

MASTERS THESIS

THE METAPHYSICIAN AND MUSIC

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CERTIFICATE OF APPROVAL

M.Msc. THESIS

This is to certify that the M.Msc. thesis of

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I. Introduction

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Music can be heard throughout nature and can be heard as a symphony. The birds sing, the crickets hum, the water runs, the elephants blow. Throughout history you can see how instruments have been made to emulate these sounds. I find it interesting how the various sounds can affect our beings.

Anthropological studies regarding various cultures have discovered the existence of music in ancient civilizations and prehistoric times. In France, over 36,000 years ago, flutes made from the bones of vulture's wings were found and over 43,000 years ago a flute from a bear's bone has been found. In southern Algiers, there is the famous rock paintings that depict a dance performance dated as far back as 6000 years ago. In the sands of Egypt, ancient Greek music was found on scraps of papyrus.

Music has harmonizing affects that influence both our physical and spiritual bodies which influences our perception of God. As a metaphysician, I think it is important to study why music has such a profound effect on the human being. Your language, culture or generational experience does not matter,

The first part of this research will explore the understanding of music – it's vibration, scales, and genres. The second area will explore the understanding the human being in both the physical and spiritual body, and then integrate the two. This will follow with discussions of God through various traditions, and then show that the essence of God, human, and music are the same. Lastly, the research will show how music affects our perception of God as well as an in-depth discussion on how the genre of spiritual or inspirational music affects our being and influences of our perceptions of God.

II. Review of Literature

When it comes to the topic of Music and God there is a vast amount of information in books and the internet. The material chosen in this research shows the importance of the harmonizing affects of music.

Bible

The Bible is a primary text for the Judeo-Christian religion. There are many authors and several books within this literature ranging from history to poems on how to live from a Judeo-Christian viewpoint. It has been published in various editions and languages. Throughout the text it shows how people would use music to worship God.

One of my favorite passages comes from the book of Psalms. This passage is said to be written by David who was one of the Jewish Kings in approximately 7th century, BCE. Quoted from the King James Version says:

“Psalm 150

1Praise ye the LORD. Praise God in his sanctuary: praise him in the firmament of his power.

2Praise him for his mighty acts: praise him according to his excellent greatness.

3Praise him with the sound of the trumpet: praise him with the psaltery and harp.

4Praise him with the timbrel and dance: praise him with stringed instruments and organs.

5Praise him upon the loud cymbals: praise him upon the high sounding cymbals.

6Let every thing that hath breath praise the LORD. Praise ye the LORD”

In 2 Chronicles 5:12,” a sacred service is performed and the musicians and the singers performed. Verse 13, “ It came even to pass, as the trumpeters and singers were as one, to make one sound to be heard in

praising and thanking the Lord; and when they lifted up their voice with the trumpets and cymbals and instruments of music, and praised the Lord, saying, For he is good; for his mercy endureth for ever: that then the house was filled with a cloud, even the house of the Lord; 14 So that the priests could not stand to minister by reason of the cloud: for the glory of the Lord had filled the house of God.”

Another quote that emphasizes this topic is a passage written by Paul to the Ephesian church on how we should speak to one another. Ephesian 5:19-20 “Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ”;

Music as Yoga –Discover the Healing Power of Sound.

As we learned our Bachelor lessons the basic meaning of Yoga is union with God. There are various forms and styles of activity to accomplish this union. In this book Music As Yoga, the author, Patrick Bernard, is conveying that certain music can help you attain that union. The author begins sharing how music composition needs to be “transforming anxiety into tranquility, fear and anguish into bounty and trust, ignorance into consciousness, pain into serenity – this should be the fundamental intention behind these creations.” (8, 9) Throughout the book Patrick explains how affect and power of music, and gives examples to use sound to accomplish this union.

In the beginning chapter Patrick goes through a historical view how in the ancient time music was used to as a “balm that soothes the heart.” (14) The author shares his research regarding the famous philosopher Pythagoras’ study on music. Then goes on to explain ancient China’s contribution to music. The chapter further describes studies in how sound affect our brain and how it can be deafening to our ears.

The author expounds the benefit of music therapy and discussed the positive effect music has on animals, human fetus, and children.

Mr. Patrick furthers his discussion on the power of words through the sound. Sound is made of vibrations that have a certain frequencies. Typically, we are not conscious of this when we speak and often do not understand the effect our words and voice may have on our fellow man. Furthermore when we begin to understand this basic fact we become aware of the vibrations we send out through our words.

In the third chapter the author encourages one to use mantras to “awaken the life forces that exist in the human soul and have existed throughout all eternity.” (86) As you read through the chapter you get an understanding of how chanting works in various spiritual traditions. The common consistent belief is that when chanting one will open to God. As you are opened up to God you begin to see disease turn into relief and ease. The author describes further on how the cause of disease is misunderstanding our connection with God.

