

emotions, the Music Therapy setting gives both the non-relating child and the therapist keys for unlocking blocked communication. In an ideal world Music Therapy would have a central place in enriching all the members of the multi-disciplinary teams involved with the care and curricula of non-relating children, as Music Therapy can lead to emotional growth and development for all participants.

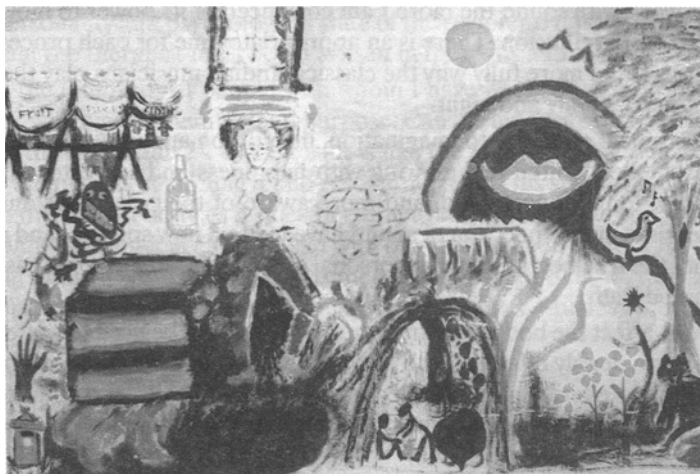
THE HEALING POWER OF MUSICAL TONES

by Mary Masselos

Since my earliest days I have been aware of the beauty of music and its many wondrous qualities, but over the past twelve years, during my search into forms of therapy, my relationship to music has changed and deepened, so that I am now able to perceive more of the possibilities for its application to therapy. One such possibility is startlingly simple in its use and effect. It is a method I have been developing since I realised the power of the single musical tone. Conclusions are difficult to draw but I shall describe my observations and experiences, indicate how I construe them theoretically and conclude with some ideas about what they may mean.

Images from Tones

As the first sounds we hear are those of the human voice and nature, it should not be surprising that people, on hearing music, receive images of nature, have memories of childhood, and of human and animal cries. But what is surprising is that these images arise from individual tones, listened to with focused attention for a few moments each. This is not composed music sounding like the wind or water or the human voice. The scenes of nature evoked do not always include sound, but may also be alive with movement, colour, perfume and the seasons.



The sun is often received as an imaginal impression, as are fog, mist, sea, dolphins, birds, mahogany chestnuts, flowers, valleys echoing to Swiss mountain-calls, evening cries of a baby, or trains going through a tunnel, or ships passing in the night. One can wonder at the rich inner world of the person who saw "a swallow taking a jewel from a prince", or the woman who heard a Gregorian chant - and actually sang it.

Other colourful impressions which have been stimulated by a single tone are: "colours of compassion dripping from an uncommon rainbow", "new moons multiplying", "clouds shaping themselves into palaces", "I felt like the Elohim", "the sound enveloped me in gold", "gold prisms twirling fast in space", "Faun blowing a horn", "mystical warning voice", "high-powered dentist drill", "felt shut away and horrible", "cold concrete", "hole going through the walls of Jericho", "noble like a lion, strong, male", "funerals moving slowly down a road", "deep passion from within the body", "smells - of cabbage, chypre, eucalyptus".

The emotions people have experienced range from happiness, calmness, confidence and safety to sadness, melancholy and depression. Bodily sensations are just as vivid, with people feeling as if needles were going through their head, soft warm feelings in stomach and heart, and jarring or pleasant vibrations in the solar plexus. Responses are as varied as the individuals themselves.

The Memory in the Tone

I shall now describe some therapeutic situations arising from testing with tones. When the patient and the therapist reflect together on the impressions evoked by tones, more memories emerge, sometimes transcendently happy, sometimes touchingly sad. An example of the latter was a man aged 39 who gently wept for his father who had died twenty four years ago and for whom he had never openly grieved. Is the memory contained in the tone, or jogged by it, as claimed by a colleague? If so, which tone can contain the myriad of pitches needed for a mourning scene? Why does this particular pitch (tone) remind him of this significant event? The more I work with sound the more I am convinced of its power to move, to revive hope, to destroy illusion. There is an appropriate time for each process, and I can now understand more fully why the classical Indian musicians play their ragas at specified times of day and night.

Using tones to heal gives rise to imagination, inspiration and intuition. On a more tangible level, clients often feel glowing with happiness and self-esteem, thrilled with their new-found inner world, and more aware of their strengths and weaknesses. Exercises in the spectrum of sound have led to a new spiritual and physical attunement - the true beginnings of a personal integration, and in some cases, a veritable Musical Path.

The tones can affect the body very strongly. They must not be used too often or too long, as they are deeply effective, and like bitter or sweet medicine must be monitored for greatest effect. I am reminded of the Russian healer and clairvoyant diagnostician, Barbara Ivanova, who said she heals only for a minute or so at a time

so as not to make the patient nauseated. I therefore caution the novice not to experiment with tones unless under supervision.

Depending on the individual's emotional state, the sublime moment reached through music can evaporate suddenly. Then one can come back to earth heavily and with great sorrow, as experienced by a 22 year- old woman with whom I worked. She had luxuriated in images of a strong ideal man, like the Page of Pentacles, gentle and wise. But a few minutes later she burst into deep sobs saying she didn't know why she was crying, but that it felt wonderfully releasing. No music was played beyond the seven tones themselves, and it was these that provided her with the initiation that was healing. I suggest that something in the tonal quality called forth a sympathetic reverberation in her. In contrast, a sense of balance was regained by the man who wept for his father in the case above by playing improvised melodies based on his favourite and least favourite tones.

Tones as archetype?

Do the tones have inherent qualities, their own unique essence? From my work, I have found that tones can trigger both deep responses and peak experiences, perhaps due to the tremendous amount of concentration used to listen intensely. Because clients are intrigued and fascinated by this novel experience, they may not feel the effort involved. However, after only a few minutes, they seem to become quite tired, as if energised upwards and pulled downwards at the same time. To explain this further - it is as if the therapist had made available to them emotional experiences which create an expanded inner space which opens their solar plexus and heart centres. At this moment there is an ontological change which is meaningful, and which for some, is rooted in a religious dimension. With such remarkable effects as these, I am beginning to feel that tones used for healing do not just have the power to stimulate archetypal material within us, but may indeed be archetypes themselves.

The tones are like keys to the soul. I have discovered that a person's response to the seven tones is like a basic blueprint, like an astrological chart, offering vital clues to the personality and psychological state of the recipient. It is here in the interpretation that the therapist must be an artisan in the skills and languages of music.

Each of the hundreds of people with whom I have worked prefer one tone above all others which gives them joy and purpose. Can the favourite tone be the soul note of which the mystic talk? I think it is. It is like the Sun or Self, and the other notes are like the planets encircling it and resonating to it. This state of sound is echoing through the human body as it does in the heavenly bodies, and though we cannot hear it with our physical ears, we can with our spiritual and know it is there. When we are in tune with ourselves, and attuned to our Higher Self, we then hear all the music of the world or the mythical music of the spheres. Music is within us waiting to be recognised by the light of our consciousness.

I believe that the great composers knew and understood the supernal quality of music and were transported by it. This same world is available to all who listen.