

The Music Experience

Mood & Memory



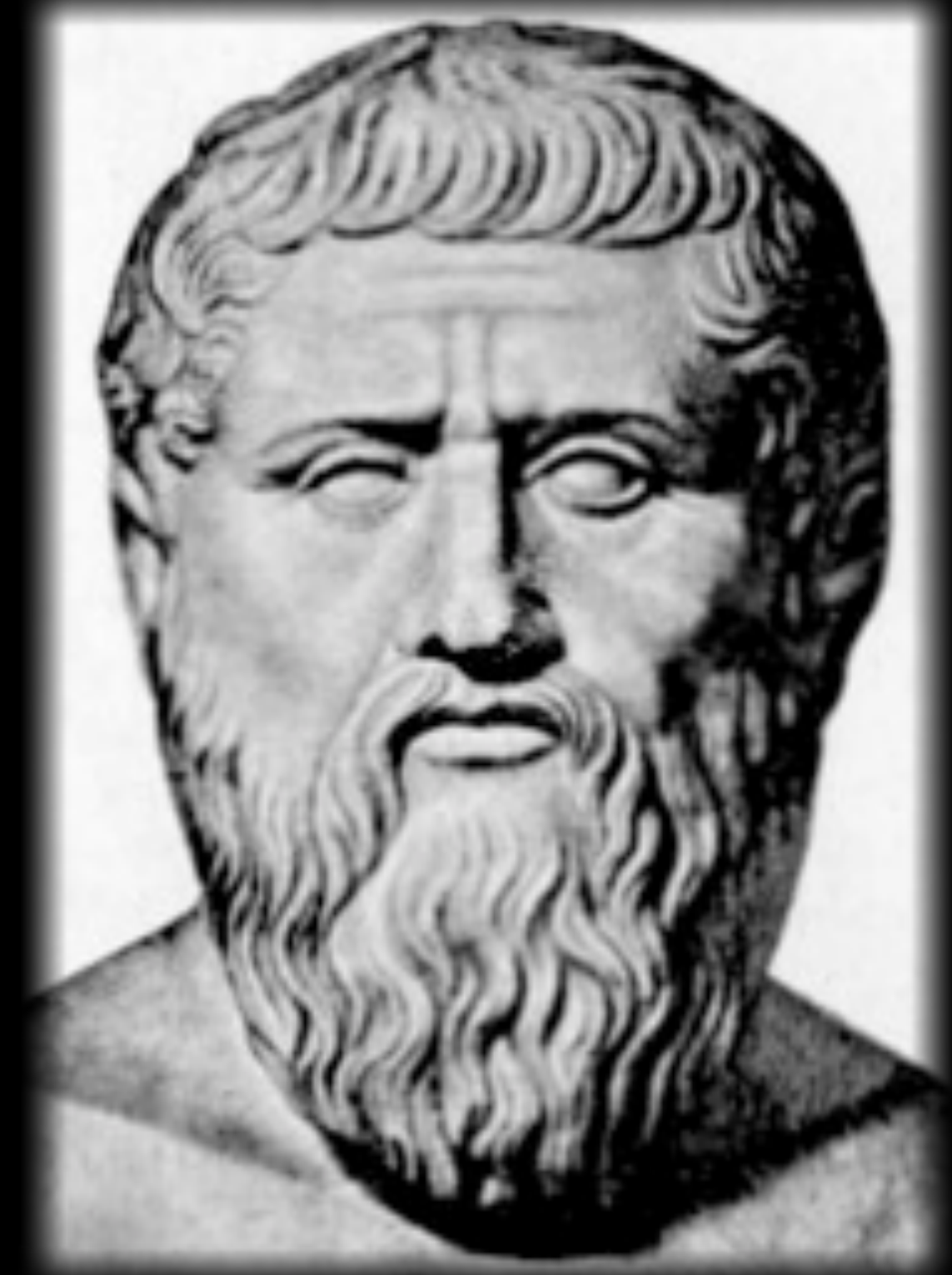
NEWSTART[®]

WEIMAR INSTITUTE

What people say...

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”

— Plato



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– Meinecke B. „Music and medicine in classical antiquity.
Dorothy Schullian and Max Schoe, eds., Music and Medicine, New York:
Herny Schuman., Inc. 1938

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Music Therapy, 1952. Lawrence, Kansas: Allen Press, 1953, 27–31.

What people say...