In the final chapter, Patrick begins to explain the effects doing mantras on the energy centers of the body called Chakras with importance of invoking the Names of God. Regardless what spiritual traditions the effects seem to be similar we must not focus on what makes us different. The focus needs to be on how invoking the names of God through the Mantras used in the various traditions bring about the same effect which is healing.

The Sacred Art Chanting

The author, Ana Hernandez, describes in *The Art of Chanting* her views that chanting is a spiritual practice where her “entire body is engaged; vibrations permeate to the core and can move and transform

my energy from one end of the spectrum to the other and back again.” (pg ix) In this book, Anna shares why she chants and how she got started. She shares how to identify your own voice, how to chant and the effects.

Ana was told that in her crib she would make certain sounds when certain songs would play. As she got older she would sing harmony along other sounds such as the hum of an appliance or a passing train. For many years she sung in choirs but it was not fulfilling spiritually. The goal for those choirs was on perfecting the song. She realized that “a simple tune that calls forth vibrations around us and brings. A simple tune to renew our spirits, tunes us up, find balance, and keep us attuned.” (pg 6, 7)

In next chapters she shares her research and experience on whom and how to chant. She states that the claim every spiritual tradition uses chants is a valid claim. She recommends that the first way to get into chanting is to begin with meditation. One meditation she shares is called the Heartbeat meditation. In this meditation, one must first identify their own heartbeat then once that is achieved sit. Afterwards one may begin to harmonize with the heartbeat by singing along to its rhythm.

She gives a thorough explanation on how the Chakras are affected by chanting. She makes the distinct correlation between each sounds and each Charka. When one hums certain sounds it will cause the awakening of the potential energy within one’s self and the capacity to heal oneself. An example is if you repeat” Lam “several times, it will activate the root Chakra based on the pitch.

In her latter chapters she goes in depth on how to chant from various styles and tradition. Once you have learned the art of chanting then she begins to show how to combine other spiritual practices to enhance the experience. You may add music, a singing bowl, or beads for counting. As you quiet your mind and begin to hear your heartbeat, chanting will allow one into the silence where God will work through you.

“There are so many options available that you should have no trouble at all finding ways to use chant in your prayer life. Be Creative!” (pg. 136)

The Healing Power of the Drum

The author, Robert Lawrence, is a psychotherapist, who has incorporated drumming in to his healing practice. When he was a little boy, Robert experienced the healing power within his own family as he would drum away his mother’s migraines. Even in school he was drummer but his mother encouraged him to get a primary vocation other than drumming. He chose his other passion, psychology, and was able to mix the two after doing some drumming workshops.

For Robert, drumming brought him stress relief, bringing him into deep states of relaxation. He believed that he could help others and bought some hand drums so others could experience this feeling as well. He took his workshops into various types of institutions and began to see results with people who had Alzheimer’s, at risk teenagers, substance abusers, community leaders, and much more.

In the book, the author details the basis of how powerful the drum has always been and how it continues today to get results. The drum allows for an individual to communicate without words. Therefore an individual is able to release feelings and expression through hitting on the drum. “It is this basic simplicity of expression that makes the drum perfect for children and others who may censor or repress their emotions because they fear judgment or feel unsure of how to express their feelings in words.” (pg, 22)

The author believes that a symphony of rhythm is within each of us is. Our hearts beat, the blood flows, the firing of neurons are just rhythms within our bodies. Our lives move to a rhythm whether within our physical bodies or outside in the world we reside. Rhythms can be heard in space as the universe is being.

Whether you drum alone or in a group “drumming provides the perfect outlet for the joyful inner child to play because it requires no training to create exuberant and expressive sound.” (pg 31) In the second half of the book the author explains his research and how drumming has become complementary medicine. The results have been deemed remarkable for healing in the body and soul.

In the final section, the author gives instruction how to bring drumming into one’s life. The author concludes with his belief, “The drum and its rhythms unlock some of the most positive qualities we have as human beings – the need to connect with others, the creative selves, the exhilaration of joy and play and the capacity to heal.” (pg 169)

Divine Soul Song

The author, Dr. Zhi Gang Sha, lives life with the belief that his divine purpose is to serve and teach all humanity about serving, healing and empowerment. Honoring all religions and traditions, Dr. Sha doesn’t teach religion but how to empower to people to “transform every aspect of their live as and enlighten their souls, hearts, minds, ad body.” (pg. xvii) This is being accomplished by written a series of Books called the Soul Series and workshops. In this series, Divine Soul Songs gives “practical treasures and divine tools for soul healing and enlightenment.” (pg lxix)

Dr. Sha believes that a soul song “carries a frequency with love, forgiveness, compassion, and light which can remove blockage in your soul, energy, and your matter for healing, rejuvenating, and transforming

your health and every aspect of your life.: (pg. 4) The author believes that every human being has a soul with that has its own energy and matter which makes it being individual. In every cell there are messages that can be blocks that cause sickness or disease. As one sings a soul song the blockages are removed.

