

LANGUAGE AND SONG AS MAJOR ASSETS OF UKRAINE

The purpose of the article is to actualize Ukraine's music and language potential in the context of modern science and music therapy practices. This potential is able to optimize the process of personality development under the difficult conditions of today's social life. **Methodology** of the research embraces historical and logical, cultural and integrated techniques, as well as method of musicological analysis. These methods allow to reveal and study the ethnopsychological component of the Ukrainian song and language in order to apply its potential for the solution of the present-day individual and socio-psychological problems. **Novelty of the research** lies in strengthening of the idea of how a Ukrainian song and language could effectively be employed in musical therapy to protect generations of Ukrainians from destructive vibrations of the modern world and make it easier for them to resolve crises and speed up the progressive personality development. As of today, there is a worldwide developing tendency: to implement psycho-technologies which can ensure effective functioning of a man in the modern society and humanization of his development vector. It is music (an art created by the vibrations most perceptible to a living organism, i.e. the sound) that can contribute to self-realization of a person, and at the higher level – of a nation. **Conclusions.** Vibrational-energy characteristics of the Ukrainian language and music are a powerful potential that can help individuals and a nation to harmonize themselves and their relations with the world. Ukraine can become a center of promotion of the music-based noosphere harmonization method.

Keywords: Ukrainian song, speech, Musica is therapeutic practice, psycho.

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Мова та пісня як головний ресурс України

Мета статті – актуалізувати інтонаційно-мовний потенціал України в контексті сучасної науки та музикотерапевтичної практики. Цей потенціал спроможний оптимізувати процес особистісного розвитку в складних умовах сучасного суспільного буття. **Методологія** дослідження полягає у застосуванні історико-логічного, культурологічного, інтегрального методів та методу музикознавчого аналізу. Зазначені методи дають змогу розкрити та піддати аналізу етнопсихологічну складову української пісні і мови з метою задіяння її потенціалу у розв'язанні сучасних індивідуально-і суспільно-психологічних проблем. **Наукова новизна** роботи полягає в розширенні уявлень про музикотерапевтичні можливості української пісні та мови, що спроможні за умов соціально-культурної затребуваності вберегти покоління українців від руйнівних вібрацій сучасного світу, полегшити пошук виходу із кризової ситуації, пришвидшити прогрес особистісного розвитку. На сьогодні вже утвердилася загальносвітова прогресуюча тенденція: впровадження психотехнологій, здатних забезпечити ефективне функціонування людини в сучасному суспільстві, гуманізацію орієнтирів його розвитку. А саме музика – мистецтво, створене найбільш чутливими для живого організму вібраціями (звуковими) – спроможна допомогти самоздійсненню людини, а на більш високому рівні – нації. **Висновки.** Вібраційно-енергетичні характеристики української мови і музики містять потенціал могутнього впливу, який спроможний допомогти людині і народу гармонізувати себе і свої стосунки зі світом. Україна може стати центром, звідки може розпочати своє поширення метод гармонізації ноосфери за музичним принципом.

Ключові слова: українська пісня, мова, музикотерапевтична практика, психотехнології.

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Язык и песня как основной ресурс Украины

Цель статьи – актуализировать интонационно-языковой потенциал Украины в контексте современной науки и музикотерапевтической практики. Этот потенциал способен оптимизировать процесс личностного развития в сложных условиях современного общественного бытия. **Методология** исследования заключается в применении историко-логического, культурологического, интегрального методов и метода музыковедческого анализа. Указанные методы позволяют раскрыть и подвергнуть анализу этнопсихологическую составляющую украинской песни и речи с целью задействования ее потенциала в решении современных индивидуально и общественно-психологических проблем. **Научная новизна** работы заключается в расширении представлений о музикотерапевтических возможностях украинской песни и речи, способны в условиях социально-культурной востребованности уберечь поколения украинцев от разрушительных вибраций современного мира, облегчить поиск выхода из кризисной ситуации, ускорить прогресс личностного развития. На сегодня уже утвердилась общемировая прогрессирующая тенденция: внедрение психотехнологий, способных обеспечить эффективное функционирование человека в современном обществе, гуманізацію орієнтирів его развития. А именно музыка – искусство, созданное наиболее чувствительными для живого организма вибрациями (звуковыми) – способна помочь самореализации человека, а на более высоком уровне – нации. **Выводы.** Вибрационно-энергетические характеристики украинского языка и музыки содержат потенциал мощного воздействия, способного помочь человеку и народу гармонизировать себя и свои отношения с миром. Украина может стать центром, откуда может начать свое распространение метод гармонизации ноосферы по музыкальному принципу.

