

## „MUSIC FOR CARESSING“ as a THERAPEUTIC AGENT for „TINNITUS-PATIENTS

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The feeling of powerlessness when one is not able to turn off noises in the ear is the basic problem which can cause the minds of TINNITUS PATIENTS to become ill, and a mind that is unwell has devastating effects on daily life.

Not being able to switch off the sounds detracts from the person's joie de vivre on the one hand - as a result of the continuous noises in the ear - and not being able to sleep, or waking up too early, reduces the body's ability to resist illness. The quality of life is also reduced, leading partly to depression or aggression; the patient's whole life is simply „no fun any more“. The sufferer feels not only that he is a loser, but also feels lost.

From my point of view I can summarise this syndrome more or less in this way, whereby for me in my role of a composer and a layman in medical matters, the focus of attention is on the stressed and tortured mind of the sufferer.

It is generally known that music has always had a vivid effect on the emotional life of the individual. But the question arises: „which music for which purpose?“

May be Bach - Beethoven - Mozart - or Verdi as therapy for the mind ?

Here, the question has to be asked: „Under what preconditions or in which period was this music composed?“

Let us take a brief look at the development of music in modern times. Here, there are for me four significant epochs:

at first music was alive in the churches and cloisters in praise of God - then it was taken up at royal courts in order to edify and delight kings, princes and noblemen. - Later, through opera and the beginnings of classical music, the simple „citizen“ had the opportunity to enjoy music as an art form. - The Romantic period in the nineteenth-century finally enriched music with a special emotional world of feelings. Composers such as Schumann or Chopin freed the innermost sentiments of mankind with their music.

Unfortunately, with the dawning of the industrial age and the associated rapid advances in technology, man was forced to forget his soul once more, or at least to suppress it. Repeated worldwide economic crises and the two world wars with their devastating consequences played a large part in the human soul being neglected.

Everybody who has escaped this madness wanted first of all to really „satisfy their hunger“ again for the first time, wanted to become successful, and nobody asked about his soul.

In the meantime, from the „desire to achieve something“ has developed the „obligation to achieve something.“ The pressure and expectation to perform has increased more and more, and this attitude has even been adopted by our children; The fear of failure and finding escape in drugs are the consequences.

It is therefore no surprise that the World Health Organisation predicts in one of its studies that in the next 25 years more people will die of the consequences of the diseases caused by civilisation than of cancer or infections.

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But let me come back to the question: „ W h i c h music for w h i c h occasion ?“

In order to help an individual to relax, it is not possible to use music which requires that person to pay attention or to think or which rouses or stirs him.

It must be music which s a t i s f i e s the n e e d that his s o u l has for harmony,music which diffuses peacefulness, musik which one does not habe to listen to you,but which is simply there.

At first sight this may sound rather strange,because the question tends to arise concerning why one should play music which one then does not need to listen to.

This paradox becomes invalid,however,when the person concerned has lost his or her inner peace,for whatever reason.From my many years of experience of personla contacts,and from many hundreds of letters I know that many people flee into the world of my music, for example:

when they have to overcome great sadness,

when they have to come to terms with a serios or fatal illness,

when they cannot cope with their daily stress,with their worries and troubles.

In a German Television Health Magazine ,called „Die Sprechstunde“ , the contents of one programme with Dr.Antje Kühnemann were „Music for Caressing“ with the theme „Music as Medicine.“During the course of this programme all types of people were given the opportunity to speak,people who had to cope with,among other things,difficult or extremely serious crises.

One woman from „Munich“ (Bavaria),who within a short time had lost her husband to cancer and her only son in an traffic accident,said: „ I thought I would freeze to death from my inner loneliness.Then,friends of mine gave me „Music for Carressing“ as a present. I listened to this music for hours on end and cried so much and for so long that I fell asleep out of exhaustion.The following day I continued to listen to this music - and from that moment on I began to feel better.

In the large clinic for children and the handicapped in „Lobetal“ near „Celle“ in „Lower Saxony“,severely handycapped children are cared for therapeutically with my „Music for Carressing and during the treatment of these helpless patients,these melodies often produce a relaxed and satisfied smile on their faces as if by magic.