The author believes that his relationship with God has downloaded this understanding to him. The author uses chants and mantras from other languages such as Chinese and Sanskrit to promote the soul song. With explicit instructions on what to sing, one should be a feel a difference. The words focus on gratitude and devotion to God. There are three steps of applications to utilize. The first step is to purify ones heart; the second is to purify your soul; lastly, to heal your body. By connecting with God in this matter, one begins to experience the unconditional love.

The author uses references from Chinese medicine and basic physics to explain his theories. In addition, he shares and expounds on his own experiences. As a renowned alternative healer, there are examples in the book describing how people were healed. He believes that by singing 3-5 minutes, 3-5 times daily or more will produce “Divine Soul Transplants.” This where one will see the changes in their life from mental disorders to other physical health issues.

III. Methods

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I composed a survey to see how music affects us human beings which consisted of 9 questions. 26 people, who were mostly female and vocalist, responded. The main questions that allowed the participants to expound on was how they felt when they sang or played. The answers that I received were quite interesting and justifies the profound affect music has on human beings.

IV. Findings

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Results of Suvey:

In the Methods chapter, I discussed doing a survey with some interesting answered that shows the profound effect on the human being. Below are some the results of the survey for questions 5, 8, and 9 that prove my point. In the appendix, the full survey is shared.

Question 5 - When you sing or play your instrument, how do you feel? (Mandatory)

“Joyously connected. I feel that I am doing the thing I love to do most in life. Fun to the highest degree!”

“Connected to the Divine at times. I feel most myself. As if I'm living my purpose by expressing myself in my highest art form.”

“Calm and free.”

Question 8 - Can you explain how the sensory activity feels in your body? (light headed, tingly, ect...)

“Like a warm feeling from the top of my head flowing down my whole body. Imagine warm honey being poured over you like that.”

“Magnetized energy, somewhat tingly, very connected especially if I am singing with someone and it is sounding great.”

“I have studied energy and shamanic healing. So I often before a performance, ground and center myself and move energy through my body. I ask to become a channel so I feel empty and the grace of God can be heard through my voice. Sometimes I have felt tingling in my crown and third eye.”

Question 9 -Is there a relationship between your singing and playing in relationship to God? If yes, can you please describe? (Mandatory)

“Yes, very much so. These extreme feelings put me in touch with, in awe of God.”

“I know for sure that there is a connection with something greater than myself that takes over, that I am automatically in awe of and know that it is what is known as the "spirit". It is very powerful and shares visions of music that I want to manifest so that others can experience it. Yes, the relationship with God is that it is this power, or source that lifts me into places I have never been before when I give myself totally to my music or vocals.”

To understand how music has such a profound effect on the human being one must understand first what is music, what is a human being, what is God, and understand how music influences our perception of God.

Music

Wikipedia states “Music is an art form whose medium is sound and silence. Its common elements are pitch (which governs melody and harmony), rhythm (and its associated concepts tempo, meter, and articulation), dynamics, and the sonic qualities of timbre and texture.” Music taste varies because of the unique beings we are. Certain music may cause someone to sleep, to be sick, scared and someone else to be energized, happy, and overwhelm sense of wellbeing. Music can be found in nature (birds singing, ocean), the sound of the city can be music, music can be played through instruments, or using oneself as instrument.

There are all kinds of music genres and subgenres based on cultural, locations. Music is broken down into notes that when heard moves at different frequencies. A sequence of notes is called a scale range from ascending to descending order. The number of notes in a scale will vary based on the area the music is from. Traditional Western scale is a seven tone scale which includes the notes of C D E F G A B or their flats and sharps. In addition, there are other scales such as the Chinese scale of 5 tones and various scales

of other countries with different pitches which are alien in the western world. all of the music and pitches have vibrations.

When music is played, the sound will vibrate and move causing all of nature to react. The reactions are not always visible or identifiable. For instance, if several rocks are thrown in a body of water at one time the vibration causes ripple effect. You may not see where it ends or which rock may have been the causing agent. Now the ripples can be crashing against each other or moving rhythmically in waves.

God

In his book *A In Eternity*, Joel S. Goldsmiths writes “No one knows what God is, but if one thinks of God as Omnipresence, we are free of concepts of because since God is, God must be here, there, and everywhere. There is no place where God is not, or God would not be infinite Being.” (23, 24) Working from this framework of thought the idea of God is everywhere and evenly present in all of us and everything. As a creation of God we have been made from this Being holding the same properties. The bible tells us in Genesis 1 that we have been made from this likeness into the same image.

In *Lessons of Truth*, Emily Cady expresses, “In these lessons we have seen that, besides the real innermost self of each of us--the self that is the divine self because it is an expression or pressing out of God into visibility and is always one with the Father—there is a human self, a carnal mind, which reports lies from the external world and is not to be relied upon fully; this is the self of which Jesus spoke when He said, "let him deny himself." This intellectual man, carnal mind, or whatever you choose to call him, is envious and jealous and fretful and sick because he is selfish. The human self seeks its own gratification at the expense, if need be, of someone else.” (40, 41)

In all religious traditions the word is God and its divine law. The doctrine or the come from religions may differ but the main principle is the same. Through the religious practices invoking certain words into one's life manifested various results. Realization in this power one can began to manifest a healthy and prosperous life. When I meet people who constantly say I am sick, have this disease, I take notice of their viewpoint of life. I see a different viewpoint when I hear people say they are experiencing a life challenge or opportunity.