Ключевые слова: украинская песня, речь, музикотерапевтическая практика, психотехнологии.

Ukrainian language and Ukrainian song have much been spoken about, and much has been written about them as well. Among the numerous present-day studies of special interest are the ones devoted to ethnopsychology. In fact, this vector was initiated many years ago by M.Gogol [1]: the writer aimed at exposing, through folk art, namely the soul of the Ukrainian people to whom he belonged. Pursuing that goal with inspiration the talented writer accomplished this task successfully.

Another subject has recently become relevant in the above-mentioned sphere: now it is vital to study not only the psychic sources of the Ukrainian ethnos but also its destiny. The present-day global recession, as well as socio-political crisis in Ukraine, make it imperative to seek for recovery using native domestic resources. Ukraine has such resources, and its national language and song can be considered an abundant reservoir of energy and spiritual strength of the nation. A new comprehension of this fact is required today.

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The energy information theory, postulating wave processes as a basis of substance, in fact appeals to musical foundations of the Universe. The latter was acknowledged as early as in bygone times in combining cosmogony with music theories. For instance, in India there was a teaching about the Sublime sound of Nada Brahma as a nucleus of the world developing through vibrations into the outer domain. Music was considered not only to reflect but also to induct the proportional order in the Universe. This proportionality is set by the inner structure of any musical sound, the latter based on the single algorithm of overtone sequence established by mathematically exact conformity of additional frequencies (overtones).

Modern science believes phenomena to differ from one another only in wavelength. In fact, wavelength is a key to the Universe. Overall, the music system replicates general schemes of the world structure, and science has confirmed this fact [details in: 2].

In the ancient times, every human being was also supposed to have his or her own phonation, his or her unique sound intertwined with the world symphony of voices. Moreover, every human being has his or her place and meaning in the musical harmony of the Universe. Keeping oneself within that unity without destroying it is a task of personality development for anyone. It is also a task for the entire nation.

Indeed, individual human movement is inseparable from the universal one. It is governed by the universal laws at all levels – from movement of cells to a trajectory of personal destiny. It is a principle of unity between the Macrocosm and the Microcosm, a correspondence between a human being and the Universe.

Psychology as a science contributes essential nuances to that domain. Firstly, every human life begins to develop repetitive reactions to emerging circumstances. Eventually, these reactions become consolidated and develop into fixed programs. The latter, in their turn, through interaction with one another, determine a more resilient and steadier type of human behavior. It is one's life per se, one's task, one's mission that present a problem. All this develops into what we call the innate behavior. It is a gestalt with a fixed complex of psychophysiological reactions of human organism to outward life circumstances (stipulated, among other things, by genetic factors).

In the course of life, certain quality changes in human psychic stipulate transformation of the innate behavior model. The vital task of a human being is to make such transformation conscious and purposeful. This particular task determines a mission of a man as that of an extraordinary creature – a "thinking person" (homo sapience).

Music therapy deals directly with the emotional spectrum of a person and is able to affect and transform it. The same rule applies to the life of a nation, which has to join the global, cosmic resonance – the Harmony of the Spheres. Indeed, every musical sound (as well as every human being and every nation), in the sequence of their "overtones", contain a single algorithm that provides the best vector for their development.

Accordingly, the "musical Universe" has its own flow and vector of development. The physical Universe as well has a similar energy vibration basis along with its own "omega-vector", which is different in different times ("a time to scatter" and "a time to gather"). Every existing thing either follows the main direction or blocks the Main Track and at the end is swept off it. "He who knows the Law of Vibrations knows all", – believed the ancient men.

Indeed, as it was found out by the scientists, every human being generates, at a cell (primarily, the neural) level, his or her own vibration frequency (it is known that each emotion has its own frequency). It should be harmonized and synchronized with the outer space. It is only in resonance with the "world flow" that a man can obtain the vital energy for self-realization.

