



Music a Folk Medicine From The Begining of Time

By: Marteinn Bjarnar

Musical excerpts related to this dicussion may be found at:

<http://www.frequencymodulation.net>.

History teaches that the power of musical healing was well known among people of former times. Primitive peoples used voice and instruments such as drums and rattles to magnify the healing effect of various herbal medicines. It was the medicine men (witchdoctors) who were responsible for the health and wholeness of individuals in society by the use of group ceremonies and various kinds of dance, and they maintained equilibrium in the physical, mental, and spiritual welfare of the people, in concerted faith with the spirits and gods of nature.

These methods have survived to the present day and are still common among natives and minority groups worldwide. One may ask why on earth did these life-essential values of common people's musical healing become overshadowed by the forces of literalistic religion and modern academics such as doctors, scientists, musicians, composers -- and not least by the industrial revolution and protectionism within science and modern technology. Each must of course answer for himself.

Undertones

The foundation of healing music is undertones (drone). When undertones are used they are most often continuous, prolonged, and undisturbed. Their magical power is in proportion with the order of tone intervals which gives value to the undertones. They function as a space for everything that the healing music builds on.

Many of the instruments used in folk music are (or can be) tuned to a certain undertone, for instance such instruments as human voice, jaws harp, bagpipes, didgeridoo, sitar, chiming bowls, mountain horn, various one-string or many-stringed instruments to be struck or bowed, and modern instruments such as pipe organ with "pedal point" (footpedal), programmable synthesisers, and even tape loops can give the good effect of undertones if used in a suitable manner. There are many who are working with healing music, mostly those who have practised meditation for many years and play their music in a meditative state.

Music therapy

During musical healing it is important to be receptive and pay attention to where the body

responds. It is best to let go of the hearing of the ear, in order that it not interfere. In this way we gradually encourage sensitivity and learn to listen with our bodies. A specific tone can have differing effect on the muscles and organs of the human body, because we each have different physical build. A tone that vibrates and resonates with the belly of a thin person will not necessarily resonate with a protruding belly, for other frequencies would be required.

Musical therapies are effective for the body and soul, and are efficacious on all kinds of impediments, blockages, and retention/stagnation of bodily fluids. They release tension and set in motion normal energetic flow. They go to work on complaints such as gallstones, kidneystones, various inflammations, arthritis of the muscles and joints, and menstrual and spastic cramps. They assist with the loosening of the bowels and cleansing of the urinary tract, and help with the moderation of pain. The glandular system receives stimulation and the body releases vital healing hormones, which are essential in combating stress-related disease such as depression, hyperactivity, and various mental illnesses. Impressive results have been achieved with schizophrenia. The body simply reprograms itself and seeks to establish a new equilibrium.

Wholistic existence

A great awakening is taking place among those who are realising this healing power in a deteriorating world of artificial needs and reverse progress. People are becoming disillusioned with chemistry as a panacea and have embarked on their own voyage of discovery, seeking a true and wholistic existence here on earth. The possibilities in this field are endless. What matters most now is to be true to oneself, shake off the torpor, crick open each door and allow the possibilities to become manifest, and see whether we aren't still a tiny part of the organic chain of life.

Research increases

Research in the field of music has increased in recent years and representatives of music therapy have been kept busy with following the latest advancements. There are unexplored dimensions of the human spirit, mind and soul, that are a hidden mystery to many. We propose that the human person is made from more than mere atoms and molecules, such as for example soul, mind and spirit, and therefore music therapy has been directed deeper in at the many-factored frequency bands that constitute the human being.

The influence of sound

From the body's plumbing system -- blood, hormones, glands, nerves, cells, muscles, organs, bones, skull, and brain (brainwaves) -- all the way to the divine life-energy system, it can be asserted that all these factors are on a greater or lesser degree under continuous influence of soundwaves from our environment.

Vowels

All the vowel sounds impel the physical elements and seek resonance somewhere in the body. In ancient times, Egyptian priests found out that different areas of the body respond to different vowel forms. They sang worship to the gods with these vowels:

EE - crown
IH - forehead
EH - throat

AH - chest
AW - solar plexus
OH - belly
OO - pelvis

If we string all the vowels together in their proper order, it forms the sound "Jao" (which means "yes" in Icelandic) an affirmative cry of victory, or in the reverse direction "why". These two sounds (words) are keys to self-healing which we can intone whenever we like. The soundform "Jao" has an earthing and calming influence and the "why" has an influence of psychic awakening. Both of these soundforms connect the earthly body with the divine, and with a little intonation we can bring forth all the undertones and overtones that are necessary to keep the body and life energy in balance.

