

## **How Does The Experience of Atmospherics Affect People on Physical, Mental, Emotional and Spiritual Levels?**

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This research project was born of a need to find out what people experienced within Atmospherics sessions, which is often very difficult to describe. The raw data is presented here prior to analysis to evidence what approximately 120 people said (across 150 questionnaires), and to illustrate both the similarities and differences in responses. Your comments and questions are most welcome.

The questionnaire was designed from authentic comments that staff who supported our participants, and visitors, have made over a period of over 3 years, between January 2005 to the present time. There were considerably more, some quite incredible, which were very personal to individuals. The comments in the first section were chosen on the criterion that the comments had been made more than once, and by different people, which reflected a more general picture.

Many staff had attended the sessions on a continuum of approximately 3 years to first time visits; the latter people's comments were seen as valuable as first impressions seen with fresh and un-complacent eyes and minds, whereas the former group had more knowledge of the impact on the people they supported.

The responses were divided into four categories, which generally span the essence of the human condition - Physical, Mental, Emotional and Spiritual levels or aspects. With the exception of the latter, these responses can be observed or discussed, albeit often with difficulty, whereas spiritual experiences and feelings are much more problematic, both to articulate and evaluate.

**Physical** responses can be confirmed when changes take place within the physical body, including changes in heart rate, breathing and muscle tone.

**Mental** responses can be confirmed when changes take place in one's thinking - cessation or solving of worries and troublesome thought, making sense of one's thoughts.

**Emotional** responses can be confirmed when changes occur in one's feelings and mood - i.e. from feeling tired and downhearted to feeling refreshed and uplifted.

**Spiritual** responses are very difficult to quantify, and yet have been so regularly reported that they cannot be disregarded as wishful thinking or imagination. They occur when people have experienced a form of transcendence; an upliftment which surpasses physical existence; a profound shift in awareness or consciousness; a connection to the "higher self" or a "Higher Reality"; a peak experience of Joy. These responses can rarely be observed, and can only be reported by people wishing to share and describe their experience.

Clearly, the majority of our participants are not able to communicate their feelings or thoughts about the sessions, and we rely on the inside knowledge of supporting staff to communicate changes and differences that they perceive in the behaviour and demeanour of their residents. However, there are exceptions, and the comment "It makes me feel joyful" was made spontaneously by a young woman with severe autism.

Approximately **56** people with PCLD and SLD attend the 5 sessions in Glastonbury on Tuesdays and Wednesdays. **24**

people currently attend sessions at Somerset Court (National Autistic Society) on Thursdays and Fridays.

50 staff took part in each of the 3 surveys, from residential homes within a 30 mile radius of Glastonbury, but the last survey is continuing until we have 100 responses.

(Most people remained anonymous.) The first survey ran between March and June 2007.

**Key P = Physical M = Mental E = Emotional S = Spiritual**

**Figures in RED indicate numbers of people  
Figures in BLUE indicate percentage of sample**

### Results of Questionnaire March - June 2007

Below are comments that people have made about the sessions. Please circle those which you feel apply to you, or make your own comments. You may remain anonymous if you prefer.

It's a deep form of relaxation; 44 (88%) P+M

It's like being inside a painting - the rest of the world disappears; 15 (30%) M+E

I find that it is almost like a spiritual experience - I find it very healing; 26 (52%) M+E+S

It makes me very happy; 22 (44%) M+E+S

I feel as though I have had a good nights sleep; **19**  
**(38%) P+M**

It makes me very tired; **13 (26%) P+M**

I get fidgety; **4 (8%) P+M**

I love it; **36 (72%) M+E+S**

I feel very protected and safe; **20 (40%) P+M**

I don't want to leave; **17 (34%) M+E**

I get so relaxed I forget about the people I am supporting; **13**  
**(26%) P+M**

I daren't lie down - I can't get up again; **3 (6%) P+M**

If I had the chance I would attend the sessions just for me;  
**31 (62%) P+M+E+S**

I go to another place- I don't know where - it takes me ages  
(the rest of the day) to recover; **8 (16%) M+E+S**