It is the resonance phenomenon that the healing effect of music therapy is based upon. Resonance of oscillation frequencies leads to a sharp increase of oscillation amplitude that can result in destruction of bridges with passing military convoys; psychic energy can get out of control at rock-music concerts, etc. In addition, due to resonance, oscillation contours of cells of various organs and systems of a human body, being misbalanced by an illness, can restore their normal vital functions, with hurdles on the way of the energy flow removed and free current of vital energy reestablished, and the organism thus becoming a homeostatic system.

Specifically, music makes it possible to feel the above-mentioned resonance principles of the Universe functioning in their continuity. Music can help to tune a person to a required frequency the way a musical instrument is tuned. Such tuning is completely individual while the mechanism of synchronizing with the whole is universal. It is based on the fact that energy flows exclusively towards "the omega" – the sacral

final goal of the being. It means that those who do not follow that direction (by way of evolution) disrupt and upset the universal harmony, and subsequently receive a "blow" from fate, i.e. a problem.

The main thing at this stage is to realize the degree of future transformation: it may either include serious breaking of psychobehavioral stereotypes or be of partial correction nature. All this determines the strategy of music therapy activities and methods thereof.

At present, there is a worldwide progressing tendency to implement psychotechnologies that can ensure effective functioning of a man in modern society and establish humanization as a vector of human development. After all, it is music (an art established by vibrations most perceptible to a living organism, i.e. a sound) that can contribute to the self-realization of a person. It is the fact proved by the neurophysiologists: functioning of human brain is based on the musical principles, and its activity convincingly demonstrates the music-based "pattern" of the human central nervous system.

For example, scientists, while exploring the chemism of membrane potentials in nerve cells, employ music vocabulary (such terms as "major", "minor", "melodic" and harmonic, "sharp" and "flat") and even note names and music staff along with quantum mechanics terminology. Below is an excerpt from the research paper devoted to this subject:

"Here we have come to the most delicate physiology that comprises the laws of music and quantum mechanics... Thus, with activation of various functions in the central nerve system, stable triads hereby forming temporary modular systems of regulation in the brain. Such triads can be revealed through sharp and flat notes associated accordingly with discrete sections of the brain. Sharp notes, in their turn, correspond to local phases of agitation whereas the flat ones correspond to local phases of inhibition. Such musical pattern is common for the entire central nervous system" [3].

Through subconsciousness, music can actively effect human behavior models, modify them and even develop the new ones, which eventually become common.

Step by step, the order of the Universe reveals itself to humans. Perhaps, there is no such thing as chaos at all? It is the question that scientists are asking today. Definitely, the time will come when the sphere of human mind and human relations will constitute a reflection of the supreme orderliness to which it actually belongs. At that time, it would be easier to adjust the shaping of a human soul with the universal algorithm of the being, which has already started to reveal itself to scientists engaged in the sphere of natural science. And again it appears that this algorithm is based on the same musical sound and its acoustic nature [4].

Should the role of music as the vibration and sensory pivot of the Universe continue to be ignored? After all, existence of an individual and existence of a nation represent one and the same law only implemented in different "octaves". To comply with the universal harmony, one has to equalize one's own "vibration contour", i.e. the integrated oscillation spectrum of his or her soul. In this lies the true sense of personal self-development – to overcome chaos and entropy, to unite oneself with the Light, Love and Beauty!

Regretfully, the powerful potential of music continues to be neglected. Can the acoustic environment where we are living today be really called musical? It is either noises or primitive pops. A negligible amount of people regularly attends philharmonic concerts, opera and ballet performances. The majority of the population associate themselves with quite different values.

V.V.Kiryushin, an educationist and music researcher has come to the following conclusion: music is the same kind of language with its own phonetic system. For example, he counted 128 such phonemes in the classical music, a slightly smaller number (about 100) in the pre-classic music, and only 15 in the modern pop music. It means that a child living in the present-day destructive acoustic environment cannot flourish either spiritually or mentally. Science has convincingly demonstrated the depressive effect that modern rock and pop music trends may have on human intellect.

