

Farbmusik : Music to the spectral colours. A modern concept in art and psychology.

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Concept

The basic concept of Farbmusik uses music as an expression of the emotional experience of colours. The listener should experience the same psychological sensation hearing the music of a chosen colour similar to other methods such as : light, paintings, imagination or others. Since any experience of colours is individual and not predicable it could not be expected that my personal interpretation of the colours would create the same effect for every individual. Only empiric research could give more information. The composed music used different methods with well tempered tuned piano, special developed guitar playing techniques, modern sounds, beats, psycho acoustic effects and specific psychological concepts in combination with improvisation techniques and composition. The rainbow colours have been chosen because they are the manifestation of spectral colours and show the normal range of colours which humans are able to experience. The basic idea behind this full concept was to create music with a healing effect so it was necessary to cover the full range of the spectral colours.

1. Musical research

A list of the main findings on musical research on piano, guitar and modern composition.




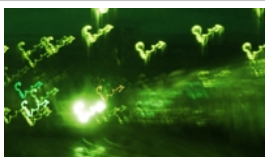

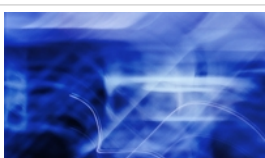
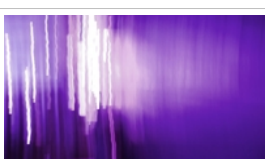
Table 1. Musical research with findings

Musical concept	Findings
Well tempered tuned piano	Each key, melody sequences or single chords on a well tempered tuned piano express different colours.
Guitar playing techniques	Various modern guitar techniques and sounds have been developed Some of them are rare or unique.
Modern sounds	Todays modular synthesizers are able to create very powerful psycho acoustic sounds and effects.
Psycho acoustic effects	Ostinato basses and sounds with a lot of repeating delay effects create a very strong emotional and psycho acoustic impact.
Beats	Modern and repetitive beats create a hypnotic and meditative psycho acoustic effect.
Improvisation concepts	Visual colour imaginations during improvisation create a flow with strong emotional impact.
Composition	A specific composition method has been developed usind different chord stuctures with pedal points.

2. Assignment to the colours

I have added several assignment to each colour to give a more concrete idea which kind of emotional content could be expected from each colour. I have used pictures connected with the related feelings and colours. The added expressions were only meant to be a guiding line for individual experiences since the emotional content of each colour is hard to describe with words and is individual. Based on these findings 7 graphics¹ have been created to add a visual sensation to the entire concept.

Table 2. Graphics with assignments

	energy, earth, blood, life, passion, love, strength, power, sex.
	joy, warmth, activity, sensuality, harmony, art, beauty.
	sun, light, essence, illuminant.
	joy, freedom, hope, nature, growth, calmative, fresh, new, earth.
	water, sky, peace, wave, endless, ice, longing.
	universal knowledge, mysticism, the third eye, deepness.
	faith, mysticism, transformation, timeless, spirituality, healing, serving.

¹Graphic works by Saskia Böhm

3. Psychological idea

The rainbow shows the spectral colours and contains the part of the electromagnetic waves which humans are able to see. There are therapy forms and psychological methods² where illness, disorder or emotional tension is caused by a disturbance of one section which has an effect to the whole system³. Many psychological therapy forms try to achieve that the patient gets access to deep emotions, hidden emotions or to own emotions in general to balance the whole system and to get healed.

Music is a tool which can create easy access to individual emotions. It can create inner pictures and can bring emotional tension into balance. So the idea was born that it might be possible to access the same emotional parts as colours can do. In such case there must be a similar but stronger healing effect since music has a stronger emotional impact in general. Every emotion has its colour. To cover the full spectrum of emotions it was necessary to work with the all spectral colours. From my believe and personal observations colours and emotions are connected and the logical consequence is that the spectral colours are the summary of all possible emotions. But it was also an important part of the concept that Farbmusik should not only be meant for pathologic cases. In normal daily life many people feel emotional disorder, stress because their whole system is not in balance. Every time too much attention is given to a certain emotional centre⁴ some others might get in disorder. So Farbmusik might bring the system in balance and create the effect of feeling good and relaxed.