As metaphysicians, we know that God is the Divine Mind/Consciousness through which all is created. This consciousness is energy running through all existence. God is all power and all-knowing, even present power in and through.

Human Being

The bible declares in Genesis 1:27 "So God created man in his own image, in the image of God created he him; male and female created he them." The Bhagavad Gita declares in Chapter 13 verse 2" I am the creator of all creation." The very essence of all human beings is the spirit or energy force. This energy is the basis of all life which can be called prana in India or Chi in China. The schools of thought have very similar ideas. In the ancient language of Sanskrit which is used by eastern traditions the word Chakra is defined as an energy pattern or wheel. In the internet article written by PAULETTE VASCONCELLOS, she writes "These energy patterns are in certain specific locations on the body, five along the spine, and two on the head, each correlates with its own distinct color, location and function. When one part of a chakra center is out of sync it may eventually affect its other parts and possibly it's neighboring chakra. Chakras are connected to our being on several different levels: physical, emotional, mental and spiritual."

In addition to the Chakras, Pat Bernard's shares that we shouldn't view ourselves as just a mass of flesh but instead a sound box. Every cell, organ, system vibrates harmoniously and in harmoniously keeping the form that we see in the mirror. Dr, Zhi shares "When energy accumulates in specific areas of the body a form is produced. " (231) As our body vibrates, you can identify certain frequencies and rhythms that send messages to us whether we are conscious of it or not.

In Camillo Loken summarizes vibration like this, "This Universal Law states that everything in the Universe moves and vibrates - everything is vibrating at one speed or another. Nothing rests. Everything you see around you is vibrating at one frequency or another and so are you. However your frequency is different from other things in the universe - hence it seems like you are separated from what you see around you - people, animals, plants, trees and so on. BUT you are not separated - you are in fact living in an ocean of energy - we all are. We are all connected at the lowest level - a level professor John Hagelin calls the unified field."

As a human being, our voice is the sound that comes out when the vocal cords vibrate. Everything vibrates even if we don't hear a sound. When things vibrate at the same speed there will harmony. "When a word is spoken and we visualize that into our imagination we are then in touch with that frequency. When are in agreement with that word we vibrate on that same frequency which brings harmony. By me speaking the words "I am good enough" daily, it sent vibrations throughout me that began to harmonize on the same frequency overtime some time.

Harmonizing Effects of Music

If a vocal or instrumental vibration is sent out, there is always a cause and effect whether one is aware of it or not. Certain notes cause vibrations in different parts of the body which can bring about healing

within your spirit and soul body. Music can shift your mental mood and motivate you to change. Music can bring major mental breakthroughs.

My church experience is from a Charismatic Pentecostal African American perspective where music is a major part of the service. It is use to excite the congregation into praise, worship, and emphasis on what is preached. As a metaphysician, I realize that these notes are opening the chakras in the body and shifting the energy around. I have listened to certain notes played and watched congregants erupt into tears or sparactic jumping dance. I have also experienced it myself began to investigate what was really happening versus attaching a mythical viewpoint.

As a vocalist, I began to become aware to the changes that were taking place within when I sang a song a solo, in a choir, or in the shower. I noticed that when my mood felt low a song could pick me up. I also noticed that certain types of music have different effects on me. For instance if I want to exercise or clean up, Salsa music works well; if I want to focus on meditation, instrumental music made for meditation helps, if I want to reminisce about times with my dad I play 70s R&B; If I want to feel romantic I play some late 80s and 90s R&B. In addition, I began to realize on most occasions I have song in my head as background music.

Research shows that music has healing power that has been used as alternative medicine. Robert Friedman has used drumming to help with physiological conditions, psychological, and children. In addition, drumming is that is used for at-risk youth, stop violence programs, in corporations and even prisons. As communities become aware of the healing effects of the drums overall, drumming circles are forming in communities worldwide.

Major portion of this research deals with use of a voice as the instrument. Singing and Chanting has proven very effect tools for unity in the body, and in groups. Ana Hernandez makes it clear when she writes that they are “helpful in neutralizing and dispelling negative emotions, promoting inner alignment...and helping us to rid ourselves of patterns of thought that blind us to reality.” In Dr, Sha Divine Soul Song he explains how we carry a divine frequency that was made to transform our beings and manifest love, forgiveness, and light. (6) Through his intensive work with hundredths, healing and transformation has happened through helping people to move to their divine frequency.

