

Creative Musical Art for Supporting Society: *Music and Meditation*

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Abstract

This article discusses research intended to create music conducive to support a meditative state with the aim of reducing the problem of violence in society. Music is an art form that use sounds to convey emotions. A composition is a combination of instrument sounds and musical elements can be utilized to support sustained attention while reducing affective hostility and aggressive behavior. Ten instrumental compositions developed under the “Creative Musical Art for Supporting Society” program as part of the “Music and Meditation” project are discussed. Experimental compositions with certain musical patterns; ex. slower tempos and low-to-moderate volume levels to induce a state of relaxation supportive of a meditative state and mindfulness which in turn may improve problem solving skills, reduce violence and in general contribute to a more peaceful society. The results of this research aims to be applied in proactive programs in the near future.

Keywords: Music, Meditation, Violence, Relaxation, Supporting Society, Wabi-Sabi, Thailand

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Introduction

The increase in domestic violence is a major problem today. “Music and Meditation,” part of the research project “Creative Musical Art for Supporting Society,” is therefore intended to create ten musical compositions, aiming to use music as a tool to help listeners reach a meditative state and to apply the principles of meditation in reducing violent behaviors against people and society. It is mainly about developing a group of compositions employing characteristics that the studies have shown to be supportive of meditative state.

“Meditation” is a mental practice to develop self-awareness and consciousness. Meditation instills internal security, cultivates mental strength, and develops a sense of morality. Meditation practices vary as they have been inherited from one period to another since ancient times. Some studies have found that children with short attention spans can become aggressive, violent, tend to be more disobedient, and anti-social than children with average attention spans (Goodman, 2011:563-576). With proper treatment, the deviations can be corrected. However, it is likely that the children's aggressive and violent behaviors are misunderstood and simply punished by adults. This would then prompt depression and self-injury. Once these children become adults, they tend to display aggressive behaviors which frequently lead to domestic violence. Therefore, establishing meditation practices toward wisdom is crucial for living amid current affairs in Thailand which may cause emotional insecurity in children and adults and in turn bring about domestic violence.

The researcher recognizes the significance of music in inducing a meditative state and constituting wisdom and emotional stability. Sound and melodies are powerful agents in interpersonal communication. Music helps human brain to better focus and stir various kinds of imagination. For more than a millennium, Western sacred music, namely Christian incantations and prayers have played a major role in connecting the rituals to believers. The created sounds theoretically bring peace of mind to the listeners. Meanwhile in the East, Buddhist prayers in the Pali language with their unique sound characteristics, has been a method of creating focused and powerful minds. Vibrations of emitted sounds and prayers with auspicious words and meanings referenced to and inherited from ancient times create peace of mind, boost morale, and enhance wisdom, resulting in improved problem-solving ability. The use of musical art in meditation is a path towards a better society.

This research project aims to create musical compositions that can enhance people's concentration, to promote values of meditation practices, and to attract people to the use of meditation against domestic and social violence by listening to meditation music. It also aims to be a model for musical creations with social awareness as well as artistic research on meditation. Additionally, it aims to make this kind of music easily, widely, and sustainably accessible and suitable for all genders and ages.

Scope of the research is a musical suite comprising ten compositions for two instruments, or a duet, accompanied by animated videos which support the audi-

ence's meditation through their auditory and visual perception and disseminated on social media which play an important role in today's digital age.

Context of Meditation and Music

In psychology, meditation is used in the explanation of levels of consciousness and widely utilized with different purposes. A calm state of mind leads to a change of attitudes and good physical health including heart and circulatory systems. Meditation can be utilized in slow contemplation to bring about calmness and positively impact daily living.

The application of meditation in healthcare and medical studies in recent years shows interest in meditation practices and psychological medicine. Concepts of meditation have been medically utilized to measure the efficacy of meditation in different body systems; for example, cardiovascular and respiratory systems. Recently, there have also been attempts to explain connections between meditation and various phenomena. Subsequently, meditation has been included as part of healthcare systems for its capability in alleviating stress and pain. For example, in 1972 Transcendental Meditation (TM) technique was used for the reduction of metabolism, blood biochemicals caused by stress namely Lactate, heart rate, and blood pressure as well as for necessary brainwave entrainment (Wallace, 1972:84-90). It is evident that meditation practices also help reduce stress, an emotional foundation for aggressive, and oppressive behaviors. Also mentioned are meditation practices with the use of light and sound to help the human mind concentrate without being wavered by emotional changes.

