didgeridoo. You know a didgeridoo instrument that ancient healers used. The same tone has a penetrating aspect to it, and a didgeridoo is a big one for that. But and a repetitive low tone is one of the ways that music can put you into a trance, I think, or into a deeper state of meditation or awareness, and that's why people do the. You know that's a drone of types, and you can do them instrumentally or you can use your own voice, and you can do them instrumentally or you can use your own voice.

0:42:26 - Julie

But that is one of the ways that music takes you to another place. I believe I have come to the realization that all spirit communication is numbers, it's numerical and it comes into the brain and the brain decodes it into images and music and words and sentences and things like that, and I've come to this realization, I would say, in the last year or two. Music, I know, has mathematical components to it. I know that people who are good at music are a lot of the time really good at math, and vice versa. And I knew somebody who was an HR VP in a publicly traded company with hundreds of thousands of employees and they said when they were looking for somebody that was going to be in something that had to do with math, they always

were looking for people who also were either musicians or composers or something like that. What is it about the numerals, or the numbers and the code of the numbers, and how does it relate to music?

0:43:40 - Alice

Music is very mathematical and the music that we listen to today, all of that music theory, started being what's the word formulated? Or they began to understand about the octave and half of a string makes an octave. And I teach my students something about the circle of fifths, so the half steps and the whole steps on the piano and the way chords are created of numerical intervals you know a minor third and a major third and a perfect fifth All of that is very mathematical and it was figured out back in the Middle Ages and lots of treatises about that. And then now, when we talk about music going from analog to digital, that's a very mathematical process and so music is very much I mean math is very much a part of music. Interestingly, I do pretty well with music theory, but don't ask me to do algebra. I mean I just that never really connected with me.

0:44:51 - Julie

Yeah, well, the interesting thing about that is me neither. Thank you, yeah, language girl. Even to the point where, when I was in the second grade, I guess I just didn't feel like doing this test one day and I just it was a multiple choice test and I just chose whatever. I wasn't in the mood and so I flunked the test. It's second grade, you know, you can imagine.

So I Sister Mary Beth, my teacher, because I went through Catholic schools she had me take my little test home and have both my parents sign it, not just one parent. Both parents, that was a big deal, yes. And so my parents were trying to persuade me that I needed to know how to add double-digit numbers to double-digit numbers. And they knew I could do it. They knew I just didn't feel like it. That and I remember this clear as day, Alice, I put my little hands on my hips and I said fine, I'll learn what I need to know, but I'm going to have people that work for me who are really good at math, so I don't need to know all this advanced stuff with math. And they didn't know what to say to me. I love it, I love it.

Who's this kid and what planet did she land on? And you know what, in the nine companies I've founded, I have really good people I'm dead and I have that over the years who know math. I can read a spreadsheet, you know. I mean, I understand the basics Right, but I don't understand that complicated stuff. No, I don't. I don't understand it and somehow I knew that when I was seven years old.

0:46:24 - Alice

Isn't that hilarious. I love it.

0:46:26 - Julie

So is there anything else that you'd like to add as far as how music connects us with the divine and other realms?

0:46:36 - Alice

Well, I did want to mention that music connects us and joins us toward a common purpose and that a lot of the music that people do sing in church is about we are. We're one in the spirit and you know, they'll know we're Christians by our love, or those are the songs that I know. But I was thinking in these turbulent times politically, I think of people joining arms in the 60s and singing we Shall Overcome, and deep in my heart I know what I believe and I know we will, we shall overcome, and so many other political rally songs. Singing these over and over, linking arms with people that we've never seen before, joins us and strengthens us for a higher purpose.

0:47:31 - Julie

Not to mention at concerts. My favorite concert in my whole life was in the late 80s at the Hollywood Bowl, and it was Burt Bacharach and Dionne Warwick. Oh how wonderful. Everybody in the audience knew the words to every song. There were 25,000 people singing those songs. It was one of the most magical things I've ever experienced, and it wasn't holy music. What the world needs now is love sweet love Well, true, good point, yeah, yeah, but you know what's new Pussycat?

We sang and stuff like that too, but I agree with you when a lot of people are joined together and they're singing when the Preacher's Wife with Whitney Houston was filmed I love that.

0:48:20 - Ann-cr

Yeah, that's a great movie.

