

MUSIC
HARMONY BETWEEN BODY AND SOUL
PHONOTHERAPY

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Abstract

In this paper, I highlight the fact that music is the art that addresses the subjective interiority; it is the art of affection that acts on feelings. Music can arouse our deepest emotions very easily and can lead us to a spiritual evolution. Music can become a powerful means of purifying the heart from the passions that dominate it. Thousands of years ago, music was composed to heal and harmonise every organ. Nowadays, many research institutions and nursing homes successfully use music in different treatments, even healing certain diseases. However, music is only a *support* that turns our mind and soul to the ultimate goal of our life which is God. In His kindness, God has given us a cure in everything He created. Man should have the ability to select with his reason what is useful and good for his life.

Keywords: phonotherapy, music, acoustic, resonance, psychosomatic structure

1. Introduction

God constantly embraces us and gives us the most wonderful spiritual gifts; each moment of our life is under God's grace. Some do not see these gifts, because their minds are blurred as the dark cloud covers sunshine. But, even so, just as the sun shines and warms the earth even if it is cloudy or sunny, in the same way the divine love flows on both the good and the wicked (according to Scripture). God loves man so much that He gave everyone the opportunity to choose the path to evolve according to their possibilities. One of these ways is music.

Music is the art that addresses the subjective interiority; it is the art of affection that acts on feelings. Compared to other arts, music may give up text and be satisfied with a range of tones and harmonic chords. But music remains, thus, hollow, devoid of spiritual content. Only when the range of tones and strains has a spiritual nature, does music rise to the appreciation of an art [1].

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The art of music does not mean only a variation of musical tones and intervals, but, beyond abstract sounds, it should add feelings to touch the soul. Music must balance the soul, not lure it into unleashed passion. Music shows the spirit in motion, with its free movement; music expresses the pain by dissonant accords, which shows a breakdown in the being, or the joy by harmonic chords.

Normally, an authentic musician does not use music to become famous, but serves music with humility and joy in his soul (as the great pre-classical, classical or romantic composers did). Also, a man who wants to evolve does not use the name of God to be a star in the eyes of others, but serves Him permanently and unconditionally.

It is not necessary for us to be musicians, but it is important to like music and use it wisely. We may ask: How can music be a way of spiritual evolution? In search of spiritual evolution we use the senses. Why do we not use our hearing? Music can arouse our deepest emotions very easily and can lead us beyond this 'reality'. It is a divine gift with religious, ethical, aesthetic, emotional, biological, psychological, social and informational implications. Researchers have studied the effects that music has on people, animals and plants. There are institutions where certain diseases may be healed or ameliorated, but few have studied the spiritual aspects of music.

Everything is related to the *phenomenon of resonance*. In music, this phenomenon appears very clearly and quickly; it is produced automatically and independent of our will. Wise people consciously use the phenomenon of resonance to get in touch with the forces of the universe, through constructive music. The applications of the phenomenon of resonance are endless and possible in any field. Scientists have concluded that the universe was created through a '*big explosion*'. They have only confirmed what has been known for thousands of years by all philosophies and religions. The conclusion is obvious: God created the macrocosm of His own will, through *vibration*.

For example, the Gospel according to John 1.1 says: "In the beginning was the Word and the Word was with God and the Word was God". If we understand 'Word' as 'Vibration', clearly, we can discover many secrets. If we understand how *the phenomenon of resonance* works, then new horizons of spiritual knowledge will open to us.

By 'vibration' we understand those subtle sounds which are inaudible to physical ears. These sounds create, maintain and destroy creation continually, if it were not so, there would be chaos. We see that everywhere there is a good order of things. These subtle sounds (vibrations) have created, among others, the physical-musical sounds. From refined energies, gradually, one can get to more coarse ones. Vibrations are so strong that they can move physical bodies. We notice that music is a complex science. It integrates other sciences, such as *painting* and *drawing*, very well. The analogy of painting with music is made only by those who know the secrets of resonance.

Camilian Demetrescu said: "The colour, deriving from light, being vibration, thus an attribute of duration, and at the same time, a specific instrument of painting, is ruled by laws similar to music, the art that takes place

in time. The similarity between the laws of colour and sound that are mathematically established, substantiates the necessity to study these laws for the painter who wants to give his painting the rigor and clarity of music.” [2]

Music has a say in many areas: in Physics, we encounter electromagnetic waves, waves in which the sizes that propagate are the intensities of electric fields and magnetic fields that can give rise to sounds, in literature (texts-poems), in Medicine (clear influence of music on the brain, etc.), Mathematics (musical scale, notes, their times etc.), in electronics (devices and sound effects) in acoustic, etc.