“Music” is innate to every human being as its colors and beauty make all happy while listening to it. Local and international research have found that music can alleviate symptoms of disease (Garcia-Navaro, 2022:775-790). Elements of music which affect human body and mind are pitch, intensity, and tempo. Meditation practices can help develop immunity, peace of mind, relaxation, consciousness, and systematic thinking process. Listening to music with rhythm equal to our heart rate and the volume of which is normal and not too loud, we can feel relaxed and joyful as it constitutes good health. Power of music refines our mind and, consequently, a concentrated mind leads to better health. Listening to a composition with sheer concentration and without other emotions for a few minutes, our mind will be still and calm. Everyone's internal rhythm is the heartbeat that responds to music. There are many ways to use music as a tool in meditation practices -sitting still and listening to instrumental composition, for example. Listening to songs with lyrics, one can easily lose concentration. When we hear familiar words or those relating to our past experiences, our brains directly focus on them. Instrumental compositions are therefore better for meditation.

Wabi-Sabi Aesthetic

The “Music and Meditation” suite is inspired by the Wabi-Sabi philosophy, the key concepts of which are ephemerality, infinity, and imperfection. In this creation of artwork full of aesthetics, the focus is on our access to the true beauty of imperfection and detachment which constitutes peace of mind. The Wabi-Sabi aesthetic

has concretized everything, making it accessible and tangible and creating internal peace. Moreover, it creates “empty space,” a major principle of meditation. Its provision of space which helps soothe the mind is considerably significant. This simple and solitary aesthetic accepts and delights in solitude with a calm and tranquil mind. It reflects the standard of beauty we are not yet familiar with: the beauty of seeing values of simplicity, the discovery of beauty amidst the mundane, and the acceptance of imperfection of occurrences.

The concepts of this philosophy focus on the search of happiness by acceptance of imperfection of or blemishes in humans, animals, or objects all of which are never perfect. Instead, it encourages us to look for simplicity, calmness, and naturalness in them. Interestingly, this philosophy is related to Buddhist principles as it wishes everyone understand the way of nature in which everything is imperfect, changes in accordance with time and not exactly as we want. The core of Wabi-Sabi beauty is different from fashion as it is simple, classic, natural, and solitary. In other words, it is unembellished beauty. Not only should we accept the condition of things as they have decayed over a period of time, but we should also search for beauty hidden behind blemishes and imperfection. The application of Wabi-Sabi philosophy in the composition of this musical suite is relatable to principles of meditation -calmness, solitude, simplicity, and tranquility.

Creative Musical Art for Supporting Society: Music and Meditation

The researcher has studied musical compositions the subject matter or sounds of which create calmness, including classical and easy-listening compositions with various styles of music, in order to find the suitable approach for the creation of compositions in accordance with the research purposes. For the first example, Johann Sebastian Bach’s Prelude in C Major No.1 BWV 846 Book I is a composition for keyboard in which he used repeated melodies, sub-melodies, harmonies, and rhythms to create stillness with very little movement, rather consistent intensity in addition to narrow range without much difference to create an easy-listening and relaxing experience. Second, Erik Satie’s Gymnopédie No.1 is a piano composition in which he used slow rhythms and repeated melodies with lightness. Its tenderness helps our mind to better concentrate and recollect thoughts. With low-pitched range, the tones we hear help relax our brain waves as if we were sleeping. Third, Arvo Pärt’s Spiegel im Spiegel is a minimalistic composition heavily inspired by sacred music of the Middle Ages with serene melodies on piano and violin, emitting sound waves suitable for meditation and calming our thoughts and emotions.

After reviewing the related literature including research on the use of music in meditation and finding appropriate musical genres for analysis and synthesis, a conclusion is reached on the instruments for the creation of sound corresponding to calmness, a key factor in the creation of this work. The researcher has found that the use of very few instruments creates simplicity and straightforwardness, in accordance to the Wabi-Sabi philosophy, traditional Japanese aesthetics mentioned later. Thus, for each composition, the researcher uses only 2 instruments -piano as the main one and another solo instrument in the style of duet. For the

latter, the researcher selects those with the quality that promotes calmness and simplicity, namely cello, flute, clarinet, oboe, violin, viola, bassoon, and double bass, in accordance with the research purposes. The piano is the main instrument here as it gives all dimensions of sound, including melodies and harmonies, and its beautiful tone also helps create an atmosphere of relaxation.

