

Music Therapy Literacy Based on Boethius Approach in Thailand

Ratree Pangnoi¹, Poonpit Amatyakul^{2*}, Somchai Trakarnrung³, Nachaya Natchanawaku³

¹Ph.D Candidate of College of Music, Mahidol University, Thailand

²Professor of College of Music, Mahidol University, Thailand

³Assist Prof of College of Music, Mahidol University, Thailand

Corresponding author: Poonpit Amatyakul, E-mail: morppit@gmail.com

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ABSTRACT

This study is qualitative research which focused on phenomenology of music therapy based on Boethius' concept and approach in Thailand. The objectives of this study were to explore phenomenology and patterns of remedy through Boethius' energy music therapy in Thailand. The participants were nine music therapists. In-depth data of the individual's experience were collected and analyzed. The outcomes of this study indicated that (1) *Musica Mundana* (Universal music) is derived from the movement of the stars in the universe which consequently causes day, time, seasons, cosmic and the 12 zodiacs which relate to the 12 musical major scale. (2) *Musica Humana* (music within human body) is related to the universal music. Most music therapists emphasize the sounds used rather than the aesthetics. Specialists' experience also takes a crucial part in blending the sounds for internal body balancing. This practice is based on Boethius concept and approach. Meanwhile, *Musica humana* should be synchronized to *Musica Mundana* and the religious concepts.

Key words: Music Therapy, Boethius, Energy Therapy, Chakras

INTRODUCTION

Music therapy intertwines between an aesthetics and an energy therapy since music therapy is successfully applied in a modern medicine which is called "alternative medicine" or "Complementary and Alternative Medicine" (CAM). World Health Organization (WHO), resting on Ministry of Public Health's alternative medical resource, defines the body of knowledge on complementary alternative medicine is used as a supplementary or is cooperatively conducted with conventional medicine. Yet, alternative medicine in another definition is explained that certain symptoms are not cured by the conventional medicine to some extent. Therefore, music therapy is the prime aesthetics; however, no research about music therapy concerned in mind-body intervention and energy therapy are found in Thailand. As the research of music therapy focusing on mind-body intervention and energy therapy are still vague and uncrystallized understanding on both literature and theories, the principle of music therapy, however, is an integral concept based on Boethius's music therapy. At the present, alternative medicine is widely known and accepted by using energy therapy and music therapy. (Andrews, 1994; Amey, 2014; Bonny, 2002; Brennan, 1987; Bruscia & Grocke, 2002; Callaghan, 2008; Cousto, 2000; D'Anggelo, 2005; Goldman, 2011; Johnson, 2002; Khan, 1996; MaKusick, 2014; McClure, 1998).

Sugree (2003) has given the meaning for sound energy by elucidating that music is a sound which has power and

music can create a movement since it is proved. Once the movement has occurred, change has subsequently happened. Then, the development gradually taken place. By means of Boethius, a Roman philosopher, stated that music in ancient Greek creating 3 levels of movement comprises (1) music creating movement from the universe which causes the orbit of stars and other planets, days and times, waxing and waning moon, and tide and tidal water, (2) *musica humana* created by human movement, and (3) music derived from musical instrument's essence consists of solid element, fluid element, air element, heating element, and elemental substances which are produce musical sound.

According to Boethius' 3 musical levels of movement, energy therapy is importantly related to cosmic energy, respiratory energy, chakra energy: central energy in human physical body, and elemental energy. This concept can be traced in many cultures: India, China, and Greek; therefore, the intellectual body's energy therapy is universal and globally accepted by medical profession. The Boethius's 3 musical levels of movement is considered as the original music therapy with long-standing history in every religion, belief, and ideology. Religions, beliefs, and ideologies gradually embed music therapy in their rituals. Afterwards, the ritual music is created. As time goes by, the traditional beliefs have been faded. Knowledge cannot be transferred. For this reason, Department of Thai traditional and alternative medicine, Ministry of Public Health has proposed the energy therapy in

order to integrate the bodies of knowledge between ancient knowledge and modern knowledge. Consequently, the researchers are convinced that the study in both the ancient knowledge and modern knowledge is a good propagate to pioneer and disseminate music therapy based on Boethius approach.

Objectives

- To study the phenomenology in the pattern of remedy by using music therapy based on Boethius approach in Thailand.

Research Questions

1. What was the history of musicology in the perspective of music therapy based on Boethius approach and what were there?
2. How was the phenomenology in the pattern of remedy by using music therapy and energy therapy based on Boethius approach in Thailand and what were there?