Cause and effect

In his book, "Cymatics Vol II (1974)", Hans Jenny describes the biological effect of sound on the human body. Every single healthy atom of the human body has its own vibrational and resonant frequency.. A cell of the human body made up of a certain quantity of atoms and molecules resonates and resounds accordingg to the mutual harmonies of the atoms amongst themselves. Many cells together then form new sounds in accordance with the mutual harmonies of the cells to each other. Any organ comprised of certain cells then forms new harmonies dependent on the foregoing chain of cause.

Where's it headed?

The body in its entirety, according to the cause and effect theory of Hans Jenny, must emanate sounds formed of the corresponding inward sounds of each individual atom with its neighbours.

What then is all life as a whole -- planets, solar systems, galaxies -- other than "one song" or "Una Versa" in the spinning wheel of the almighty.

Chladni

The visual form of sound can be observed by oscilloscope. Another method is to obtain a wooden board or metal plate and spread sand over the surface. Soundwaves may be induced in the material by various means. One way is to stroke the edge of the plate with a violin bow. Then we see the motion of the sandgrains crystallise into a specific form depending on frequency (Hz) and amplitude (dB). These soundforms are reminiscent of mandalas (balance-adjusting graphical patterns). The method is called "Chladni", named after Ernst Chladni, a German chemist and amateur musician.

Matter is receptive to soundwaves with varying degree, and there is no matter as susceptible to soundwaves as the human body, which is for the most part composed of air and water.

The human body is like a perfect auditory sensor which responds to the least vibration from its environment, and is in no way inferior to the human ear. At at least one count, the body surpasses the ear, in that it can both receive and transmit frequency.

The effect of longstanding discordant sound

The body is like ultrafine strings forming a musical instrument which needs to be correctly adjusted in order that harmony can exist and be maintained. Imperfectly adjusted strings cause discordant sound, which when longstanding is likely to cause symptoms of burdening, such as fatigue, stress, and disease, gradually wearing down and eventually destroying the body.

Impression

Concerning the future, the advancement of musical healing depends on continuing research into the influence of music on atoms and the molecular structure of matter, and not least to explore its influence on a psychic and spiritual basis.

Harmonics of Frequency Modulation

The sound studio "Harmonics of Frequency Modulation" has recently sent out a CD which is published by "Katharsis Music Channeling". The producer of the work and author of this article, Marteinn Bjarnar a wellknown Aikido teacher in Iceland, created performed and crystallised the music during the whole of last year and the first part of this one.

The author worked over a five-year period with the physically handicapped and mentally ill, across the greater part of Scandinavia. He has made use of his experience in the field of "cause and effect movement", predominantly in various martial arts, though particularly Aikido for the past 12 years. Aikido is a modern sport based on traditional martial arts, and is a process towards peace and harmony. Marteinn also has a diploma in Kinesiology from the Swedish School of Kinesiology in Stockholm (1990). After studying graphic design at the Icelandic School of Arts, together with further studies in the field of pictorial art, the author has succeeded at combining the perception of form, his experience with music and interest in musical healing, together with a wide variety of mysticism -- bringing it together into a state of completion.

Sound bath

The CD carries the name "Vibes", i.e. vibrations to a close approximation. Characteristic of this album is the invigorating "soundbath" of various Tibetan bowls (chimes) accompanied by supporting synthesisers, striking chords softly into our inner being, seeking to revitalise the life-force, and sustain it to create a basis for better life and health.

This musical creation is an eventful journey beyond time and space, as if in another world, a journey as much inwardly as outwardly, rhythmically vibrating with and caressing whoever is drawn into that magical world. The music is all of enchanting, empowering, awakening and healing for the body and soul, and is an indispensable "medicine" in the daily grind.

It is recommended that sincere listeners give themselves time to get comfortable in an open auditorium using at least two loudspeakers (not headphones), although this is not an absolute requirement. However, it is necessary to relax and not resist, taking it as it comes with an open mind and wholeheartedly.

Those who are interested in more information on the music of "Harmonics of Frequency modulation", are welcome to make contact with Marteinn Bjarnar. He can be reached by telephone +354-551-2455 and email multimax@islandia.is.

Marteinn Bjarnar

multimax@treknet.is
Tel/Fax +354 5512455
