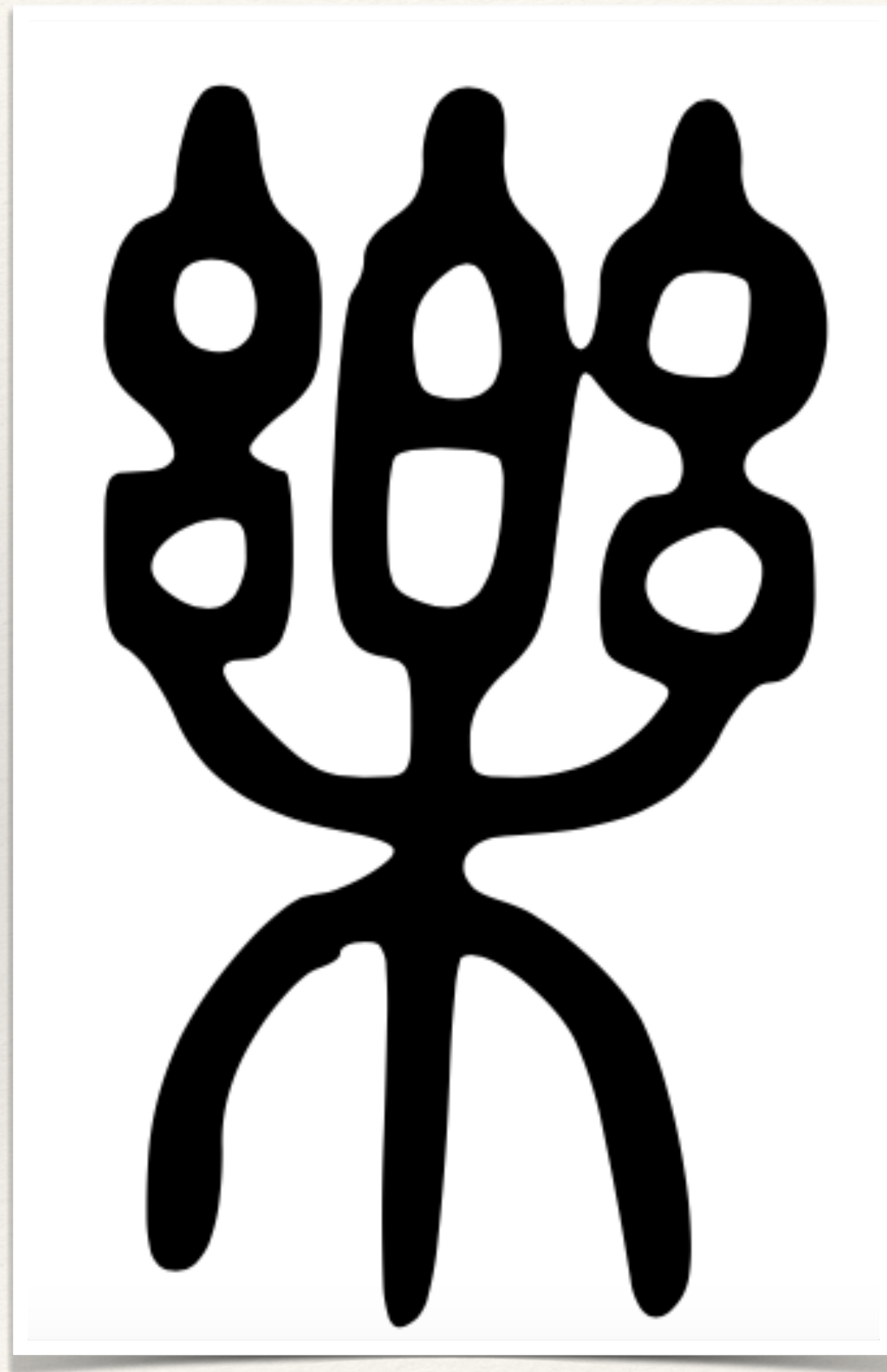


Healing Arts of Traditional Chinese Medicine

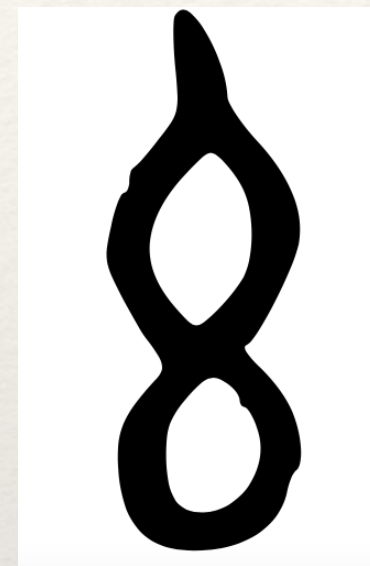
Daoist Music Healing and the Five Healing Tones

LoAn 誠鳳 Cheng Feng

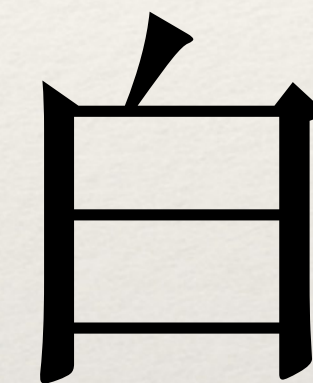
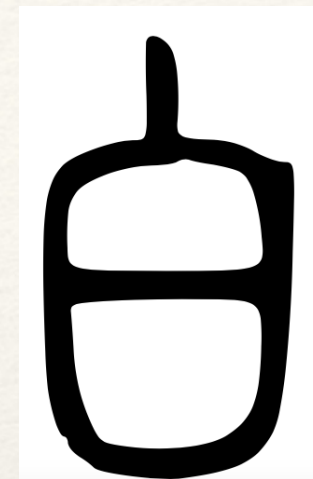
Music in ancient Chinese culture