RESEARCH FRAMEWORKS

In this research, are involved focusing on music therapy based on Boethius approach, 2 frameworks as following (1) musicology and (2) field works of professional music therapists based on Boethius approach in Thailand.

1. Research framework in musicology is the studies of history, definitions, and the relations on music therapy based on Boethius approaches composed of (1.1) Musica Mundana, (1.2) Musica Humana, and (1.3) Musica Instrumentalist.
2. As the research framework in phenomenology, we chose qualitative research methodology and phenomenology. Through the research' descriptive details, we conducted the musicology in order to understand the concepts, emotions, and feelings as well as the individual's identity in full detail. We selected the key informants who were the music therapists at the age over 35 year-old with 5 years of experience in music therapy. From that criteria I can selected 9 key informants.

RESEARCH METHODOLOGY

This research was conducted by implementing a qualitative research method by means of Phenomenology on the study of music therapy's history based on Boethius approach. Data collection used two methods: (1) documentary research (2) semi-structured interview. The interview questions were based on the keywords of the study. The semi structured interview was conducted to compare the data obtained from key informants in order to acquire the deep understanding on each participant's experience. We selected the key informants by classifying the qualifications from their proficiencies, experiences, and well-known work profile well as by a recommendation from lecturers and specialists from Mind Science Institute. The snowball sampling was used to gain intensive information that suits the research question.

Nine key informants were included bass on these criteria; master's in music therapy with knowledge of Chakras, central energy in human physical body, Chakra's energy field and auras, age over 35, having at least 5 year of experience in this field work as specialist, having renown work and outstanding profile, verified by Mind Science Institute or trustworthy institute.

Based on the data analysis, key informant's narrated notes derived from the interview in terms of expert's experience and stories were interpreted and analyzed. According to Chai (2007), the interpretation is a way for revealing the participants' feelings and participation. As the researchers mutually shared the idea with the key informants, the more in-depth information derived. The interpreted data was sent to the interviewees to review and cross-checked for data accuracy therefore, this data fit the whole jigsaw completely.

RESULTS AND DISCUSSION

The meaning on the music therapy based on Boethius approach in Thailand was the analytical data which derived from the interview. This research collected the data from the interview in a phenomenological approach which was related to musicological theory. The data analysis was conducted by an interpretation under the circumstance or the context of Boethius musical concepts. From the interview, the first author selected the meaningful experiences and each experience must be reflected to Boethius musical concepts. The significance of data interpretation helped to reinforce understanding the phenomenon why human created the meaningful phenomena on what they had experienced. The interpretation related to musicology in this research based on Boethius approach was apparently recorded in Greek period by Pythagoras before 570 B.C. Music therapy based on Boethius approach was influenced by Egyptian philosophers. These philosophers believed that music, mathematics, and astronomy stayed coexistence. Besides, they believed the reincarnation, music is philosophy, and philosophy can be an ultimate ablation.

Boethius acquired the musical influence from Pythagoras and he disseminated this influence to Rome. Boethius was the last philosopher in Rome, and he thus was a very important figure who witnessed the significance of music therapy in the Greek period. For many thousand years, music has been explained in the concepts of science and mathematics in order to elaborate the natural phenomenon, stars and planets, as wells human body. According to alternative medicine, the universe comprises the vibration of exposure energy in many types of radio frequency which transmits through human body. The human health has thus been regulated by the cosmic vibration since the prior ancient period. As the result, music is the prototype of creating human body derived from the nature and the origin of medicine. By way of the influence on Boethius's music approach correlated to Pythagoras's liberal arts and Greek musical theory, the awakening of language and ancient cultural studies: Greek, Latin, Hebrew, was occurred in 15th – 16th century (Renaissance). In that century, the significance of music therapy based on Boethius approach was once rejuvenated in the book called "De Insitutione Musica".

