

Of Music

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

Music enhances our deepest emotions, challenges our higher-level thinking, and contributes to a “universal” voice in its ability to transcend language. **Listening to music** can be an escape from reality, transporting us through sound, to a different time and place. **Playing music** elevates the musician to a higher intelligence, since musicians must engage both mental acuity and physical coordination when creating a melodious sound. **Composing music** is a platform for self-expression, serving as a vehicle for the composer to share his or her feelings, stories, and experiences. Of course, different types of music will have different effects on the listener. When choosing what music to produce, play, or hear, do not choose music that supports racist, sexist, or vulgar messages, as music can also have an insidious and subliminal effect on your thoughts that could plant discriminatory biases.

Listening to music allows us to enter into the vibrant, joyous, fiery, or heartbreaking world that the melodies weave together. **Listening to music** releases dopamine, the pleasure neurotransmitter, giving us an instant mood boost, and the chemicals released in your brain can help reduce the effects of stress and depression. Essentially, **music is medicine to the mind, body, and soul**. The genre of music we listen to can be quite impactful on our emotional health. For instance, upbeat music can make us feel energetic, while classical music can make us feel tranquil. When engaging in different tasks or experiencing different moods, select music to inspire you, relax you, or rejuvenate you.

Because playing music, by definition, demands the production of an appealing sound, playing a musical instrument requires both physical and mental agility. The process of music-making produces strong neural connections between different parts of the brain. As a music student of almost thirteen years and as a musician of four instruments, I can confidently affirm that playing an instrument is not only a medium for self-expression but also is both a physiological and a mental exercise. Playing an instrument engages many different segments of the brain, while the musician simultaneously processes visual, auditory, and motor information. This forces the brain to consistently make new connections and strengthen its lobes, allowing the musician to multitask effectively. These new neural pathways between the left and right hemispheres of musicians’ brains allow messages to travel faster, making musicians effective problem solvers, quick thinkers, and strategic planners. Additionally, musicians can hone their leadership and teamwork skills when they are members of a band. Indeed, many of the skills gained through playing an instrument are transferable to musicians’ daily lives.

A few select individuals are gifted enough to **dive into the depths of music-making to deconstruct its components, to understand its workings, and to create unique expressions**. Composing gives a musician the latitude to convey almost any emotion and to evoke any image. Moreover, with the added benefit of understanding all the components of the orchestra, a composer has the challenging task of balancing all the different elements of music into one cohesive, expressive piece. With every instrument at his or her disposal, a composer can connect with people with an elevated understanding of sound, storytelling, and emotion.

Enriching to the soul, refreshing to the body, and exciting to the mind, music allows us to explore ourselves and the world with a fresh perspective. **Music breathes life into everything around us, constantly enveloping us**. **We hear music in** the calm rhythmic sounds of lapping waves, and **we hear it in** the melodic tones played as the subway trains whoosh by. **We hear it in** movies, filling the scenes with emotion, and **we hear it in** the earphones we carry with us to escape the

reality of a busy day. I carry music in my heart, always thinking about it, listening to it, and delighting in it!

References:

Deflin, Kendall. (2016, February 17). *10 Positive Benefits Of Listening To Music, According to Science*. [https://liveforlivemusic.com/features/10-positive-benefits-of-listening-to-music-according-to-](https://liveforlivemusic.com/features/10-positive-benefits-of-listening-to-music-according-to-science/#:~:text=Music%20Decreases%20Stress%20While%20Increasing%20Overall%20Health&text=If%20you%20listen%20to%20music,chances%20of%20overall%20well%2Dbeing)

[science/#:~:text=Music%20Decreases%20Stress%20While%20Increasing%20Overall%20Health&text=If%20you%20listen%20to%20music,chances%20of%20overall%20well%2Dbeing](https://liveforlivemusic.com/features/10-positive-benefits-of-listening-to-music-according-to-science/#:~:text=Music%20Decreases%20Stress%20While%20Increasing%20Overall%20Health&text=If%20you%20listen%20to%20music,chances%20of%20overall%20well%2Dbeing)

Deflin, Kendall. (2016, November 20). *Science confirms that people who play music are smarter than others [Watch]*. L4LM. <https://liveforlivemusic.com/news/science-confirms-that-people-who-play-music-are-smarter-watch/>

Purpose: To inform teens and young adults about the physical and mental importance of music, and to persuade them to become more invested in it

Audience: Casual music listeners, teens and young adults

Speaker's ethos: Musician for 13 years, experience in music, interest in science

Paragraph 1 appeal: Ethos (provide counter and quotation)

Paragraph 2 appeal: Mostly Logos (facts), Pathos (emotional effects)

Paragraph 3 appeal: Ethos (personal experience), mostly Logos (scientific benefits of playing an instrument)

Paragraph 4 appeal: Mostly Logos, Pathos

Paragraph 5 appeal: Pathos (outline emotional reasons to listen to music)

Key:

Aphorism

Metaphor

Rich imagery

Tricolon Parallelism

Counter

Personification

Anaphora

Alliteration