



Eva Grayzel

Motivational Storyteller

MUSIC DELIVERS JOY

A personal story by Eva Grayzel

Music breathes new energy into every fiber of your being. When music tickles the little hair cells in the inner ear, surprisingly, pain dissipates.

One day, as a patient at Mt Sinai hospital in NYC, a hospital aide entered my room and asked me to get out of bed so she could change my sheets. I grabbed my IV pole, my new best friend who stabilized my wobble, carried various bags and elevated my casted arm with a handy hook. She made no judgments about the artery that once lived in my forearm now reassigned to provide a blood supply from my carotid to the graft on my tongue. She was my left hand woman.

I hobbled over to my boom box loaded with a cassette of my favorite music, Broadway tunes. I pushed the 'play' button and immediately, a new world opened up. The Tin Man in the Broadway show The Wiz was speaking directly to me:

*"Slide some oil to me. Let it slip down my spine.
Standing here in one position, sure can make one tired.
Slip some to my elbows, and my fingers if you would.
Come on and slide some oil to me girl, oooh does that feel good."*

A close-to-pitch sound traveled over my reshaped tongue to fill the room. The grafts on my leg stretched uncomfortably when walking, but while swaying to music, I felt no pain. My right arm had free rein. The aide joined me and danced around the corners of the bed, tucking in the sheets. "You go girl," she repeated.

Music can turn a moment of utter pain into pleasure. My despair turned into optimism as soon as the Tin Man sang to me. The lyrics and beat transported me to my happy place. Seize every opportunity to use those sweet melodies to deliver joy!

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