**Musical Rituals for Online Collaboration and Meetings**

**EuMuse Background**

EuMuse Active Music Listening Program is led by Marina de Moses, as a science-backed guide to construct one’s own personal music habitat. It provides a carefully chosen selection of classical and traditional world music compositions matching different needs. In the context of the MetaDesignChallenge/Hackathon, EuMuse aims at helping people to build awareness, mindfulness, skills and habits during meetings through music and soundscape.

**Goal – Meta Design Challenge\_EuMuse**

The goal within this MetaDesignChallenge is to create a process template (or more technically, a design language for music listening) to engage participants to be mindful of time, content, and ideas in online and offline communication. The process includes time segments and categorized activities of interactive sessions, so that meeting participants can joinly enjoy and jointly be reminded by a mindfully designed sonic scape that improve the overall effects of interactions. The usage of sounds, musical content, as well the procedure of how to listen to music will be treated as intellectual properties, and the process will try to be rigorous in protecting the rights of these intellectual properties.

**Working Principles: Music Microcosm and Music Macrocosm**

Our bodies are, in essence, more ecosystem than organism. They are a symphony of rhythmic patterns; our heartbeat, respiration and brainwaves all entrain to each other. All of our organs are vibrating, twisting and moving, even if many of these movements are micro movements. As a result of their motion, they produce energies, including pressure waves (sound energy), in physics called phonons. As a photon is to light, a phonon is to sound.

Every cell in our body is a sound resonator and lives in a rhythmic pattern. Every organ has its cycle, its pulse, and its musical note. Every system has its cycle and its pattern and its pulse. The various systems in our body respond to sound vibrations as do our mental, emotional, and spiritual states of consciousness.

**Music Rituals**

A project-quest for body and mind tuning, reorientation, and activation. It offers a music design language that works on the quality of information exchange between building blocks of our existence.

Music seems to elicit emotions and change moods through its stimulation of the autonomic nervous system. Bodily responses related to emotion include changes in dopamine, serotonin, cortisol, endorphin, and oxytocin levels. These can all affect physical health. In addition to the impact that music can have on emotions it has also long been known that listening to music enhances cognitive processing and has a wide range of physiological effects on the human body including changes in heart rate, respiration, blood pressure, skin conductivity, skin temperature, muscle tension, and biochemical responses

Music Rituals lead to *aesthetic* knowing of music in which we are aware of the feeling that music creates; *creative* knowing how to listen music and create sonic space; *contextual* knowing through which we understand what is music within a scientific, cultural and sociohistorical contexts. These processes are not separate but reside in a complex web of dependencies and interactions.

**Proposed Activity**

EuMuse Musings – listening to music modules before and after the sessions to achieve desired outcome – e.g., focus, strengthen mental power, relax, create/reflect, provide break to refocus/recharge etc.

Practical implications of EuMuse and its founder Marina de Moses work expands its ambition to stimulate invention and healing in personal, professional and cultural life.

* In personal and professional life, it responds to help people discover and reinforce their skills, formulate resonating networks and achieve continuous reflections on how to look beyond the traditional assumptions of business practice.
* In cultural life, it aims to investigate how different forms of work, cooperation and education can establish the greater ability to integrate more branches of knowledge and fulfill the expanding aspirations of a new generation.

**Initial Participants**

**EuMuse**: EuMuse work is science-based and experience driven. It is underpinned by our intensive education in music, psychology, philosophy, anthropology, digital intelligence, ICT in education, cognitive science and experience in multicultural and mindfulness-based approaches. This work spans disciplines, continents and millennia – it is an art and science – and it is underscored by the innate journey into researching the civilizations of sound.

**Program Schedule**

Each module is put in perspective by editors, Marina and Ben, and further investigations and actions are framed by discussion of the nature of cognitive musicology and targeted actions/problems of modeling musical action.

Every single music listening module represents a micro- learning moment, and it foreshadows a much larger transformation.

Consequently, goal may be refined through discovery of how these activities can be interpreted, understood, modeled and supported through the use of AI

**Summary**

EuMuse is dedicated to fostering an understanding of the vital relationship between music, sounds, creative expression and overall health (health defined as a state of complete physical, mental and social wellbeing), and to developing programs that build upon this understanding.

Ben Koo and Marina de Moses – through Meta Design Challenge & EuMuse - seek the engagement with diverse ecosystem – learning institutions, governmental bodies, businesses, non-profits, research institutes, wellness clinics, agricultural/environmental entities, kindergartens and senior citizen care centers.

We aim to bring together intellectual entrepreneurs, scientists, artists, businessmen in the knowledge society and knowledge economy to engage in research, conversations and concrete activities