It charges my batteries; **33 (66%) P+M+E**

I feel invincible for a few days afterwards; **1 (2%) M+E**

I feel I am able to resolve long standing issues and leave them  
behind me; **12 (24%) M+E**

I look forward to coming to the sessions; **37 (74%) P+M+E+S**

I feel as if my whole body is smiling; **15 (30%) P+M+E+S**

When the silk is taken away I feel cold and naked; 7 (14%)

P+M+E

It s like a sacred space - it creates a very special feeling; 19

(38%) E+S

It's magical - you forget what is happening outside; 33 (66%)

M+E+S

It makes me feel joyful. 17 (34%) M+E+S

### **My comments**

The kind of relaxation I find sets me up for the rest of the day - relaxation is a tonic for today's stressful society.

The whole session is very satisfying and I feel it's run very well.

I thoroughly enjoy it, for myself and the residents. It's a very spiritual experience for me. I feel very contented, happy and full of life when I leave. I do fall asleep easily but wake up easily so I can support the residents if they need it. I LOVE IT!!

This was one of the most peaceful and relaxing moments of my life.

On my first visit, I found the experience very sensual and relaxing.

No negative thoughts, just good, calming and understanding thoughts.

Time just for me to relax and cut myself off and go to some perfect place where there's no hurt and no one can touch me. Float away to a beautiful garden. A magical experience.

When the silk is removed you feel "Oh-\_do you have to?" It feels a bit weird at first with the silk on your face, but you get used to it surprisingly quickly, and then don't want it to be taken off.

Transported to my world - wherever that is?!

Initially I hated my face covered but OK now.

I really enjoy the sessions.

- It's a great way to communicate and feel.
- It's an experience which applies to all of us.
- It's a pleasure for all our senses.

I have been coming from the outset and the sessions have got better and better. Smashing.

It's very relaxing to sleep without thinking what is going on in ones world - to put all troubles aside and relax is wonderful. I enjoy the whole session. Keep up the fantastic work.

It makes me stop thinking and makes me slow down.

I am always happy to go when I get the chance. We are always made to feel very welcome.

Very relaxing, very enjoyable. Makes me feel as though I was floating away, but very safe.

A fantastic way to relax and spend the morning - very spiritual.

To be truthful, I don't really enjoy the sessions, they make me feel uncomfortable and bring back things in the past that make me feel sad - the staff are nice and make you feel relaxed.

I love it and so do the residents.

Very enjoyable. The people who run Atmospherics seem very relaxed and I think this helps the people who are attending.

Very Good. Relaxed and made welcome. I could do with a session every day. Everything about it is well organised and all made welcome. 100%.

A Beautiful place to be - can we have some sessions for staff!

I find it very relaxing, but I tend to focus on the noises rather than the music.

My Dad died last year. It felt like he was with me through it. (Really nice feeling).

Always a pleasure to come along with tenants and also enjoy the experience of Atmospherics - Thankyou.

It makes me feel quite emotional - I get a sensation all over.

Its time to relax and let your mind wander. You feel protected and safe. The images and music create a wonderful atmosphere.

Very nice and relaxing experience.

Brilliant Job! Loved it!

## **Which aspect of the sessions do you like best?**

Being covered with the silk; **7 (14%)**

The relaxation part; **27 (54%)**

The silk dancing; **13 (26%)**

Different theme environments; **17 (34%)**

All of it; **31 (62%)**

## **About the people you support in the sessions -**

They change their normal behaviour; **23 (46%)**

They change their normal behaviour completely; **8 (16%)**

They become very relaxed; **45 (90%)**

They become very engaged with what is going on; **31 (62%)**

They become very focused. **23 (46%)**

## **Your own comments -**

Our service user has become more relaxed and calm in every aspect of his life.

All the tenants I support really enjoy the sessions and enjoy coming. We all notice how relaxed they are when they come back.

They all get something very positive out of it. It calms them very much and they appear happier on leaving.

Lovely to see Joe Bloggs so involved and happy. The tenants get so much from it (and staff).

Always appears relaxed after.

One of the ladies I support is a totally different person in the sessions. She laughs and thoroughly enjoys herself.