“The music is not in the notes, but in the silence between.”

— Wolfgang Amadeus
Mozart



What people say...

“Men profess to be lovers of music, but for the most part they give no evidence in their opinions and lives that they have heard it.”

— Henry David Thoreau



What people say...

“A man should hear a little music, read a little poetry, and see a fine picture every day of his life, in order that worldly cares may not obliterate the sense of the beautiful which God has implanted in the human soul.”

— Johann Wolfgang von Goethe



What people say...

“Where words fail, music speaks.”

“Life is like a beautiful melody, only the lyrics are messed up.”

— Hans Christian Andersen



What people say...

“Where words leave off,
music begins.”

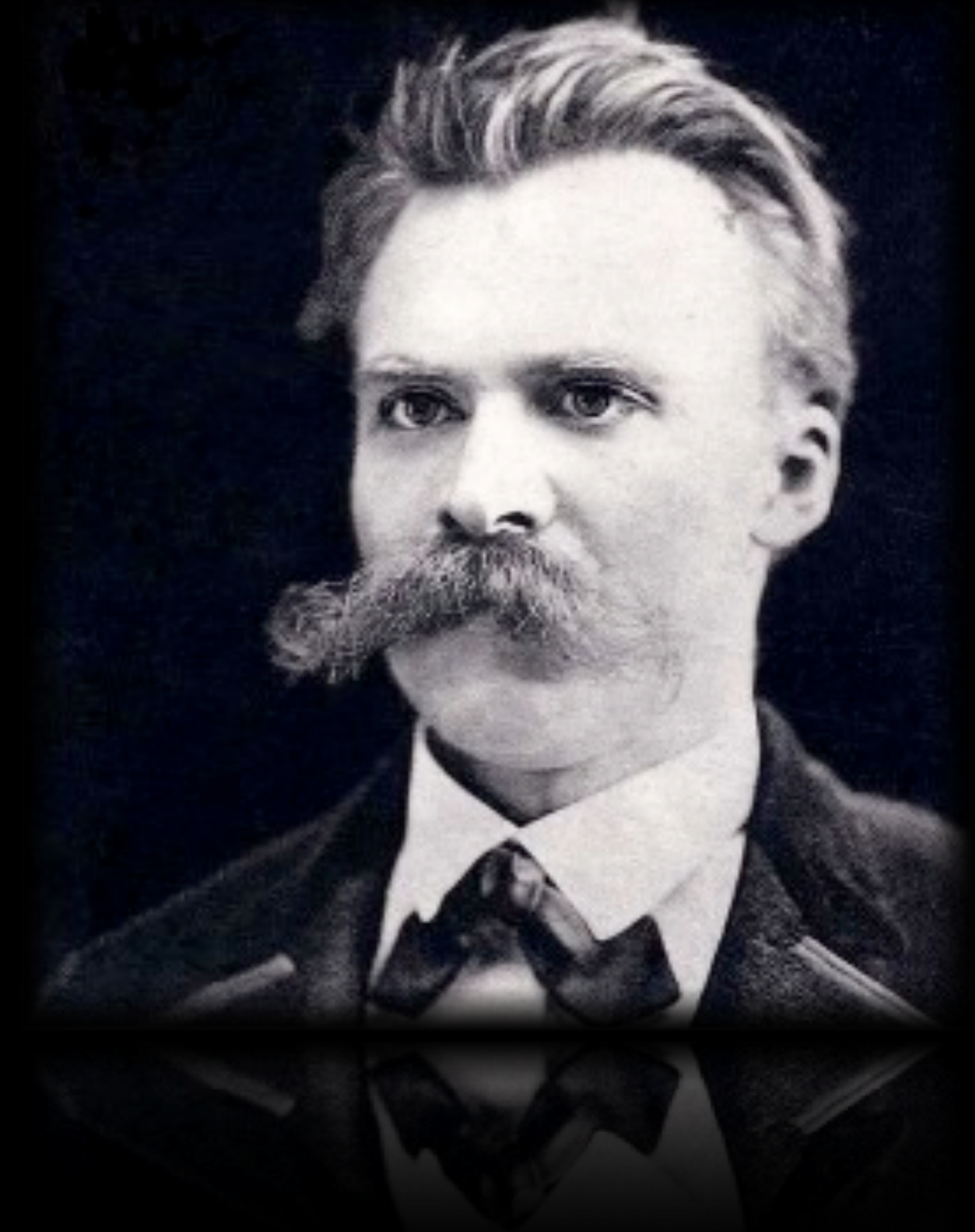
— Heinrich Heine



What people say...

