

## **Abstract**

Music is an untapped resource when it comes to the healing arts. While the benefits of music on the mind and body are often recognized, musical frequency and interval are commonly overlooked. To investigate the effects of music during meditation, I recorded a nine-minute original composition that emphasized consonant intervals and solfeggio healing frequencies. Seven participants were asked to journal after meditating in a space of their choosing with four versions, each utilizing a slightly different set of frequencies (A = 440 Hz, equal temperament; A = 444 Hz, equal temperament; C = 523.25 Hz, Pythagorean interval; C = 528 Hz, Pythagorean interval) and once in silence. Participants' age ranged from 26–69 years consisting of three males, three females, and one who identified as nonbinary. Five of the participants meditated regularly with three having previous experience as meditation instructors. Four participants had musical training and were active as performing musicians or songwriters. Remote qualitative interviews resulted in 132 minutes of data. Interpretive phenomenological analysis showed music to quiet the mind encouraging a deeper state of meditation. Heightened awareness, connection, sensations of warmth, and resonance were also reported. The track containing two solfeggio healing frequencies and Pythagorean intervals was determined to be universally calming and healing. This finding suggested the healing properties of music can be maximized through frequency and interval, awakening the transformational qualities of sound and establishing a direct line to the transpersonal.