

The therapeutic elements in their effectiveness

In addition to the usual tuning of 440 Hertz, anthroposophical music therapy uses the lower tuning of 432 Hertz. This lower tuning also has ethereal effects.

Each individual tone can have an effect through its relationship to the Sevenfold or Twelffold nature of the cosmos

Thus the seven planetary qualities become effective in the tones of the octave and can support organ processes

The Twelfth is depicted and experienced in its relationship to the sensory processes, so that one can, for example, choose a tone as a "sensory gate" to address a sensory function, e.g. the sense of thought, and then from there address the respective life processes (see below) with intervals

By carefully selecting the respective pitch at which we play music with the patient, we reach the different parts of the being.

On the one hand, the intervals represent the relationship of the human being to the world around him, on the other hand, they can be used on different levels due to their manifold relationships to the etheric aspects of the human being

For example, a person can feel secure when I surround him with the fifth, while he can feel his body limit in the fourth or enter his inner soul space when the third sounds. In the seventh he can experience an out-of-self, while in the octave he can experience the inner power of uprightness

The effectiveness of the etheric in the form of life processes, inner life movements and life stages is also expressed in intervals and can be stimulated by them.

The various scales - the pentatonic, hexatonic and mirror scales, the modes, the cadenza, major and minor - are based on the connection of the seven planetary tones with the twelve tones of the zodiac. Each of them has a completely different therapeutic effect, because they each address something different in the human being. The fresh, uplifting, health-radiating character can be experienced very clearly in a first mood, whereas in a minor mood it will rather be the introverted, sensitive, slowed down, suffering character.

The rhythms can have an invigorating or calming, harmonizing or strengthening effect. The dactylos (- v v), for example, has a calming, thought-fixing effect due to its falling character and is more balanced in contrast to the trochee (- v), while the anapaest (v v v -) fixes the feeling due to its invigorating character and is not as strongly arousing as the iamb (v -).

In active music therapy, the instruments are always easy to play and yet full of sound. The instruments are usually little known, as many instruments have been newly developed in connection with the anthroposophical musical impulse. The planetary metals are also included as a therapeutic quality. The individual instruments will be presented at the end of this chapter. They can be divided into three groups.

In the same way that in the human being as a tripartite being nerve-sense system, rhythmic system and metabolic limb system work as separate systems into one another, the various instruments can also be assigned to these three areas in their healing effectiveness.

The wind instruments correspond to the head area of the human being

The stringed and plucked instruments correspond to the middle person and work in the rhythmic system

The percussion instruments work in the metabolic area of the lower person There are instruments with a "warm", dull sound that have an "enveloping" effect and others with a bright, clear sound that have a structuring effect.

There are warming (in case of illness it is the inflammation) or structuring (in case of illness it is the hardening) instruments in every group of instruments.

For example, if I address the head pole in the "upper" person, I can have a storming, invigorating and ordering effect on thoughts if I use the wind instruments. If I select instruments with a "warm" tone, such as the chamois horn, this can also have an effect on "cold" head diseases. If I want to reduce inflammatory tendencies in the head area, I choose a wind instrument with a clear, bright tone, such as a silver or soprano flute.

If I turn to the "lower" person, I can stimulate or calm his metabolism. The digestive powers are supported by the use of deep, "warm" sounding instruments such as the tenorchrotta or the Indian drum. Carillons also work in this area. The therapeutic elements in their effectiveness

Allergy-related intolerances can also be compensated by specifically addressing the metabolic area. The instruments which stimulate the powers of the middle man and harmonize him in the rhythmic system consist mainly of the lyre and the string instruments related to it, but all vibrating instruments such as gongs, hand bells and tubular bells also belong to it. It is precisely the strengthening of the rhythmic organisation of the human being that can compensate for health-related one-sidedness, so that neither the head forces intervene too deeply nor the forces of the metabolic person "bounce up". The drone lyre is able to bring together the top and bottom of the human being in a wonderful way - so that they can interlock again.

Singing occupies a special position, because the active participation of the human being alone has a healthy effect in all three areas. Targeted exercises strengthen the intended effect.

The effect of music therapy on the breath, not only in singing but also in swinging or stroking an instrument, is essential in the therapeutic process.

The path from listening to active eavesdropping, eavesdropping as well as letting the effect linger are further elements in the therapy and have their source point in silence. This has a great significance which should not be underestimated.

In music therapy, the instruments or the voice always work in connection with the various musical elements of melody - harmony - rhythm as well as the targeted use of the elements described above. Not only do they bring about a release of mental tensions, an improvement in warmth, deepening of breathing, stimulation of digestive activity, harmonization of the flow of movement, soothing of the flow of movement and improvement of inner erection, but they also have an effect on the organs.