0:48:22 - Julie

And Penny Marshall. The late Penny Marshall was the director and I heard her give in an interview. She told this story. She said I'm a Jewish girl from the Bronx or Brooklyn or wherever she was from. And she said they're singing this gospel music and I'm yelling cut, cut, cut. She said it'd go on for another half an hour and she said the vibe and the spirit in the building was it was like blowing the roof off. Beautiful, oh, I love that.

And she had great stories about that. Yes, changing directions. You've received a patent for your device. Congratulations, thank you. That's no easy feat, I know, because I have several patents for surgical devices. Tell us about that adventure Well.

0:49:10 - Alice

I guess I had had this idea. Actually it came to me, Julie, like a flash of lightning. I was at a conference that was in Cancun, Mexico, and it was put on by the National Speakers Association, of which I'm a member, and it was about innovation and we were supposed to think of an idea that would help lots and lots and lots of people but no one had ever done before and it would be something easy. But no one had ever done before and it would be something easy. And the teacher was an inventor himself who had numerous patents, and he said think of the guy that invented the cardboard collar for a hot cup of coffee. Oh, you know, he's on a beach somewhere, retired, and they're cheap to make and they have revolutionized the coffee industry.

So that's when I had the idea. For what? Because I'd been thinking about how to get music into surgery. But I was thinking of making sets of CDs that could be marketed to hospitals around the world and I thought wait a second, what about headphones that you could just put a little chip in that would already have the music that you need to calm the patient? And so I talked to Don, the teacher, and he said Alice, you got to do a patent search see if anybody's already done that, and to my amazement and delight, no one had ever done that.

So, he said okay, first thing you got to do is apply for a provisional patent. And he said and you have to have drawings. So he, luckily, was an engineer and he was able to do all the drawings and I explained to him exactly how it would work. But I had to go through two different patent attorneys. I did get the provisional patent right away, but I didn't get the. Is it the utility patent? That's the final one.

I got that in 2008 and I will never forget. I was at the movie theater and I left during the movie to go to the ladies room and I saw my phone. It was a message and it was from my patent attorney and he said it went through today and I said.

0:51:10 - Julie

congratulations on that, Thank you. Where do you see music medicine in 10 years? Do you think it'll ever be a standard of care? Absolutely.

0:51:19 - Alice

Oh yeah, I mean, I think music medicine is already being used outside of hospitals and actually music therapists can prescribe music medicine. But I mean, my dream is, of course, that it'll be in every operating room around the world and that eventually I will make playlists with music from other cultures, because I don't think people in far away, you know, thailand or somewhere, are going to relax to Schumann and Mozart the way we might, or, but even jazz, but again, it's the universal language, so I think they can relax to it, but they need to have their sitar music in India, you know, or whatever their natural native instruments are. And I think one day it will be everywhere and I believe, if I'm not mistaken, edgar Cayce said music will be the medicine of the future.

0:52:14 - Julie

Wow, I hadn't heard that, but that's a big statement, yeah.

0:52:18 - Alice

From an important guy.

0:52:19 - Julie

Yeah, has your relationship with music changed since making it your career?

0:52:28 - Alice

I love it more than ever, more and more and more. It's just a growing thing. I do a recital every summer with a lady in Sarasota who's 93 and a fabulous concert pianist from Manhattan, and she just gives me so much motivation and inspiration to know I can do this. You know, musicians tend to live very long and they can do what they do with the exception of singers, instrumentalists and conductors can go right up to the day before they die instrumentalists and conductors can go right up to the day before they die.

0:53:07 - Julie

Three weeks ago, four weeks ago I was in LA at the Hollywood Bowl for the John Williams concert with the LA Philharmonic and that was always when I lived out there. That was always my favorite concert to go to and I kept hoping he was going to come out on stage and he didn't. I heard he was in the audience. I believe he's 94.

0:53:21 - Alice

Yes, in a wheelchair. Yeah, and what a oh my goodness, oh, what a brilliant, what a maestro he's the most great of our time.

0:53:29 - Julie

Oh, just amazing, Amazing. Do you believe that music composers and lyricists are channeling the songs and the music and the lyrics when they're writing music? You hear about the Paul McCartney you know dreaming something in Lennon and you hear about others that are dreaming the music and then they get up and they write it down, and certainly many lyricists I've seen a couple of them that are really successful in action on interviews and somebody will say, well, okay, here's a theme, and they just spew out the lyric. I mean it's instant and it's like a whole song's worth of lyrics.

0:54:16 - Alice

I do feel like that's a gift that some people have to a far, far, far greater extent than most. I mean, as I said, the idea for the headphones came to me like that at that workshop.