Yuè



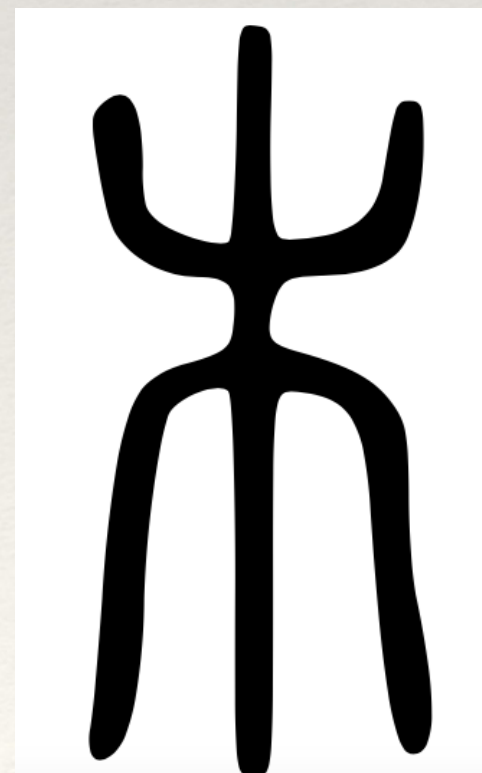
Yāo



Bái



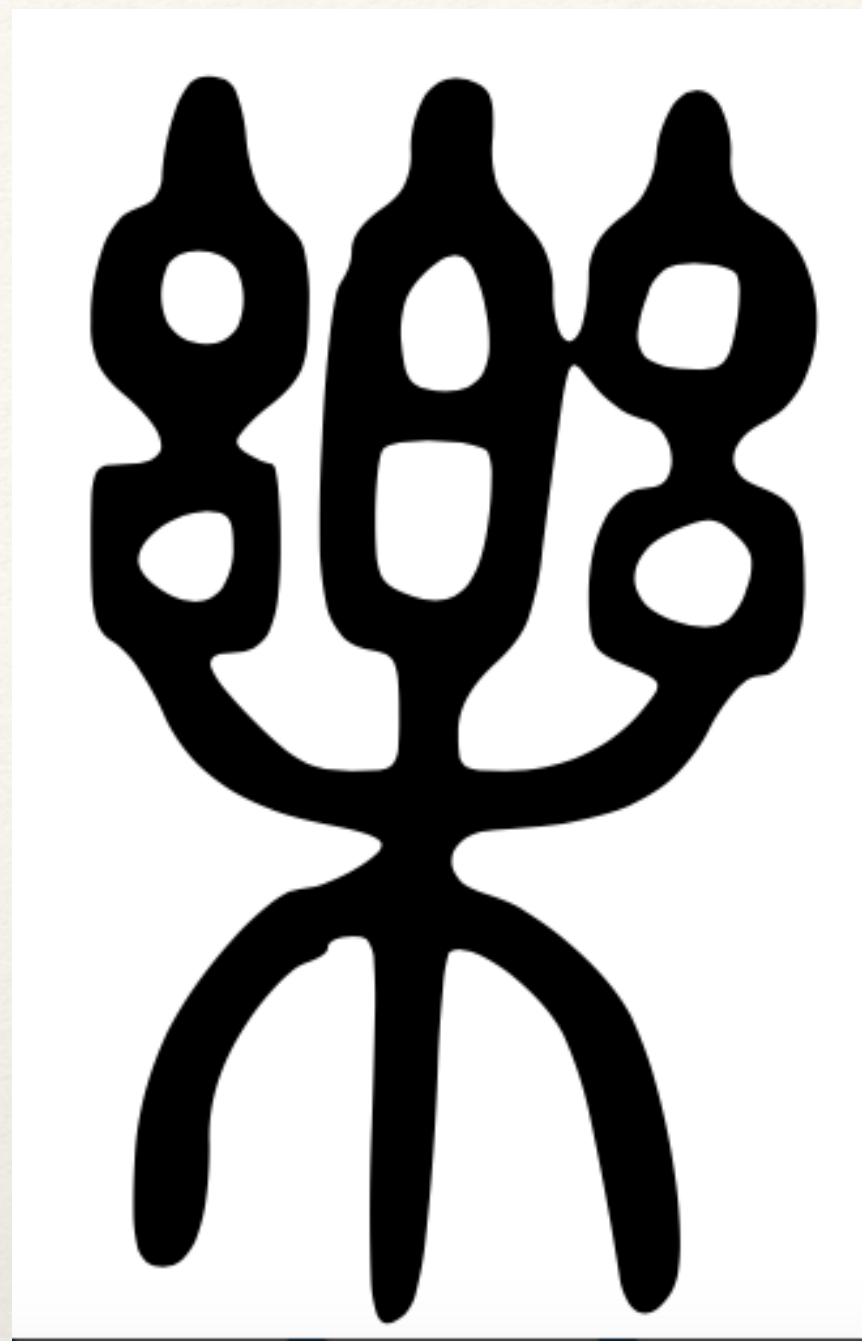
Yāo



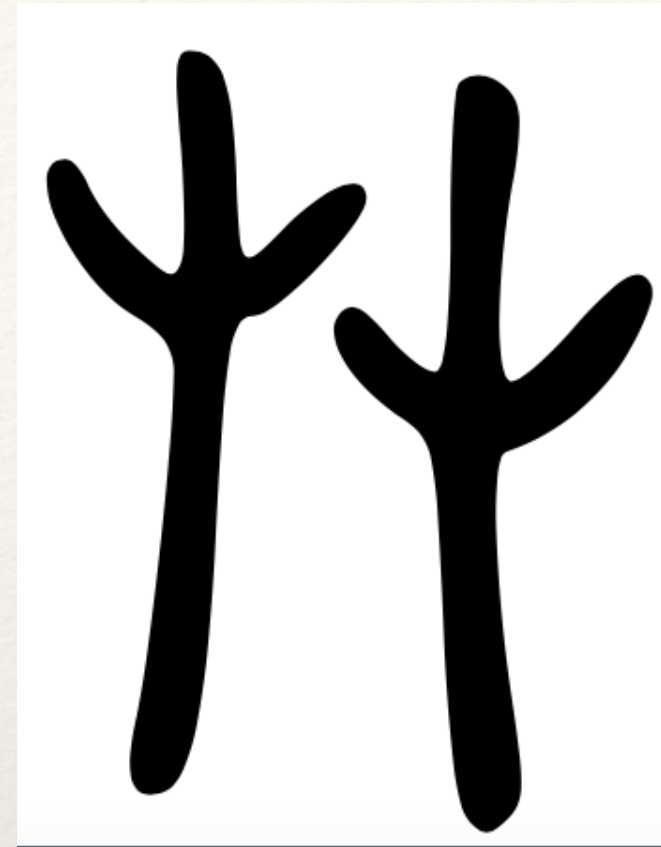
Mù



Lè



Yuè
Music

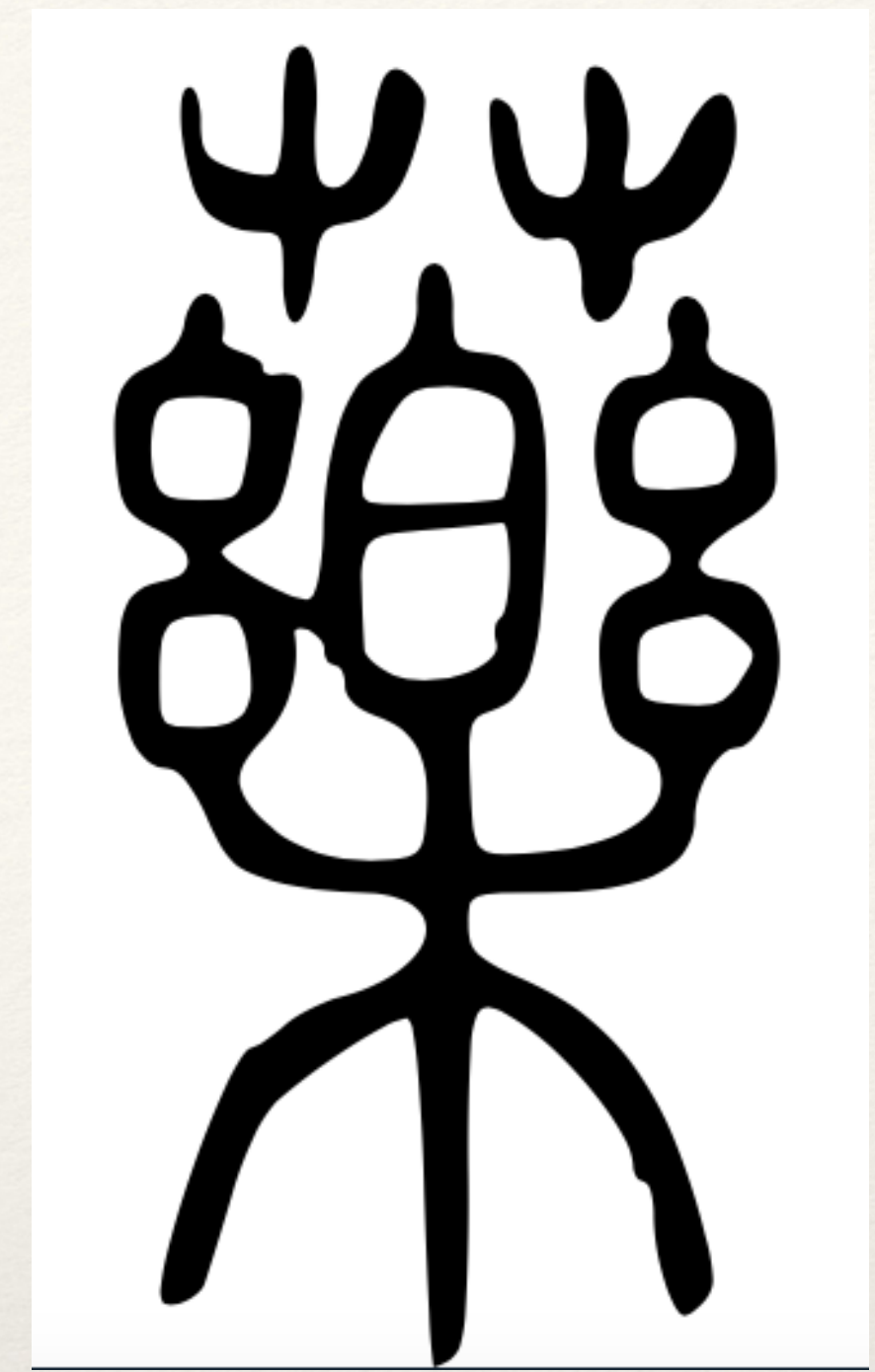


Cǎo
Grass



+

=



Yào
Medicine



Fundamental principles of music in ancient Chinese culture

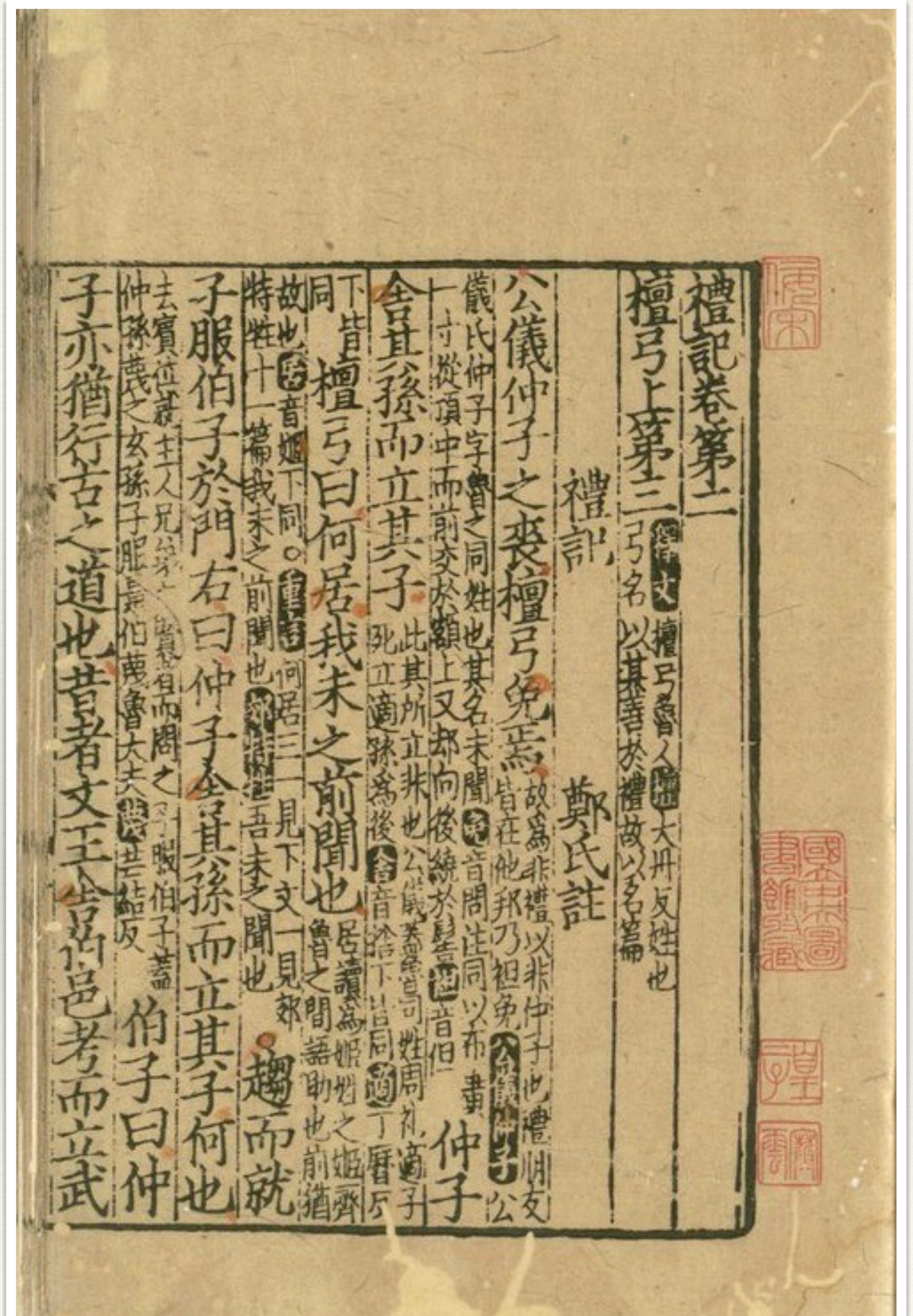
禮記 *Li Ji* The Book of Rites

禮記 *Li Ji* (The book of rites) is one of the Five Classics of the Confucian canon, which had significant influence on Chinese history and culture. The book was rewritten and edited by the disciples of Confucius and their students after the "Burning of the Books" during the rule of Qin Shi Huang, the first emperor of China, around 213 BC. The work describes the social forms, governmental system, and ceremonial rites of the Zhou Dynasty (1046–256 BC).