The Developmental Process on Music Therapy Based on Boethius Approach

According to data analysis from 9 key informants’ experiences, the researchers found that the accumulated experiences they had towards Boethius’s approach were reflected to the differences of a musical identity development. The experience of each music therapist initially started from musica of humana. Once they understood the functional process of 4 bodies: (1) Physical body, represents how to play and practice musical instrument for gaining experiences through controlling the physical body, (2) Etheric body represents love, preference, happiness as those refer to the body of breath and the body of life, (3) Astral body represents emotional thoughts, wisdom, and musical intelligence. Those are derived from Astral body from air element, and (4) Ego body represents the power of resolution. When the Ego body is initially working, the special talent will be convergent with the endeavor. The Ego body can be developed from the age of 15–21-year-old. This period of life is a developmental period of muscle, digestion, and resolution as well as the reincarnation of the soul on heating element until the age of 42-year-old; the last period of the reincarnation of heating element, henceforward the special talent is finally ended. The left of musical experiences is thus an action which is derived from solid elements, fluid element and air element. The said elements are called the Endeavor, not the special talent (Figure 1).

According to the analysis, 9 key informants’ ages are in between 36 and 42 year-old which is the powerful period of

spirit, life learning, and spiritual development. If the spirit hold firmly on materialism, the physical body will be gradually deteriorated. To illustrate, if he or she is not interested in music therapy anymore even he or she confronts to tackle the issues and develop his/her identity, these actions will be fading relating to the deteriorating physical body. If the spiritual resolution needs to be developed its own identity, the intellectual body will developmentally surge to crystallize in another process. According to the results of the data analysis, the most powerful period of Ego body were 2 key informants.

Afterwards, the deteriorating period of Ego body is in between the age of 43-49 year-old: the functional remains are only in the Physical body, Etheric body, and Astral body. In this research analysis, 1 key informant was in this period. The deteriorating period of Ego body is an empirical crystallization. As the result of the music therapist’s identity from tackling the issues and developing music therapy and energy therapy pedagogies, the music therapist’s identity would improve to his/her own personal knowledge.

People aged 50-56 can still perform their physical functions, but the etheric and avatar bodies are in decline due to the decline of their lungs and hearts. One key informant was a participant in this phase. Music therapists in this phase come from their therapeutic experience and develop a clear identity, become skilled at playing their instruments, and gain knowledge gained through collective experience.

People aged 57- 63 can be functional physically, but their Etheric body may be experiencing deteriorating period. The participants have 2 who was in the said period. The

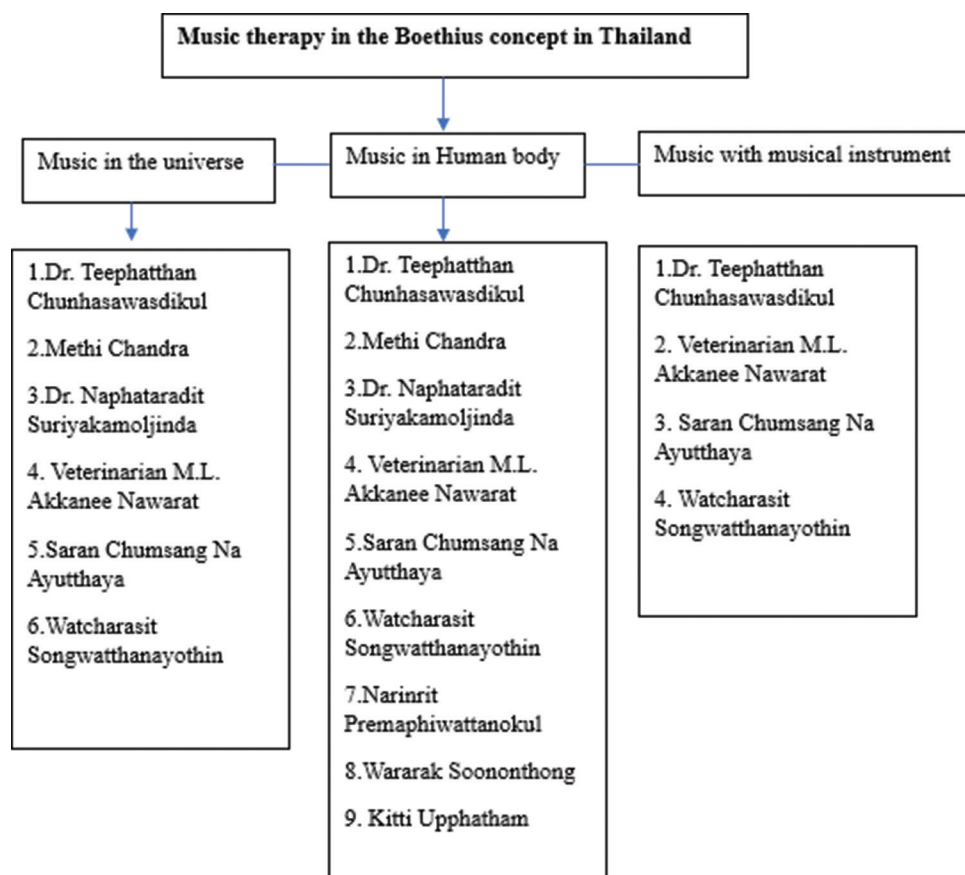


Figure 1. Results of field data collection on music therapy in Boeotia’s concept in Thailand

