**Introduction**

“I was sitting one evening, listening to a Brahms symphony. My eyes were closed and I must have been completely relaxed for I became aware of a feeling of ‘expansion’, I seemed to be beyond the boundaries of my physical self.”

**Question:** What intrinsic qualities of music elicit feelings of spirituality in listeners?

a) Intrinsic qualities (IV) - the intensity, valence, and depth of music; fundamental psychological dimensions of music according to Greenberg et al (2016).

b) feelings of spirituality (DV) - measured through questions on connectivity, self-reflection, and transcendence; determined through literature research.

**Objective:** Study how intensity, valence, and depth differences in instrumental music elicit feelings of spirituality in listeners.

**Materials**

48 clips of instrumental music were selected from Youtube, encompassing many genres and styles. A Qualtrics form measured spirituality through 14 ratings:

- Deep emotional feelings
- Connection to Higher Power
- Feelings of sadness/wistfulness
- Feelings of inner stillness
- Connection to Nature
- Feelings of facing same struggles as others
- Desire to do good things
- Feelings of hopefulness
- Connection to others
- Feelings of love for others
- Detachment from worldly concerns
- Feelings of relaxation

**Pilot Study – Get I, V, D of Clips**

- 105 participants listened to a random sample of 16/48 total clips in the lab.
- Each participant rated each clip’s intensity, valence, and depth according to 21 psychological attributes used by Greenberg et al.
- The average intensity, valence, and depth scores of each clip was found.

**Main Study – Measure Spirituality**

- 102 participants listened to a random sample of 16/48 total clips in the lab.
- Each participant rated how ‘spiritual’ they felt after listening to each clip, according to the list of 14 ratings.
- The average ratings for each clip was found (14 averages for each clip).

**Results**

**Clips with…**

- Negative Valence
- High Depth
- Low Intensity

**Were Significantly Associated with…**

- Deep emotional feelings
- Connection to Higher Power
- Feelings of sadness/wistfulness
- Feelings of inner stillness
- Connection to Nature
- Feelings of facing same struggles as others
- Desire to do good things
- Feelings of hopefulness
- Connection to others
- Feelings of love for others
- Detachment from worldly concerns
- Feelings of relaxation

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**Conclusions**

- Spiritual music appear to be associated with:
  - High Depth
  - Low Intensity
  - Both Positive and Negative Valence

- Feelings of connection (to god, nature, and humanity) are associated with different kinds of music.

- Positive valenced music is the only one associated with a pro-social inclination.

- Areas for future research: 1) How personality traits affect spiritual responses (empathy, religiosity) 2) studying spiritual responses using non-instrumental music.

**Literature Cited**