Methodology

Elements of Meditation Music for Reduction of Aggressive Behaviors

As meditation music can help reduce human aggressive behaviors, this research chooses the type of music fits for stress reduction and relaxation. It relies on the Wabi-Sabi philosophy which emphasizes simplicity, tranquility, naturalness, ordinariness, and sincerity that successively constitute concentration. The focus is on the major foundation of family namely youths, children, and parents. This research process has led to the creation process of a suite of musical compositions. The research finds that 2 important elements in the creation of meditation music are sound characteristics of musical instruments and musical elements.

Firstly, in accordance with the Wabi-Sabi philosophy's principle of tranquility, the researcher uses only 2 instruments as a duet in each composition. The instruments are chosen for their sound characteristics that can create peacefulness. The piano is the main instrument since its range is wide, from low to high pitches, and it can create gentle and peaceful sounds. It is used together with another instrument with different tones, either a woodwind or a string instrument. As a result, the listeners can focus on the tones of very few instruments as if they were meditating with determination, relaxation, and peacefulness, rather than being too distracted by or enchanted with music.

Secondly, the musical elements appropriate for creating relaxation, peacefulness, and concentration are as follows:

1. Rhythm is the movement of sounds at a period of time or duration of sounds. Rhythm is essential for music. Fastness, slowness, and types of rhythms greatly affect the listeners as they stimulate mechanisms of body systems and emotional responses. For example, fast rhythm causes excitement, increasing pulse rate; slow rhythm creates calmness, reducing pulse rate to about 50-70 beats per minute (bpm); and medium rhythm that is close to the normal pulse rate, 70-80 bpm, brings about relaxation and comfort. As for the types of rhythm, march energizes and incites the listeners; rock creates excitement; rumba brings about cheerfulness; slow constitutes calmness, and so forth.

In the research, Mona Lisa Chanda finds that slow music can help reducing heart rate, blood pressure, and body temperature as well as effectively control the brain stem's reflection (Chanda, 2013:174-193). In addition, rhythm effect can support the fight against stress and worry. In his research, cardiologist Peter Sleight finds that slow music in 10-second loops can help calm the listeners as it corresponds with the flow of signal from the brain to the heart which controls blood pressure and circulation (Sleight, 1995:103-109).

In the composition, the researcher mainly selects slow rhythm and pulse rate, especially the pulse rate that is close to the heart rate that constitutes calmness, 50-70 BPM in adult, and continuously repeats the rhythm (Figure 1).

Light P.Sasi

Adagio ♩ = 63 *pulse rate close to heart rate*

Clarinet in Bb

Adagio ♩ = 63

Piano *pp*

9

Cl.

Pno. *p* *continuous repetition of rhythm*

Figure 1. Pulse rate close to heart rate and continuous repetition of rhythm.

2. Melody is the combination of sounds with high-low pitches and rhythm with consideration of the duration of each sound and its aesthetic correlation. The sound frequency is measured by cycle per second, or hertz (Hz). A high-frequency sound is a high-pitched one and a low-frequency sound a low-pitched one. Sounds with the frequency from 20 to 20,000 Hz are audible to human ears. The frequency of normal conversation is about 85-1,100 Hz and that of musical instruments, like piano, 30-4,100 Hz. A middle-frequency sound is about 440 Hz. Each frequency range has different effects. A very low one constitutes fear, frustration, and uncertainty; a low one calmness; a middle one comfort; and a high one excitement or exhaustion as it affects functions of the endocrine gland related to the sympathetic nervous system (Patarathipakorn, 2021:104-115).

It has been proven that quality music can generate happiness and comfort; therefore, music is a kind of medicine. It has been said that having our household filled with music is like having nutritious food and vitamins around. In his research, American psychologist Ian Cook (University of California Los Angeles) finds that sound with frequency of 110 Hz alleviates frontal lobe activities as it generates calmness and that of 90-120 Hz constitutes changes in brain activities (Cook, 2008:95-104).