experience on music therapy is crystallized to be a skill, specific knowledge, and to be able to transmit knowledge proficiently. The proficiency is occurred by repeating, experimenting, and tackling the issues. If music and energy therapists has improved themselves until in this period, their identity will not change and their intellectual transmission will be instantly stable.

The last age period is over 64 years of age. With regards to the data analysis results, the Astral body and Etheric body. In this period of life, all parts of body's organs have started deteriorating and they are becoming less functional. The crystalized skills are developed in the practice of "enlightenment" (Bhothi) which elucidates that the person will be fond of working for the society without return and contributing himself/herself for social development. In this research, the participants who were in this prime period were 3 people. First, he was from Body and Mind House, an energy therapist, the maker of musical instruments for therapy and energy therapy. He left his own business to do what he loves. Even though he initially started his own new business, Body and Mind House, he had the resolution to become the maker of music instruments for music therapy and energy therapy. He deviated himself to do what he truly loved, as such making the said instruments. Second, who was a silent therapist or empty thought and mind from alternative medicine department in Buddhachinnaraj Hospital. After he retired, he devoted his physical body, his mind, and his soul by implementing the power of true emptiness for therapy together with universal energy and music therapy. He would definitely devote his life to do it until his last breathe. His specialized skills would be disseminated to any person who was interested with no charge. He was dedicated to "the path to the enlightenment" which was a benevolence. And the last one was, energy therapist, music therapist and the founder of research and mental development institute (the institute was close down). He closed down his animal pharmaceutical industry in order to find the research and mental development institute since he devoted it to be "the path to the enlightenment" for all humankind. As he had implemented music therapy and energy therapy to cure diseases without

returns for 20 years, his physical body was deteriorating by each passing day; therefore, he decided to close down the research and mental development institute and spend his life peacefully.

Pattern on Music Therapy Towards to Boethius's Approach

At the present, music therapy becomes an aesthetic accepted and more popular in Thai society. Much research shows that there are many advantages on implementing music therapy to alleviate the patients' health with conventional medicine (Naphada, 2010), (Patcharee, 2010), (Samret, 2007), (Rakchanok, 2007), (Ariya, 2006), (Parinyaporn, 1998). Music was developed for therapy in the form of activity in 1980. The music enables the patients in any ages and symptoms; physical deformities, emotional disorder, and intelligent ability, to engage among others.

According to an analysis on therapy patterns towards Boethius's approach, the universal relation is transmitted to human's experiences. Then, a human transmits his/her experiences through musical instruments. As mentioned, this concept was interweaved in 10 participants (specialists) in this research. From research, the musical sound in nowadays is produced by the entire universal music. The music sound is categorized into 7 sounds: C D E F G A B, connected with music in inner physical body of human. In the chakra energy: central energy in human physical body, enneagram, stars, gods and goddesses representing for each day, and sound system for 12 sounds: C C# D D# E F F# G G# A A# B, those are connected with zodiacs, months, constellation, rituals, and universe (Figure 2).

Music and musical instruments have a responsibility to connect with those energies and release them to be music therapy and energy therapy. According to the research, crystal bowls, tuning fork, and chimes were used the most for music therapy. At present, counting on special frequency is widely used. Yet, an obstacle has occurred on the sound's balance towards to Boethius's approach since the special frequency sound is not able to be played with musical instruments or to