Music Influences

“The Spirit is revealed in matter and it appears to manifest as the material world...” Verse 13.21a of the Bhagavad Gita

As metaphysicians, we see that the link of science within our belief in God. Matter is a slow condensed vibration which makes things viable. The vibrations that we do not see are faster moving vibrations. Matter and energy seem like two different manifestations of which everything is composed working together simultaneously as one. How energy vibrates determines how we perceive it with our sense or not perceive it at all.

Musicians, writers, and composers understand and experience how the music affects people. All you have to do is go to a movie and notice how the notes correspond with certain scenes in the movie. Everyone knows the sound of suspense or horror by notes being played while you watch the scene play out on the screen. Music is neutral but we put our feelings with to give them emotional affect desired. So you have neutrality of music, the scene, our layer of emotion and you have condensed form matter of energy.

Music impacts our perception of God since music and humans are energy vibrating at different levels. Our age, gender, and religious belief can play part of the impact due to various ways of interpreting music. An example of this could be a 16 years old and 65 year hearing the songs “Amazing Grace” and Justin Beiebers “Boyfriend.” The filters will play a huge part into interpreting the music. However, the basic note and sound is neutral it is the combination and the perception of the intent of the music that will bring a about a reaction. Staying in a genre of music considered being inspiration or spiritual music seems to be a key factor impacting our perception of God. Our overall health and wellness is impacted by music. In the end, music impacts our oneness with all because of the omnipresence of God.

For this discussion, the focus will be on the musical genre considered to be Inspirational or Spiritual music. The intent of the genre from by the writers and/or composers is to bring the listener into an inspirational or spiritual mind set. Therefore, a common awareness on what the effect of the music will bring about on humans. This particular genre is really just based on intention of the writer or composer because there are many sub genres that come from other genres; i.e. R&B, Classical, Rock, international. A person particular style of genre will be based on their personal preferences.

Use of Music

Music affects the perception of God and brings unity with humans in all aspects of their life and influences our perception of God. Focusing on spiritual communities you notice that music brings unity among the community and harmony within the individual. As a metaphysician, I have come to find that music is very important to an individual and worship experience. In various

Music is very pertinent for sacred services around the world throughout time and culture. It doesn't matter what language, music unifies humans. Every note, word, hum, chant affect us our being, our core, what we are made which is energy. The movement of energy is frequency. As Metaphysicians, it is important to understand what is happening to an individual. In the below interview, you will see the information described in findings being discussed in an actual worship experience from the African American Charismatic perspective. However, regardless of the cultural or religion, music will affect us the same. The demonstration and reaction to music may appear to be more or less but underneath it all is the movement of energy.

Interview:

World Renown artist, Aaron Hill is the founder and CEO Fruition Music which supplies background music tracks for vocalist, choirs, services, etc....., and creator of a new genre of music called New Thought Jazz. He is also the musician at my church One God One Thought Center for Better Living. Well educated in music and truly gifted in composing, listening to Aaron Hill is an awesome experience. I sat down with him and interviewed about music and how it affects his audience. We both come from similar religious backgrounds that are rooted in the charismatic African American Pentecostal experience. As a vocalist, I was able to identify with him on the experience called Praise and Worship. There is deliberate planning for each service to help the congregant worship experience. There are specific songs that are song and music that is played to help “invoke” God’s presence into the service. Today we both are metaphysicians and I was curious to get his understanding as musician what he thought was happening and his intentions.

We sat down over breakfast and I put the voice recorder on and begin to ask him pertinent questions regarding music and its effect on humans. He had mad such profound discoveries in his on spiritual development and understand. Below are some of the questions and answers from this interview.

Question: “Define spiritual music?”

Aaron: "Well, spiritual music unlike what most people believe is really all music. Most people believe that spiritual music is music that uplifts the spirit even though all music is spiritual music. There is no music that doesn't affect your spirit. It affects you no matter what which is why most people are comfortable with inspirational or gospel or forward thinking music. You can't help but to be affect by it because the building blocks are frequencies and are a part of what we are made of. With Gospel or Inspiration forward thinking music people are able to let go because this control is taking them in a direction that makes them feel better...healthy and whole....All music is good because it allows the human

soul to feel the whole spectrum of emotion in this experience. Gospel and inspiration music is the type of music that has compelled me and inspired me to partake in."

Question: "One of the words that stood out for me that you just mention is frequencies. Can you explain that?"

Aaron: "Frequencies are the building blocks of life. There is nothing out here that is not energy. There is nothing out here that is not made of energy. In fact everything, which we are energy, vibrating at different frequencies. All a frequency is energy. Even the hard matter we see is slower vibration. The faster it goes the more you can see or feel it. The faster it moves the more it seems to dissipate. Go from something hard to something you don't feel like earth, water, fire, air, thoughts and beyond. It's all frequencies and that's why music affects us. You are literally being affected by something you are made of when you hear music. So it just resonates with you, your soul."

Question "How would you explain the experience from our traditional background with the traditional idea of Jesus Christ being our savior, understanding how praise and worship works? What is going on with the person during that experience when they are "shouting"(spirit dancing, screaming, shouting, speaking in tongues, crying)?"