I enjoy watching their faces. They are so chilled after - it chills them out for the whole day.

It relaxes the clients - very often they don't want to leave.

He really relaxes and enjoys it - he likes all of it - he's said he enjoys it.

Nice to see tenants so relaxed and enjoying the session.

Everyone changes to suit their own needs.

After the sessions have finished most people go back to their normal behaviour.

The tenant becomes a different person.

Not knowing the tenants that well, I noticed and heard that there was laughter and more smiles.

It's a space for them to relax and the social aspect of lunch is very important.

They relax and get really involved.

**How do you think that we could improve our service?**

Just keep on doing it.

I don't. I think it is run very well and very fulfilling for each tenant and staff when they assist.

I don't think it needs improving.

Whilst I appreciate that the relaxation part is very important, for some of our residents it could possibly be shorter.

Go Global!!

I don't think there's anything to be improved on. I think you do very well considering the space you have to work with.

I think nothing can be improved. The service is 100%.

Don't think you can - but wonder if nature noises like birdsong might work?

A more appropriate place to work.

Better venue.

Change the music more often and projector pics. ( ?)

Different hall, but I know you are trying your best to alter this.

Seems to work very well - keep Atmospherics going - well done.

A bit cold on the airbed, but it is restricting when you have a blanket over your legs and feet.

Keep up with the great work!

- Bigger beds;
- Warmer;
- Better Hall!

You can't.

Nicer venue with less cluttered ceilings.

NO.

I think the service is good.

The service is fine as it is.

### Initial Conclusions

The most significant response, both in the staff and participant group was that of relaxation with 88% of staff agreeing that it offered a deep form of relaxation, and 90% saying that the people they support become very relaxed. This is placed in a physical/mental category, and although could blur into emotional and spiritual, relaxation most obviously takes place on physical and mental levels.

However there was also a strong response in the less tangible areas of the emotional and spiritual, with 52% of people agreeing that it was almost like a spiritual experience, 38%

feeling that it was a sacred space and 66% agreeing that it was magical.

As we are unable to ask most of our participants their feelings, observed responses are really all we have work with. 46% of staff said that they changed their normal behaviour and became very focussed, and 62% agreed that they become very engaged with what is going on. The number of people who change their behaviour completely (16%) is probably reasonably accurate, given that we do not know how people behave outside of the sessions.

If people, both staff and clients, become relaxed, change their normal behaviour, become very engaged and focussed when normally they do none or few of these things, we can conclude that something (in this case Atmospherics sessions) is happening to cause this. It appears that people are affected positively (to a more or less degree) on all levels of their being by attending Atmospherics. Next Questionnaire!!

#### Questionnaire, February 2008

Below are comments that supporting staff and visitors have made since the last questionnaire. Please circle or tick those you agree with, and/or make your own comments. Thank you very much for helping us with this research.

- When I walk into this room, everything changes. I feel my heart rate and breathing slow down almost immediately, and I feel very calm and relaxed. It's as though I suddenly become attuned to a universal heart beat, an indescribable peace within myself. **21 (42%) P+M+E+S**
- I feel that for some of the residents it is the high point of their week. **37 (74%) P+M+E+S**
- I have had hypnosis before, and this was a very similar experience. Arrived feeling quite heavy hearted and tired, left feeling much lighter and invigorated. **18 (36%) P+ M+E**
- After Atmospherics, I go home feeling really at peace with the world. I feel more "open" – it's like being given a key to access a secret hidden place that you've not visited (been able to visit) for a while. **27 (54%) M+E+S**
- Somewhere where I feel happy – a "happiness oasis" – light, colourful, uplifting, accepting. **31 (62%) M+E+S**
- The next day, I feel that I am relaxed, less stressed, relate better to people, take things more in my stride, get things more into perspective. **22 (44%) P+M+E**
- I felt a strange sense of freedom – very unexpected. **24 (48%) M+E+S**