禮 *Li* literally means "rites," but it also can be used to refer to "ceremonial" or "rules of conduct," traditional forms that provided a standard of conduct. The ideas of *Li* became closely associated with human nature, ethics, and social order as the people integrated these ideas into their lives.

樂記 *Yuè Ji, Record on Music* is the 19th Chapter of the Book of Rites. It was reconstituted after the loss of the 樂經 *Yuè Jing, Classic on Music*.

<https://ctext.org/liji/yue-ji>

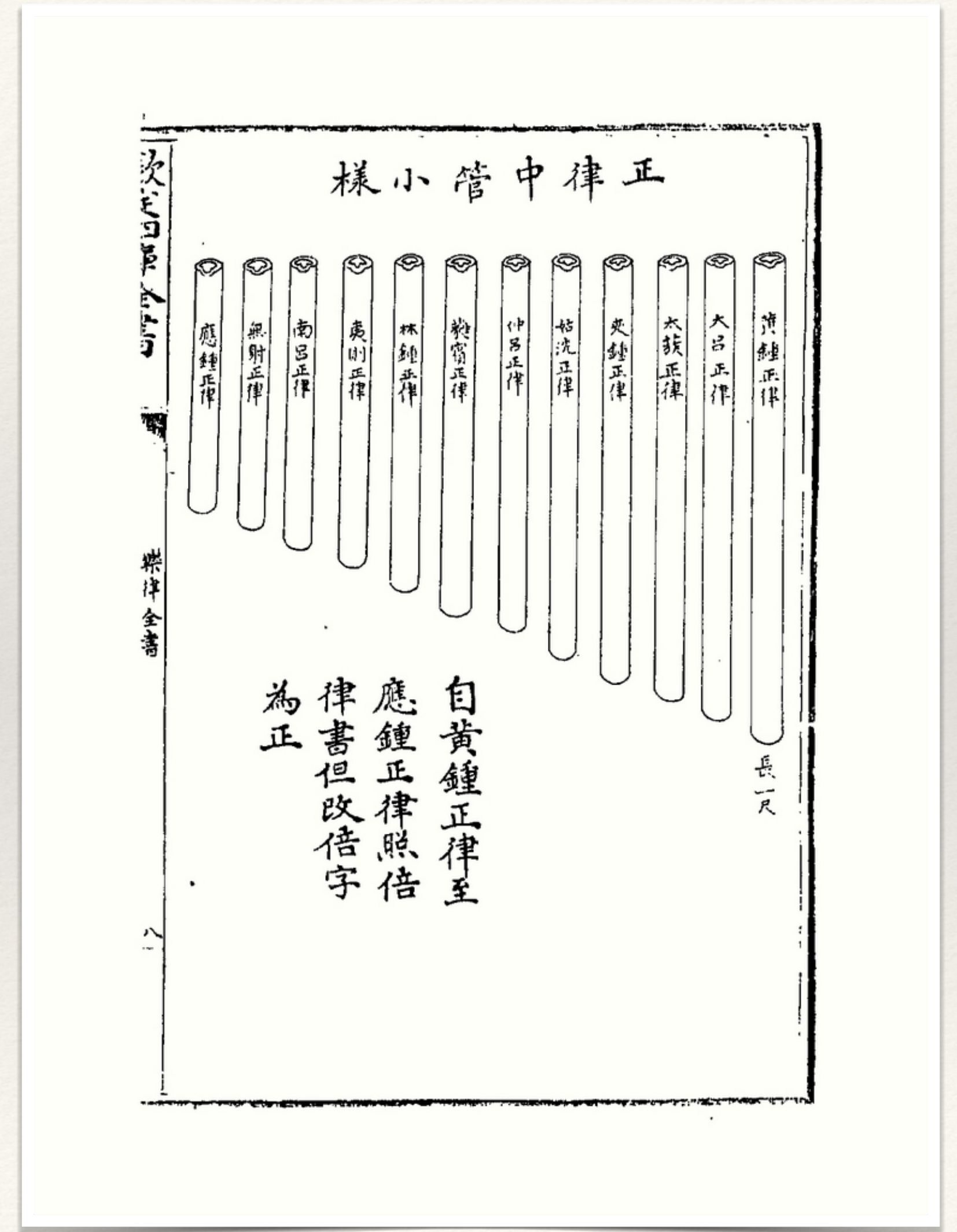


Fundamental principles of music according to the 樂記 *Yuè Ji*, Record on music

- ❖ Music has its root in the feelings of the human heart-mind. Its characteristics depend on the underlying feelings.
- ❖ Music connects directly with the heart-mind and can regulate it.
- ❖ Stillness restores one's original nature. Through the senses, the heart-mind runs to the outside and Qi is lost. Increasing desires lead to imbalances and exhaustion.
- ❖ Great music reflects the harmony of Heaven and Earth and fosters life.
- ❖ Music acts according to the principles of resonance :
wicked conditions or values generate wicked music which in turn generate wicked effects;
harmonious conditions or values generate harmonious music which in turn generate harmonious effects.
- ❖ Thus to take care of oneself, one needs to watch one's sense doors and cultivate discernment in regulating one's conditions and values.
- ❖ The accomplishment of virtue is superior to the accomplishment of art. Mastery of great music can heal the heart-mind.
- ❖ Music in its full development leads one back inward, which generate peace.