Aaron: What is going on is tapping into something that you are made of. Every one's intention is to bring about that spirit or vibration during the experience of Praise and Worship while listening to Gospel or inspirational music or praise and worship music. The whole intention of that music is to bring that spirit. That's why it is such powerful music for most people. With other types of music or forms of music they may listen to it but the intention may not be there to bring about that spirit. The song writer may have meant it but the person singing it may just be enjoying what the song writer wrote. With Inspirational, Gospel, or Praise and Worship the intention is to not just be about the message but to recreate

the spirit anew every time. So when you are in praise and worship, you are actually feeling everyone's intention together trying to create one thing. And the beautiful part is your creating from silence which is the ultimate music because it is the realm where everything comes from and goes back to. Everyone is intentionally creating together, all on the same frequency. so because of that much energy coming together, the atmosphere is charged. People's emotions are transformed and things happen. But is all because of the awareness of the possibilities of what can happen and the intentionally trying to create. You go from awareness to creating. It happens everywhere else in music but the awareness is not the same. However, they are aware of the effects, because it happening all the time where you are aware of it or not. When you are aware you can intentionally breathe which enhances the experience

Question - When you are playing the keyboard during praise and worship experience and the song ends, how are you feeling, what is the inspiration that comes to you to hit a certain key and it charges the atmosphere in such a way? How does it come about?

Aaron - It comes about through listening. Allot of times when I play, I close my eyes, I am not really looking at people. I am actually listening with my ear or looking with my ear sort of speak. What you are trying to do is see what the spirit is, whether it is a spirit of happiness, whether it is a spirit deep thought and contemplation, whether it is spirit of prayer and rejoicing. And at that point, because I have studied so much, the beauty of church and planning church is you learn how to be a film composer without going to school for it. Cause you learn how emotions work musically. And then you not only learn how they work but how to create them and actually intentionally do things certain ways. So when I am in that place, and that zone, I am listening where that spirit is and the singing is over...sometimes it manifest in certain messages, sometimes in certain words, or no words at all just a melody that just speaking volumes and I just go there...that spirit is just everybody's collective energy is just God energy apart of us...and I just play....the beauty is when you have worked out all of the mechanics, mastered you instrument, the theory or the technical aspect of the instrument and it doesn't hinder you. You don't have to think about

that and you can just flow anytime when things are. That is basically where I just go with the spirit sort speak.

Question: Going back to frequencies and energy...Do you know anything about chakras and how they play apart?

Aaron: Everything in life has a vibration, even down to the core of the earth. The earth has a certain vibration which you can hear as a hum from space. Actually our own heartbeat is tuned that frequency which is then tuned beyond our planet, out of space, and beyond. It is all linked together. The chakras, the energy points within our bodies, are linked to certain notes and certain frequencies because the energy vibrates in a certain way. There are certain keys that I play because I am aware it will affect a certain chakra. The song "Speak to My Heart" by Donnie McKlurkin, in my research found that it was written in the key of F which is the heart chakra. It is interesting because they didn't do it on purpose. If you think how much affect that song has....when you play it at any traditional church service or beyond...it resonates with them...the words and the music all center on the heart. That is an interesting collaboration. The more you are aware, the more you are able to be in moment, and more powerful the experience. That is what I notice about myself. Knowing about the chakras, knowing that there are different energy points that correspond with the body, you can actually as a musician, you can go even deeper. The interesting thing as far as history, the music we have today as far as chakras and notes is different from the past. There used to have 5 notes system. The flutes that Indians made were tuned to the earth's frequency. Their researching to see if the actually knew that or not. The thing that I realize is no matter what the tone is and the frequency; if the intention is there you can make it affect any part of your body. You can make it affect any part of the atmosphere. There have been times I played...I can hear from the front of room to the back of room, whether they are singing or crying...I can play right to them and they will erupt...and afterwards they will say something to me...I played directly to certain people and have major effects. Once I realized that then it took it took my intentions to another level. It is pretty amazing.

Question: I want to hear your take on the experience we had in church when the harpist, Jeff Majors, worshiped with us and you had the opportunity to play with him. Something happen in the atmosphere, the energy and chakras opened. It was different from a regular service. What is your take on it?

Aaron: It was intention. We came together for 10-15minutes the day before and decided the songs as a road map...but just let the spirit have its way...became a vessel. So when we played...we were just so open and in the moment...that's the beauty of sages...like Jesus, he was in the moment. We understood the moment so well that, we just created in the moment and let it happen. Most people came up to us after service asked have we every played together. This was the first time. We were just both on the same frequency. He understands and I understand...so in a non-verbal way we are just talking, communicating, just working together for that. Anytime you have that...and the more people you have together with that...the grander the effect of it...that why praise and worship works like that...cause of the co-creation. So that what happen there. The harp is a delicate instrument, you have the piano which is percussion but delicate, and the type of music we played was very delicate. Allowing the spirit to flow and that is why it changed the atmosphere in the way that it did.

