

Jhene Aiko's Music For the Mind: The Technological Spread of Healing by: Cayle Kelley, Texas State University

Abstract

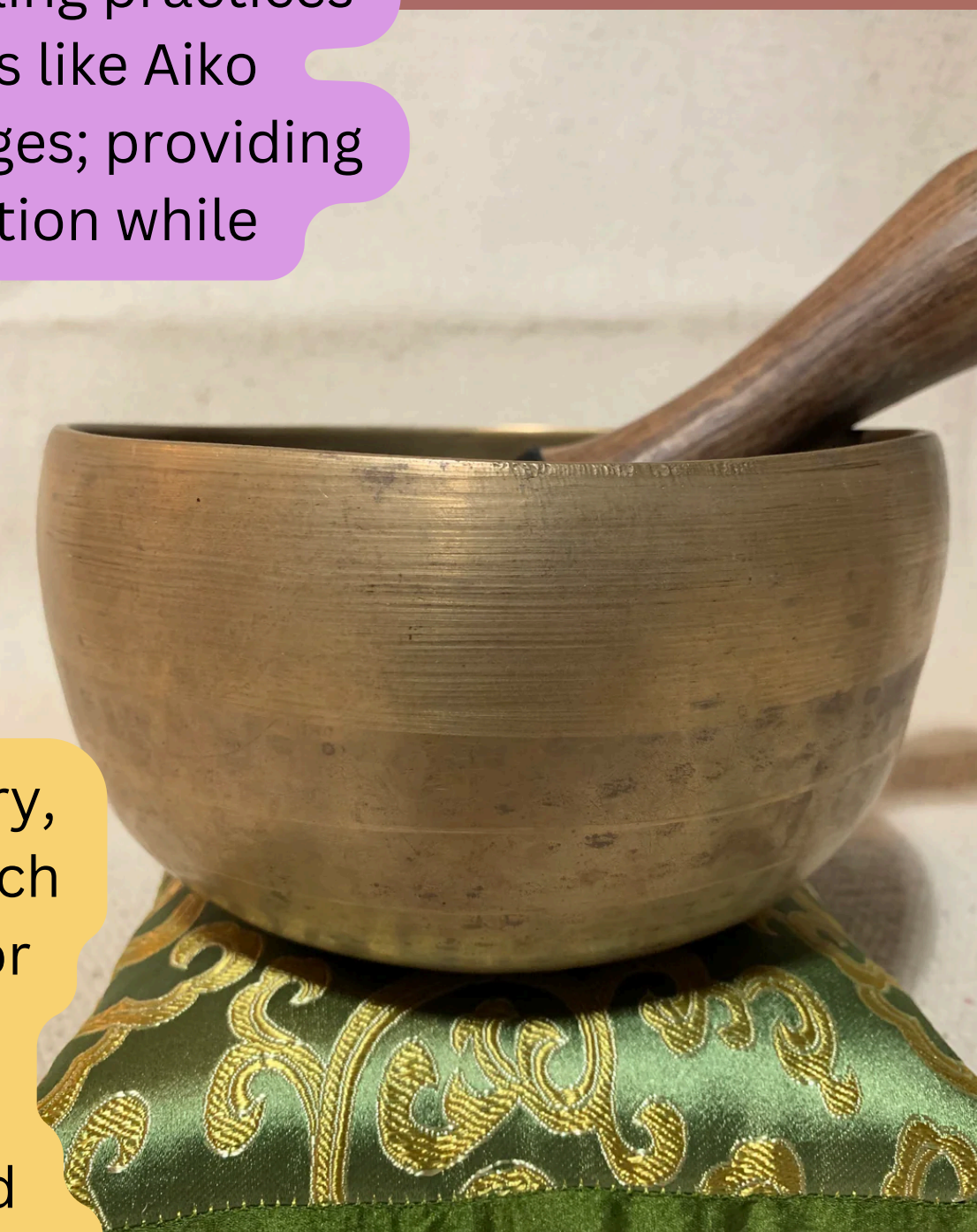
This poster explores the intersection of modern music, technology, and ancient healing practices through contemporary artist Jhene Aiko. It investigates how sound frequencies have historically managed unfavorable conditions and how technological advancements have streamlined music production and distribution.

