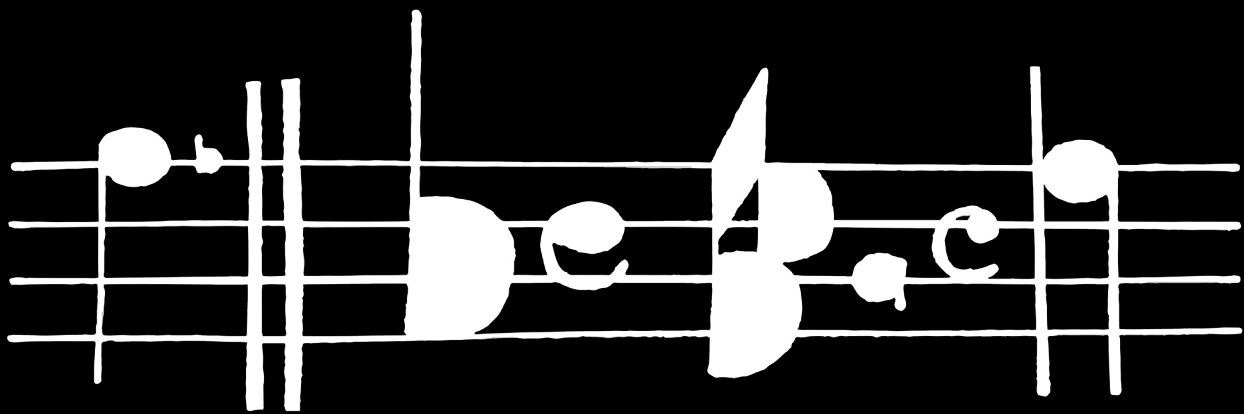


The timelessness of classical music



by Madelon
Verbeek



I'll be Bach: the timelessness of classical music
by MADELON VERBEEK

IN our modern everyday life things have to be new and fast. Our concentration curve has desperately decreased, whereby people get a bored attitude very fastly. We get more and more perfunctory and shallow brained. Open up your mind and don't change into one of the robots this society imposes you to be. Express yourself and explore deeper intentions. Starting with one of the most approachable, accessible subjects of our daily life: music.

You can probably agree that the music you listen to has a lot of influence on your state of mind and your thoughts. Some music can cheer you up while other music makes you down. While listening music you can even interpretate a persons' neutral looking

has beneficial effects. Like you'll take up two to ten times as much information while listening to Largo baroque. Not even silence or any kind of other music will have this effect on you.

So now we're going to the more scientific part of classical music. The latter statement is proved by suggestopedia students from the Karl Marx university in Leipzig. The classical Largo baroque music had these unbelievable effects on people's learning speed because of the tranquillity, melodious structure and the harmonious patterns in it. At this point, personal taste has nothing to do with the success they achieved with improving your learning speed with 2 to 10 times. This specific classical music is

"You'll take up two to ten times as much information while listening to classical Largo baroque music. Not even silence or any kind of other music will have this effect on you."

face as happy or down, depending on what kind of music you listen to. Music influences your whole brain to work. It can have serious favourable effects on your focus, learning speed and the amount of new information you can take up. It reduces stress and has a lot of effect on your surroundings. But not every kind of music will improve these things in a good way. Music that's too loud with a lot of noise will distract you. This will not improve your learning speed and the reduction of stress. In contrary. Even lyrics in a song will distract you from the task you're focusing on. So you're probably asking yourself now: 'But what music IS beneficial for all these things?' The music, that has the most positive effects on you, your effectiveness, stress, focus and learning speed is classical music. Indeed, that old music, one of the first genres of music in this world. And that's why I'll tell you why you should give classical music a 'new' chance.

Just let go of all the preconceptions about classical music such as 'dull' or 'boring' or 'music for dying elderly'. Preconceptions are one of the most dangerous things in life, and I think that you definitely don't want to have an opinion which imposes you to have the general mindset of society. Even if you still think it's not worth listening to: music isn't just about taste and emotions. There are scientifically proved results that view certain classical music

essential to accomplish this effectiveness.

Classical music has even more effect than just to humans who listen to it. It's claimed that plants can grow faster on classical music. But you have to take this with a grain of salt because it's never been officially proved. Nevertheless, it's for sure that water responds to music either in a good way or a bad way. Masaru Emoto did experiments with water by freezing it. The result of his first experiment; photographing the ice crystals from clean and polluted water, showed that the clean water ice crystals were beautiful and the ice crystals from the polluted water were deformed. After this Masaru Emoto exposed the exact same clean water to classical music and heavy metal music. Again he freezed the water and the results were very notable: water that was exposed to heavy metal music showed deformed, chaotic ice crystals, while the water that was exposed to classical music showed perfectly beautiful shaped ice crystals.

Back to the effect from classical music on humans. Playing classical music on an instrument besides just listen to it, will bring even more advantages. Playing an instrument practically engages every area of the brain at once. These different brain functions will be strenghtened by playing an instrument, which can be used for other activities. Play-

I'll be Bach: the timelessness of classical music
by MADELON VERBEEK

ing an instrument requires the left and right side of the brain to work actively. The more mathematical side and the creative side exchange a lot of information via the corpus callosum, the bridge between the left and right side of your brain. Part of the regular use of the brain and the corpus callosum results in solving problems faster and in a more creative way. Besides the other advantages of playing an instrument you'll better understand and really feel the

influence and affection. As proven by an experiment from the University of South Alabama, that's because listening to calm and slow classical music reduces stress, which is one of the main causes of headaches.