Since ancient times, wise men have known the ideal proportions of buildings, especially of religious ones. These buildings were made according to certain rules in order to have good *acoustics* respecting the concepts of musical consonance and proportions, excluding any dissonance. The words uttered in those temples, churches etc. were amplified naturally, because of the proportions and because of certain materials used in construction, which were kept secret, resulting in some acoustic-architectural masterpieces.

Ancient philosophers attached special importance to music because it causes sensitivity and sensuality, but music can become a powerful means of purifying the heart of the passions that dominate it. Saint John Climacus compares the fisherman who tempts the fish with the hook and the worm to the devil who may give a monk the desire to be liked, to feel important, just through troparia and hymns.

Physical work for the Church Fathers became in itself a prayer: “when you put your hand to work, your tongue should sing praise and your spirit linger in prayer” [3]. All church songs are exhortations to repentance, metanoia and radical commitment of our being to spiritual cleansing. The rhythm of a church song is also spiritual, in singing the mystery of God-man, which is the subject of our song [4]. St. Basil the Great, in ‘Word to young people’ advises them “to close their ears to the songs that pervert the souls and give rise to low passions” and Saint Nicetas of Remesiana recommended that: “*one who sings God's mysteries should have a pure heart*” [5].

The song is an echo of the angelic hymn, and the song joy is to be associated with the seraphic joy when we sing: “Holy, Holy, Holy Lord Sabaoth, heaven and earth are full with His glory” (Isaiah 6.3). But this joy can be determined by the songs that awaken sensuality and passion. The purity and delicacy, the glorified love of the ‘*Song of Solomon*’ is corrupt and counterfeit, gaining ground in the hearts of youth. There is a beginning of satanizing music and love [6]. The very notion of satanisation involves a fall from a high altitude, a fall from the true meaning of music, once considered of divine origin and an expression of spiritual education. Rock music emanates from the tempting melody of the sirens of Greek mythology, which deceived many sailors, taking them to death [6, p. 261]. The noise of this music (*rock*), which has become a phenomenon, a symptom of our age, causes only pride, despair, acute demonisation, exacerbated eroticism, drug addiction, sodomy, suicide etc., in short, disharmony.

Music is connected to the living being, because both are organised. Musical sound is perfectly adapted to psychosomatic structure, whose channels it easily crosses, but noise is rejected because it does not fit our body and causes irritation. Noise includes fragmented tones, it does not express any function of the soul; therefore, noise is excluded from the economy of musical art, and noise is associated with chaos [7]. But the current profane noise is lower than the primordial chaos, because the Creator separates simple and complex forms of it: constellations, planets, etc. God creates harmonic structures out of chaos, He separates a part of Adam's harmonious body structure to create the woman, but also in virtue of harmony, "*because it is not good for the man to be alone*" (Genesis 2.18).

2. Results

We often hear about music therapy, melody therapy, sonotherapy, phonotherapy, meditation music, etc. There are different names but they all lead us to God, in a word, all could be called *spiritual music*, music that harmonises body and soul. People looking for and listening to this music will understand its benefits, solving many physical and mental health problems.

Thousands of years ago, music accompanied man in his spiritual evolution. In ancient China, music was composed to heal and harmonise every organ. A specific musical instrument was used to interpret musical pieces that were specific to different organs, as follows: for the kidneys - *drums*, for the lungs - *bells*, for the heart - *string instruments*, and for the liver - *flute*. Some doctors have even made up a 'music Pharmacopoeia', recommending a piece of classical music in the treatment of a disease. The creations of Mozart are very popular in these 'Pharmacopoeia'. They are 'prescribed' for pharyngo-tonsillitis, thyroid diseases, and liver, gallbladder and pancreas diseases. Handel's music was also recommended for hepatobiliary and cardiopulmonary diseases.

In Greek antiquity, scholars said that the sound that touches the soul reaches the brain, passes into the blood vessels, and crosses the body from head to heart. Many doctors use music during surgery to relax the patient and the staff of the operating room.

