

Franco Cracolici, Fabio Pianigiani, Massimo Rinaldi

## The art of listening

### Daoist medicine, sound therapy and microsystems: a synergy between treatment systems

In the West, art has developed a complex symbolism by which artists manipulate their medium to communicate with their audience. Music is considered a language of emotions and is composed of "sound forms in motion". This is the only point in common with the idea of art in the East, where communication is achieved by means of ideograms - visual effects in motion - rather than through logos - simple, rigid words. The authors of *The Art of Listening* start from Daoism and lead readers through captivating essays on sound, vibration, the act of listening and its energy and psychic effects, both local and general.

Franco Cracolici, an expert on Daoism, provides countless comparisons between this school of thought and ancient Greek philosophy [...]. Fabio Pianigiani illustrates the historical, symbolic, metaphorical and practical value of music, and states convincingly that the act of listening is the same as thinking, imagining and evoking. In the third part, Massimo Rinaldi introduces the concept of microsystems, i.e. topographical representations of the entire organism in very specific body areas. In acupuncture and Chinese medicine, microsystems can be used for diagnostic (tongue, eye, etc.) and therapeutic (hand, foot, scalp, ear, nose, etc.) purposes. If stimulated with needles, massage or photon beams (lasers), etc., therapeutic microsystem points can generate effects on the body as a whole. [...] Thus, the three complementary parts of the book illustrate an energy-based view of the body and its relationship with nature and emotions, along with the therapeutic impact of sounds and vibrations, both direct (by perception) and indirect (by acupuncture). (From the *Preface* by Carlo Di Stanislao)



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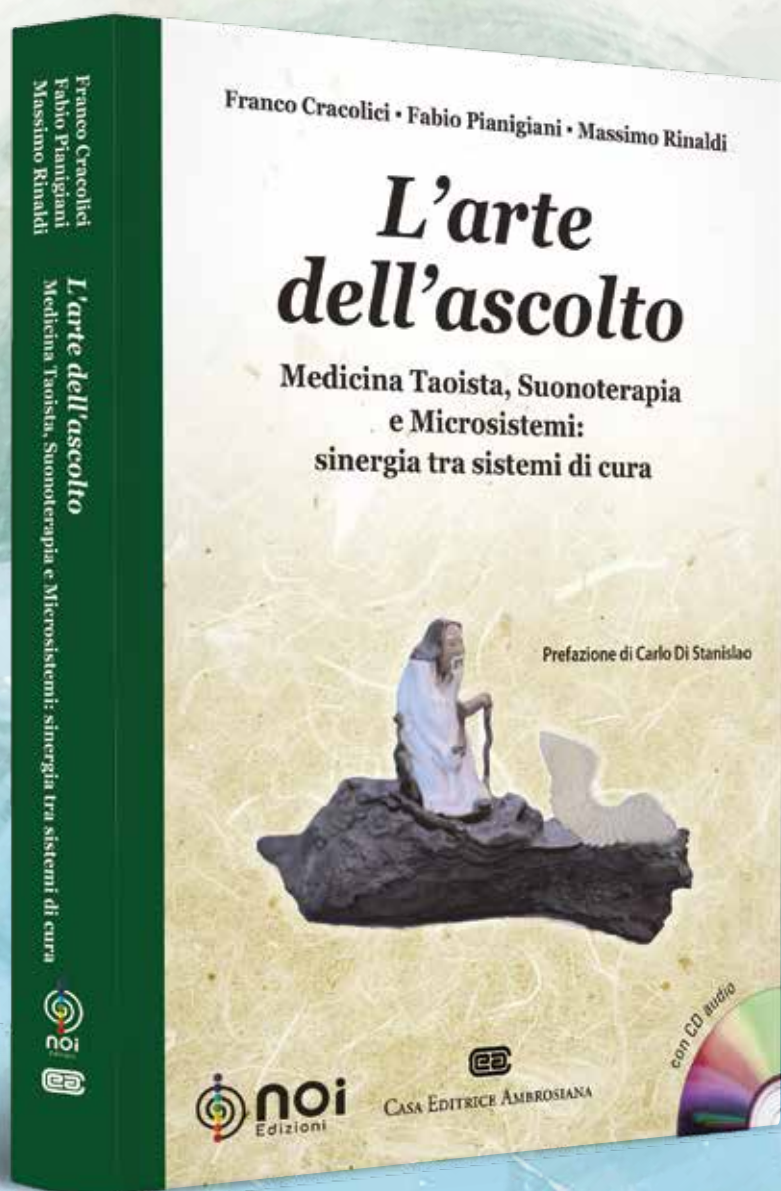
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# Preface

**T**he *Art of Listening* brings philosophy, medicine and spirituality into a single network, a “science of the soul”. The “soul” is the space shared by the essence of all living beings and includes the Earth where we live and, instead of conflict, we should cooperate and strive for a mutual understanding and caring. These are the cornerstones of a constructive way of thinking that can lead to an alliance of all life forms on earth: ecosystems, waters, plants, and of course non-human animals with their DNA so similar to ours.

The text provides information and suggestions on well documented medical and therapeutic practices and it offers a view of healthcare where listening to the person’s inner issues is as important as observing outer appearance. Recommended practices, therefore, cannot be condensed into a protocol, and care is the result of a network approach where sharing the sufferings of others is essential.

Daoism is one of the ancient philosophies underpinning Chinese medical thought. Together with Confucianism, it represented the cultural, social and therapeutic axis of a complex world from the 5th century BCE onwards [...].

The paradigms that underlie the practice of acupuncture derive directly from ancient laws found in Daoist texts: the laws of the five elements (*wu xing*), the law of *yin* and *yang*, etc.; not only are these laws the foundation of science and medicine, they also describe the philosophy of life that physicians should adopt, a philosophy that is common to all the great doctors of the world, no matter where or when they lived.

A transversal knowledge that supports both individuals and society, a network that requires the integration of knowledge, the complementariness between knowledge on the one hand and critical thinking and ethics on the other.

From the Preface by Franco Cracolici

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by Franco Cracolici

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by Fabio Pianigiani

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by Massimo Rinaldi

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The enclosed CD contains excerpts from Fabio Pianigiani's CD collection inspired by the five elements of Chinese medicine: Fire, Wood, Water.