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Physical and Biological Correlates in Alternative Healing Modalities

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HUMAN MIND EXPLORED BY MUSICAL INDETERMINATE STIMULI

ABSTRACT

Real-time Indeterminate Synthetic Music Feedback (RT-ISMF) is a collection of methods and instruments that generates indeterminate music by transforming signals from an REG (random event generator) into uniformly distributed musical scales, note durations, and note values. It is called *indeterminate* because the listener cannot predict the resulting music by known means. The music is what is called *pure music* in music theory; because it is stand-alone music played on musical instruments excluding the human voice, and without words, literary titles, or associated texts. Though artificial and indeterminate, ISMF music still may induce emotional experiences in humans. Concerning music and emotion, demarcation is generally made between conveyed emotions (emotions expressed in music) and elicited emotions (emotions induced in the listener). This demarcation rules out conveyed emotions to be expressed in ISMF music. Emotions evoked by ISMF music may therefore be interpreted as *pure elicited emotions* that are ultimately restricted to the subjective, experiential realm of the listener. To enhance this feature, the construction of the RT-ISMF apparatus has been modified over the years in such fashion that any artistic preferences of the author are excluded from the design. During its early phase of development between 2007 and 2009 RT-ISMF was used as an artistic means to explore if the produced music could stimulate higher states of consciousness and improve inner imagination, but soon it was recognized that RT-ISMF might also be useful in therapeutic practice. Based on case studies acquired between 2009 and 2013, possible use of RT-ISMF as a therapeutic intervention technique was demonstrated. Listeners reported deep relaxation in short times, combinations of ‘exceptional experiences’ as well as spiritual and bodily healing, and dream-like images and sudden insights, most of which were connected in a meaningful way to important issues in the individual’s life. Based on these preliminary studies, ISMF was demonstrated as a potential effective intervention for a broad range of psychological, yet unclassified discomforts. Beginning in January 2013, RT-ISMF was made available to a limited number of therapists whose reports indicated that they found similar results as those found in the earlier case studies. RT-ISMF music has thus evolved from an artistic enterprise into an objective tool that can be used by many people to explore their own subjective world without interference of any outer influence but indeterminate music. Since October 2014, RT-ISMF is made available for both professional and private users, under the name ‘Mindfeedback Music’. In particular we are interested to learn if the collected data may help us to understand if and how methods and technologies originally designed for finding proof of micro-PK mind-machine interaction, can also be used in a *practical* way to explore the depth of the human mind. Questions that cannot be solved by reason alone, might find ‘intuitive’ solutions by exposing our minds to indeterminate stimuli that reason cannot grasp either. By connecting both objective and subjective measures in micro-PK studies we believe that this field of research can contribute to our understanding – and connection with – the spiritual nature of man.