

Psaltic art and the brain: The philosophy of the Byzantine music from the perspectives of the neurosciences

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Byzantine music is a peaceful spiritual chant aiming at elevating the human soul from the earthy world to the celestial one. Inducing the spirit of serenity, passionless or apathy, the interior tranquility, the fruitful introversion, the real insight and self - knowledge, the Byzantine music, in an harmonious interaction with the byzantine iconography, becomes a pathway to purification of the psychosomatic entity of the human being. In the human brain, who suffers under the continuous intervention of the modern sensuous secular music, plenty of aggressiveness, anxiety, sadness, competition, domination, demanding and inevitable deadlocks, the Byzantine music is a proper remedy for the restoration of the interior homeostasis and the harmonization of the higher mental faculties. In the place of interior disorder, which sometimes exceeds to a real confusion of the human feelings, the Byzantine music is able to introduce the unique values of repentance, of genuine regrets, humility, praise, thanksgiving and gratitude, establishing eventually the precious worth of interior harmony. In the uneven and sometimes fragmented psychological background of the men of our Era, who suffocate from the vanity and under the burden of continuous bitter carnal and ephemeral eudemonistic pursuits, the Byzantine music offers a mystical treasure plenty of spiritual fragrance, happiness and exaltation, contrition, gladdening sorrow, calmness, peace and light. Understanding the message of the byzantine music the human soul may perceive the eternal mystery of the immense mercy and love of God, the miraculous light of Resurrection and the destination to eternity.

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