

HEALING CAPACITY OF MUSIC (SOUND)

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Natural air, natural water, natural exercise, natural sleep and natural food; these are five fundamental necessities of life that human being needs. When man has these five fundamental things, he finds himself in natural harmony with nature. But if these five fundamental things are not there, discord follows the violation of the Natural Law of Harmony. It is just so with any of our developed sciences, for all true science is based upon law. The five fundamental laws of life are represented by harmonious feelings, moods and senses. These are directly subject to vibratory influences of all kinds, especially electro-vibrations, sun light vibration and sound-wave vibration.

Everything including life that exist, are solely dependent upon vibratory conditions. As Hermetic philosophy teaches us, nothing rests; everything vibrates. Anything that has life is in a vibrating condition, and things that are dead or that cease to retain form are devoid of vibration. Medical materials today is doing much of its most serious work through all forms of electro-therapy, based upon the life-giving value of vibratory influence when administered scientifically to the human organism. Thus we find the difference between objects, is merely the difference in rate of vibration. Vibration in good pitch, tone and quality, together with harmony plus rhythm, has the most immediate and marked medical influence on the human organism of any vibratory administrations yet found comparable. This refers, of course, to vibratory influence without contact.

Music is a food. We take food into the body for digestion is internal food, while food such as music received by external contact is external food. Both forms give energy, stimulation, vital courage and strength of different degrees. Now we have to think that what is there in the food that replaces worn-out energy (electron vibrations)? Here remember that in fact everything is basically vibration. Therefore minerals and vegetables are composed of vibrating electrons, the vitamins which they contain being live or dead according to their vibratory potency. Thus when we take these mineral or vegetable into our body as food, they recharge the blood stream, cells and tissues with that force which is life-giving and that force is vibration.

When we think about music as an external food, we note that things in vibration are affected by vibration when relative rates or degrees are brought in contact with one another. For instance, certain noise sounds irritates one, where as certain musical sounds invigorate, while others depress both mentally and physically. Therefore, scientific harnessing of music into proper forms and doses, according to the requirements, is necessary to gain any lasting benefit for practical use.

When music is administered to a person doing manual labour, the rhythm should be marked and even the melody definite and the meter lively. Music taken with meals is a definite aid to digestion, providing the music is not too loud or too lively in meter, and that the melody predominates. Broken rhythm tends to hinder digestion, causing restlessness and agitation. It has taken years of diligent study, experiments, and research work to develop what can be called a practical use of music as a serious aid to a harmonious existence as applied through Musica-Metaphysica. There are natural laws on which any science can be based and thus developed for application Also there is usually a trinity to everything. Similarly in music we find natural *harmony*, natural *melody* and natural *rhythm*.

Many historical records tell the beautiful story of healing by music. Various forms of mental illness and mental disorders are especially susceptible to cure through music. Herbert Spencer sought music as a healing agent for a nervous disturbance. The Empress of Austria was cured of some nervous disorder by certain strains of sound repeated at frequent intervals. On the other hand, Tolstoi's "Kreuzer Sonata" is a vivid example of the power of music for awakening the sensual passions, awakening the sleeping tiger in man. You have read of the "two-edged sword". Music likewise is a sharp two-edged sword. It cuts both ways. It either heals and cures, or poisons and wears out the human mind and body. It cuts for better or for worse.

In Indian Marriage parties people dance until late hours, perhaps after a hard day's work, and still enjoy the high level spirit of it. Have you ever tried doing the same long dances when no music was used to produce the rhythm, harmony and melody? Have you stopped to realize, in the first instance, that the energy you were using up must have been replaced from some source, or fatigue would have forced you to stop? *Music does replace the used-up energy, restore worn-down vitality and strengthen used-up vibration-batteries of the body.* You have proven this at the dancing party.

You must have dined at five star hotels and found the finer orchestra music beneficial with your meal. Were you not relaxed and enabled to eat more peacefully through the aid of beautiful music? Music does aid digestion and to such an extent that food and stomach actually respond to the vibratory sounds of music. Therefore, one should remember to choose his music as carefully as he chooses his food, and never listen to broken rhythm, loudly performed, or over-lively dinner music. These forms hinder digestion. Soft, melodious, forms soothe, and digestion more easily takes place. For instance, one report of an experiment with a cat's reaction to music at mealtime, read: "Broken rhythm and loud uneven music caused restless condition and stopped digestion as definitely as soft, melodious music of moderate tempo aided digestion.

"In the operation room of a hospital, music when given in preparing a patient for an operation proved as follows: "We found that the patient went under the operation with sixty per cent more mental and physical vitality and courage when prepared with proper music first; the nerves responding favorably to such a degree that lessening of certain drug administration was possible without any damage during operation." Dr. O. L. Dannenbrinck of the New York Lexington Hospital has been using music just so and with marked beneficial results. Hundreds of other surgeons have learned to avail themselves of musical therapist.

Generally in daily life we find many forms and varieties, but there is a form of music which will correspond to every human mood and emotion. Music can change moods or induce them. Who knows the value of this better than the actress or actor who must register different emotions with realism almost daily, and trusts to music for the very mood required? Anybody, attending a cinema show has been influenced with the moods of the actors through the combined effect of his acting and the accompanying music which corresponds to the mood being portrayed. When we massage our system with music moods of different intensity daily, we will be more sensitive and alert to nature's harmonious feelings, which mean natural health.

Doctors have given musical treatment in hundreds of hospitals along with their professional concert work, and have seen the effect of music has had on those who are in the class of mentally deficient or mentally unbalanced, and on others who are physically discordant or subjects of their nerves. It is no theory with doctor and his co-workers now as they have not only publicly demonstrated these things, but we have used sound-wave therapy machines and recordings dials and contrivances of every description to harness sound-wave vibration and to prove that electricity and sun light vibration are identical with sound-wave vibration in power, quality and degree. "Electro-therapy" and "Sun-light Therapy" and "Sound-Wave Therapy" all are the results of modern scientific development.

References

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