“Without music,
life would be a mistake.”

— Friedrich Nietzsche



What people say...

“I'm telling you a lie in a vicious effort that you will repeat my lie over and over until it becomes true.”

— Lady Gaga



What people say...

" You can hypnotize people with music and when they get at their weakest point, you can preach into their subconscious minds what you want to say."

— Jimmy Hendrix

JH, Life Magazine, October 3, 1969, p.4.



What people say...

“The iPod completely changed the way people approach music.”

— Karl Lagerfeld



What people say...

What people say...

- **“Music is a moral law,” wrote Plato. “It gives a soul to the universe, wings to the mind, flight to the imagination, a charm to sadness, gaiety and life to everything. It is the essence of order, and leads to all that is good, just, and beautiful, of which it is invisible, but nevertheless dazzling, passionate, and eternal form.”**

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 - Boonschaft PL. „Teaching music with passion: conducting, rehearsing and inspiring.“ Galesville, MD: Meredith Music. Publications, 2002. p. 167.

What people say...

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- “ ... when one listens to music that imitates a certain passion he becomes imbued with the same passion. If over a long time he habitually listens to the kind of music that rouses ignoble [degraded or vulgar] passions, his whole character will be shaped to an ignoble form. In short, if one listens to the wrong kind of music he will become the wrong kind of person; conversely, if he listens to the right kind of music he will tend to become the right kind of person.”

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– „The Road from Eden: Studies in Christianity and Culture.“
Palo Alto, CA: Academica Press, p. 148, page 228.

Music and Education

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– Gardiner M, Fox A, Knowles F, Jeffrey D.
„Learning Improved by Arts Training“ Nature, May 23, 1996.

Music & the Brain

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 - Schlaug G, Jancke L, Huang Y, Steinmetz H. „In vivo morphometry of interhemispheric asymmetry and connectivity in musicians.“
In I. Deliege (Ed.), Proceedings of the 3rd international conference for music perception and cognition. 1994. Liege, Belgium.417–418.

Benefits of sedative music

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- **reduced anxiety**
- **optimized brain rhythm and function**
- **increased relaxation**

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- reduced anxiety
- optimized brain rhythm and function
- increased relaxation
- reduced need for pain relievers during cancer treatment and childbirth

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Kerkvliet GJ. “Music Therapy May Help Control Cancer Pain,”
Journal of the National Cancer Institute, Mar 1990; 82: 350–352

Music and the frontal lobe

- Music enters the brain through its emotional regions, which include the temporal lobe and the limbic system.



Music and the frontal lobe

- From there, some kinds of music tend to produce a positive frontal lobe response that influences the will, moral values, and reasoning power.



Music and the frontal lobe

- Other kinds of music will evoke very little frontal lobe response, while producing a large emotional response with very little logical or moral interpretation.

McElwain J. Personal Communication. Retired
Chair of Music Therapy Department, Phillips
University.
Enid, OK



Mental Performance

“When the University of Montreal researched brain imaging techniques to study brain activity during musical tasks, researchers concluded that the tasks of sight-reading musical scores and playing music “active regions in all four of the cortex’s lobes” and “parts of the cerebellum are also activated during those tasks.”

Sergent J, Zuck E, Tenial S, MacDonnall B. “Distributed neural network underlying musical sight reading and keyboard performance.” *Science*, 257, 106–109

Nature Neuroscience

“Music is not communicative in the sense of sharing information. Instead, it is concerned with sharing feelings and experiences and regulation of social behavior. In identifying universals in music that are unrelated to sound or style, Nettl notes that music is used to alter the consciousness of individuals and the ambiance of groups. Human and non-human comparisons are valuable in some respects, but their importance must be qualified by the links between music and the human experience of well-being.”

Nature Neuroscience Volume 6 Number 7 Page 672 – July 2003

Stages of Change

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1. Unconsciously Incompetent

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- 2. Consciously Incompetent**

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- 2. Consciously Incompetent**
- 3. Consciously Competent**
- 4. Unconsciously Competent**

Music and the frontal lobe

And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.

1 Samuel 16:23



Key Questions

1. Did you learn something new?
2. Was it clear?
3. Are willing to check out if it is true?
4. If it is clear & true – will you follow?