This poster examines the healing properties of music and their historical significance. This poster will also analyze some artists in today's age who are still known for the healing properties within their music, one being Jhene Aiko, a contemporary/alternative R&B, psychedelic, and hip-hop music artist, who focuses on the small details that make her music special, one detail being Aiko's use of Tibetan singing bowls and sound frequencies. This poster will also explore the impact of streaming services like Apple Music and Spotify on music creation and reception. This poster will include a literature review of scholarly articles, focusing on Aiko's artistic choices through lyric analysis and contrasting her practices with the historical use of Tibetan singing bowls. This poster aims to highlight the ongoing relevance of ancient sound healing practices in contemporary music, demonstrating how artists like Aiko integrate these traditions despite technological changes; providing insight into how technology shapes music production while preserving its healing essence.

Background

The intersection of music and healing has a rich history, particularly exemplified by Tibetan singing bowls, which have been used for centuries in Tibetan Buddhism for meditation and therapeutic practices. These bowls produce harmonic overtones that create resonant soundscapes, facilitating deep meditative states and promoting emotional balance. Research has shown that exposure to specific sound frequencies, such as those generated by these bowls, can significantly reduce stress and anxiety levels. For instance, a study by Estell et al. (2021) found that patients in hospice care experienced reduced pain and anxiety when exposed to music therapy involving Tibetan singing bowls, illustrating their tangible health benefits.

In the contemporary music landscape, technological advancements have revolutionized how artists create and produce music. Digital audio workstations and affordable recording software have democratized music production, allowing artists like Jhene Aiko to experiment with sound in innovative ways. Aiko, known for her ethereal blend of R&B and alternative sounds, incorporates Tibetan singing bowls into tracks such as "Spotless Mind," where the soothing tones complement her introspective lyrics. This integration not only enhances the emotional depth of her music but also reflects her commitment to healing through sound.



W.A.Y.S



Healing Elements: In "W.A.Y.S," Aiko employs soothing, ethereal soundscapes that evoke a sense of tranquility, mirroring the calming effects traditionally associated with sound therapy. The use of layered vocal harmonies and subtle instrumental elements creates an immersive environment, encouraging listeners to engage in introspection and emotional healing. This integration of ancient sound principles not only enhances the song's therapeutic qualities but also aligns with the historical context of Tibetan singing bowls as tools for meditation and spiritual connection suggesting a focus on grounding, balance and stability

Root Chakra

Focuses on:
-Survival needs.
-Stability.
-Balance.
-Grounding.

Evolution of recording equipment:

-1st ever sound recording device, the mechanical phonograph cylinder.

-Modern-day recording devices, Dolby Atmos and Euro-3D.



1877

V.S

Now



Anahata Chakra

Focuses on:
-Love.
-Compassion.
- Emotional Stability.



Healing Elements: "Pray for You" showcases Aiko's adept use of sound to foster emotional resonance. The track features gentle melodies and harmonically rich instrumentation that echo the resonant frequencies with Tibetan bowls, speaking to the heart (Anahata Chakra) and promoting a sense of peace and mindfulness. Through the incorporation of these ancient techniques, Aiko transforms her music into a vehicle for healing, inviting listeners to reflect on their own experiences and cultivate a deeper emotional awareness. By blending these traditional elements with contemporary musical expression, Aiko not only honors the cultural significance of sound healing practices but also expands their reach within modern therapeutic contexts, demonstrating the profound impact of music on mental and emotional well-being.

Pray for You

Summary of Research Findings

Research on healing music emphasizes the enduring significance of Tibetan singing bowls, which originated in the Himalayan region and are revered for their unique qualities that promote healing. Crafted from a special alloy and renowned for their resonant frequencies, these bowls produce rich, harmonic overtones that can induce deep states of relaxation and facilitate emotional release. These attributes have persisted through the centuries, as the bowls continue to be utilized in meditation and sound therapy practices, effectively bridging ancient traditions with modern healing approaches. The advent of technology has further amplified the reach of these qualities, allowing for the widespread dissemination of sound healing practices through recordings and digital platforms. Contemporary artists like Jhene Aiko exemplify this integration of ancient techniques into modern music, as she incorporates the soothing sounds of Tibetan singing bowls into her tracks, such as "W.A.Y.S" and "Pray for You." Her music not only reflects the therapeutic benefits associated with these bowls but also resonates with a contemporary audience seeking emotional healing and mindfulness, showcasing the relevance of these ancient tools in today's musical landscape.

Bibilography

