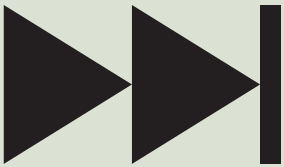
How Does That Sound?



A Guide To Using Music As Meditation

Soo Glad You're Here.

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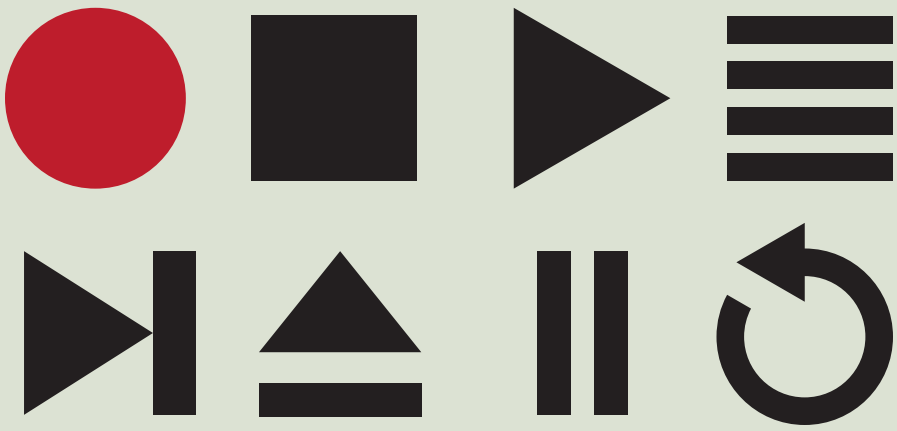
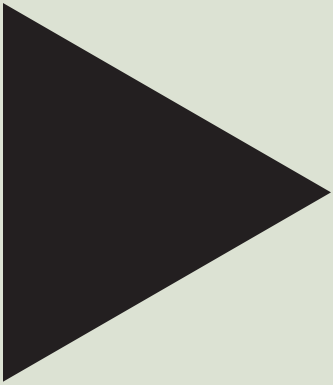


So, Why Music?



Music is such a big part of our lives. It is something that is universal and everyone enjoys from every culture. I don't think a day goes by where I don't hear some type of song playing. Music is a big thing that connects us all together. I love listening to music while running on the treadmill, walking to class, in the shower, and jamming out in the car.

I've noticed that when-ever I listen to music it suddenly brings me into a happier state of mind. My parents always joke around with question about how I know all the lyrics of a rap song but can barely memorize things for a test. It made me wonder, what exactly does music do to us. It enters our ears but does something way bigger then just let us jam to it.

Music Affects Our Brain. Yeah, A lot.

We can usually pick if a piece of music is part-icularly happy or sad, but this isn't just a subjective idea that comes from how it makes us feel. In fact, our brains actually respond differently to happy and sad music.

Even short pieces of happy or sad music can affect us. One study showed that after hearing a short piece of music, participants were more likely to interpret a neutral expression as happy or sad, to match the tone of the music they heard. This also happened with other facial expressions, but was most notable for those that were close to neutral.

Something else that's really interesting about how our emotions are affected by music is that there are two kind of emotions related to music: perceived emotions and felt emotions.

This means that sometimes we can understand the emotions of a piece of music without actually feeling them, which explains why some of us find listening to sad music enjoyable, rather than depressing.

Unlike in real life situations, we don't feel any real threat or danger when listening to music, so we can perceive the related emotions without truly feeling them–almost like vicarious emotions.

https://www.chronicle.com/blogs/arts/art-students-mental-health-a-complicated-picture/27923

Sensory Cortex
Controls tactile feedback while playing an instrument or dancing.

Corpus Callosum
Connected both sides of brain.

Hippocampus
Involved in music memories, experiences and context.

Motor Cortex
Involved in movement while dancing or playing an instrument.

Auditory Cortex
Listens to sounds; perceives and analyzes tone.

Visual Cortex
Involved in reading music or looking at your own dance moves.

Prefrontal Cortex
Controls behaviaor, expression and decison making.

Nucleus Accumbens & Amygdala
Involved with the emotional reaction to music.