In the music composition, the researcher uses pitches with the frequency around 90 to 120 Hz, or G2-B2 as the basis for the composition. The melody is in the low to medium pitches, with special focus on its continuity ensuring that the listeners feel calm, comfortable, and relaxed and is able to better concentrate (Figure 2).

Quietude

P.Sasi

Larghetto (Slow with Broad) ♩ = 66

Violoncello *p*

Larghetto (Slow with Broad) ♩ = 66

Piano *p*

G2 pitch creates calmness and relaxation

Figure 2. G2 pitch creates calmness and relaxation.

- Intensity is measured in decibel (dB). Sounds with an intensity from 0-120 dB are audible to human ears. The intensity of normal conversation is about 50-60 dB. Listening to a rather loud sound of 80 dB may lead to stress. Moreover, loud sound causes muscle twitching and continuous fatigue. The intensity which does not constitute stress is that of soft music, at 30 dB, and instrumental music, 60 dB, equal to that of human conversation.

In the music composition, the researcher chooses the quiet (*p*) to very quiet (*pp*), close to the intensity lower than 60 dB. These compositions sound like background music, with the focus on softness and lightness to soothe and relax the listeners and the focus on continuity to create calmness (Figure 3).

White

P.Sasi

58

Fl. *p*

Pno. *mp*

62

Fl. *pp*

Pno.

Figure 3. Intensity *p* to *pp* creates calmness.

4. Quality comprises vibrancy, clarity, color, and tone, important elements that can enhance quality of music. Vibrancy and clarity of human sounds are dependent on their larynx, throat organs, mouth, and nose. A vibrant, clear, and soft sound constitutes the listeners' physical and mental comfort. Colors of musical instruments depend on their sound producing materials as well as various playing techniques. Sound quality is the first attraction for listeners and varies from one type of musical instrument to another. Performing a beautiful piece in a slow rhythm constitutes calmness and relaxation. For example, the piano sound is highly effective in stirring the imagination due to its wide pitch range. Besides, research shows that sounds of certain musical instruments, like violin, flute, and piano, help relieve some pains like headache (Howlin, 2022:1-20).

In the compositions, the researcher selects piano as the main instrument as its quality and tone color can help create relaxation and alleviate stress. This quint-essential instrument, complete with all elements of music, namely melody, rhythm, harmony, intensity, and sound quality are performed in a duet with another instrument, like flute, violin, cello, and clarinet. The tone and color of the combinations constitute calmness, and the ranges are also specifically selected to create calmness, tranquility, and relaxation (Figure 4).

Breath P.Sasi

Lento $\text{♩} = 55$

The musical score for 'Breath' is presented in two systems. The first system shows the Bassoon (Bsn.) and Piano (Pno.) parts. The Bassoon part is mostly silent, with a few notes in measures 9-12. The Piano part features a melodic line with triplets and chords, marked with dynamics like *mf* and *mp*. The second system shows the Bassoon and Piano parts continuing. The Bassoon part has a few notes in measures 9-12, and the Piano part continues with a melodic line and chords, marked with dynamics like *mf* and *mp*.

Figure 4. Piano and Bassoon the tones of which help alleviate stress.

It should also be noted that each composition is created with special consideration of the target listeners and emphasized on the structure and elements that constitute calmness, comfort, relaxation, and stress alleviation, leading towards their meditation.

Results and Discussion

A suite of compositions for meditation focuses on structures and elements that promote an atmosphere of calmness, minimal movement, and comfortable listening. It helps the audiences to feel relaxed, reduce feelings of stress which will result in gradually forming a concentration in the end. It is based on 2 important elements which are the Wabi-Sabi philosophy's principle of tranquility and musical elements with sound characteristics. The suite is performed with few instruments and in a simple and easy-listening style. With repeated melody and harmony as well as slow rhythm, the suite does not focus on variation of sound intensity in order to create delight and calmness. The performance of the selected instruments is not too impeccable and the listeners can hear either the musician's breathing sound on a woodwind instrument or bowing sound on a string one. This high level of naturalness causes the listeners to feel its ordinariness and sincerity. The Wabi-Sabi aesthetic, a globally recognized Japanese cultural foundation, is applied as the key concept for this collection as it is a science of living that will enable us to magically discover beauty and happiness. This is like our lives and, as no one is perfect, we should realize our differences between generations or viewpoints. With such understanding, one would not need violence in expressing different opinions and our society would become more peaceful.

