



Av Mette Wehaver Nass

I was invited to Tønsberg to meet an inventor.

MULTIVIB

The man is Olav Skille, and he was the first in the world to patent and make a system for sound and vibration therapy, so called vibroacoustic therapy. The name of the product is Mutivib. It was a very nice and interesting meeting.

Music as healing

Olav is retired now, and I met a typical grandfather of the good and generous kind. But he was much more than that. During his whole life he has been working with people, sound and music. His starting point is the musician and the teacher, and via these activities the caring human being who understood that music could be used to much more came to fruition. The glow and intensity appeared when he with authority spoke about his life's work.

Vibrations are reducing problems

All of us have been in contact with the feeling that music which pleases us is making us feel well, that we feel elated or that we are relaxed and feel the urge to move, that we feel freer, more liberated. Music is undulations, vibrations. And these elements can be used specifically to meet therapeutic goals. Olav understood this. He is working with our life frequencies, the underlying force of life itself.

Which are the elements which make us humans so unique? Well – it is our relationship to music and sound! We can use music in order to enter our own nucleus, to blend with the basic forces of life. Olav Skille has made a new

definition of the conception of music: *Music is a form of behaviour which is unique for the species of human beings and is used for emotional communication.*

When we use VAT we are communicating with ourselves. With every cell in our body. Both the ailing and the well parts of our bodies receive vibrations, and as this is effecting the whole body, it is a holistic therapy.

All life is vibration

All life is dependent on, and is created during vibration. Just imagine each small, vibrating, atom. We are created in a universe full of vibrations and waves, and without the right frequencies we will not develop normally in our mother's womb. Someone saw this and understood that this could be good business, and patented the patent. Therefore we see many different vibroacoustic systems around the world, but it is Olav which has the original concept.

A long way to go

It is many years since he started to work with these ideas. He has been researching the healthy effects of low frequency sound waves even longer. It all started in 1968. It was a long way to go, and the first prototype was constructed in 1980.

Tony Wigram was the first one to take a PhD on vibroacoustic music therapy, called VAM. Olav Skille eventually removed the music, and continued to work with pure sinusoidal frequencies. This he calls VAT.

VAT has fewer sound elements and can therefore use more precisely defined frequency areas. The sound vibrations are pulsed, and it is this pulsation which is important for the result of the therapy. In this way the mental and physical processes in the organism is influenced, and it is stimulated to re-establish normal balanced function.

Once he was working in an institution for multihandicapped children. There was a small girl with cerebral palsy. Olav placed her in a bean-bag and on each side of the bean-bag he placed loudspeakers, and connected them to the sound source. The vibrations were transferred to the body of the girl, and the spasms were reduced. She was more flexible, relaxed and movable than she would be after intake of two tablets of diazepam. This was definitely something which deserved further exploration. And, tirelessly, besides job and family, Olav continued his research.

Who is benefiting from this?

-most of us, but for persons with chronic ailments and pains there is much to gain.

Olav has been researching, and is still researching.

VAT gives massage from low frequency sound waves. It will cooperate with any other kind of therapy. An Estonian paediatrician calls it adaptogenic therapy. The sound waves are penetrating the whole body, and, dependant on the chosen frequency, they will have an effect on all body segments. 2 % of the energy which is transferred is absorbed by the body. In other words, this is not a foreign element which is used, but an element which the body will recognize and take benefit of.

- The vibrations are producing both surface massage and deep tissue massage.
- They are having an effect on both striped and smooth muscles.
- They are reducing pain.
- They have effects on blood circulation.
- They reduce both systolic and diastolic blood pressure
- They influence the production of stress hormones
- They have an effect on the vegetative nervous system
- General effect on pressure receptors over the whole body.

Today there have been demonstrated good results on the following conditions:

- Stomach pains/colic/constipation
- Kidney stones
- Asthma/bronchitis
- COPD/cystic fibrosis/pulmonary emphysema
- Pressure ulcers
- Impaired blood circulation
- Ulcus cruris
- Sport injuries
- Muscular over-use syndrome
- Cerebral stroke
- Cerebral Palsy
- Headache
- Multiple Sclerosis
- Parkinsonism
- Stress
- Spasms/cramps
- Menstrual pains/PMT
- Fibromyalgia
- Low back pains/Morbus Beckterew
- Neck and shoulder pains/frozen shoulder
- Rheumatism

- Insomnia
- Post-operative conditions

VAT has an immediate effect, but one can often observe that the effect both keeps and may be increased for days after a therapy session. It has a positive effect on depression and depressive after effects. Children and adults, young and old – this is good for all who are ailing. Many of us are afraid of needles or to ingest medical remedies. Here all can feel safe.

Today he has developed different frequencies which can be used for different body segments. The vibrations are transferred via small loudspeakers in a mattress. Dependent on where in the body thy problem is situated, the therapist can choose one of the 5 CDs, which are adapted to the needs of the patients, and the volume is adjusted according to the experience of the therapist and the preference of the patient. And now the only thing to be done, is just to lie there. Vibrations and sound are streaming into the whole body. It feels so nice, but works on the depths of the body. You do not always feel the effect immediately. Maybe pain will increase in an old fracture, some hidden issue, or a blocked area, and therefore are hindering healing of the actual problem of today.

I laid there and felt all the different frequencies. I did not have any problems at all, but I guess there is some imbalance in all human bodies. I felt the effect the next day. Someone are needing several therapy sessions in order to feel effects. We are not reacting alike, but I am sensitive. It is an incredibly comfortable form of therapy. I did not have to undress. I was not injected with anything of kneaded to the limits of my pain threshold. And it does not even last too long. The optimal is a therapy session three times per week, and to decrease intervals when the effect starts to appear.

Not many therapists have this system in their studios yet. It is undoubtedly a good market here. It can very well be combined with other techniques and event enhances their effect. Someone has chosen to buy this system for private use in their homes. There is someone who are not able to function normally without, and who definitely would have been on invalid pension and be set outside in the society without the daily healing vibrations.

The equipment is very simple, both to use and administer. It consists of a bed-pad with built in loudspeakers along the length of the body. It is attached to an amplifier and a collection of therapy CDs. One therapy session lasts not more than 23 minutes, and the same vibration is repeated without change during the whole period, which is a therapeutic necessity. The sound level can be adjusted ad libitum, just as you feel comfortable and necessary. It is usual to take three weekly sessions until the desired effect is obtained. From there maintenance intervals are tested out.

- MULTIVIB VAT is marketed by
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The equipment costs 40.000 NOK. For Norwegian orders 25% Value added tax is added. One therapy session costs – as far as I know – about 350 NOK.