Cerebellum
Involved in movement while dancing or playing an instrument, as well as emotional reactions.

Music Influence Your Mood, And Perceptions.

Music was reported to be deeply personal, often used in the foreground as a way of improving motivation or focus, or used in the background as a means of regulating mood and easing stress. Using music as a method of relating to friends or family, identifying culturally, or expressing oneself to one's peers was less common.

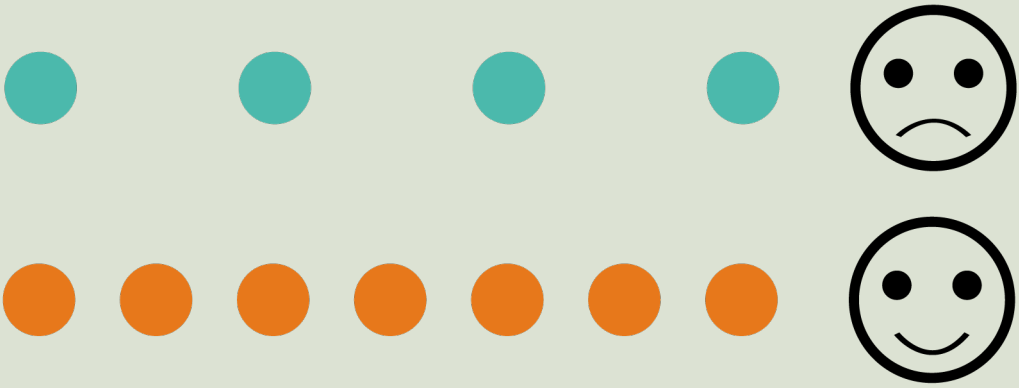
For example, listeners agreed that when songs were soft or slow, they were supposed to reflect sadness; jaunty and fast-paced music at a moderate volume was interpreted as happy.

In 2012, a research team at the University of Groningen in the Netherlands found that music deeply impacted what the listeners perceived were their emotions. The two lead psychologists asked participants to rank their happiness or sadness using emoticons. They found that, while listening to music, participants rarely used the neutral facial expression response even when no smiling emoticon was shown as an option.

https://www.psychologytoday.com/us/blog/the-athletes-way/201212/the-neuroscience-music-mindset-and-motivation

https://www.tandfonline.com/doi/abs/10.1080/17439760.2012.747000

Tempo



Different tempo has different influnces on mood. Usually, Slower Tempo is more likely to cause negetive emotions, faster the opposite.

Volume

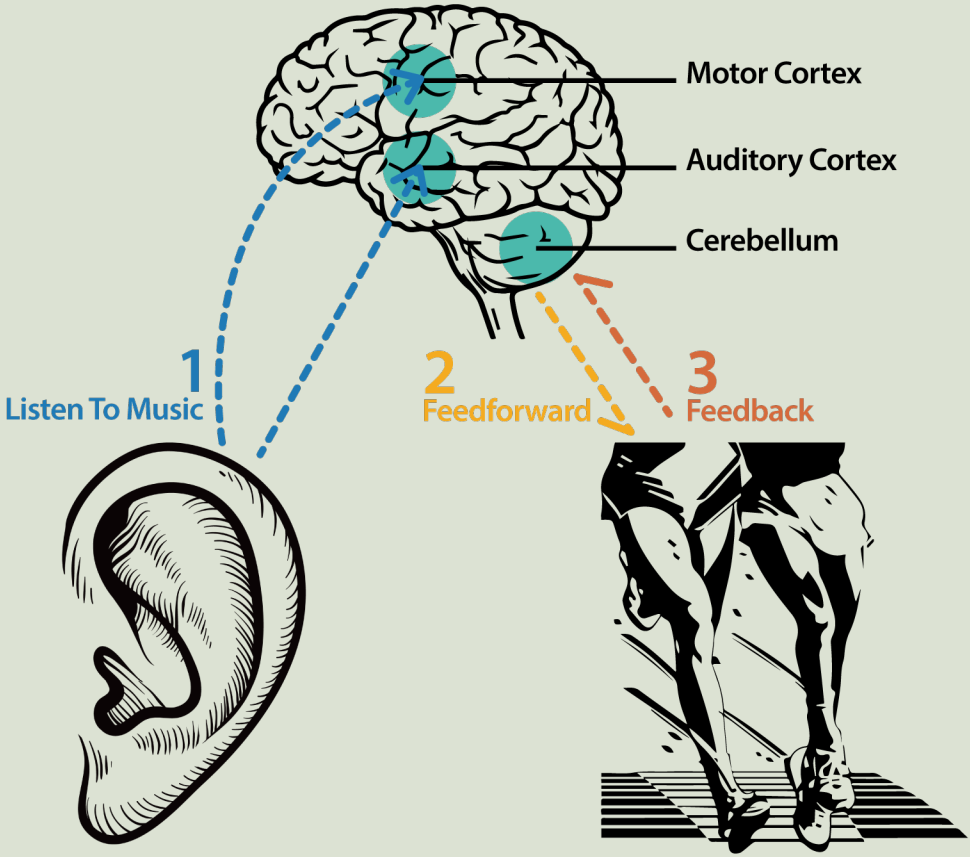
Volume is also important on the mood level. Louder music appears to be more immersive and provide more positive emotions. But don't go too loud!

