

MUSIC-BASED APPLICATIONS OF MENTAL SPACE PSYCHOLOGY

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Musical Interventions in Applied Mental Space Psychology

I developed music and sound based interventions applying the core principles of Mental Space Psychology and integrated it within 'The Conscious Music Code' – my existing transformative modality using musical elements 'consciously' to transform the unconscious images of feelings, thought, belief & linguistic patterns that limit one's progress in life.

How it Works?

Anchoring of every image in mental space, with sounds and musical elements is done during Mental Spatial Diagnosis in the problem state. Interventions of Mental Space Psychology are then carried out by dynamically changing the 3D sonic environment. Highlights:

1. Image = Sound or Musical Layer

Anchoring: A sound/musical layer is chosen to form an anchor with the image

2. Location, direction & height of image = Sound Design

(Sound Design hear sounds coming from different directions in a movie)

Anchoring: Placing the anchored sound in 3D space

Intervention: Verbal suggestions + Sonic Suggestions with Live sound designing i.e., moving sounds in a 3D environment – with 3D & 8D audio technology, the effect can be felt with normal stereo earphones/headphones

(See: https://en.wikipedia.org/wiki/3D_audio_effect)

3. Size of image = Volume

Anchoring: Adjusting the volume based on description of image size

Intervention: Live Volume automation (changes) of the anchored sound layer, Fading in sounds (that are anchored with resourceful images) and fading out sounds (anchored with un-resourceful images and emotions)

And more using sound production and mixing techniques...

Music makes the process highly immersive, hypnotic and appealing to the ordinary person and helps in quickly accessing his/her unconscious reality.

Therapeutic Purposes: Some of the therapeutic purposes I have explored (with positive responses) are - Creating a positive self-image, Relief from Depression (Depression in Awareness Space), Relationship issues (Music with Social Panorama techniques) and Overriding Anxiety. I am interested to conduct further research and collaborate with others in the field to further expand the musical application of MSP.