It's clear that classical music has a lot of effect on people's bodies and mindset but it also has a lot of effect on people's behaviour. In London you can hear classical music in the Underground Stations in



deep emotional content and message from a piece of classical music.

Furthermore, different studies, (e.g. at the Universidade Federal de Goiás, the university of Hong Kong and the New Orleans University) showed that listening to classical music for 30 minutes a day can significantly reduce blood pressure. The duration, frequency and intensity of people that have migraine or a chronic headache can be reduced by frequently listening to calm and slow classical music. This because the state of trance creates a loss of the

some of the most dangerous neighborhoods. After six months a decrease of 33 percent of robberies, staff assaults and vandalism was shown.

As mentioned: plenty of scientifically proved reasons why you should listen to classical music or why it's advantageous to play it yourself.

Enough about the scientific approach of classical music. The most important thing about classical music besides of course the benefits explained earlier are the emotions and feelings in it. Whether

I'll be Bach: the timelessness of classical music
by MADELON VERBEEK

you listen to it or play an instrument: passion and an open mind will let you understand and enjoy classical music. After interviewing 50 young adults (aged 16-25, from 10 different countries around the world) some kind of general conclusion could be made: you can give a piece of classical music your own emotion, you can feel your own stories, experiences and feelings in it. Nothing is confirmed by the maker of it. There are no lyrics that explain the meaning of the song or the reason why it's written. Mostly, the classical composers base a new piece of music on a feeling, emotion or experience and you can feel that. Silences have to be filled nowadays. Songs mustn't be too complicated. In the words of one of the teenagers I've interviewed: 'Not everyone will be able to listen to music in an active way, which is a necessity if you want to feel the deeper meaning behind classical music.' But even if that's the case, classical music could still be appreciated and used for the beneficial effects that come with it. Like learning faster, activate and trigger the creative part of your brain and thereby cause new ideas, will only work in your advantage.

For many successful people classical music was or is a very important thing in their lives. It's a necessity to produce and to stimulate the mind to think, get some clarity and develop ideas.

'Not everyone will be able to listen to music in an active way, which is a necessity if you want to feel the deeper meaning behind classical music.' But even if that's the case, classical music could still be appreciated and used for the beneficial effects that come with it.

For example the well known painter Kandinsky who's made some paintings based on what he heard at different concerts. Colors dominate these paintings, not forms. Also inspired by anesthesia, a mental association between different senses, like 'hearing yellow' in the sound of a trumpet, he chose the colors he found which fit each tone, chord or instrument. He believed that the colors he used and mixed could produce visual chords. Kandinsky was inspired by classical music and their composers whom he believed could create images in the minds of listeners by sounds; like non-objective art.

As well as Goethe, a renowned writer and poet from Germany, believed that color and music have a lot



of links with each other. He once said that Mozart played the piano astonishingly 'polychromatic'. Creativity meets classical music in so many perspectives and vice-versa. Goethe's 'Physiological complementarity of tone colours' led to twelve-tone music like those of Arnold Schönberg's. And Ar-

nold Schönberg, on his turn, inspired Kandinsky to make his first music-inspired painting. It shows that all arts work together and classical music is a great source of inspiration for good work.

Classical music is definitely not just something for arty and creative people, who can formulate their feelings and express themselves pretty good. Even Albert Einstein, known and admired because of his physical scientific discoveries, said that life without (playing) classical music was inconceivable for him. 'I live my daydreams in music. I see my life in terms of music... I get most joy in life out of music.'

As you can see, a lot of successful, creative and scientifically interested people have been inspired

I'll be Bach: the timelessness of classical music
by MADELON VERBEEK

by classical music or the practice of it. But how will this develop in the future? Will classical music stay alive? Or will there be a moment that even the little group of young, enthusiastic and passionate people who keep the classical music alive is gone?

No! Classical music will always live. Notice that in our modern world, in which new songs and news just have our attention for a short period of time, classical music still continues to stay. Classical music is timeless. Beethoven's music for example has been played for over 200 years. The talent and the complicated knowledge that is needed to create something so wonderful as a classical piece of music will always be renowned and appreciated. Could you imagine that Justin Bieber's 'Baby' will still be appreciated and evoke the deepest emotions in people after 200 years? After a few weeks the rush and newness of the song is gone, and it will never come back, since there already have been made hundreds of similar songs after the premiere of the song. Nevertheless, it's obvious that during classical concerts in theatres the amount of grey-headed people are obviously dominating. It is clear that the younger generation has less interest in classical mu-

sic than the older generation. But still there are a lot of young people who love and appreciate it. In the end, it depends on the young creative ones. They are the fuel to keep the fire of classical music burning and stay alive. They will devote their passion for classical music to a new generation and because of the passion which comes with classical music, it will always be respected. In the future, when things will become less and less personal, people will look for the purest form of music to give their own interpretation to it. Even if it's just used for its beneficial effects. But it will continue to live.

Let's celebrate the classical music for its deep significance, content and meaning. True passions and talent in classical music is timeless. Rebel against the more and more superficial society. Think about the meaning of music. Enrich and inspire yourself. Loving classical music isn't conservative, it's the exact opposite of it. Be progressive.