The researcher creates the following 10 instrumental compositions collectively known as "Music and Meditation:"

1. WHITE, a composition for piano and flute
2. LIFE, a composition for piano and oboe
3. REMEMBRANCE, a composition for piano and violin
4. BREATH, a composition for piano and bassoon
5. LIGHT, a composition for piano and clarinet
6. ZEN, a composition for piano and glockenspiel
7. FREE, a composition for piano and viola
8. REST, a composition for piano and double bass
9. QUIETUDE, a composition for piano and cello
10. CALM, a composition for piano solo

"WHITE," a composition for piano and flute, was inspired by walking meditation to create meditation according to Buddhist practice. One of the basic methods for cultivating mindfulness involves focusing closely on the physical experience of walking, paying attention to the specific components of each step. The characteristics of the flute give a feeling of floating, light, mellow, bright, elegant, clear, whispery, and breathy sound. The melody is in the middle range C5-B5 which is mellow and relatively calm. It is ideal for meditative walking. There is only one single melody presented throughout the entire piece. The significant motif is continuous triplet-note repetition. This is in line with meditative walking that requires consistent breathing at the same time.

"LIFE," a composition for piano and oboe, was inspired by Wabi-Sabi aesthetics. If we stay conscious and concentrate, we will eventually lead to wisdom in living a

balanced life. Nothing is perfect in life according to the Wabi-Sabi philosophy. The smooth and beautiful sound of the oboe, blending with the middle range of the piano, creates a harmonious melody. The piano begins with a broken chord in the high range to create a floating atmosphere. Simple chords have been used to comply with the way of life that should not be overly complicated. The oboe performs a simple but beautiful melody with less movement harmonized with the warm piano part. It shows that using uncomplicated melodies can also create beauty.

“REMEMBRANCE,” a composition for piano and violin, was inspired by Wabi-sabi philosophy referring to imperfection hidden by traces of memories. It can be compared to our lives where no one is perfect. Everyone has good and bad memories. However, the memories that most people recall are maybe a childhood memory related to their families. It is a bond that people must have at some point in their lives. This violin plays the melody in Eb major. But the piano plays A natural borrowed from Eb Lydian. This pattern has also been repeated for a long time, making the listeners familiar with A natural. It can be compared to the imperfections in the musical scale but causing familiarity in memory. The melody proceeds in the same manner throughout the piece. The piano plays broken chords and the violin plays melody with less movement in the mid-range. This range of violin is rarely heard in presenting the melody because the sound is not very airy but gives a peaceful mood instead. The piece is in Eb major throughout because the special note (A natural) has been used continuously.

“BREATH,” a composition for piano and bassoon, was inspired by the mindfulness on breathing which is one of the practices of meditation. In addition, regular breathing can help us calm down. When our emotions are calm, the intellect will lead to concentration. The piano part proceeds with a steady rhythm, similar to regular breathing. The bassoon with a medium range moves in a relatively slow melodic line and gives a deep feeling. However, it is not uncomfortable but rather creates an atmosphere of mental stability. The piano plays relatively light intensity because it is placed in a mindfulness on breathing. The bassoon has a moderate sound intensity that sinks into the mind. The melodies between piano and bassoon are imitated. Bass notes are used in the manner of a drone to give a static mood.

“LIGHT,” a composition for piano and clarinet, was inspired by Prelude & Fugue in C, Book 1 by Johann Sebastian Bach. The Prelude is a light, comfortable melody with a repeating pattern. The piece is, however, less movement creating stillness. Therefore, bringing this concept to create a peaceful, comfortable piece with piano sound mixed with a round, floating clarinet sound. This is suitable for meditation. The piano plays notes repeatedly, calm and with little movement as if in a reversal of steadfast and unwavering concentration. The clarinet has the ability to draw a long and continuous sound, flowing beautifully. With a continuous, steady, and floating sound, it promotes an atmosphere of unmoving meditation. This piece is comprised of limited use of raw materials, little movement, repetitive chord components, and harmonic sequence technique. Simplicity on harmonious blend of piano and clarinet creates the ultimately calm atmosphere.

