

# Music for Relaxation

And now, Israel, what doth Yahweh thy God require of thee, but to fear Yahweh thy God, to walk in all his ways, and to love him, and to serve Yahweh thy God with all thy heart and with all thy soul,

Deut 10v12

# Use of Music for Non Worship purposes

**1 Sam 16v16** To soothe mental conditions

**Dan 6v18** To help sleep

**Luke 15v25** Rejoice over son's return

**2 Kings 3v15** To induce prophecy

# Use of Music for Non Worship purposes

**Eccles 2v8**

**Music and Song – vanity  
and vexation of spirit**

**Amos 6v1-5**

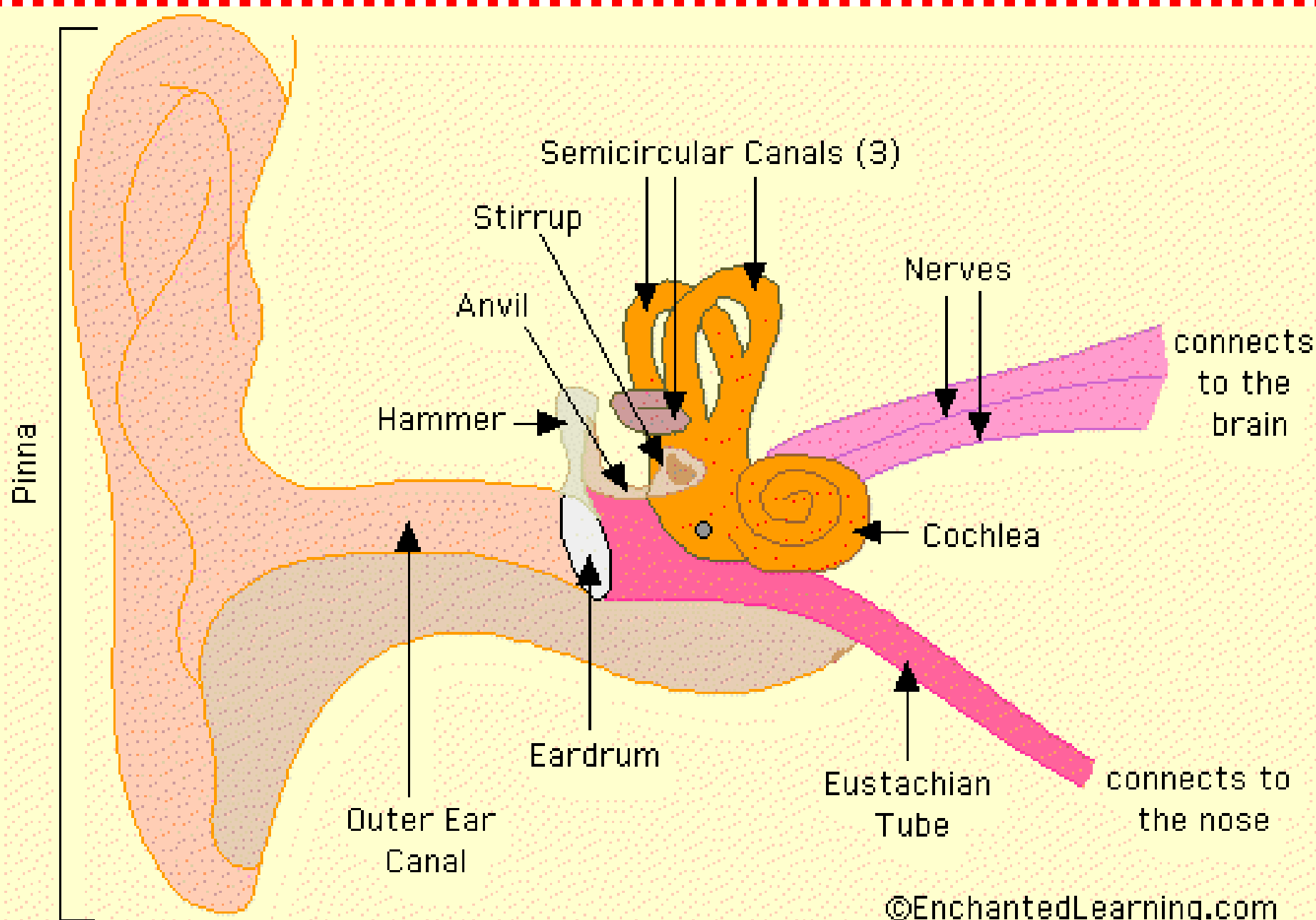
**Music and food – at ease –  
gratifying lust**

