

Do You Know What a Didgeridoo Is?

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**Do You Know What a Didgeridoo Is?**

**By Jesse S. Somer**

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Do you know what a didgeridoo is? Do you want to do or learn something different? Find out about it and do it on the Web.

Do you know what a didgeridoo is? There are so many things in this life that are unknown to us. I bet you could find out about something outside your normal sphere of vision and experience everyday for the rest of your life and still not get close to knowing about everything out there. Not to mention the number of things we don't know about our own internal selves—physical, emotional, spiritual and mental realities that are still unaware to us. That's another story however, let's stick to the external in this article.

I play the didgeridoo. It's a sacred Australian Aborigine instrument, arguably one of the oldest instruments in humankind's long history. If you type didgeridoo into your search engine you will see hundreds of sites about this thing that you've never even heard of. You don't know how many people I've mentioned it to around the world that never have even heard the word.

One site I found to be quite thorough and useful was:

<http://www.echotree.com.au/index.htm>

This retail site explains in detail how a didgeridoo is made (it is a termite-hollowed branch or tree trunk), how to choose the right one for you, and of course instruction on how to play. It explains how to recognize a quality piece and they say that they can even custom make one to your desires. Each didj has a key or root note, and they can be made of several types of wood, some better than others. Placed on the mouthpiece is bee's wax which makes for an airtight seal against the face as well as protecting one's mouth from getting cut by sharp edges.

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To give you an idea of the incredible feat it was for the first Aborigines to make this music 40–60,000 years ago I'll give you a perspective on how it is played. You place your mouth in the whole at the top of the hollowed wood upon the bees wax coating. Then you vibrate your lips against the edge of the wood, filling your cheeks with air at the same time to keep the sound constant. The sound never stops and this is because you circular breathe—in through the nose and out through your mouth at the same time. Sounds difficult, and it is for some like myself, it took me 9 months to get my mind around it. A friend of mine however did it in a couple of days, and babies breathe this way naturally! Pretty cool.

On this site as others you can look at a gallery of instruments, clicking on the ones that interest you. They are all individual (like snowflakes and humans) and characteristics such as key, wood type, length and artist are given. Echo Tree specifically mentions that all their artwork is individually hand-painted by Aborigine artists and no two are alike. So unlike many Western musical instruments that are ubiquitously constructed, you can have one that is different to all others.

The didgeridoo is just another example of how the Internet or World Wide Web can be the medium of discovery in our lives. It is a collective source for all the ideas, creations and beliefs in our world. Anyone that connects can add to the rich melting pot of consciousness. This `virtual' space that we all

feed and digest from is truly the next step in the evolution of humanity. Do you want to do or learn something different? You know where to go.

Jesse S. Somer,

M6.Net

<http://www.m6.net>

Jesse S. Somer is a sacred didgeridoo player learning more about life everyday. Send him a message at

[www.thepowerofeverythingthatis.com](http://www.thepowerofeverythingthatis.com)

## **How To Cure Snoring**

**By Tyson J Stevenson**

Snoring is a troublesome, annoying noise made by a person during sleep due to improper breathing. Almost 30% of the population suffers from snoring. Snoring is more common in men than women, as men have narrower throats than women. It affects some children also. Snoring is of several types, mild snoring, severe snoring and sleep apnea. Snoring generally makes a loud and unpleasant and discomforting sound. Generally a person sleeping alone doesn't come to know that he/she is suffering from snoring. Snoring is vibrations of soft tissues in throat like uvula, soft palate, adenoids and tonsils.

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Sleep apnea is the severest form of snoring in which the person's breathing gets blocked, so the person wakes up frequently to breathe. However, the person doesn't remember waking up.

Snoring is not just a nuisance. It has a lot of ramifications like a sleepless partner, unhappy marital life, hypertension, sleepiness during day, loss of productivity, high blood pressure, stroke, weaker immune system etc. The sleepiness during day is generally because either the person is awakened by his own snoring noise or the partner wakes up due to jostling by the partner. Most of the time the snorer is not aware of waking up. Studies indicate that snoring causes strain in relationship, and there is an inverse relationship between frequency of sexual activity in partners and snoring.

The cause of snoring is that the breathing passage is blocked. The blockage may be because of tongue falling in throat, relaxation of throat, mispositioned jaw, throat congestion by fat in obese people, nasal deformities like deviated septum, enlarged adenoids and tonsils etc. There are lots of home remedies and other medical remedies available to cure snoring.

The simplest cure for snoring is to sleep on side. Sleeping on the back causes the soft palate and uvula to distend into the throat and block it. Sleeping on the side removes this congestion. This generally cures snoring in mild snorers. This can be achieved by keeping a tennis ball in the back pocket, which causes discomfort to the person whenever he tries to sleep on his back.

Reducing obesity and increasing aerobic activities also benefit a lot. It is beneficial to quit smoking also. Avoid eating heavy food, milk products, sleeping pills and antihistamines before sleeping. Nasal decongestants are also beneficial. Studies have shown that playing didgeridoo on a regular basis gives exercise to throat and reduce snoring. Didgeridoo is an Australian wind instrument and can be bought in musical instrument stores or online.

If the above methods do not help, there are medical methods:

- Continuous Positive Air Pressure: In this a mask is put on the snorer's mouth which provides continuous air pressure in throat. Results generally are good.
- Appliances: A variety of dental appliances, jaw positioners, nasal clips, oral devices are available which help in alleviating snoring.
- Surgical Methods: They are called thermal ablation palatoplasty. In these the throat congestion is removed by surgical methods. They include methods like Bipolar Cautery, Laser Assisted Uvula Palatoplasty and Somnoplasty. Surgical methods require anesthesia except Somnoplasty.
- Tonsillectomy and Adenoidectomy: They are generally used to reduce snoring problems in children.

Tyson J Stevenson writes on a wide variety of "every day" subjects, always with valuable news & reviews. Expect to see his name often. A related resource is

<http://www.no-snoring.info>

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Further

information can be found at

<http://www.hubbuh.info>

or

<http://www.news2reviews.com>

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