0:54:28 - Julie

So do you think that? Do you think you channeled that? Was that divine guidance, it seemed that way.

0:54:33 - Alice

It felt that way Like God just put this idea in my head.

0:54:37 - Julie

Yeah, I agree. I agree with that. What's a song that always lifts your spirits?

0:54:43 - Alice

Oh well, there's so many. Oh, my goodness, I do love hymns. Even though I was a rebellious preacher's daughter in my old age, I do love a lot of the hymns.

0:54:55 - Julie

Like what? What's some of your favorite?

0:54:59 - Alice

Oh, I was just playing some hymns before we started talking today just to kind of calm myself and focus myself, and I was playing one called Lord, speak to Me that I May Speak. I don't know if you know that, it's on the piano. And the other one on that page was There's a sweet, sweet spirit in this place. That's not one we sang growing up, that's kind of a new hymn, but I really like that. I could open the hymn to any two pages and love both of them and get something. And when I'm going to sleep at night a lot of times I'll be singing a hymn. Without even realizing it I'll be singing myself to sleep. There's an old gospel hymn called Softly and Tenderly. Jesus is Calling, come Home, and I mean that may sound kind of scary or gloomy to some people but to me that is so comforting to hear that. And during.

COVID, I listened to the Mormon Tabernacle Choir a lot Every Sunday morning. I would listen to the Mormon Tabernacle Choir a lot Every Sunday morning. I would listen to the Mormon Tabernacle Choir and that is the most amazing group of people, so beautiful, everything they do. I mean it's like 500 people, you know, and a full orchestra and that organ and that pipe organ 14 or so keyboards, I mean it's just unbelievable.

But that was such a comforting thing to me and if I ever feel scared or whatever, I can go to the Mormon Tabernacle Choir and just listen to them for 30 minutes and I'm just like all is well. There is nothing in the world that I can't handle.

0:56:40 - Julie

I always enjoy watching their Christmas specials. Yes, when they're on, they do a marvelous job with their Christmas specials. Last question, Dr Alice why do we incarnate? Why do?

0:56:53 - Alice

we incarnate. Oh well, I feel like incarnation is a gift for one thing, and every lifetime we go through we're just supposed to be making the world a better and better place and enjoying the process as we go through it and try to help as many people as we can and we're not expected to be perfect or anything like that. But I think we incarnate just because it's a gift that God or whomever gives us to enjoy this beautiful planet and to see what we can do to make it a better place and make ourselves better and better.

0:57:33 - Julie

Well, you are every bit as extraordinary as your baby sister told me you were. I think that the work you're doing is absolutely magnificent. I will help you in any way I can once we're done recording. Well, I got some more ideas that have come in for you and I just say you know,

onward and upward, you go, girl, go get it done. You're helping so many people with this work and it obviously resonates with everybody that sees it. They're just trying to figure out how to get the billing codes to work along with it, and yet everybody knows the efficacy of it just from common sense, even without the clinical study.

0:58:16 - Alice

Exactly, it's not esoteric or mysterious. Common sense, even without the clinical studies
Exactly, it's not esoteric or mysterious.

0:58:20 - Julie

Right. So how can people learn more about you and your work?

0:58:25 - Alice

You can go to my website, which is surgicalserenitiesolutions.com, or you can just Google Dr Alice Cash and it'll all come up. I mean, my profile on LinkedIn is probably the most robust source of information and articles, but if you go to my website, there are the 400 blog posts. There's research studies from the past 20 years on music in the hospital specifically, and the clinical benefits and the numbers. You know by the number how much music for how long administered this way and what part of the for what surgery you know they organize them by. This was elderly cataract surgery, and here's the music we gave them and here's how much better they did than the control group who had no music. I mean, it's just fascinating. So yeah, that'd be the best thing is go to my website. And oh, I do have a book called Having Surgery Using Music to Reduce Anxiety and Pain Perception.

0:59:31 - Julie

We'll put that in the show notes as well.

0:59:33 - Alice

Thank you.

0:59:33 - Julie

Anybody that is having surgery has a loved one that's having surgery, works in surgery, works in any of these areas that can benefit from Alice's devices and her music healing. Please reach out to Alice if you can help her. Let's all work together to get this out amongst the masses and then it'll go global from there. It'd be great. All right, everybody. Lots of fun things for you to explore in this conversation. So, in the meantime, sending you so much love from Sweet Home Alabama, and from Kentucky too, where Alice is Bye.

1:00:18 - AnnCR

Everybody, thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:00:34 - Disclaimer

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