- A wonderfully relaxing experience, it enables you to shut everything out of your mind, forgetting all your worries. 44 (88%) M+E
- I just floated into the whole experience. I did not want to leave. 32 (64%) P+M+E+S
- I feel as though it takes me apart and then puts me back together again. 17 (34%) P+M+E+S
- I don't know why, but I always feel better after a session. 29 (58%) P+M+E+S
- Very, very soothing and relaxing. As a very tense person, I found it hard not to relax! 20 (40%) M+E
- It is very gentle yet very powerful. It seems to me on all levels, relaxing the body, calming the mind, soothing the emotions and uplifting my spirit. I would like to do it every day. 33 (66%) P+M+E+S
- I think it should be mandatory for everyone. 32 (64%) P+M+E+S
- When I walk in the room I feel an instant calmness. 30 (60%) P+M+E+S

- Its like walking into a church, you feel a sense of reverence.  
14 (28%) M+E+S
- I feel as if I am floating. 22 (44%) P+M+E+S
- I felt like I was floating. I felt like I had left my body and was floating above it. 19 (38%) P+M+E+S
- I feel as though I become an island, floating along with lots of other islands around me in my own calm sea. 17 (34%)  
P+M+E+S
- I started to relax and float away into my own little world. Colours came and went from in front of my closed eyes, and then I was flying in the clouds over the sea – how wonderful! I felt really emotional and even a few tears came. At one stage I could hardly feel my body! What a wonderful couple of hours! 21 (42%) P+M+E+S
- I felt very relaxed and calm after about 15 minutes. My body felt like I was flying – my face to my feet felt like a tingling feeling and they were being stroked. My mind felt clear. The music was soothing and calm. I loved it a lot and would like to experience it again. 28 (56%) P+M+E+S
- It makes me feel very emotional. 15 (30%) E

- It's like a dream world. It's so beautiful. I can't describe it. 24 (48%) M+E+S
- It is very difficult to rush back out into the outside world and focus on work. 32 (64%) M+E
- It is the only time in my life that I know I am consciously relaxed and not asleep. It's like a space between being awake and asleep which is usually very short, but this makes it much longer. My mind becomes very clear. 30 (60%) M+E+S
- I feel more at peace with myself after the session, a kind of inner harmony. 24 (48%) M+E+S
- I wish that I could keep the feeling with me. I think it would be really good to do it before going to bed, a complete wind down at the end of the day. 35 (70%) P+M+E+S
- It's great when you know you can go home after the session. It's sometimes very difficult to manage the rest of the shift when you are on a late – I'm too spaced out! 17 (34%) M+E
- I think the more you do it, the quicker you relax. When you know what to expect, you are looking forward to it. 31 (62%) P+M+E+S

- The stillness of the room creates a stillness within me. If I get really stressed, I try to go back to the room and the calmness. 19 (38%) M+E+S
- I felt very warm and relaxed. It cleared my head, it gave me the space to reflect on things (problems). I now feel I can and will make better decisions on 3 main worries. It unscrambled my thoughts which I have not been able to put clear in my mind. I feel that I can make better choices today for sure. 23 (46%) M+E

These first 3 comments relate to the same person at Somerset Court, (National Autistic Society) who has a 1-1 session.

I have worked in the field of Autism for a few years now, and I am really impressed with these sessions. The young man I support is normally very edgy, always trying to grab and destroy things, but as soon as he takes his shoes off to start a session, he visibly relaxes. It's like he is a different person for the length of the session, really relaxed and mellow; he smiles a lot and seems genuinely happy. The first time I witnessed this event, it brought tears to my eyes. (F)

It's really good that the person I support during the session seems to leave behind so many distractions, and is as relaxed as I see them. It would be very interesting to see the results of sessions for staff. (M)

When I go to Atmospherics on Fridays with SU, I feel that SU benefits a lot from the sessions, as he relaxes, you can tell. The session is very powerful, but gentle, stimulating his mind, which calms SU down. I was very shocked that Atmospherics had such potential with a service user like SU. (F)

### [The following comments relate to the Glastonbury Service](#)

I notice the eagerness with which “clients” come in to the room, choose their silk and lie down. Their body posture becomes more relaxed and still. There are signs and sounds of joy – e.g. happy chuckles and smiling faces. As a person experiencing Atmospherics, I feel an individual sense of peace and calm, like being in a protective bubble. I also feel like I am being connected to a universal energy, which is flowing from the beautiful colours, images and music – all in harmony and pure. This gives me a sense of inner power and restores confidence both in myself, and in the possibility that, by experiencing Atmospherics, others will also receive this positive power/energy and use this “feel good” factor to connect with each other in helpful ways.

