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MUSIC, INFORMATION, INTENTION & TIME

Although it is known that music already served as a medical intervention in sound hospitals of ancient Greece, MusicMedicine - in all its different forms of applications which qualify for a scientific medical evaluation - is a relatively new field.

It may take many more years of intensive research, both quantitatively and qualitatively, until all of us will have learned how to use music with the same precision and naturalness, based on comprehensive evidence, significant effectiveness data and quality control, as we demand it from any other kind of remedy or medical intervention.

Music is information, it brings matter into form. It provides biologically and psychologically relevant structures. The oscillations and all the other qualities and attributes of the intended and organized sound that music is, talk to the oscillations of our organs, particularly to the heart and the brain. And, because it has an inherent phylogenetic meaning, it is always answer to a question of some kind. Information is also that from which knowledge can be derived and knowledge signifies understanding of real things or abstract concepts. Music is a transportation vehicle for wisdom and values, it talks to our minds and souls at the same time as it re-informs our bodily rhythms and - in ideal cases - allows things to get back to normal, or homeostasis, the „process that maintains the stability of the human body’s internal environment in response to changes in external conditions“ and invites our mind and soul to return to a balanced equilibrium.

That is of particular relevance when we work with unconscious patients and we have no other chance to reach them but on a meta level, the realm beyond the visual reality, the space where meaning comes from and where reality is constructed. That may sound ambitious, but I believe that is what it is, although it first appears as a concept that is outside of the logic of linear thinking, like quantum physics which it has a lot to do with.

And it is even more relevant when we work with people in great despair. Music provides a sense of safety and confidence that uncertainties will be resolved. A continuum and a sense of continuity assuring life will go on. There is no dividing line between medical therapy and social work. Biopsychosocial Medicine has acknowledged this and the great accomplishments that have been provided, like in China by our host Prof. Tian Gao, are admirable and are demonstrating that therapy and social work are complementary forces in this pioneering evolution of music medicine and emerging new sound healing modalities.

Music can transport life-saving messages to the mind AND it is a set of codes which communicate information to the physical and the non-physical dimensions of living beings in a whole variety of different ways at the same time. To understand exactly what we are doing when we use music in medicine and to discover the untackled secrets and possibilities of music to protect, restore, enhance and maintain human health, we need to intensify our research efforts in a truly interdisciplinary way which includes a whole range of scientific disciplines we have not employed so far.

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