Music Changes Your Body, Too.

It's no secret music has a serious impact on a person's brain activity — whether that's how it engages different parts of the brain, how humans memorize tunes and lyrics or how different types of melodies and rhythms can elicit different emotional responses. It's even been reported that ambient noise, played at a moderate volume, can encourage creativity, and that listening to music can help repair brain damage.

Yet the news is even better for musicians, particularly those who begin playing an instrument at an early age. According to some studies, music learning can encourage the development of stronger vocabularies and a better handle on nonverbal reasoning. In the journal News in Health, Harvard Medical School neuroscientist Gottfried Schlaug even says that the nerve makeup of musicians differs from non-musicians, citing studies that musicians' minds have more bundles of nerves bridging the left side of the brain to the right.

https://www.researchgate.net/publication/304711031_How_Music_Can_Influence_the_Body_Perspectives_From_Current_Research
https://www.mic.com/articles/133981/7-ways-music-affects-the-body-here-s-how-science-says-sound-moves-us



When we perform music training during the exercise, it is the phase between successive beats, which guides the repetitive exercise cycle instead of cyclic movement. Foreseeable actual beating. The feedforward / feedback loop explains this phenomenon. The brain analyzes the pauses between each beat and the strength of each beat, and feeds it to the appropriate limbs while feeding. The brain synthesizes feedback information from the moving limb, including its position in space and the nearest motor memory cycle and uses this information to plan repetitive operations, because the execution of each exercise cycle occurs only before the beat, and can be performed at the position of the limb And speed. Improve energy efficiency, balance, coordination, and performance by driving music and results feedforward / feedback loops to reduce false recruitment in muscles.

Music In The Ear Is The Music In The Ear.

If the scope of research on the psychological and physiological impacts of music is any indication, much is known — and yet unknown — about how music affects the human mind and body. "By better understanding what music is and where it comes from, we may be able to better understand our motives, fears, desires, memories and even communication in the broadest sense," writes neuroscientist, musician and author Daniel J. Levitin in his 2007 book This Is Your Brain on Music.

Here Are Six Things Science Has Made Clear:

We can usually pick if a piece of music is part-icularly happy or sad, but this isn't just a subjective idea that comes from how it makes us feel. In fact, our brains actually respond differently to happy and sad music.

Even short pieces of happy or sad music can affect us. One study showed that after hearing a short piece of music, participants were more likely to interpret a neutral expression as happy or sad, to match the tone of the music they heard. This also happened with other facial expressions, but was most notable for those that were close to neutral.

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https://www.mic.com/articles/133981/7-ways-music-affects-the-body-here-s-how-science-says-sound-moves-us

https://buffer.com/resources/music-and-the-brain

1. Music Can Actually Make You Smarter.

It's no secret music has a serious impact on a person's brain activity — whether that's how it engages different parts of the brain, how humans memorize tunes and lyrics or how different types of melodies and rhythms can elicit different emotional responses. It's even been reported that ambient noise, played at a moderate volume, can encourage creativity, and that listening to music can help repair brain damage.