This beautiful environment, which you are invited to join, makes you feel special and cared for – there is no need for the language of words. (The experience/ sensory communication is so powerful because it does not involve words – it is somehow more authentic.) The more I participate in Atmospherics, the more I am convinced of it’s efficacy.

This space feels like a little piece of heaven on earth. The first hour allows me to just “be”, giving me permission to empty my mind of any thoughts and worries. When the silk dancing begins, I can feel the energy rushing through my whole body, recharging my inner battery with positivity, warmth and beauty. Atmospherics has taught me how to relax without being told what to do or be controlled in any way. I feel as though I belong to the beautiful side of the Universe again. I love it!

I have worked in Learning Difficulties for 11 years and I was amazed how relaxed and quiet it made people. For myself, I have never been so relaxed in my life. I had the feeling of satori (sudden enlightenment). I wish I could have a session every day. I think if everybody did this there would be no need for anti-depressants.

Having had deep relaxation sessions before, this gives me the same calm relaxed feeling; it allows you to escape any worries you may have and make sense of them. As a Community Care Assistant, its important to have an escape from what is a difficult job. This session allows that plus calms the service users. An excellent calming experience, no matter how severe a disability, it is beneficial for all.

This is an excellent session for the PMLD adults to attend, from watching their faces throughout the session, you can see a relaxed calm come across them. “Therapeutic” sessions such as this should be more available as they are an invaluable tool within the field of PMLD.

A great feeling of cutting yourself off from the outside world – you can drift – thoughts, not always good ones running through your head – and just in a split second you can be floating and totally relaxed with not a care in the world. Always made welcome, a good start to the session (great start!)

Whilst feeling incredibly calm, I had an overwhelming feeling of emotion, almost as if I was releasing all my worries! Amazing! It went so quickly! I felt as though I was looking down on myself at times.

I felt totally relaxed and could feel the tension of the morning drifting away. I especially enjoyed the sensation of the silks dancing across my face.

A marvellous experience, uplifting, would recommend it to anyone!

I enjoyed the session and the stillness around. As an elderly person, it was nice to take part sharing with other people. It was a very caring experience.

Had an excellent time – it was so lovely to get away from the work environment. The session gave me an amazing experience which I can't really explain.

I came in feeling really stressed and tired and now I feel really refreshed and calm. It was very good.

As a member of staff bringing tenants – it's the highlight of my week! It's the only time I feel completely relaxed, the kind of feeling I've had at hypnosis!

I feel the whole experience is fantastic for myself and more so for the tenants I support. I see how much they enjoy the session, and you can see how they are relaxed for the rest of the day.

I've not done meditation, but – this puts me in mind of that sort of experience – calming, soothing, giving my mind time to sort itself out.

An amazing experience as soon as you walk in the room. The colour, music and ambient atmosphere is overwhelming. To witness the clients metamorphosis' from excited and hyper to calm and soothed with a smile on their faces is magic!

I find it hard to relax, but when in an Atmospherics session I feel like all the stress and strain of everyday life goes away. Whilst in a session I feel at ease and forget everything. For the rest of the day I am relaxed and ready for bed.

I look forward to Tuesdays, because for someone who can never sit still, it makes me take time to relax.

It is nice to escape for a while and feel totally relaxed, but it is difficult returning to work after the session.

I was having a very emotional week and coming to this session today helped me relax and forget my worries. Best thing I have ever attended.

Personally I love it! It relaxes me like nothing else. It clears my mind and my worries disappear. It is total calmness. Through my experience almost all the service users I have brought with me have really enjoyed it.

It always amazes me when we all get together at the end of the session how many people were actually in the room. During the session it is so peaceful you feel like you are there on your own.

The best sessions are when there is absolute quiet – no “human noises”. This does not happen very often (obviously I don’t expect it to) but I reach an even deeper level when it does.