Basics of 樂律 *Yuè lǜ*, Chinese music theory

- ❖ Legend of the creation of music : Huang Di sent a scholar, Ling Lun, to the western mountain area to cut bamboo pipes that could emit sounds matching the call of the 鳳凰 *feng huang* (phoenix), an immortal bird whose rare appearance signaled harmony in the reign of a new emperor.
- ❖ With those bamboo pipes was created the 12 律呂 *lǜ lǚ*, a set of 12 pitches at mathematically related intervals. They could express harmony with the universe. This is the world's oldest documented tonal system.



- ❖ The first pipe produced the reference pitch called 黃鐘 *Huáng Zhōng*, Yellow Bell. The location of this pitch could be changed by the work of astrologers and acousticians on behalf of a new emperor, in order that his kingdom might stay in tune with the universe. The choice of the primary pitch in China had extramusical as well as practical applications, for the length of the yellow bell pipe became the standard measure (like a metre), and the number of grains of rice that would fill it were used for a weight measure. Thus, the pipe itself was often the property not of the imperial music department but of the office of weights and measurements.

<https://www.britannica.com/art/Chinese-music>



- ❖ By dividing the 12 pipes into simple ratios, 5 tones were identified : the pentatonic modal scale. Those 5 tones, 五音 *Wǔ yīn* are called : 宮 *Gōng* , 商 *Shāng* , 角 *Jué* , 徵 *Zhǐ* , 羽 *Yǔ* 。

- ❖ 五音 *Wǔ yīn*, 5 tones : 宮 *Gōng* , 商 *Shāng* , 角 *Jué* , 徵 *Zhǐ* , 羽 *Yǔ*
簡譜 *Jiǎn pǔ*, Numbered musical notation : 1 2 3 5 6
Solfège (Variable Do) : Do Ré Mi Sol La

- ❖ 5 tones pentatonic modal scales :

宮 <i>Gōng</i> :	DO	Ré	Mi	Sol	La			
商 <i>Shāng</i> :		RE	Mi	Sol	La	Do		
角 <i>Jué</i> :			MI	Sol	La	Do	Ré	
徵 <i>Zhǐ</i> :				SOL	La	Do	Ré	Mi
羽 <i>Yǔ</i> :					LA	Do	Ré	Mi Sol

http://www.dharmaliturgy.net/wu_sheng/

五行音樂醫療 *Five Phases Music Therapy*

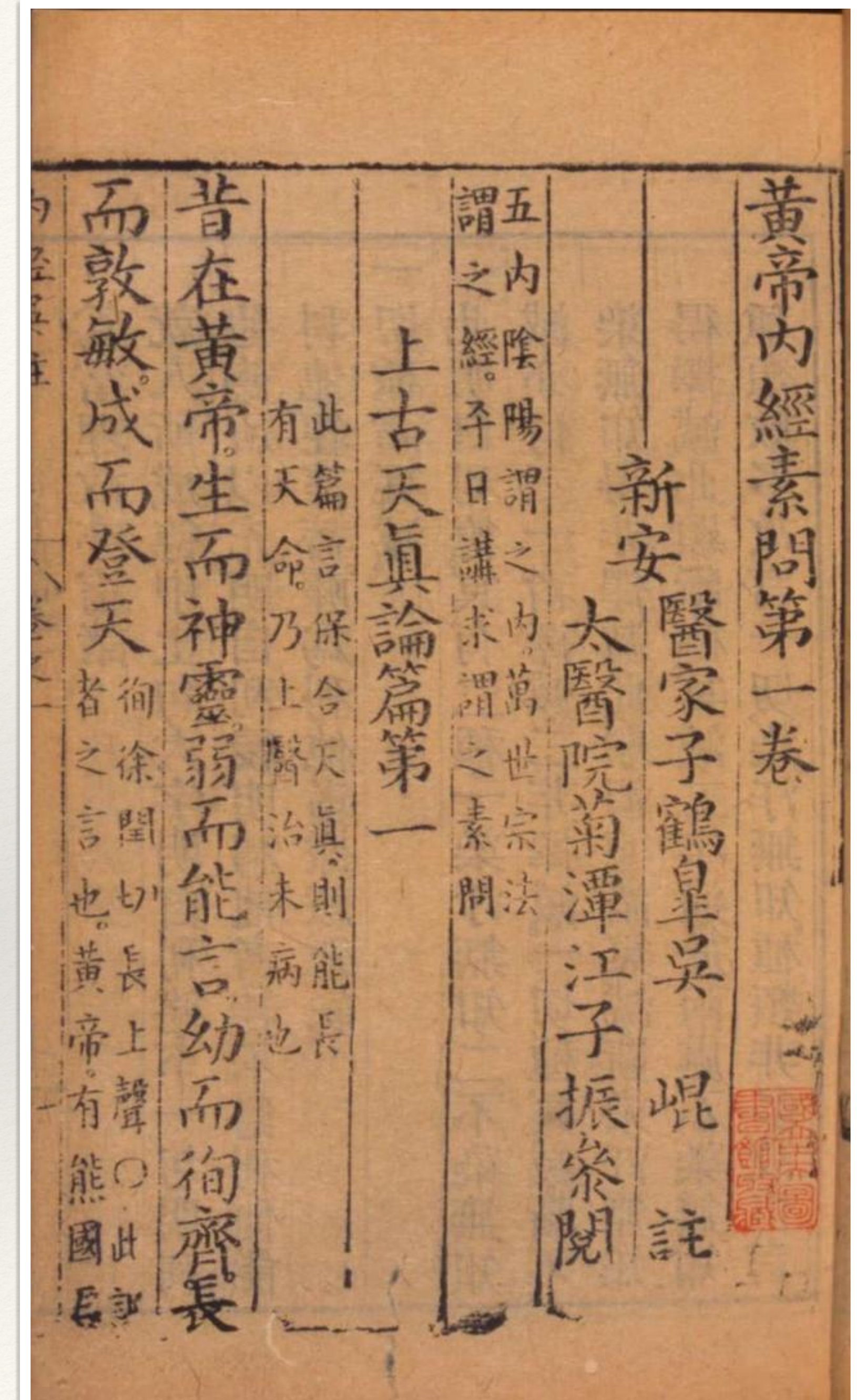
黃帝內經 *Huang Di Nei Jing* Yellow Emperor Internal Classic

Most ancient classic of Chinese Medicine, it is generally dated back to the Han dynasty (206 BCE–220 CE). The version mostly used today is the product of the 11th century Imperial Editorial Office (1053CE) and is based considerably on Wang Bing's 762CE version.

