

The Music Therapy of Qi

The *Chuang-tzu* and a study of first-person practice

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Key words: music therapy, qi, the *Chuang-tzu*

This qualitative study attempts to clarify what is the essence of the author's practice of music therapy through dialogue with the *Chuang-tzu*, one of the classics of Eastern philosophy. It also describes the process in which the author comes to call her practice the "Music Therapy of Qi". The author experienced a case of using music therapy on a client who was in a coma (a vegetative state) after dementia and also during his "shujukunichi": the 49 days after his death, a period when it is said that the soul wanders between this life and the next life. Since this case cannot be well understood from a quantitative, positivistic, and objectivistic viewpoint, the author seeks for an alternative framework to articulate this by referring to the texts from the *Chuang-tzu*. This study hopes to be a starting point to establish a new viewpoint for music therapy in Japan by presenting the "truth" of a music therapist. It inquires into the therapist's own clinical experiences and explores an alternative frame of reference to understand them by appreciating the transpersonal dimension of qi.