

MUSICAL ACUPUNCTURE
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MAY 29, 2012

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Musical acupuncture is a concept developed by Janalea Hoffman in the '90's after working with many clients with chronic pain, arthritis and other stress related physical problems. Her CD, "Musical Acupuncture" uses 50 beats a minute to slow body rhythms with tones that have a certain vibrational frequency that can be received in the body at certain points of energy, similar to an acupuncture needle. The music can be consciously directed to places in the body where pain or stress is dominant. Conversely, the tones may naturally gravitate to where the body is calling for an energy increase or shift in the body energy, and by the use of a slow, steady rhythm for deep relaxation. For example, pain is often just blocked energy, so by moving energy, pain can be alleviated.

Acupuncture

Acupuncture is the ancient Chinese medical practice done by inserting needles at very precise acupuncture points or pressure points in the body. The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up in others.

Acupuncture treatments can therefore help the body's internal organs to correct imbalances in their digestion, absorption, and energy production activities, and in the circulation of their energy through the meridians also known as "the vital energy" or Qi (Chi, Prana).

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones, which influence the bodies own internal regulating system.

Entrainment

Entrainment is any two living vibratory bodies that will try to synchronize with each

other. The relationship between body rhythms and musical rhythms is developed through our early experiences of being inside our mother's womb. The first sound we hear is the sound of the heart beating. This early experience creates an intimate connection between musical rhythms and body rhythms. One of the quickest changes in the body rhythm is an increased heart rate. Therefore, utilizing Musical Acupuncture playing 50 beats a minute helps the listener's heart rate respond to the external stimulus of the slow, steady beat of the music and his/her heart rate begins to synchronize. This is a natural way to help prevent further emotional, psychological, or physical distress on the psyche, body, and soul.

“Energetic Anatomy”

How you react emotionally to situations has the potential to cause a stress reaction in the physical body, which triggers chemical and energetic changes that can reduce your energy level. To further understand this concept, understanding that stress reactions and negative emotions are not just in the mind. The energy body is called your aura, where you hold all emotions. Whether these emotions are positive or negative, they are energy and they can be stuck in the physical body. An aura is composed of interlocking energy fields, plus your energy centers, or chakras and energy channels, or meridians. Together, these pieces make up your energetic anatomy. Some harmful emotional energy that can cause physical problems are negative emotions, limiting beliefs, and traumatic memories. Most Western medicine usually only treats the physical symptoms, but cannot treat the cause which is energetic and emotional.

Benefits of Musical Acupuncture

As an alternative, “rhythmic medicine” can be particularly effective for chronic pain such as arthritis, back pain, headaches, etc., and for energy balancing, or deep relaxation. The music begins at 65 beats a minute and gradually slows to 50 beats a minute. This allows for music to assist with slowing down the heart rate and alter a more relaxed state in the body and in the mind. The music alters states of consciousness and accessing the unconscious mind. Synchronizing the body and musical rhythms can be a very useful tool in body awareness. This can empower a person to become conscious of how to control their body rhythms by having some point of reference to entrain with.

Reference

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