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If you've been following my commentary on Mother's Agenda, this article should prove fascinating.

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## Daily vibration may help protect aging bones

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Courtesy of Medical College of Georgia  
and World Science staff

**Daily, whole-body vibration may reduce the bone density loss that usually occurs with age, researchers report based on a mouse study.**

The scientists found that 12 weeks of daily, 30-minute sessions in 18-month old male mice seemed to forestall the annual loss that can lead to fractures, disability and death. The rodents were equivalent in age to 55- to 65-year-old humans, added the investigators, biomedical engineer Karl H. Wenger of the Medical College of Georgia and colleagues.

Reporting the findings in the research journal *Bone*, they added that vibration improved density around the hip joint with a shift toward higher density in the femur, the long bone of the leg. The investigators also found a reduction in body levels of a substance associated with bone breakdown and an increase in the surface area involved in bone formation in the vibrated mice.

The findings provide new evidence that the technique, which dates back to the 1800s and is now showing up in homes, gyms and rehabilitation clinics, has bone benefit, particularly as a low-risk option for injured people with limited mobility, Wenger said.

The scientists theorize that the rhythmic movement, which produces a sensation similar to that of a vibrating cell phone but on a larger scale, exercises cells so they work better. Vibration prompts movement of the cell nucleus, which is suspended by numerous threadlike fibers called filaments. "The filaments get all deformed like springs and then they spring back," Wenger said.

All the movement releases substances called transcription factors that spur the formation of new osteoblasts, the cells that make bone, Wenger and colleagues explained. With age, the balance of bone production and destruction – by osteoclasts – tips to the loss side.

In the case of an injury, vibration acts on stem cells, the master controllers of the healing process, he added. "We think that in fracture healing, you get a more dramatic response. We don't know exactly why it affects the biology differently but it's likely because of the extent to which stem cells invade the injured area," Wenger said. His team also found that vibration slows stem cell proliferation, which may not make sense at first glance, they noted, but likely means more stem cells differentiate into bone cells rather than continuing to just make more stem cells.

To see if their findings translate to the trauma clinic, the researchers are evaluating vibration tolerance in patients with lower-limb fractures. The investigators said they're finding, surprisingly, that even two weeks after injury the subtle vibration is soothing, rather than painful, to most.

The scientific team added that in previous research by Clinton T. Rubin at the State University of New York at Stony Brook, post-menopausal women at the peak age of bone decline experienced results similar to those of the aging mice. Wenger's studies used only male mice so that effects such as fluctuating hormones wouldn't affect the results.

While vibration lacks the same cardiovascular benefit of exercise, animal and human studies also

**have shown it can improve muscle strength and weight loss, according to Wenger and colleagues.**

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In my recent post, commenting on [Mother's Agenda](#), the Mother's description of her Japa is provided. The awakening of the cells is done by the vibration of her mantra, much as the Western Mage vibrates holy names in sacred rites.

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It is worth reprinting the Mother's description of her method here:

The body has been cradled by three Words....

Words that repeat themselves automatically, with no effort of will (but the body itself is quite aware that although these three particular Words happen to have been given to it, it might also have been something else - it was originally the choice of a higher Intelligence). This has become an automatic accompaniment. It is not so much the words in themselves as what they will represent and bring with them in their vibration.... I mean it would be quite inaccurate to say, "Only these Words are helpful," no, not that. But they provide an accompaniment, an accompaniment of subtle, physical vibrations, which has built up a certain state or experience, a sort of association between the presence of those words and this movement of eternal Life, that undulating vibration.

Obviously, another center of consciousness, another (how shall I put it?) ... another concretization, another amalgam, might - would of course - have another vibration.

In ordinary language, the vibration of the mantra is what helps the body to enter a certain state - but it is not particularly THIS mantra: it is the particular relationship established between a mantra (it has to be a true one, a mantra endowed with power) and the body. It surges up spontaneously: as soon as the body starts walking, it walks to the rhythm of those Words. And the rhythm of the Words quite naturally brings about a certain vibration, which in turn brings about the state.

But to say it's these particular Words exclusively would be ridiculous. What counts is the sincerity of the aspiration, the exactness of the expression and the power; that is, the power that comes from the mantra being accepted. This is something very interesting: the mantra has been ACCEPTED by the supreme Power as an effective tool, and so it automatically contains a certain force and power. [[Mother is not speaking here of only her mantra but of all mantras. As she later added: "No mantra has any effect unless it is ACCEPTED by the Power being addressed. When (like the Tantrics, for example) you do a mantra for a certain deity, if this deity accepts the mantra, that gives it power; but if the deity doesn't accept your mantra, it has no power at all. This isn't something I got out of a book, I know it from my own experience - but I believe it has been explained in Tantric texts." ]] But it is a purely personal phenomenon (the expression is the same, but the vibrations are personal). A mantra leading one person straight to divine realization will leave another person cold and flat.

What is your experience when you say your mantra? You once told me you felt good saying it....

It represents what you put into it - your aspiration, mon petit. No, to me it can represent only ONE thing.... I call it "the Supreme," because you have to call it something, but that Something is the farthest limit of our aspiration, our aspiration in every sense, in all directions, on all occasions. Something that is the supreme summit of our aspiration, WHATEVER that aspiration may be, in whatever direction, in whatever realm - beyond, really beyond, Something beyond any form of activity.

For me, the most concrete approach to this is through the vibration of pure Love; not love for something, a love you give or receive, but Love in itself: Love. It is something self-existent. And it is certainly the most concrete approach for me. (But it isn't exclusive - it contains everything else within itself; it doesn't exclude all the other approaches, all the other contacts.)

But the words don't matter, they're unimportant.

And yet I have noticed that to associate a certain state and a certain aspiration with a certain sound helps the body. No one told me the mantra; I had begun doing japa before we met X (it had come to me when I was trying to find a means of getting the body to take part in the experience - the body itself, you know: THIS). And this help was certainly given to me, because the method imposed itself very, very imperiously - when I heard certain Words it was like an electric shock. And then, disregarding all Sanskrit rules, I made myself a sentence; it isn't really a Sanskrit sentence, or any kind of sentence at all - a phrase made up of three Words. And these three Words are full of meaning for me. (I wouldn't mention it to a Sanskritist!) They have a full, living meaning. And they have been repeated literally millions and millions of times, I am not exaggerating - they surge up from the body spontaneously.

It was the first sound that came from the body when I had that last experience [April 13]. Along with the first pain, came that first sound - so it must be quite well rooted. [[In the substance of the body. ]] And it brings in exactly that vibration of eternal Life: the first thing I felt, all of a sudden, was a kind of strong calm, confident and smiling.

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