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A WEB OF RESONANCE: AN EXAMINATION OF CHINESE BELL THERAPY

Steve Jackowicz, Ph.D.
University of Bridgeport, USA

ABSTRACT

The Chinese *Bian Zhong* Bells are calibrated to the sexagenary cycle of traditional Chinese music theory which posits a relationship between the organs and meridians recognized in Chinese medicine, and the application of notes and sequences of notes in proximity to the body. Such notes and sequences were traditionally prescribed to change the state of health, both physical and emotional, following a specific schemata of interaction. In the Chinese medical text the *Yellow Thearch's Inner Canon (Huangdi Neijing)* there is a schema of interaction of notes in singular and combination that are used to affect the meridian system. This paper examines a quantitative model of assessing the impact of this methodology on the body. Patient survey, Kosato Method Pulse Analysis, range of motion assay, and thermal spectography are tested before and after the application of the sound therapy. The paper further discusses models of potential interactions which could account for the observed metabolic changes. Following the results of this research, the paper presents a protocol for the use of the principles of this traditional methodology for application in the clinical arena of modern music therapy. [The author can be reached at stevejackowicz@gmail.com]