The cardiologist Prof.Dr.Peter Deeg from Bad Kissingen (Northern Bavaria) told me,that after his patients had listened to my music,they become more peaceful,their pulse and blood pressure drop back to normal after both had risen before their examination because they were frightened.

Teachers reported on the positive effects when they played my music during lessons - and countless motorists listen to it to soothe their nerves when the rush and pressure of the traffic become too much.

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In one of the many hundreds of letters which I have received in the last few years a man wrote, that he has cancer in the final stages and would like to die listening to my music. A few weeks later, his wife wrote to me to say, and I quote. „He was totally peaceful when he died, with his hands on his hearts and Your music in his ears.“

Prof. Dr. C. Claussen, Extraordinarius from the University Wuerzburg, on the other hand has „discovered“ my „Music for Caressing“ as an effective and helpful therapeutic means to help „Tinnitus patients“.

„It is not necessary to listen to Your music, but there is something missing when it is not there!“

said a man once in a personal discussion with me in my shop - and that is the very point.

In order to listen to my music one does not require any time - which people do not have anyway - one must only surround oneself with it. It corresponds to the inborn but often unconscious desire for harmony, but at the same time the equilibrium of the mixture is arranged in such a way that the mind is not subject to any „bursts of emotion.“ There is no excitement through insistent dynamics, the rhythm is either quite soft and gentle or it is not present at all. It is sufficient to set the desired volume, as there is always a soft carpet of sound, no matter whether one is listening to a Panpipe solo or the entire String Orchestra. This carpet of sound surrounds the noises that can be heard in the ear of the Tinnitus patient.

In addition to the wonderful feeling one has when one can no longer hear the noises in the ear, there is also something else of great significance: the completely new melodies which I have composed and which were previously unknown to the listener, produce a completely new world of sensations which in turn lead to pleasurable listening satisfaction. This can only be achieved, however if the inner need for harmony is satisfied at the same time.

When the above-mentioned and possibly unconscious listening satisfaction of the soul is achieved, this also produces simultaneously an inner relaxation which first induces a feeling of peacefulness and finally the sleep which has been foregone and which is so longed for.

As the most natural thing in the world, the individual can recuperate while sleeping and gather new energy. Both internally and externally he becomes more balanced - and he regains more and more of his previous „joie de vivre“, in spite of his possible with the help of the „Music for Caressing“ to escape the terror of the noises in his ear, at last for some time.

This makes it easier for him to cope with the „daily“ pest for Tinnitus.

If You now ask me why my music in particular, the „Music for Caressing“ is a help to many people, then I can only answer that I do not compose my music according to certain methods or schemes, nor to command or in answer to a request.

When I feel like it - and I often do not for weeks on end - I sit down at my grand piano and my internal world of emotions causes melodies to arise which are subsequently translated into music by the „Munich Symphony Players“ which helps many people to cope

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with their sadness,with their illness,their helplessness with respect to otheir various problems - and - as in life and can regain their old „joie de vivre.“

As I mentioned earlier,I have gathered this experience thousand of times over the last 25 years in countless personal discussions and letters and as I am sure,Yoe will understand,as the composerof the „Music for caressing“ these occurences make me very very happy and give my musical creativity in retrospect an unforeseeable,wonderful meaning for me.

The term „Music for Caressing“ was chosen by me quite intentionally because I wanted to get in direct contact with my music - to touch or caress - the innermost part of the soul. For at the end of the day the emotional constitution of the soul is decisive in determining wheter a person can be or become happy.

I should now like to close my talk and thank You most cordially for Your interest and attention. I should like to thank in particular Prof.Claussen who discovered,so to speak , the effect of my „Music for Caressing“ in the treatment of his Tinnitus patients and has shown evidence of this in a most impressive manner.

Recommendation:

In the case of tinnitus or sleeplessness patients the „CD-beruhigend“ is particulary suitable for use.( perhaps during the day - for evening hours - the final sleep inducer.)