

Cellocourses newsletter #5

November 2009



I'm Catherine Black. I'm a cello teacher and I also create & organise courses for cellists and other instrumentalists. You can get much more information about me and my courses if you look at my website - www.cellocourses.com.

MUSIC & HEALING

As far back as the Ancient Byzantine era, it is known that man has used music and sound in healing. In the first hospitals in Constantinople, healers would take the patient to a room where they would discuss what was wrong alongside musicians who would then work towards “ playing” them back to health. We are now at a time when music is used therapeutically in many settings. In the 70s, at a university in Paris, Fabien Maman, a musician & acupuncturist started to explore the impact of musical sound on cells. He saw and photographed extraordinary changes that occurred in cells when they received and absorbed pitched sounds. His research shows that A, the note the orchestra tunes to, is THE most healing note. A cancerous cell changes shape and colour on receiving this sound. It can then heal. Maman takes this finding and asks why don't we switch on an A and heal a person, a town, a city... He says “The seed of the spiritual is found in the physical...When scientific research, spiritual practice and artistic expression work together, heaven and earth are in resonance”

We cellists sit at a large instrument (another body), itself a set of energy circuits, and connect our physical and emotional circuitry to this extraordinary being which vibrates straight through our hearts. The cello has its own energy imprints from its previous players; its own history. When I teach, I see the therapeutic nature of the cello. A pupil may simply be tired or worn and occasionally, in emotional pain. Once they start to play, they may cry while playing or, the act of playing may gradually bring about rebalance. They can feel and I can see their energy levels rise, their colour change. Sometimes the voice, if it has moved, comes back to its true place. You know that when you play, you feel energised and better, if you began feeling low. Music is medicine!

Music is everywhere; it's hard to avoid. There must be a profound longing for it in our souls. We may put on music with a great tune to dance around the house to in order to revive and lift ourselves. At the other end of the spectrum, we listen to music to try to unravel our emotional worlds and to make sense of our deepest feelings. A player and listener turn to music to search within for what does, and doesn't make sense. We see music as a

comfort and a reference; many people mark important life stages by the music they listened to at significant times. It seems to be natural to go on these inward journeys in the hope we may make more sense and can gather courage to become more our true selves.

I look forward to an exciting new year and to seeing you again.

Don't hesitate to ask any questions :

- either by email to catherine.black@cellocourses.com
- or feel free to call me on 01273 470558 - please leave me a message and number if I'm not available to speak to you at the time.

With best wishes,
Catherine