“ZEN,” a composition for piano and glockenspiel, was inspired by Zen, a school of Mahayana Buddhism derived from the Japanese pronunciation of the Chinese word. Zen emphasizes rigorous self-restraint, meditation-practice, and the subsequent insight into nature of mind and nature of things, and the personal expression of this insight in daily life. Wabi-Sabi is an aesthetic practice that is closely related to Zen Buddhism. However, perceiving Wabi-Sabi merely as a creative concept, as an art form or a collection of creative principles, is not enough. Wabi-Sabi has always been very closely connected to the core concerns of Zen Buddhism. Eventually it can be best described as a way of perceiving and expressing things. Many of the basic principles of Zen Buddhism can be found in objects with Wabi-Sabi quality. The piano is set to carry all main melody and harmony, along with the recurring sound from Glockenspiel. It is representing the sound of bells often heard in Buddhist temples. It represents waking up the mind to concentrate on meditation, aiming to be firm and stable. The modes used are Lydian, Dorian, Mixolydian and Ionian modes, which are ancient modes commonly used for Christian hymns in the Middle Ages. It also creates a very peaceful atmosphere found in a temple or church. The use of melodies in various ancient modes such as Lydian, Dorian, Mixolydian, and Ionian modes creates an atmosphere of calm, relaxed, and free from chaos. Glockenspiel has been presented intermittently and, finally, the music gradually fades away.

“FREE,” a composition for piano and viola, was inspired by the concept of independence. To free yourself from chaos turns into a peaceful lifestyle creating balance in life. It was inspired by the Impressionistic music of Claude Debussy's *Clair de Lune*, giving an atmosphere of drifting, relaxation, and freedom. The piano part in this music is in high range to create an atmosphere of drifting while the viola plays a melody creating a feeling of tension, unrelenting, with a deep, soft, and slightly uncomfortable tone. The main melody is mostly in dominant chords in C minor, boosting slight tension. The middle section in C major gives a feeling of independence and free yourself from the restraints of the minor scale. The piano plays a relatively soft and floating sound while the viola plays a deep voice in medium intensity, giving a restful atmosphere.

“REST,” a composition for piano and double bass, was inspired by the meaning of salvation. The desire is to create more space within the mind which leads us to meditate eventually. The piano part plays in high register with continuous bass line in a still and slow movement. It creates a contrasting color while the double bass presents the solid deep sound which creating an atmosphere of emptiness. The double bass line begins with the first melody in G Mixolydian mode. The harmony from second melody appears in D Mixolydian scale and imitates the melody with alternate piano. The piano part has a relatively light intensity. It combines with the double bass part which is quite tight, yet stable.

“QUIETUDE,” a composition for piano and cello, was inspired by the sound of an ancient Christian chant providing a sense of immense and calmness. This music mainly uses low register and mild intensity. The soft melody can penetrate deeply into the soul during meditation. The low range of the piano gives a sense

of immersion when mixing with the cello which creates a wide and peaceful atmosphere. The cello part provides a mellow, warm, calm, pure, continuous, and solemn atmosphere. The ancient modes giving a spacious sound will make the listeners calm and not distracted. The middle part of the piece is in A Aeolian mode with a continuous cello part, induced to the sound of the organ used in churches during Christian ceremonies. The piano part plays repeated low notes around the A, similar to the roman chant. The cello part plays the G and D string ranges for a smooth, resonant, and continuous sound giving an atmosphere of peace as well. The piano part represents the chant by repeating the notes over and over. It reinforces the concentration to go deeper in the end.

“CALM,” a composition for piano solo, was inspired by mindfulness on breathing, one of the practices of meditation. It is set to be a piano solo piece with a calm and sweet melody in order to relieve tension and anxiety. The focus is the lower register piano part, giving a calm mood. The piano can produce a variety of sounds and different atmospheres. It has its own identity which is different from the colors of other instruments. This piece emphasizes the A2 and G2 to correspond with calm, in-and-out breathing. Music and sound waves with specific frequencies, intending to affect the functioning of the brain, similar to meditating. The key of A minor was chosen primarily in accordance with the emphasis on the A2 to show that the range of this note seriously affects concentration. Broken chords and repeated notes are used all over the piece as well. The idea presents slow music loop back and forth in 10-second repetitions, helping the listeners to calm down.

From the review of relevant documents and empirical research on roles and meanings of meditation and music, it is found that mental health created by the use of music as a medium in constituting meditation can change human mental development from a negative to a positive one. After the process of analysis, synthesis, and application, the researcher finds the approach appropriate for 10 compositions in the “Music and Meditation” research which would help create calmness, promote concentration, and will further develop this creative approach.