Fantastic session! Creates an amazing feeling of relaxation, beautiful pictures, colour and music.

Atmospherics has taught me how to calm down. Whenever I feel stressed I think of the session I have been to and it helps a lot. Thank You.

The tenants all seem to look forward to Tuesdays when they know they are coming. I am sure they get a lot out of it.

After the session, I always look forward to a repeat performance.

Always a pleasure to come to the sessions both as service user support and as a user myself.

I have been coming for 3 years with service users. It is very therapeutic, so relaxing and very warm welcomed.

I will miss this experience as I am changing jobs to nights.

I just agree with everything!

Our tenants we bring thoroughly seem to relax and enjoy the session.

Nothing really to add. It's all been said in theses pages!

Lovely session! Lots of sensory stimulation which is hard to source anywhere. It's a very successful session.

I really enjoy every session. I personally benefit from them.

It's a lovely session. I feel it is a very successful session.

I am sure that the people I support really enjoy the time they spend here. If they are loud they become very calm and relaxed.

I was very relaxed and happy.

Very, very Good.

Wonderful experience!

This last questionnaire is continuing until 100 people have completed it (so far another 20 completed to date, August 2008)

### Questionnaire May 2008

This is the final questionnaire in this current phase of the research. It focuses on the use of the silks, both the resting silks (the silks that you choose) and the moving silks. Please tick or circle which statements you agree with, or make your own comment at the end. Thank you very much for helping us with this research - **your contribution is very important.**

**Resting silks** (The coloured silks that you choose).

1)The colour of the silk I choose is **very important** to me; 17-34% P+M+E+ S

2)The colour of the silk I choose is **important** to me; 31- 62% P+M+E+S

3)The colour of the silk I choose is **not important**. 2 -4% P+M+E

4) I **don't care** which colour I have. 0

5) It would not be the same if I had not chosen my own colour; 33 - 66% M+E+S

6) If I have chosen the right colour for me on that day I feel refreshed and serene; 31 - 62% P+M+E+S

7) The experience would not be the same unless I was covered with the silk; 47 - 94% P+M+E+S

8) Without the silk I think I would feel fairly relaxed, but not that sense of complete calmness; 36 - 72% P+M+E+S

9) Regardless of the colour, the physical feeling of having that silk over me is a protection - almost like being back in the womb - a place of comfort and security; 31 - 62% P+M+E+S

10) When it's over your face it's not a dominant colour, it's just a hint of the colour you have chosen, and you feel surrounded and protected by that colour; 34 - 68% P+M+E+S

11) I love to watch the silk falling down on to my face and breathe in the lovely fresh smell; 32 - 64% P+M+E

12) I wait for the silk to float down on to my face and close off the world. I look forward to it; 34 - 68% P+M+E+S

13) I panicked about the silk over my face at first, but now I love it. It's very much a part of the whole experience; 17 - 34%

P+M+E

14) It focuses your attention and cuts out distractions; 33 - 66% P+M+E+

15) I feel as if I escape from everything for a while, safe under my silk; 42 - 88% P+M+E

16) It's a unique experience, there's nothing else in life quite like it; 38 - 76% P+M+E+S

17) I feel as though I disappear; 25 - 50% P+M+E+S

18) I feel like I have become invisible; 24 - 48% P+M+E+S

19) I feel detached from everything under the silk; 30 - 60%

P+M+E+S

20) Feels like "this is my space" - like a stillness - even though there are other people - you are not aware of anything or anybody. 37 - 74% P+M+E+S

21) As soon as I lie under the silk I feel like "Now I can switch off". 44 - 88% P+M+E

22) I feel that whatever happens around me cannot have any impact on me when I am under the silk; 26 - 52% P+M+E+S

23) The silk isolates you - it makes you feel like you are on your own; 29 - 58% P+M+E

24) The silk makes me feel like I am at home in my own private space; 28 - 56% P+M+E

25) I feel like I am in my own little nest; 31 - 62% P+M+E

26) I feel as though I am pinned to the bed, unable to move, but it is a nice feeling; 16 - 32% P+M+E