Yet the news is even better for musicians, particularly those who begin playing an instrument at an early age. According to some studies, music learning can encourage the development of stronger vocabularies and a better handle on nonverbal reasoning. In the journal News in Health, Harvard Medical School neuroscientist Gottfried Schlaug even says that the nerve makeup of musicians differs from non-musicians, citing studies that musicians' minds have more bundles of nerves bridging the left side of the brain to the right.

2. Sad Music Doesn't Necessarily Make Us Sad.

According to a study in Frontiers in Psychology in 2013, sad music may not make you break down in tears. The findings suggest music can spark two types of emotional responses — perceived emotion and felt emotion. That means that though sad music is recognizably sad to many, experiencing it is not an emotionally darkening experience.

After conducting a survey of 44 participants, "The results revealed that the sad music was perceived to be more tragic, whereas the actual experiences of the participants listening to the sad music induced them to feel more romantic, more blithe, and less tragic emotions than they actually perceived with respect to the same music," the study found. "Thus, the participants experienced ambivalent emotions when they listened to the sad music."

3. Music Is Thought To Have Positive Medicinal Effects.

Music has long been used in healing rituals around the world, and science suggests there's a good reason that's been the case. Plato suggested using music to treat anxiety, Dawn Kent wrote in a 2006 thesis for Harvard University titled "The Effect of Music on the Human Body and Mind," while Aristotle categorized music as a therapeutic tool, particularly to treat those with volatile emotions. And in ancient Greece, Apollo ruled both music and healing.

"Physiologically, music has a distinct effect on many biological processes," Kent wrote. "It inhibits the occurrence of fatigue, as well as changes the pulse and respiration rates, external blood pressure levels and psychogalvanic effect."

4. Mood Music Is A Thing.

"Music can increase one's libido," said Curtis Levang, a clinical psychologist and marriage and family therapist, Everyday Health reported. And speaking to the publication, urologist Y. Mark Hong said music and sex are alike, in that both can be emotionally charged experiences. Therefore, he said, it's possible music can help men with low testosterone up their sex drives, as listening to music can elevate serotonin levels in a person's body.

And it's even possible that music can help single folks score a date. According to a study by researchers in France, single women who had listened to romantic music were more likely to hand out their phone numbers than those participants who had listened to neutral music prior to be asked out.

5. Music Can Help You Go The Distance.

Several studies have shown that music can boost endurance and help us use energy more efficiently during exercise. One 2012 study called "Effect of Music-Movement Synchrony on Exercise Oxygen Consumption" found cyclists who peddled along to music used 7% less oxygen than those who didn't couple their ride with music to match their pace.

According to the study, which was published in the Scientific American, a song's beats per minute (bpm) has an effect on motivation — though that's true only up to a certain threshold.

6. Music Can Help You Adjust That Attitude.

According to research conducted at the University of Missouri, a team of scientists has confirmed what has perhaps been long suspected: Music is a mood booster.

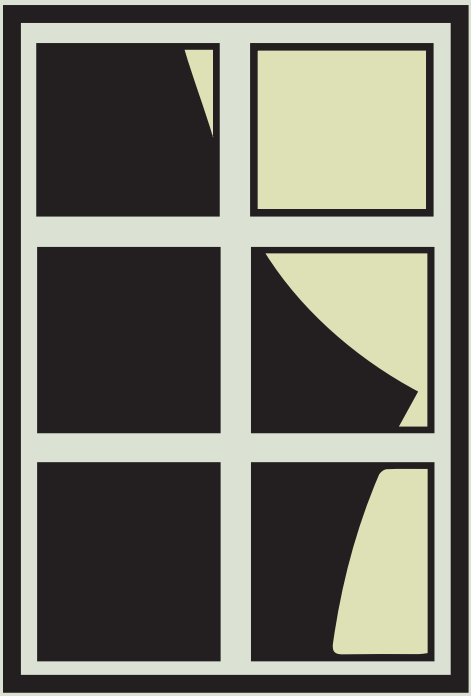
"Our work provides support for what many people already do — listen to music to improve their moods," the study's lead author, Yuna Ferguson, said in a press release, Healthline reports.