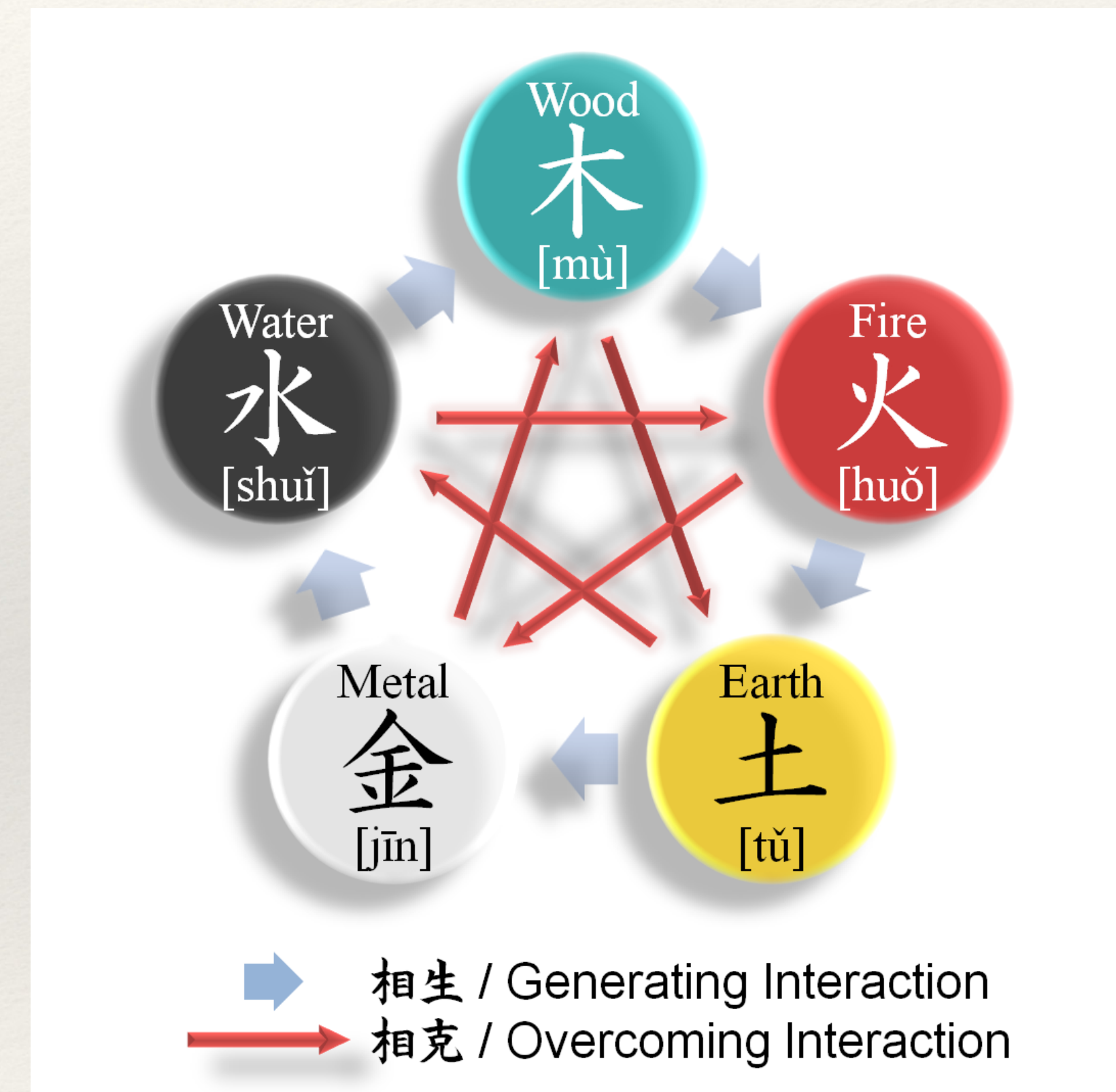
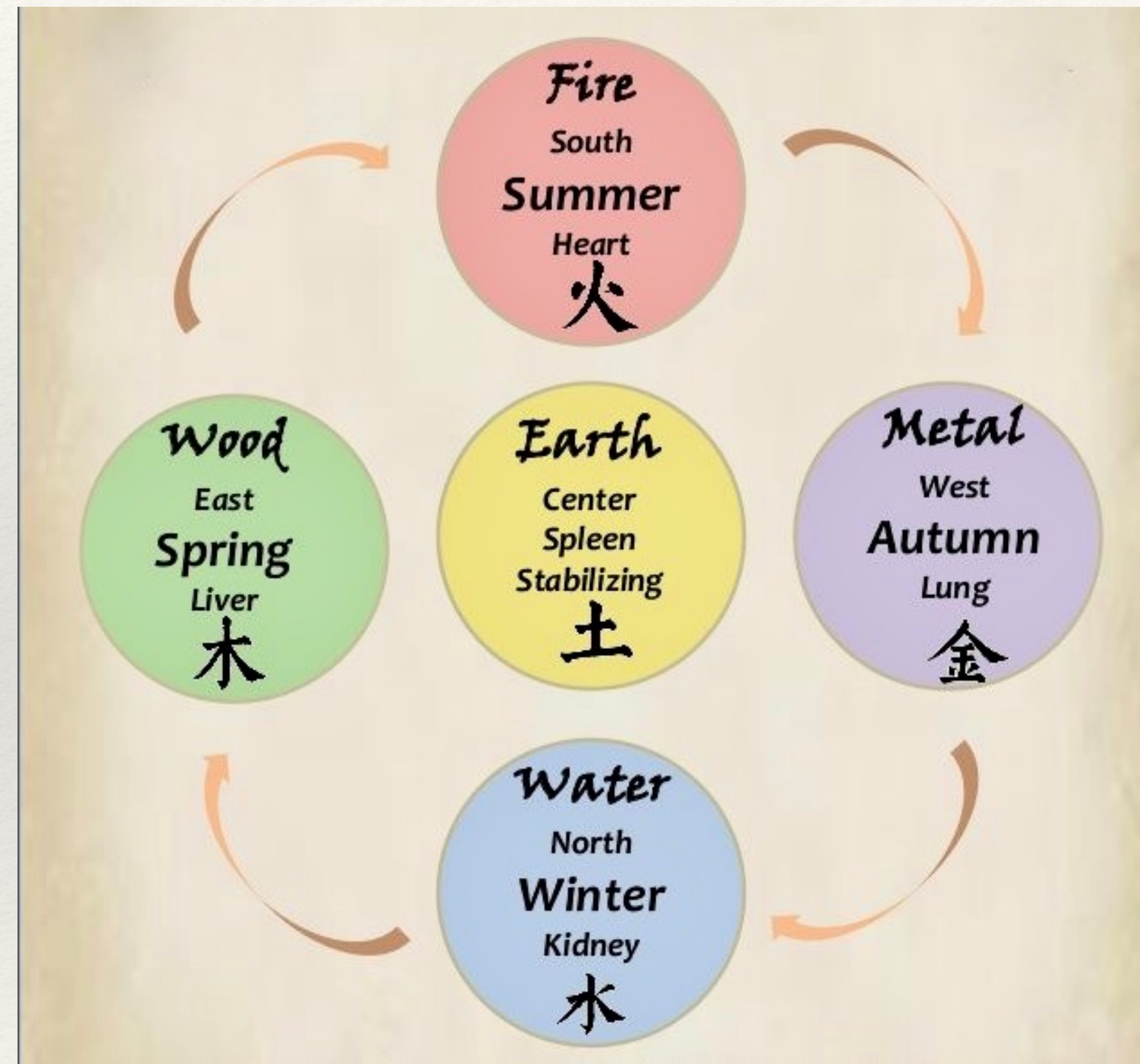
It offers a holistic vision based on the influence of nature on human beings, and establishes the founding principles of Chinese Medicine :

