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A Giant Playlist

Please take a moment to picture the world as a giant playlist where the frequencies of music weave their way through time, offering a unique lens through which we perceive our shared humanity. Since the concept of time has existed, music has played a significant role in how people transform their emotions and their reality. From ancient tunes echoing through historic doors to the beats representing modern life, it's essential to unravel the diverse perspectives that shape our understanding of this rhythmic art form within the vast world of humanities.

Breaking down music to its elements, it all comes down to the sounds, especially the frequencies that make up the emotion or healing expressed. Dr. Thompson, a sound healing researcher, defines music as "Healing the Body, Heart, Mind, and Spirit through the Scientific Application of sound" (Bacat, par. 1). What makes Dr. Thompson's definition different from other perspectives? You see, Dr. Thompson takes music's fundamental elements and visions into a more scientific application by promoting a method of healing one's physical, mental, and emotional well-being. In his definition, music unfolds like a carefully composed composition, with each element contributing to the orchestrated rhythm that defines its appeal. Frequently, many people, when they think of music, pay much more attention to the words and how it's being said to feel the sense of connection they're searching for. With Dr. Thompson's way of thinking, he believes that it extends far more than that. It's as if he replaces the significance of

lyrics and highlights the importance of frequencies instead. All forms of music evoke a particular feeling unique to every human, but it all comes down to how people utilize this specific art form.

In contrast, Dr. Garcia, an ethnomusicologist, expands the field of music by “emphasizing music of the African diaspora and Latin music of the United States with a theoretical focus on race and racism” (“Institute for the Study of the Americas” par. 1). With Dr. Garcia’s focus, music doesn’t just encompass organized sounds but also the social, cultural, and historical contexts of it. This particular perspective gives people the thought process that music is a living, evolving practice deeply intertwined with the experiences of diverse communities. Music, in this sense, creates this gravitational pull from one human being to another. It’s not just about the notes; it’s about how music has been a living part of people’s lives. Music has shaped realities and highlights the appreciation of history within cultural backgrounds.

Comparing these ideas is similar to how someone would listen to different genres. Looking at Dr. Thompson and Dr. Garcia's concept of music, it’s important to note that although they’re two different ideas, it’s the feeling or the healing a person receives from taking in this art form. Dr. Thompson’s definition aligns with a more scientific and formalized approach, focusing more on the technical elements of music composition. With his definition, music is primarily seen as an art form characterized by elements such as rhythm and harmony that can “clinically prove to foster deep personal wellness” (“CNR” par. 1). In contrast, Dr. Garcia’s definition kind of broadens the scope of the definition by incorporating a cultural lens, not isolating music with its artistic creation but portraying it as a living. Music, in Dr. Garcia’s eyes, is woven into the social, cultural, and historical context. The transformation from one definition to another is that the emphasis shifts from a structural analysis to a holistic understanding that includes the history and experiences that music encapsulates.

At the end of the day, there's no *right* or *wrong* way to go about how to define this rhythmic art form. The definition of music shapes how we perceive this art and how we choose to integrate it into the fabric of human expression. Dr. Thompson's structured definition and Dr. Garcia's cultural perspective make us appreciate the diversity within the field of music. They also spark reflections on its role in shaping our understanding of humanity.

Work Cited

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