"Although pursuing personal happiness may be thought of as a self-centered venture, research suggests that happiness relates to a higher probability of socially beneficial behavior, better physicalhealth, higher income and greater relationship satisfaction."

Peace Through Music.

Meditation is a great way to feel more centered and focused, and to de-stress after a long day. Music is a useful tool in meditation, as it can help you clear your mind and stay in the moment. There are different forms of meditation, and different ways to use music with each one.

1. Find A Comfortable And Relaxing Space.



Make sure the room is a comfortable temperature for you, and that your body is comfortable where you are sitting. Choose a quiet room, so that you can focus on the music you choose.

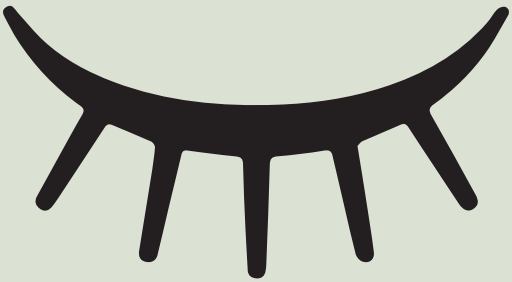
Use headphones or a stereo to play your music. If you choose to use headphones, it may help to feel like the music is coming from inside of your head, rather than from across the room. This can help your focus.

Facts

• 86% of users of the Nordoff-Robbins music therapy services said that music therapy had enabled them to develop social skills and interaction.

• Music triggers activity in the same part of the brain that releases dopamine (the 'pleasure chemical.')

2. Eliminate Distractions.



Eliminate distractions. Turn off the TV, and make sure you are in a room where there aren't too many things to divert your attention to.

Decide what kind of meditation works best for you. This might mean trying multiple forms of mediation to see which one works best. This will also help you decide how to best use music in your practice.

Facts

- *Listening to happy vs. sad music can affect the way you perceive the world around you.*
- *Music triggers networks of neurons into an organized movement*

3. Use The Music As A Way To Center Your Thoughts.

Use the music as a way to center your thoughts. Finding something to focus on and hone in on when meditating can be a challenge at first. By using music, you are giving yourself something specific to focus on.

Identify how the music makes you feel. By thinking about how the music makes you feel, you're gaining insight into your relationship with that particular song or kind of music, and this is a key in mindfulness.

Listening to music, all on its own, can be seen as a form of meditation. By focusing on it and being aware of yourself and your thoughts while you listen, you are essentially practicing mindfulness meditation in the process.

Facts

• Distinguishing changes in sounds were found to be equipped in those as small as a developing fetus.

• Your heartbeat changes to mimic the music that you listen to.

4. Don't Worry If you Have Trouble Focusing At First.

By thinking about how the music makes you feel, you're gaining insight into your relationship with that particular song or kind of music, and this is a key in mindfulness.

If you are new to meditation, you might find it difficult to calm your thoughts and focus. This is normal, as meditation takes time and practice.

Focus on your breathing. Breath is an essential aspect of any form of meditation. Make sure you are breathing deeply and slowly, and that you are aware of your breath as it enters and leaves your body.

Facts

• *An "earworm" is a song that you can't seem to get out of your head.*

• *A 'brain itch' is a need for the brain to fill in the gaps in a song's rhythm.*

5. Seek The Advice of A Meditation Guide.

There might be classes offered at your school or in your community, or you could find a book that details different meditation methods and how to pursue them.

The internet is a great resource for e-books and podcasts that can help you learn both how to meditate and how to incorporate music into your sessions. There are also podcasts and digital albums that can be used for guided meditation, to listen to while you meditate.

Facts

• Learning a musical instrument can improve fine motor and reasoning skills.

• Music Thearpy helps to reduce symptoms of psychological disorders including schizophrenia.

How Does That Sound Now?

Check Out Our Website For More.

More Resources From:

artofliving.org
mindtools.com
realitysandwich.com
psychologytoday.com
mindbodygreen.com
accesstoinsight.org
chopra.com

Typefaces:

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The Ivy Foundry, 2016

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