**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 of EuMuse: Better Sound Scape for Online Meetings**

The goal of this Project, Musical Ritual, 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 jointly 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 orchestrated as contextualized sonic experiences. The suggested process template will try to be rigorous in labeling and organizing the sonic experiences using existing data management and communication technologies, so that peoples who uses online meetings can immediately start applying the process template to enrich their sonic experience during online meetings. Henceforth, people can start benefit from EuMuse by participating in online interactions and utilizing knowledge of guided music listening through the said process template.

**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. This design language can help specify the opportunities for the injection of musically enriched experience during online and offline meetings.

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**

To better define the proposed activity for creating Musical Ritual as a Design Challenge, one must first thinkg about the practical implications of EuMuse-based Musical Ritual. Based on the founder, Marina de Moses’s earlier experience and observations, intentional musical listening could 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.
* From a technical viewpoint, how to inject and synchronize high quality sound signal over online mechanisms, at the same time protect relevant intellectual properties is a part of this design challenge. This includes the provision of a user triggered (web) interface, that enables multiple sites to listen to music of the same data stream or locally customized data streams.

Based on the earlier promise, the Design Challenge would contain the following three components:

1. Process Template Specification Language,
2. Effect Measurement Methods, and
3. Publishing of Statistical Results.

***Process Language for Musical Rituals***:

Invite process designers and musicians to identify the process elements, as well as the proper musical content and sonic elements to be incorporated into online meetings. More specifically, design a process language for describing the event sequences and sound playing mechanisms within online meetings. Then, the same process specification should be proposed as a technical specification to be integrated with existing online meeting software, and enable more stream-lined integration for sound content insertion and playback.

***Measurements of Musical Ritual Effectiveness***: The effects of Musical Rituals are dependent on multiple variables. To measure the effectiveness of integrating musical rituals in meetings, it is necessary to conduct simulated tests and collect real-world statistics. This project will also create a data collection and statistical testing procedures to evaluate the effects of sonic content, software and hardware influences, as well as the types and properties of online meetings. For example, for brain-storming meetings and online interactive courses, certain musical content and process patterns might be generically applicable to a broad range of usage contexts.

***Publishing or Statistical Results of Musical Trials***: This project will also identify volunteers to participate in online meetings that collect test records and use the data to improve further selection of process parameters, including identify proper use of musical/sound content. All the data, participants, meeting types, and other information will also need streamlined procedures to remove privacy-related data. Therefore, the process and tool chain related to collect the trial data can also leverage other open source data set management practice. Some of the new methods invented here for process and sound data manipulation could also be used for other public-domain data sharing projects.

**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 in the context of online/offline meetings.

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 we believe that sound or sonic space is an important aspect of intellectual, emotional and social communication. So that we believe that it is important to developing this programs that build upon this understanding.

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 that foster the use and understanding of sonic scape that improves human wellbeing and sociable communication.