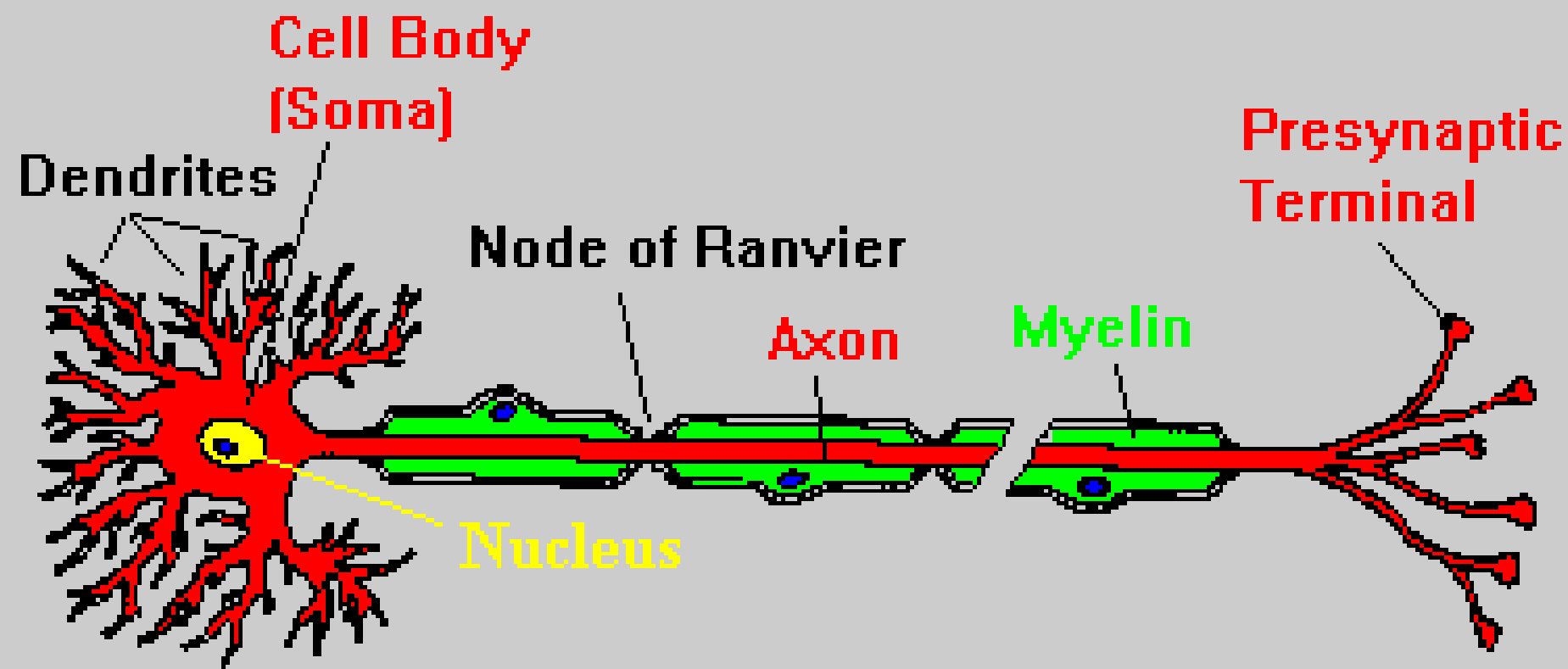
**Dan3v5,7,10  
Rev 18v22**

**Music for false worship**

**Lam 3v63**

**Music to scorn and ridicule**





# **Music and Tension/Resolution mechanisms**

- **Intervallic Tensions**      the sheer rise and fall of the notes
- **Tonal tensions**      discordant and concordant notes
- **Time tensions**      variation in rhythm and timing
- **Volume tensions**      variation in volume
- **Timbre and texture**      variation between instruments

# **Music - five basic facts**

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- **Music interacts physically with the body**
- **Music affects the whole Body not just the ear**
- **Music itself has an impact – not just the words**
- **Music interacts with the body's natural rhythms**
- **Music makes use of techniques such as tension and release**



# NEURAL PLASTICITY OF *MUS Musculus* IN RESPONSE TO DISHARMONIC SOUND

**Dr Harvey Bird, Dr Gervasia Schreckenber**

“In this study prolonged exposure to acoustical dissonance and its negative influence on the rhythmic nature of physiologically-active nerve tissue is postulated to cause physical damage to brain components with subsequent behavioural alterations. In particular, electrical stimulation of the hippocampus by abnormal sound patterns in the course of learning, may alter information registration. For example, such discordant stimuli might disturb the hippocampal theta rhythm that is associated with the inscribing of an experience onto neuronal structure and which is considered to be an optimum brain state for memory storage”