Sample of “Meditation and Music” works can be accessed on social media, YouTube Channel: MusicFAAChula: Music and Meditation, or by scanning this QR code (Figure 5).



Figure 5. https://youtube.com/playlist?list=PLnhC359gp3MbEh1mvMZHMIhJQ_2NsIH2.

Benefits from Research

We experience many different thoughts each day and probably find it difficult to clear our head. Meditation, practiced by Buddhist monks for thousands of years, is a good solution as it promotes awareness, clarity, positivity, and tranquility. Ancient meditation techniques have been adapted to and thus gained popularity among today's practitioners. Meditation is a way towards higher levels of intelligence, happiness, and well-being. The benefits of music in everyday life are reducing stress, improving memory, sleeping better, and boosting mood. Listening to music on a regular basis brings joy and delight to the listener, stimulating positive emotional effects in ways that one feels naturally happy.

The two target groups expecting to benefit from future research when it is put into practice are the parents and the youth. The parents and guardians who listen to the compositions should feel calm and composed. Parents and guardians, equipped with more awareness, will feel ready to attentively listen to the youth. The older, free from anxiety and stress, can better help the younger solve conflicts and prevent any violence that may occur within a family unit as well as those in the society. The young who perform the music in the research promotes concentration needed in the music execution. Slow practice demands precise motor control and intense focus. In the same fashion, walking meditation requires attentiveness when walking back and forth at a different pace for a set distance. Like playing music, walking is a type of physical activity that can be used as a tool to still the mind. Music practice is an activity that helps foster emotional stability in the youth yield unwavering, unshakable, resilient strength and patience to systematically solve problems in the daily life. The practice creates a state of peace and serenity which could be the answer in preventing emotional and behavioral violence among the young.

The research focuses on the use of music in the areas of emotional and behavioral support rather than those in medical treatment and music therapy. Therefore, the emphasis is on the genre of music that promotes relaxation. Feeling relaxed, the listener is more likely to behave in ways that strengthen the institution of the family and the society.

This set of compositions expects future study how music impacts mental health as it helps develop meditation. Nevertheless, this research only focuses on the creation of music based on the findings of musical elements that affect emotional control and alleviate aggressive behaviors. Hence, it does not yet find out which musical experience is key to promotion of mental health. In the subsequent research, this musical suite should then be tested on the target group by connecting musical experience with mental changes that are measurable by scientific processes -music and emotional dimension, the listeners' emotional control, for example. It would then become integrated research with concrete creation and maximum benefit.

Conclusion and Suggestions

This series of compositions is based on the concept of Wabi-Sabi aesthetics to promote meditation for the audiences. Music connects its listeners with many things both externally and internally, including emotions, feelings, and experiences, and serves as a medium in human interactions. Music therapists have found that music can effectively heal human illnesses and develop quality of life (Dileo, 2021:79-93). Music is an art form that uses sound in conveying emotions to the listeners and an aesthetic that is expressed mentally and with power of thought. It constitutes happiness, appreciation, and impression in accordance with one's perception. Music is an easily accessible art and a medium for better mutual understanding as it narrows gaps in interpersonal relationships. It is capable of not only connecting one with society and other people, but also explaining their internal connection. In other words, music enables people to discover, communicate with, and understand themselves better, especially for those that cannot be put into words.

Music can enhance one's mental health and quality of life. Sound and melody of music are powerful agents in human communication. The use of musical art in supporting meditation in the "Music and Meditation" compositions will help alleviate aggressive behaviors in the household (Peijie, 2021:1-13). Helping their listeners develop meditation, these compositions have significant values and merits in uplifting the minds of people so that they become quality human resources who can mobilize the development of their country at their full efficiency towards supporting society.

This creation of meditation music is open to all communities nationwide. It is not limited to only institutions and organizations but being disseminated to youths and families as well. It aims to create positive impacts on communities and societies, reflect issues in the contemporary Thai society caused by domestic violence. Our goal is to develop socially responsible Thai citizens and the society where people live peacefully amongst differences as well as to reinforce social stability. Besides, this work serves as a model for a new generation of musicians and music makers so that they become more interested in creating work for the society, or Music for Community by promoting public consciousness among them, paving a path towards the dynamic society.

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