The harmonious musical creation is like a spell that takes us to new realms of dream. Creators of music often lead us to this 'gate', as well as the instrumentalists. They can be divine channels through which God manifests His incomparable divine beauty. However, few composers or musicians use that 'gate', whereas those who meditate with a musical support can open the 'gate' and enter there, even to the deepest realms.

An elevated spiritual music puts us in resonance with certain beneficial energies of the macrocosm and positively influences both our mental structure and physical energy. The word therapy (from music therapy) is inappropriate because, like any natural therapy, it is actually a balancing, a harmonisation of the being. It may very well be called musical transformation, because this music produces dramatic changes, especially spiritual ones. It is very important that we

like the chosen music. We may also choose a music that resonates with a certain divine aspect, such as *Love*; in this case, it is called music for meditation, because one meditates on divine love through music. Some may ask how we know what music resonates with the aspect we choose as the topic of music meditation. The answer can be given by a man who has experienced these sublime divine aspects. Only one who knows can show us the way and lead us to the 'gate'. We have to make the effort ourselves. "The wise man expects everything from himself, the common man expects everything from others", said Confucius, 'Great souls have free will, the weak desire' (Chinese proverb).

Music therapy has in its structure certain melodies or musical phrases that are repeated, so that their vibrations are almost always constant. Even if the melodies or the musical phrases we chose seem monotonous, they express and give the one that listens to them, certain beneficial states, like love and happiness (according to the chosen themes). Melotherapy is based on a melody; sonotherapy is the therapy that uses certain sounds and phonotherapy is the intonation manner of words (excluding any writing). These *treatment structures* of music are found in many musical genres of the great composers, most of the time they intermingle, such as symphonic music with sacred, religious music, etc. This is also why those who use the power of music wisely have quick results, transforming themselves into spiritual beings and having a remarkable spiritual evolution.

3. Discussion

It is important to remember that using sounds and music we bring a state of harmony to the human being. Pythagoras called it purification. Music is a way to penetrate the core of every cell, make it vibrate in unison with the positive energies of the macrocosm. The body is like a musical instrument, each organ has its musical note. Of course everyone has a vibration of his own. We can easily achieve 'healing' if we know what to do. Cells strongly vibrate to harmonious sounds. Researchers measured blood flow and muscle reactions in these moments with spectacular results. Many research institutions and nursing homes successfully use music in different treatments, improving or healing certain diseases.

Music therapy plays an important role in Germany in the amelioration of the patients' condition, such as the dentist's patient or in childbirth. Researchers have also discovered that music has positive effects on plants, such as accelerating growth and obtaining greater crops. It is true that not any kind of music has positive effects on the body. For example, symphonic, light music, organ pieces may have a positive role, whereas rock music is detested by all living organisms. Dr. Thomas Verny, in 'The Secret Life of The Unborn Child', proves that fetuses from the early stages of development prefer music composed by Mozart and Vivaldi [8].

At the Clinic of the University of California in Los Angeles, the researchers have shown that the babies who are born prematurely gain weight faster and use oxygen more efficiently when listening to quiet classical music [9].

At Florida State University, Dr. Jayne Standley made a device that produces lullaby music, which is turned on when the baby is breastfed. The experiments showed that those children born prematurely, having sucking problems, learned to suck in a short time in order to listen to the lullaby music [JayneStandley,<http://powersdt.com/powers-device-technologies-inc/>].

Robert Lee Hotz shows that four month old babies prefer consonant intervals, either major or minor [10]. Research conducted in 1998, published in *Psychology of Music* and *Neurological Research*, confirms that music may improve spatial-temporal thinking of children and that students who studied music got better grades in History, Foreign Languages and had a better social behavior. Overy [11] from the Sheffield University, United Kingdom, and Johnson and his co-workers [12] and Roberta Konrad [13] discovered, as a result of their research, the extraordinary importance of music on the human psyche and physique. A Rockefeller Foundation study showed that students trained in music have the highest rate of admission to Medicine (66.7%) and Biochemistry (59.2%). The Japanese, who are ranked among the best in Mathematics and Science, study music as an important subject of their curriculum in all grades, and it is necessary for admission to college. David Mazie shows that music stimulates the secretion of endorphins and salivary immunoglobulin A - preventive and therapeutic agent [14].

