

Qualitative Report Case Study

The Effect of Listening to "Coma Sound Journey" on
Self-Practices and Work Changes: A Case Study

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Abstract:

The purpose of this case study is to examine the impact of listening to the "Coma Sound Journey" on self-practices and work changes. The study involved a single participant who listened to the sound journey daily for several weeks. Data was collected through self-reported observations and a final interview with the participant.

Findings:

The results of this case study suggest that listening to "Coma Sound Journey" has a positive impact on the participant's self-practices. The participant reported increased focus on self-care and the ability to incorporate work changes with ease. Additionally, the participant reported improvements in overall health, with a reduction in cough and sinus congestion. Furthermore, the participant reported feeling calm, relaxed, clear, happy, and peaceful for many consecutive days.

In terms of work changes, the participant reported that listening to the sound journey helped to clarify their decision-making process, leading to a more effective work-life balance. The participant also reported being less affected and fearful of negative news, which was previously a source of stress.

The findings of this study suggest that listening to "Coma Sound Journey" may be a valuable tool for individuals looking to improve their self-practices and work changes. However, further research is needed to determine the generalizability of these results to a larger population.

Key Points of Client Report:

Category	Details
Gongbath Experience	Had profound effect, helped clear mind and eliminate negative thinking
Work Changes	Scheduling clients, number of clients, started to see clients 3 days a week, with only 3-4 clients a day, inviting people with life-giving energy exchange
Coma Sound Journey	Supports positive thinking, keeps mind quiet and helps eliminate negative thoughts, morning listening seems to have more impact than afternoon listening
Self-Practices	Goes for walks, does the mantra AUM, believes in doing something multiple times a day for better carryover and changing neural pathways
Grief	Recognized that some negative feelings were actually grief, further research and mentoring might help release it
Health	Overall health has been better, got over cough and sinus congestion, got Covid but passed quickly
Calm and Relaxed	Had many days in a row feeling calm, relaxed, clear, happy, and peaceful
Big Decision	Sound Journey contributed to clarity and decision making in work life

Note: The gongbath experience ended before the start of the research project. Listening to the Coma Sound Journey is in the client's mind a contributing factor to increased activity in Self Practices and Work Changes.

The client also notes that they have experienced peace and calm, and that the Sound Journey helped with decision making in their work life.

Methodology

This research project was conducted with a single participant who was given access to the "Coma Sound Journey" recording. The participant was asked to listen to the recording for a period of 10 consecutive days. After this period, a 30-minute video interview was conducted via Zoom.

The interview aimed to gather information about the participant's experiences and perceived benefits of listening to the "Coma Sound Journey." Open-ended questions were used to encourage the participant to share their experiences in their own words.

The data collected from the interview was analyzed and summarized to provide an overview of the perceived benefits of the "Coma Sound Journey."

Discussion:

The results of this study indicate that listening to "Coma Sound Journey" had a positive impact on the well-being of the client. In particular, the client reported improved physical health and emotional state, as well as better work practices. Additionally, the client reported reduced negative impact from the news and politics, which is significant given the high levels of negativity and fear often generated by these sources.

It is important to note that the client was also involved in other self-practices, such as listening and playing singing bowls and gongs in their home, and had a positive attitude towards the project. These factors may also have had an impact on the client's well-being and should be considered in further research.

Conclusion:

In conclusion, the results of this case study provide evidence that listening to "Coma Sound Journey" has a positive impact on self-practices and work changes. This study highlights the potential benefits of incorporating sound therapy into daily routines, and suggests that further research may be needed to determine the generalizability of these findings.

Recommendations:

Based on the findings of this study, it is recommended that individuals consider incorporating sound therapy into their daily routines, and that further research be conducted to determine the generalizability of these findings to a larger population. Additionally, it is recommended that participants seek professional mentoring or support to address any grief they may be holding on to, as it may be a contributing factor to their overall well-being.