The Science of Sentics

By: Megan Flynn

Emotions have been a topic of captivation and scrutiny over time. Many scholars have distanced themselves from emotions, while others insist that life is not complete without acknowledging and understanding them. Dr. Manfred Clynes, a scientist and musician discovered Sentics which explains the universal nature of emotional expression. This branch of science provides insight into the importance of emotions in connection to enhancing emotional balance for well-being and musical talent. He is an accomplished pianist who supported his career with his inventions and carries 40 different patents.

One of his key inventions is a device called the Sentograph which obtained measurable data to record the expressive action of emotions. Dr. Clynes discovered when individuals were communicating specific emotional states that similar patterns of muscular movements were recorded. Through his research, Sentics established precise results by developing the concept of Sentic cycles. He studied seven basic emotions, along with the absence of emotion, in individuals all throughout the world and the results were consistent across cultural lines.

The results from the Sentic cycles indicate that emotional expressive forms are biologically programmed within us, not culturally learned. Since the basic expressions were consistent, this demonstrates a correlation between our emotions and our physiology. Emotions are a natural expression of the central nervous system. They are innately programmed and we can work with Sentic cycles to express ourselves in a safe, reliable way that can enhance emotional well-being.

In a therapeutic framework, Dr. Clynes helped his clients feel better after running the 25-minute Sentic cycle session. They experienced no emotion, love, hate, anger, joy, grief, sexual desire and reverence. Emotional states improved as a direct result of the Sentic cycles as they reported feeling calm and enhanced energy levels. This holistic approach highlights the symbiotic relationship between emotions and physical health. In his book, Sentics, he

highlights personal situations and their response to Sentic cycles detailing greater emotional freedom.

We cannot separate ourselves from a biologically programmed response. If we embrace Sentic cycles as a form of emotional training, we may experience life through an uplifted perspective rather than being weighed down by our emotions. The freedom of expression in a public setting can be limiting but acknowledging emotions and being able to express them in a controlled setting can lead to more richness in life. Dr. Clynes highlighted that our best emotions: love, joy and reverence are always within reach because of their biological roots.

In an academic framework, Dr. Clynes intertwined emotions and music which helped to demystify the phenomenon of musical talent. The essentic form is its biological form that communicates a specific emotional state. Being able to recognize this at a young age and communicate it through music to is linked to a natural gift in musical expression. Although this can be innate, is it also teachable. The more one experienced Sentic cycles the closer their response was to the essentic form. The more naturally expressive one communicates through music, the more connection one can form with the audience for a more moving experience that may alter the emotional state and provide valuable insight for the listener.

Emotions undoubtedly have an affect over our quality of life whether we choose to acknowledge them or look the other way. Sentics is an innovative science that revolutionized our understanding of how emotional states are significant and may enhance our lives personally and professionally. By studying Sentic cycles, emotions with their expressions, it provides an inclusive insight into therapeutic and academic guidelines.