# **NEURAL PLASTICITY OF *MUS Musculus* IN RESPONSE TO DISHARMONIC SOUND**

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“Since most regulatory mechanisms are neural in origin, it is not surprising that many pathological alterations could also occur in neurological structures. In the case of brain cells, this ‘disordering’ can manifest itself not only in the physical state of the neurons but also in the harmony of their functioning, as well. Consequently, the behaviour of the organism may become seriously affected”

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## **Extract on the effect of rhythmic tensions**

“In a square four-beats-to-the-bar sequence a simple syncopation, or an occasional two-beat bar, can create a strong tension effect which is resolved by the reversion to the normal rhythm.

If every bar and every part is syncopated we soon begin to lose any real sense of tension and resolution, and there only remains a sense of ill-defined unrest”

**Pg 38 Music and Communication**

**Terence McLaughlin**

“ A Researcher from ANU Research School of Social Sciences in Australia named D.W.Skubik has some very interesting things to say about this. Skubik has found that measurable responses in the body's muscular system, brainwave patterns and hormone levels are produced by rhythms where drum beats are prominent or provide the basic beat. Skubik found that in response to the tempo of the beat and the loudness of the music, the brain goes into a state of stress.

“This causes the brain to try and re-establish a balance and prepare the body for pain by releasing its natural opiates. These opiates are brain chemical similar to the drug morphine, and the brain releases them to raise the pain threshold and to counteract potential depression. This action by the brain can become addictive over time because as Skubik says “one soon needs to have opioids released to feel good. An example of this is “joggers high”

“In our own society however, we seem to have managed to create an attachment to all the wrong things. Or, more precisely, parents and teachers have, by default, allowed the entertainment industry to create these attachments. Rock music in particular, says Bloom, inclines children away from self control and sublimation. It doesn't channel emotions, it pumps them up. Instead of a passionate attachment to what is good, noble and just, youth develop passionate attachment to their own needs, wants and feelings, and to people like Mick Jagger and Michael Jackson

**Prof W.Kilpatrick**

“The essence of pop music ....

... it is never in love with a particular object or person but only with those feelings which that person or object evokes. Consequently, [it] is fickle; it is always changing its object of devotion, always in search of a new high.

By necessity its interest is in novelty rather than stability. I don't doubt the sincerity of feeling in listeners who respond to “We are the world” (the theme song of the Live Aid concert) but I question whether those are the sort of feelings that can translate into committed and sustained action. Rock music allows us to indulge in *expressions* of strong emotion while freeing us from the obligation of *doing* anything.

**Prof W.Kilpatrick**

# A History of our Age?

Folk Songs

Classical Music

Jazz / Blues

Country & Western

Rock and Roll

Hard Rock

Punk Rock

Heavy Metal

Rap/Hip Hop





“ Leland is more than a little concerned about all the “adolescent rage” that runs through hard rock and Rap music..... This surprise and shock puts me in mind of C.S.Lewis’s comment about people who “laugh at honour and are shocked to find traitors in their midst.”

The kind of lyrics that Newsweek and Billboard complain of were always implicit in the music itself. If unrestrained emotion is to be king, there should be no complaining about violent emotions. There was every reason to predict that rock music would become increasingly violent. A music that proclaims that the gratification of one’s immediate desires is paramount is bound to lead in the direction of frustration and then anger, because the world never provides such gratification for very long.

**Prof W.Kilpatrick**

# Parental response

“ What we currently have is a censorship by omission.

Either parents don't know about or don't have a taste for alternative forms of music because they were themselves raised on rock; or they do know but are afraid to exercise their parental rights for fear their children's allegiance has already been captured, and to stand up to the music would only widen the rift.

What results is a pattern of denial; “avoid noticing what the words say, assume their kid will get over it”.

# Parental response

“ The child I described has parents who have sacrificed to provide him with a good life and who have a great stake in his future happiness. They cannot believe that the musical vocation will contribute very much to that happiness. But there is nothing they can do about it.

The family spiritual void has left the field open to rock music, and they cannot possibly forbid their children to listen to it. It is everywhere; all children listen to it; forbidding it would simply cause them to lose their children's affection and obedience. Better to set the faculty of denial in motion – The result is nothing less than parent's loss of control over their children's moral education at a time when no one else is seriously concerned with it.

Prof Alan Bloom “The closing of the American Mind p76

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

**Phil 4v8**