4. Tools

To achieve optimized access to the emotional centres there have been psycho acoustic effects used. Such are pedal tones, ostinato basses, bass and high frequencies which can not be heard consciously, repeating patterns on instruments and beats which strong delay effects. Modern sounds and production methods have given the perfect tools for Farbmusik.

The second very important tool is the artist himself who needs to have a highly developed and trained sensibility to feel the effect of the colour which is played. The assignment⁵ with visualisations of the chosen colour make the artist to a carrier of the emotional content which has to be transported in order to create the effect which has been defined in the psychological part of the concept.⁶

5. Schedules and findings

- The research started in 2003 and was finished and complete in March 2010.
- The empiric phase started in 2008 with a first series of concerts⁷. The reactions and feedback of the audience showed that the perception of the Farbmusik was in a

²Kinesiology, Light Therapy, Mental Field Therapy Dr. Klinghart, Bachblüten Therapy, C.G. Jung, Astrology and/or others.

³The exact explanation depends on the theory behind it. The theory which all have in common is a disturbance of the system which is defined by each theory itself. A lot of these theories can not be proved by standard scientific methods and therefore are not fully accepted.

⁴The emotional centres are defined through the colours also view table 2.

⁵View table 2

⁶It is a known fact in music that the artist has to feel what has to be expressed. So the visualisation of the choosen colour is the logical consequence.

⁷There were different concepts tested : Quiet settings with music and short introduction speak, music with multimedia presentations and since 2010 music with colour light. The setting with colour light had the best effect among listeners.

significant⁸ accordance with my personal findings and expectations.

- In March 2010 a series of 7 CD's was released digital.
- In May 2010 Heidi Klien Janssen, started to work with Farbmusik.
- In February 2011 a new 3.5 hours live - concept for Farbmusik had its premiere.

6. Testimonials

Heidi Klien-Janssen : “ *Association in the psychology and the psychoanalysis is the acceptance that with the learning easy, not reduceable elements (as a rule sensations) can be tied together under certain conditions with each other.*

Since May, 2010 the colour music of Hanspeter Kruesi has become an important component of the regularisation diagnostics, as well as mental field therapy in my practise.

The colour pieces of music about the regularisation diagnostics, so about the Vegetativum of the people to be treated, with suitable clinical picture are tested.

Afterwards the found piece of music is incorporated in the mental field therapy.

Then here a Konditionierung takes place by hearing the music, in connection with the treatment, by the therapist.

Therefore it is to be called away to the patient then possibly the course of treatment in hand of the suitable piece of music over and over again, because a Konditionierung has taken place.

To date has appeared that the complaint pictures of psychic as well as organic slide thesis have improved much faster than earlier.

The patients can reproduce in hand of her therapy pieces any time at every place by hearing the expiry of treatment.

The pieces of music of Hanspeter Kruesi are unique here, because she focuses so the moods and feelings of the patients reflect as no other music them was tested concerning this.”

Tatjana Nikic : “ *I had an opportunity to play in duo with Hanspeter Krüsi several concerts based on a concept of Colour music. As a concert pianist, i found performing approach of Colour music very creative , deep and inspiring for me. I believe that musical understanding and expression is nevertheless unique. Therefore, performing Colour music that will give other artists the opportunity to express heretofore unexplored facets of their musical identity “*

7. Credits

1998 Diploma for studies in music at ACM Zurich, personal research and studies in psychology and astrology at SFER Zurich. Professional musician since 1998.

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⁸There has not been a representative empiric research in a scientific way. But the findings where that a significant number of listeners with a developed sensibility experienced the Farbmusik in the expected way. Others needed some guidance with the assignments.