27) It highlights everything that you feel, very comforting, positive and calming; 40 - 80% P+M+E+S

28) Draws your attention to your senses - very gentle and comforting - not something you experience anywhere else; 38 - 76% P+M+E+S

29) The silk feels very light, but feels as if it is holding you in a very safe way; 36 - 72%

30) Normally I am claustrophobic, but this is not the same feeling; - 11 - 22% P+M+E

31) The silk makes it a secret place - without it I would feel vulnerable- it demarcates my space - it's like a boundary; 19 - 38% P+M+E

32) It is like an interface between me and the rest of the world; 18 - 36% P+M+E+S

33) Without the silk, I would not feel separated from other people in the room; 35 - 70% P+M+E

34) I like the fact that my whole body is covered and this gives you your own private space. You can be lying close to somebody, but you are not aware of them being there; 37 - 74% P+M

35) Its like being in a bubble or cocoon, you feel that the rest of the world cannot get to you; 29 - 58% P+M+E

36) I think that the silk sort of feels part of you after a while.  
I don't like it being taken away; 28 - 56% P+M+E

37) When the silk is pulled of me I feel like it is pulling all the  
negative energy out of me and away through my feet; 24 - 48%  
P+M+E+S

38) I feel cold when the silk is taken away, and I don't want it  
to be taken off me; 24 - 48% P+M+E

39) When the silk is taken off me I feel as if something has  
been taken away or released. 26 - 52% P+M+E+S

40) When the silk is removed it is like a loss. 15 - 30% P+M+E

### **Moving silks**

41) Refreshing, gentle, light - the silk moving in time with the  
music heightens the other sensations in your body - like waves  
coming over you; 42 - 84% P+M+E+S

42) I connect the movement with the music - it feels like it is  
coming from the music; 34 - 68% M+E

43) Such a lush feeling - a gentle caress from your head to your toes; 37 - 74% P+M+E

44) Feels like a gentle breeze, filled with the reflections of the stars; 27 - 54% P+M+E

45) Feeling of tingling down and through my body - it makes me shiver with delight; 22 - 44% P+M+E

46) It feels like a feather - like an angels feathers caressing your face; 29 - 58% P+M+E+S

47) A very light soft massage - it sometimes makes me cry, but not in a negative way - its like a release of emotion I did not know was there to be released; 12 - 24% M+E+S

48) It creates a vortex like a rushing of energy which gathers momentum - it makes me feel emotionally uplifted; 27 - 54% P+M+E+S

49) It feels as if it sweeps out negative energy out of my whole body and mind; 28 - 56% P+M+E+S

50) When the silk flicks off your feet it feels as though something has been released; 26 - 52% P+M+E+S

51) When you lift the silk up and down, I feel as though I am being lifted up with it; 27 - 54% P+M+E+S

52) When you lift the silk up and down, it feels like you are taking "stuff" out of me; 18 - 36% P+M+E+S

53) When the silk dancing begins, I can feel the energy rushing through my whole body, recharging my inner battery with positivity, warmth and beauty; 23 - 46% P+M+E+S

54) It is amazing to watch - very beautiful - to find such beauty and serenity in a grotty old scout hall is incredible. 39 - 78% M+E+S

### **My comments**

I have never experienced anything like it. It's amazing. The most lovely experience I've ever had. The music is just something else. The music just feels like it is taking me somewhere else. The silks are also wonderful. The silks and the music just work so well together. My favourite colours of silk are blues and purples. They are calming colours for me.

Very therapeutic, relaxing and calming. A beautiful sense and feeling. Time almost feels non-existent.

Very serene and uplifting, calming and positive experience. Slightly mesmerising and spiritual.

This experience is one of the best I've ever had. It felt like I was giving myself something for a change - very relaxed with no worries. This was such a wonderful, gorgeous experience - Thank you.

An amazing feeling, I have not experienced anything like it before. The autistic lads really enjoy it and it is a pleasure seeing them enjoy it.

Always enjoy coming - the guys always seem to look forward to it and I feel it benefits them immeasurably.

