

Conscious Application of Musical Intervals

For use in harmonizing a melody , chords, or a score

Unison

2 or more voices at the same pitch; brings feelings of strength, solidity, security, and calmness. Unification and alignment when multiple soundings of a singular pitch occur. Settles emotions; centering; disperses scattered thoughts; relaxes perineal floor; good for cramps, muscle, period, colitis.

Octave

Creates feelings of sameness, oneness, completeness, openness, togetherness, and circularity. Unifies the connection between self and Self. Allows the experience of merging with the All That Is. This is the interval that is becoming extremely relevant in these shifting times. Elicits feeling of rest, union, male and female balance. Elicits space, openness, joint flexibility, freedom of expression, balances sacrum with occiput. Represents beginning and ending of a complete cycle

Fifth

Empowering, centering, regal, sturdiness, comfort, completeness, pulls the listener up and out. Useful in assisting the manifestation of potential or intention. Useful for invoking creativity and movement. The place where Heaven and Earth meet. It allows one to have a foot in both worlds, though leaning toward the spiritual. Common in Gregorian Chant.. Transports the listener between realms. Awaken feelings of the new being birthed. Lifts depression; balances earth and spirit; antibacterial, antiviral, and immune enhancement; balances heart, pituitary gland and releases opiate receptor sites; balances sympathetic and parasympathetic nervous system

Fourth

Awakens and announces something new. Resonates the heart and evokes feelings of serenity, clarity, openness, and light. Used in Native American and Pagan chants. Balance our relationship with Earth and the Divine Mother. Reveals one self as a spiritual being and allows being aware of self in spiritual domains. One can see into both realms through this interval. Brings us back to reality; stabilizes hyper, obsessive, and or manic thought processes; balances temporal bones and TMJ release; grounding for thoughts.

Major Third

Sweet, gladdening, charming, comfortable, friendly, hopeful. It is simple and uncluttered and blends well. It awakens compatibility. The threshold between major and minor keys, between self awareness and self-surrender. A beautiful interval for exit or entry into the inner world. Motivating; helps focus on goal; helps get things done; balances liver; stimulates digestion; improves sexual drive; balances respiratory diaphragm.

Minor Third

Elation, contentment, uplifting and spiritually reflective. It pulls the listener into the inner place of self reflection. The vehicle through which one accesses the woundings of the past. It is a powerful invitation to the inner healer to return to the scene of the crime. The minor third forces one to face up to what has been ignored. It gently places one into the lap of the inner child and invites a healing and a new relationship to begin. It is tender and hints toward the promise of nourishment.

Excerpt Taken from Session Four: Specific Applications of Interval and Harmony

in the Healing Music Musician's Mentoring Course

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