Yin Yang, Five Phases (五行 *Wu Xing*), organs and viscera (臟腑 *Zang Fu*), channels and collaterals (經絡 *Jing Luo*), physiology, etiology, pathogenesis, pathology, principles of treatment, Yang Sheng and prevention of diseases, and so forth.

Chapters 4 and 5 most specifically describe Five Phases inter-relations and correspondances.



五行音樂醫療 Five Phases Music Therapy



五音 *Wǔ yīn* The Five Tones



音 *Yīn* : sound, musical note, tone

❖ 八音 *Bā yīn*, 8 categories of musical instruments :

絲 *sī*, soie (stringed)

竹 *zhú*, bamboo

金 *jīn*, metal

石 *shí*, stone

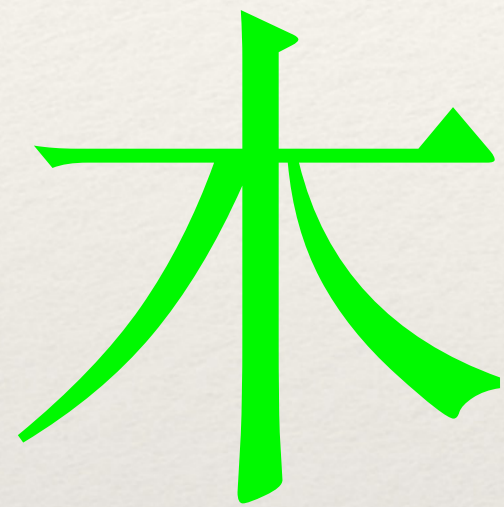
匏 *páo*, gourd

土 *tǔ*, earth (clay)

革 *gé*, leather

木 *mù*, wood

角 Jué, tone of Wood



- ❖ Direction : East
- ❖ Season : Spring
- ❖ Color : Green-blue
- ❖ Organ : Liver
- ❖ Orifice : Eyes
- ❖ Body part : Tendons
- ❖ Voice : Shouting
- ❖ Emotion : Anger
- ❖ Constance : 仁 *Rén*, Benevolence
- ❖ Sound in nature : Thunder, Wind
- ❖ Category of instrument : Bamboo, Wood, Gourd
- ❖ Music in 角 Jué scale is vigorous, melodious and bright.
Its function is to lift Qi and soothe Liver Qi, so that Qi blockages can be released.



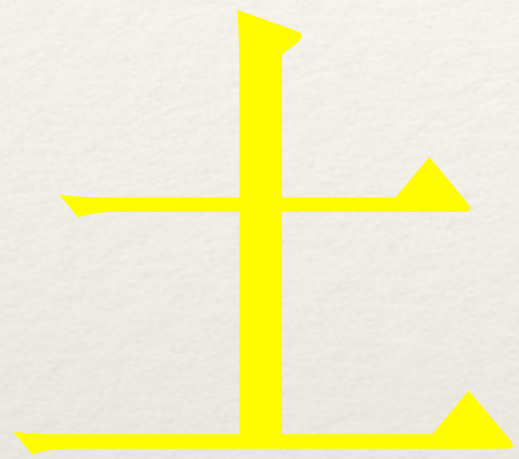
徵 Zhǐ, tone of Fire



- ❖ Direction : South
- ❖ Season : Summer
- ❖ Color : Red
- ❖ Organ : Heart
- ❖ Orifice : Tongue
- ❖ Body part : Arteries and veins
- ❖ Voice : Laughing
- ❖ Emotion : Excitation
- ❖ Constance : 禮 *Lǐ* , Courtesy
- ❖ Sound in nature : Fire, Birds
- ❖ Category of instrument : Silk (stringed)
- ❖ Music in 徵 Zhǐ scale is warm, joyful and relaxing.
Its function is to activate blood circulation and inspire the spirit.



宮 Gōng, tone of Earth



- ❖ Direction : Center
- ❖ Season : Inter-seasons
- ❖ Color : Yellow
- ❖ Organ : Spleen
- ❖ Orifice : Mouth
- ❖ Body part : Muscles
- ❖ Voice : Singing
- ❖ Emotion : Excessive thinking
- ❖ Constance : 信 Xìn, Faith
- ❖ Sound in nature : Earth
- ❖ Category of instrument : Clay, Porcelain
- ❖ Music in 宮 Gōng scale is calm and mellow.

Its function is to strengthen the digestive system and improve the ascending and descending Qi dynamics of the middle Jiao.



商 Shāng, tone of Metal

金

- ❖ Direction : West
- ❖ Season : Autumn
- ❖ Color : White
- ❖ Organ : Lung
- ❖ Orifice : Nose
- ❖ Body part : Skin and hairs
- ❖ Voice : Cryings
- ❖ Emotion : Sorrow
- ❖ Constance : 義 Yì, Righteousness
- ❖ Sound in nature : Lightning
- ❖ Category of instrument : Metal
- ❖ Music in 商 Shāng scale is solemn and resounding and grave.
Its function is to strengthen the astringing and purifying effect of the Lung.



羽 Yǔ, tone of Water

水

- ❖ Direction : North
- ❖ Season : Winter
- ❖ Color : Black
- ❖ Organ : Kidney
- ❖ Orifice : Ears
- ❖ Body part : Bones
- ❖ Voice : Groaning
- ❖ Emotion : Fear
- ❖ Constance : 智 *Zhì*, Wisdom
- ❖ Sound in nature : Water
- ❖ Category of instrument : Leather, Stone
- ❖ Music in 羽 Yǔ scale is pure, gentle and peaceful.
Its function is to consolidate essence and promote longevity.