Question: I notice that as I was experiencing during the song "The 23 Psalm," the way the harps tone and the frequency it sends out, it had me feeling all the chakras in my head opening, in Christian terms, I was in the Holies of Holies. I felt so high whereas, I love percussion music and it keeps centered in my root chakra, but the Harp and the sound you guys playing had me feeling like I was in a higher realm.

Aaron: The key that we were playing in was a half-step from the crown chakra...were playing in c, which is the root chakra, but when you go up to the chakra you have B, but above the crown chakra is 1000 petal lotus...I believe...is the next level up...you in the realm where everything is one. I believe, through intention, as we played in that key we affected what is called octave...which is the root chakra is C but when you moved up to the next C...you come back around....So I believe that we hit the next dimension. I don't think that he did it intentionally when he wrote the song but then again the way that all

things come together...he put in that place where it literally goes above the crown chakra and because of

what he talking about..”the Lord is my Shepherd.”:..I think the intention and even your intention...that

the beautiful thing about it...the creators and the ones receiving...that are flowing energy back...as

musician you feel the energy coming back...and its bouncing back and forth and it just keeps going till

creates this huge stir of emotions and energy.

VI. Conclusion and Summary

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Music, Humans, and God are energy that is vibrating at different frequencies. The more slowly something vibrates it is more visible to the eye and the faster it vibrates you cannot see it with the eye. As a metaphysician, I think it is important to study why music has such a profound effect on the human being. It doesn't matter what language or culture you come from or what time period one resides. Music has harmonizing affects that influence both our physical body and our spiritual bodies and influences our perception of God.

In your practice as a metaphysician, this understanding can help your sessions with your clients tremendously. You can play soft music in the background that will set the atmosphere. You can use chanting techniques, or drumming circles to help healing to manifest. There is so much to explore in the area of music to help yourself and others.

In closing, attached below is a chart from The Art of Chant found on page 47. Using our own voice as an instrument, one can begin to explore how music affects their being. Music is an excellent tool to bring harmony and cultivate us so that we can experience the best of life.

Association	Root Chakra	Sacral (Polarity) Chakra	Solar Plexus Chakra	Heart Chakra	Throat Chakra	Third Eye (Brow) Chakra	Crown Chakra
<i>(Pitch)</i>	(C)	(D)	(E)	(F or F#)	(G or G#)	(A)	(B)
<i>Sanskrit</i>	Muladhara	Svadhithana	Manipura	Anahata	Vishuddha	Ajña	Sahasrara
<i>Planet</i>	Saturn	Jupiter	Mars	Venus	Mercury	Sun	—
<i>Color</i>	Red	Orange	Yellow	Green	Blue, Cobalt	Purple, Blue, Indigo	White/Golden Light Violet
<i>Element</i>	Earth	Water	Fire	Air	Ether	—	—
<i>Seed Syllable—Bija</i>	Lam	Vam	Ram	Yam	Ham	Aum	Om
<i>Gemstone</i>	Garnet, Ruby	Moonstone, Golden Topaz	Tiger's Eye, Citrine	Rose Quartz, Emerald	Aquamarine, Lapis Lazuli, Turquoise	Amethyst	Clear Quartz Crystal
<i>Aspects</i>	Grounding in this world—Creation, Gate	Opposites, Sexuality, Reproduction	Unification of Opposites	Being, Wholeness, Love, Compassion, Honesty, Tenderness	Speech, Hearing, Creativity	Clairvoyance, Precognition, Intuition, Telepathy	Seat of the Soul
<i>Gland</i>	Ovaries/Gonads	Adrenals/Spleen/Liver	Adrenals	Thymus	Thyroid	Pituitary and Pineal	Pineal and Pituitary
<i>Sense/Function</i>	Sense of Smell, Taste, Vitality, Kundalini Self-preservation	Cleansing Function, both physically and for negative energy	"Butterflies," Digestion, Mind, and Emotion Link	Lungs, Immune System	Metabolism, Thoughts, Writing, Speech	Eyes, Nerves, Brain, Spiritual Powers	Transcendent Knowledge

This chart is found on page 47 in the Art of Chant by Ana Hernandez.

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Survey Results

Questions 1. Are you male or female? (mandatory question)

73% Females 26% Males

Question 2 - What is your age range? (Mandatory)

55 plus 27%

36-55 years old 69%

27-35 years old 4%

16-26 years old 0%

5-16 years old 0%

Question 3 - Are you participating as a vocalist or musician? (Mandatory)

Vocalist – 77%

Musician - 33%

Question 4 - According to what you answered in question 3, how long have you been singing or playing? (Mandatory)

11 plus years 88%

6-10 year 8%

5 and below 8%

Question 5 - When you sing or play your instrument, how do you feel? (Mandatory)

“Elated.”

“Joyously connected. I feel that I am doing the thing I love to do most in life. Fun to the highest degree!”