It has also been proved that a child has an inborn attitude to musical rhythms of his or her nation. It is what we call the genetic memory. It is therefore not surprising that in international pedagogical practice much attention is paid to musical development of children through national folklore. Ukrainian ritual folk songs should accompany a Ukrainian child since the moment of birth until they become the child's organic language, i.e. the basis for effective development of his or her soul and mind. Ukrainian songs belong to the most developed folk cultures. In addition to melodic beauty, they also have classical structuredness. In addition, a Ukrainian folk song can also have multivectoral and at the same time systemic and integrated effect.

The Ukrainian folk song art is the element of beautiful vocal melos characterized by extreme melodic beauty and tender cordiality. Long ago, first researchers of Ukrainian songs (O.Serov, M.Gogol, P.Sokalsky, M.Lysenko, K.Kvitka) underlined the typical emotionalism of Ukrainian vocal melodies as well as their specific poetry, lyrical softness, "unspoken tenderness" (M.Gogol). It is the bright concentration of lyric characteristics reflecting the dominating feature of the national psychology that highlighted the lyric song among all other genres of the Ukrainian folk art. The lyric song, devoid of traditional applied functionality, acquired the necessary freedom of expression that made it possible to convey richness of an individual inner world, as well as various emotional states in a variety of situations and relationships (thus determining genre classification of lyric songs into the Cossack songs, Chumac¹ songs, recruit and other songs, as well as songs about love, female fate, family life, etc.).

What specific features are typical for Ukrainian lyric songs? First of all, they are the developed melodics, "broadness" of a pitch field in which the singing process develops. Free breathing of melody reflects the infinity of spiritual spaciousness that makes lyrical expression open and sincere. A slow and unrestricted melody flow most effectually corresponds to the will of a folk singer allowing to implement his or her personal, intimate feelings – pensiveness, dreaminess, affectionateness.

It is indicative that exactly the everyday life lyrics became the basis for all-Ukrainian musical style originality. In the history of music, this originality found amazing extrapolation: default intonation of Ukrainian lyric songs impregnated the Russian romance and eventually became the "emblem" of all Russian classical music. Because of the Ukrainian-Russian synthesis, the world got the greatest musical genius, Peter Tchaikovsky [5].

Ukrainian poetry is also full of music. It explains why Ukraine is rich with refined poets and why its poetry, along with its music, is characterized by a rich spectrum of undertones, both emotionally touching and originally conceptual. Suffice to mention Taras Shevchenko! The music of his verses is a real treasure for everyone, which is still to be pulled out. To do so, one has to recite poetry at any age. It would be even better to read it out with a singing accent. In fact, it is one of the most effective forms of the voice therapy. If one would not like reciting, one should at least listen. To this end, proper audio disks are required; it is also necessary to popularize the art of recitation of poetry to musical accompaniment. This is the grandiose treasury of Ukraine! The inexhaustible treasury!

Human sensory system is set to a certain vibration spectrum. A person immersed in vibrations (based on sound, color and light, taste, etc.), resonating with his or her sole, can intentionally be transformed as required. Such transformation, with a certain quantity level obtained, could be instrumental in transformation of the society.

We have always called it the educational effect of art (arts). This effect, however, has been used at one's individual discretion. In view of the information obtained by modern science, today this is not enough.

Unity is the harmony of multiplicity. That is why, at present there are special methods aimed at the entire spectrum of characteristics of human psyche, as well as audio disks developed "to immerse" a person into required vibrations (they could be played in a background mode), and relevant specialists are being trained. Ukraine can become a center of promotion of the music-based noosphere harmonization method.

It has been proved by the scientific experiments that education of children in national environment can lead to nation's reawakening. Songs are the innermost essence of a nation's soul. Without one's native melos (both in music and in language), one can simply get lost in the world. The ultimate use of it to insonify our reality will prevent us from destructive vibrations of the modern world making it easier to overcome difficulties and speeding up the progress of our development.

Such possibility is based on the revival of the ancient role of music as not just a kind of art but also a sacral instrument of existence. Today, it is at last possible to make this process conscious and self-governed and to direct it towards a distinct goal.

Conclusion. With their unique intonation, the Ukrainian language and music are powerful driving forces that can help an individual and the nation to be harmonized both within and without. Awareness of one's national identity combined with intentional music-based and music and verbal impact can radically change the fate of both the individual and the society at large. It is the most realistic and the least expensive way to the revival of our society.

Примітки

- ¹ Chumaky – salt traders in Ukraine in old times.

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