Applications of Five Phases Music Healing

- ❖ Music therapy has been reported as an effective modality, applied alone or in combination with other therapies, in the treatment of neurological, psychological and psychiatric disorders such as anxiety, stroke-induced motor dysfunction, acute and chronic pain, depression, cancer, chronic fatigue syndrome, and so forth.
- ❖ *Five Phases Music Therapy (FPMT) in Chinese Medicine : Fundamentals and Application*, Hui Zhang, Open Access Library Journal, 2017

https://www.academia.edu/43690703/Five_Phases_Music_Therapy_FPMT_in_Chinese_Medicine_Fundamentals_and_Application



Music therapist Tracie Wicks plays the guitar for terminally ill patient Wayne Miles. (ABC Sunshine Coast: Megan Kinniment)

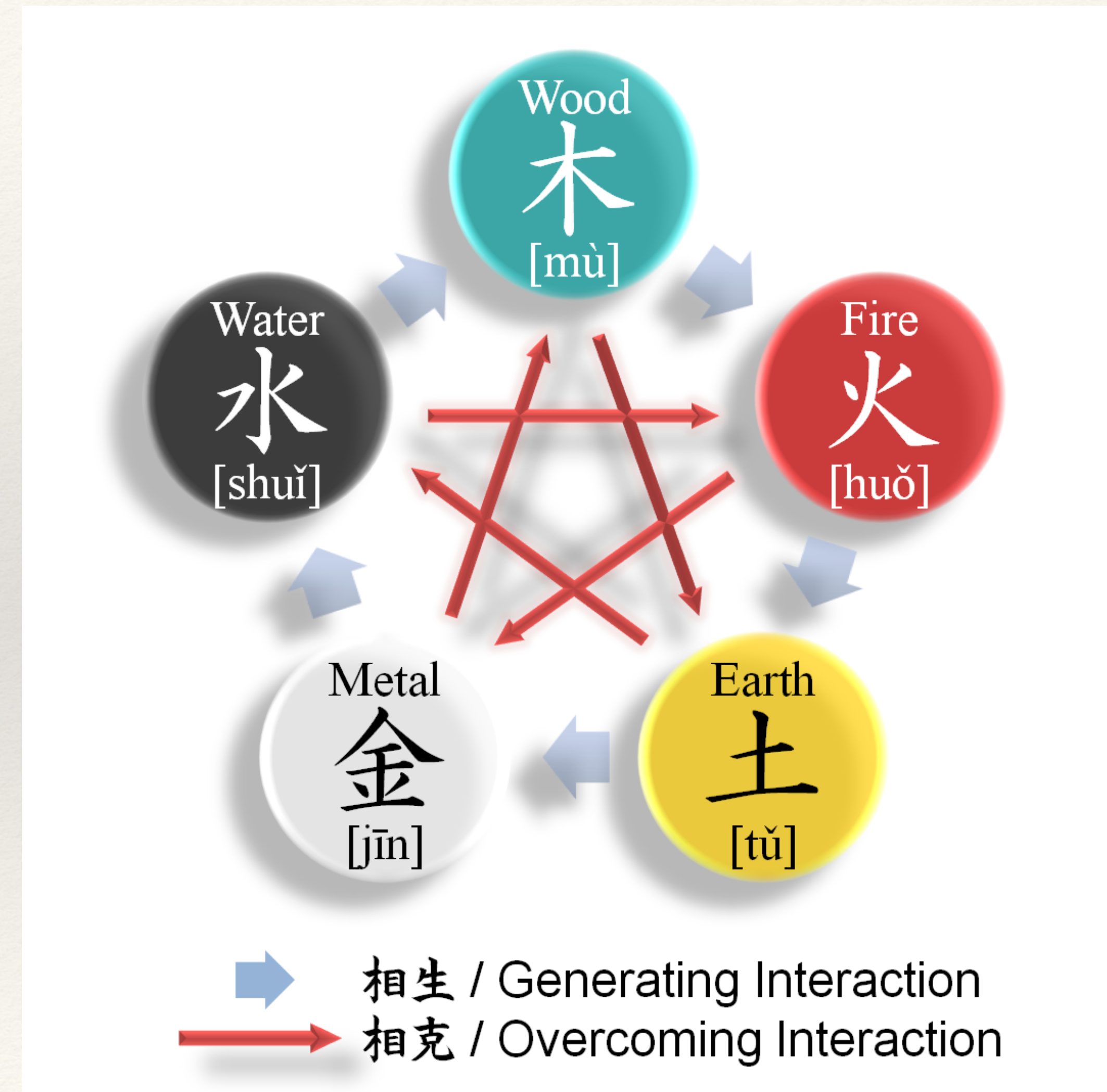
Conditions of application of Five Phases Music Healing

- ❖ Silence is gold : first clean all noise pollution from patient's daily life so as to create spaces of stillness.
- ❖ Quality of consciousness is the most important condition :
 - Consciousness of the practitioner : faith, inner stillness, unity, Qi Gong, connection ;
 - Consciousness of the patient : openness, introspection and focus, unification.



Method of application of Five Phases Music Healing

- ❖ Select and prescribe music on the basis of 辨證 *Biàn zhèng*
Pattern identification :
 - Sometimes less is more : consider regulating to pacify first.
 - Apply Yin-Yang, Zang-fu and Five Phases theory :
虛者補其母，實者瀉其子。
Xū zhě bǔ qí mǔ, shí zhě xiè qí zǐ.
In case of deficiency, tonify its mother;
in case of excess, reduce its child.
- ❖ Adjust pitch, rhythm and volume.
- ❖ Good quality sound system.
- ❖ TIME :
德高，功高 *Dé gāo, gōng gāo*
The higher the virtue, the higher the Gong.



Various music resources



- ❖ Five Phases Music Therapy :
<https://podtail.com/podcast/五音疗法-每天3分钟-轻松一整天/>
- ❖ Master Shen Wu's Music Qi Gong Healing :
<https://www.swjoyoflife.com>
<https://www.youtube.com/channel/UCYXZnXcbdiuu0iDm7gdAc4A>
- ❖ Five Immortals Temple, Healing Music created by Li Shifu :
<http://fiveimmortals.com/healing-music/>
- ❖ Chants of Daoist Scriptures :
 - 清靜經 *Qīng jìng jīng*, Classic of purity and stillness
<https://www.youtube.com/watch?v=p9i2bWZqEqM>
 - 道德經 *Dào dé jīng*, Classic of the Way and virtue
<https://www.youtube.com/watch?v=vj6gEgu2blY&t=919s>
 - 玄門早晚功課經 *Xuán mén zǎowǎn gōngkè jīng*,
Mysterious Gate Morning and Evening Service
<https://www.youtube.com/watch?v=Djls-UDoFP4>
https://www.youtube.com/watch?v=iREMoml_psc