“That I'm give joy to someone. Have joy in my heart.”

“Connected to the Divine at times. I feel most myself. As if I'm living my purpose by expressing myself in my highest art form.”

“Alive”

“Calm and free.”

“Invigorated”

“In Heaven”

“I feel as though I enter into another space. Its as if there are no endings to my finger tips, my feet, my head, everything isendless with fresh cool breeze running through my body. It is warm and good, hard to describe, open, that is the word Iam looking for I feel "open".”

“Happy”

“I feel like heaven”

“Singing for me is a spiritual experience.”

“When I sing or play a piece with beautiful harmonies, I feel very happy and and can get emotional.”

“my quest in singing is to express lyrical sound with resonance throughout the song as well as meaning and expression. Achieving a continuous thread of resonance with expression is my goal. I is a pleasant rewarding feeling when this is achieved. If I can emote my feeling to the

listener and this person feels the emotion I am pleased. This is my concept of being artistic in the talent.”

“I feel Euphoric when I'm singing for a live audience.’

“Uplifted, enlightened and on cloud nine”

“I feel good”

“Energized, creatively challenged, and connected with others.”

“happy”

“Uplifted”

“Free. I also feel like I'm challenging myself. I feel accomplished when I work through a piece.”

“powerful and spiritual”

“At peace”

“I feel extremely happy, its the greatest feel it is beyond words, lol!”

Quest 6 - Do you have any sensory activity in your body when sing or playing? (Mandatory)

Yes 81%

No 19%

Question 7 If so where? (Mandatory)

Heart 22%

Inside Head 20%

Other 20%

Nowhere 8%

Stomach 8%

33

Throat 8%

Top of your Head 8%

Pelvis 6%

Question 8 - Can you explain how the sensory activity feels in your body? (light headed, tingly, ect...)

“Like a warm feeling from the top of my head flowing down my whole body. Imagine warm honey being poured over you like that.”

“Magnetized energy, somewhat tingly, very connected especially if I am singing with someone and it is sounding great.”

“It's hard to say but it is like a tingly feeling.”

“I have studied energy and shamanic healing. So I often before a performance, ground and center myself and move energy through my body. I ask to become a channel so I feel empty and the grace of God can be heard through my voice. Sometimes I have felt tingling in my crown and third eye.”

“It feels like I need to move with the music - particularly legs and head”

“tingly”

“Tingly all over the body”

“An Eletrical current”

“It is different than any other feeling because it is different each time when I allow myself to go where it takes me, it all depends on the feedback as well if I am performing, if I am just home playing or singing there is no pull, so I just explore and go where the music takes me.

but an audience can take you where they need to go and in the music and that can bring about feelings highs and lows that you do not expect.”

“I feel a vibration. The placement of my voice helps me stay on key.”

“It's neither one. I can't really explain it, but I get a sense of calmness that flows through my body and soul”

“Out of body.”

“Certain harmonies or expressions can yield a passionate feeling in my heart and head. In playing the instrument or listening to certain music with pleasing harmonies to me, I get vibrations in my inner ear. It is pleasant.”

“Certain tones and harmonies produce a tingling vibration in my inner ear. It is a weird feeling but pleasant. I can't describe it well.”

“If it is a very rhythmic song my hips tend to gyrate. When I singing higher notes the resonance creates a very euphoric sensation. Occasionally, when a song is very emotional lyrically I can feel my throat tighten.”

“n/a”

“I feel pleasure”

“alert”

“warmth, loving, happy”

“It just comes naturally.”

“I'm not sure I understand the question”

“i don't feel anything in particular”

“None”

“No I really can't, its a feeling and a freedom I just let my body feel the music and I just let go!”

“spiritual feelings, anointing falling on me”

Question 9 -Is there a relationship between your singing and playing in relationship to God? If yes, can you please describe? (Mandatory)

100% answered the affirmative

Some of the answers

“It's a gifting from God- praise go up, blessings come down”

“Yes, very much so. These extreme feelings put me in touch with, in awe of God.”

- “It a part of God”

- “I use my singing to capture people's attention and re-focus them on the truth about God and I sense his pleasure when I do that.”

- “I know for sure that there i a connection with something greater than myself that takes over, that I am automatically in awe of and know that it is what is known as the "spirit". It is very powerful and shares visions of music that I want to manifest so that others can experience it.

Yes, the relationship with God is that it is this power, or source that lifts me into places I have never been before when I give myself totally to my music or vocals.”

- “It depends on the music, words and the time. If I am really into the music and lyric and if I get lost with the emotion, it is a good feeling with a loving context.”

“Yes.”

“i understand it's a gift and i feel privileged and honored that God chose me”

“yes”

“It is a form of praise and worship.”

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“yes”

“just singing to Him because I enjoy singing.”

“everything I do is for a higher purpose, yes”

“singing is a form of worship”

“Yes”

“Yes and that depend on if I'm in that Gospel mood, but with that said all our gives are
for God!”

“yes”