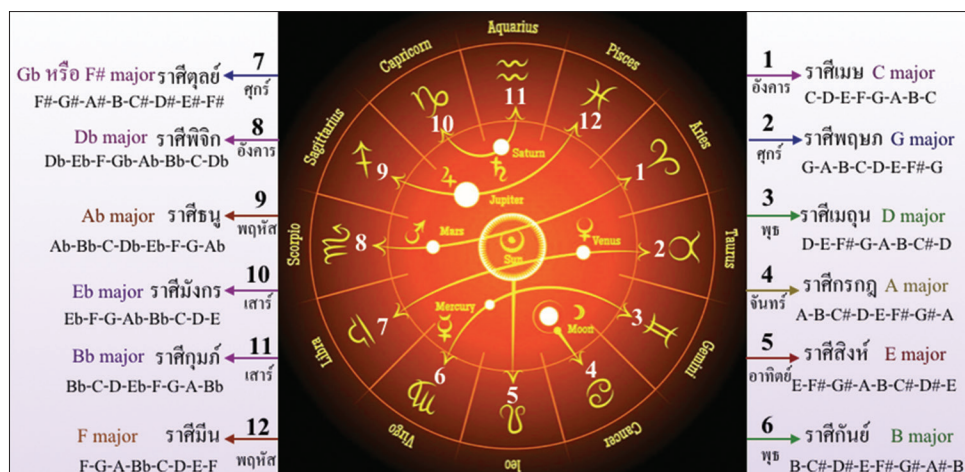


Figure 2. Music in the universe, 12 zodiac scales. Sources: Authors

be played as a song. Moreover, the special frequency sound is not a smooth aesthetic to listen to. To illustrate, the modern music like Atonal Music or Atonality is influenced by music in the universe which stimulates the thinking. Sounds from tuning fork, various sounds of frequency from Zen's flute, and bizarre harmonized sounds in the universal musical pattern of Boethius's approach appear to be the influence on new modern musical composers in the music's pattern of 12 Tones: a music which needs a contemplation and an inquiry.

A playing on music therapy's song towards to Boethius's approach is far more exceeding than a human's brain can perceive. It is a listening pattern which is used Biomagnetism sensory system because it is a listening from a soul or an aesthetic prevailing over an empiricism. In addition, composers and music therapists must have a gifted talent so that they can deeply understand to energy and sound system which are hidden as the human's ears is not able to perceive (Poonpit, 2010). Besides, a playing pattern regarding to the research found that conducting Boethius's approach in Thailand is as following:

CONCLUSION AND RECOMMENDATION

From this research, it showed that the researchers had a better view of music therapy in foreign countries compared with Thailand. Thailand is still lacks of acceptance and lack of one continuous study. Therapeutic music industry in the country should be more active of music therapy based on Boethius approach, not only as reference without knowing the source of learner but also to learn about *musica mundana*, *musica humana* Musical and *musica instrumental*. Currently, people see music as part of the media and entertainment. Despite the fact that Thai music is getting faded away along with older folks. Most people think of the energy and power of mind as a matter of supernatural. On the other hand, in foreign countries especially in developed countries, they are aware and appreciate of the arts of music therapy and energy which can be divided as below.

ACKNOWLEDGEMENT

The use of music therapy in Thailand, acknowledgement refers to acceptance the healing with music therapy. Energy therapy is not harmful to health. It should be accepted in the medical industry as complementary alternative medicine. It is another choice health treatment that can provide benefits alongside conventional medicine.

Learning and Teaching

Currently, there are no private or government education institutes in the field of music and energy therapy. So the researchers expect that in the future more individuals will notice the benefits and establish some institutes, which may result in more systematic education and literacy transmission. At present, there is no official institute either private or state agency that can suit provide this curriculum or field work in Thailand.

Continuity

Music therapy based on Boethius approach should be extended to experiment its longitudinal effects. This is the way to develop this approach to reach international standards.

Collaboration

Music therapy based on Boethius approach can work together with the practice of mental exercises and meditation. Music therapy contributes to a positive experience for mental training with a good feeling to practice. This approach is suitable for all ages from youth to the elderly and to support the elderly society in the future.

Profession

Music therapy based on Boethius approach can be a new career that should be promoted. Nowadays, Complementary alternative medicine has been accepted in the art of music and energy therapy, it is an option for people who are concerned about their health. Nonetheless, it still lacks support from government organizations. This way of healing can help to maintain health, but it is not suitable for make it for business. If there is support in this area, the drug treatment therapy may be affected. When the musician develops themselves to be specialized in energy therapy. The unemployment rate of musicians will become lower. In the future, musicians do not need to study music to be a teacher. At that point, musicians could become valuable healer.

Application

Music therapy based on Boethius approach and medical on Einstein medicine should be able to apply music with other complementary alternative medicines. Presently, foreign medical industry has paid more attention to music and energy therapy. The researcher thinks that they shall integrate music therapy based on Boethius approach to other treatments such as conventional medicine, Thai traditional medicine, anthroposophical medicine, traditional Chinese medicine and Ayurveda medicine which are accepted in Thai society and around the world.

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