Treatment with music is not new. Many scientists conducted thorough studies. Here is a special example:

- Fabien Maman, together with Helene Grimal, a biologist and a musician, studied the effects of low-volume sounds (30-50 decibels) on human cells. They added a camera on a microscope and placed slides with uterine cancer cells that have undergone the influence of different sounds (guitar, gong, xylophone, and the human voice) for periods of 20 minutes. The human voice seems to have had the strongest influence. “*The structure quickly disorganised*” - says Fabien Maman [<http://www.simonheather.co.uk/pages/articles/whymusichealing.pdf>]. Human voice seems to carry in its vibration something stronger than any instrument: conscience... It seems that cancer cells could not bear the progressive accumulation of vibratory frequencies of the human voice.
- Another interesting study was made on two patients suffering from breast cancer. Each woman was subjected to a specific tonal therapy in which she emitted certain sounds for three and a half hours daily for one month. In one case, the tumour disappeared completely. The second woman resorted to surgery in order to remove the cancer, but it was already significantly reduced and after the surgery she recovered completely [D. Achim, *Muzica ezoterică. Curs*, Brasov, 2005, 7-9].

The purpose of music therapy is to reduce psycho-physiological stress, pain, and negative mental states. The sounds used by the therapists in this area are generally pure sounds, whose effects were studied experimentally.

A catchy tune, though we like it at a certain moment, can, later, bring about a surprising state of agitation and anxiety. In this experiment, Fabien Maman tried to kill HeLa cancer cells with sounds of the xylophone. He played the Ionian xylophone scale: DO-RE-MI-FA-SOL-LA-SI and then photographed the same group of HeLa cells every minute. In only 14 minutes, diseased cells were destroyed by using different frequencies.

Music has a positive impact on chronic pain relief. Recently a team of American researchers from the Cleveland Clinic Foundation confirmed the relaxing effects of music [15]. They tested the effects of music on 60 patients suffering from chronic pain for many years. Patients who listened to music at least an hour a day reported a reduction of pain by 21% and of depression by 25%, compared to those who did not listen to music.

Studies on the effect of music revealed that listening to relaxing music for 45 minutes before bedtime can improve sleep quality by 30%. Through music we can radically change our life and spiritual equilibrium. Many people think that music therapy is just ambiental music, which is slow and boring. Well, this music includes dynamic pieces that are necessary to unblock the energy in certain areas. Entertaining music is often required for dynamisation.

Music is only a *support* that leads us to the sublime, but we should not attach too much to music and forget the goal, which is God. Through spiritual music we achieve inner peace and harmony, nervous tensions disappear instantly. It amplifies altruistic love. The pulse gets normal, the heart relaxes, resulting in a state of inner calm, in profound listening very high states of consciousness occur. All thoughts and mental agitation melt in the harmony of spiritual music. Even if we do not focus on music, and we only hear it, the effects occur instantly, but they are short.

4. Conclusions

How do we proceed? We turn our mind and soul to God. Then we prepare to hear the chosen music, listening will be done sitting upright in a chair, hands placed down on our knees and with eyes closed to better internalise. In this manner, we provide better perception at a more subtle level. If hands are placed down on our knees, then we grasp some sense of stability. If hands are placed up on our knees, then we will have a floating sensation. Those who are very tired or sick can sit on the floor-on their back, as relaxed as possible, with feet slightly apart and hands next to their bodies, palms facing up, with eyes closed. We will remain so throughout the audition for at least 20 minutes daily, finally thanking God. The spiritual power of music is that it directly addresses the soul. Music therapy can help us maintain our health, joy and happiness. For each state of man there are musical remedies, just as for each sick organ we use a certain type of instrument and a certain sound. To find out which ones, we need to

investigate the specialised material which is vast and would take up too much space to write only the most important things.

In His kindness, God has given us a cure in everything He created. Man should have the ability to select with his reason what is useful and good for his soul and body. Medicinal plants have the purpose to improve human health; vegetables, seeds, all are essential in our diet; even their shape tells us what they are healthy for: walnut kernel has the form of the brain, so it is healthy for the brain; beans are kidney shaped so it is a remedy for kidneys etc.

The resonator Word of God brought the world to light, He created life. The resonating harmony of each created thing brought music into focus. Musical consonance brings peace in our soul and body. Music has a positive effect on our soul and in this we find tranquillity, peace and hope for a better life both in this existential plan and the next. We find remedies in music even for the body; if we apply a musical treatment to an internal organ we can bring harmony to it or even cure any disease. Everything depends on us and our ability to select and want this type of harmonic remedy for soul and body. Prayer and strong faith in God are not to be excluded.

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