I felt like a heavy boulder resting on a light fluffy cloud. I felt protected and safe - the cloud felt light, but it was like two strong arms holding me up. I can honestly say I have never felt anything like it before. The moving silks, combined with the lights and music gave me a sense of tranquillity and oneness with nature.

I was fortunate enough to experience Atmospherics again. The second was even better than the first in as much as I was completely relaxed, and could anticipate what was going to happen. However, the music, lights and silks combined to give me an even deeper sense of relaxation and contentment. When the bright light shone it was like the sun shining just for me. I even found myself turning my face towards it. I was in a cocoon, protected from life's everyday worries, routines and stresses. It's an antidote to your troubles.

Although the hall itself is in a bad state, the actual experience is amazing. There should be an open day, open to all so everyone can experience the wonderful things that are said about it. Totally amazing - nothing else like it.

For me, the choice of silk is important. It reflects what part of me needs "healing". The session/music allows me to release/understand the emotions/confusion in my life, and put my life back into the order it needs to be.

After my first session, I feel very relaxed and cleansed. It is an excellent session which has benefited me greatly.

It is the most beautiful and relaxing experience I have ever had - the nearest thing to heaven on earth!

After an Atmospherics session, I feel physically rejuvenated, mentally balanced and in touch with my spiritual side. It fills me with energy and positivity. The service users who come here often express an immense amount of joy and I have also witnessed little miracle behavioural changes. It is beautiful to see so many people who come here leaving relaxed and happy.

This is the best experience in the world. You start the session with the stresses and strains of life. Once comfortable, you go into a different stage of thinking about all your worries and concerns. This gives you the freedom and time to reflect on the things you can change while also helping you to understand the things you can't change. You then can completely relax and give yourself up to the real experience of Atmospherics where the music and pictures can transform you into a different world of calmness. When the session is finished, you have a feeling of being completely refreshed. Recommended for everyone.

As a carer, we always have a consciousness of our service users. But we are all so relaxed, happy and comfortable. The service users look forward to the session and are all really happy and relaxed during and after the session.

I loved my session in Atmospherics - very calming and refreshing. I felt energised and relaxed afterwards. I wish I could do it more often - it seemed like it didn't last long enough although I was in there for two hours.

Anytime I work in another home, I tell them about Atmospherics. It would be great if more of the service users could access it - it would make a tremendous amount of difference to a lot more people.

I am delighted with my service users positive reactions to the moving silks. She can't normally tolerate touch, but the silks relax her in a way that she doesn't experience anywhere else. A beautiful session.

When I have a session, I feel my thoughts racing through my head for the first half hour, and then my head empties. The silks make it feel serene, and the colour is important to me as a "mood thing".

Totally unique! Energising and refreshing experience, with incredible sensations and experiences. The silk is very important - sometimes I like choosing my own silk, but at other

times I feel it would be good for the staff to choose an appropriate colour for me, as I sometimes realise by the end of the session that my own choice has been wrong and I don't get the sense of serenity I get when I know the silk was the right one. I like the fact that the silk is only gradually and slowly pulled over and away from me.

For the service users, it gives them something to relax to - unwind. They really enjoy it. For staff members, it takes you out of this world to a relaxing paradise. At one point, when flowers were projected - I know it sounds daft - I felt like I was a fairy in a magic garden. It was an amazing feeling. It has helped me to meditate and relax more - made me happier in myself.

The second session gave me a sense of relief...it felt as though the raising of the fabric was pulling out negativity from my inner soul. The experience for me was one of relaxation, release and enjoyment. It changed my mood for the entire day, making me feel free from distractions of coming events.

A wonderfully calm and relaxing experience. Although in a room full of other people, I felt like I was in my own space.

The most amazing experience ever - fantastic!!

I feel relaxed, soothed, and remain in good spirits all day after this.

It is something that I've never experienced before, but I feel very relaxed and chilled.

Very relaxing and enjoyable.

Very nice, positive experience, very enjoyable and relaxing.

I enjoy it and look forward to coming. I like to see the folk who attend enjoy themselves so much - they are so calm and happy.

I came to one of the first sessions. It has gone from strength to strength.

All very good - would love to come again.

Very enjoyable experience.

Makes me feel nice. (woman with Autism).