

WHY MUSIC PRESENTS



COVID 19 SPECIAL EDITION
BY FRANK FITZPATRICK



21 WAYS TO CREATE JOY WITH MUSIC

CONNECT MORE DEEPLY AT
HOME AND ONLINE

Table of Contents

21 WAYS TO CREATE JOY WITH MUSIC

Reduce Stress and Connect More Deeply at Home and Online

INTRODUCTION: WHY MUSIC.....	2
ONE: Starting Out Right – Rise With Music.....	4
TWO: Daily Medicine – Sing Your Heart Out.....	5
THREE: Instrumental Moments – Play With Music.....	6
FOUR: Mantra – Reprogram Your Mind.....	7
FIVE: Emotion In Motion – Move With Music.....	9
SIX: Traffic Jammin' – Commute With Music.....	10
SEVEN: On The Job – Work With Music.....	11
INTERLUDE: Choosing the Right Music for You.....	12
EIGHT: A Sonic Diet – Be Mindful With Music.....	13
NINE: Active Listening – Tune In With Music.....	14
TEN: Happy Hour – Recline With Music.....	15
ELEVEN: Daily Groove – Dance With Music.....	16
TWELVE: The Power of Playlists – Optimize Your Life With Music.....	18
THIRTEEN: Make Words Matter – Shape Your Life through Lyrics.....	20
FOURTEEN: The 7 Faces of Music – Write YOUR Story through Music.....	22
INTERMISSION: Getting In Sync – Unite With Music.....	26
FIFTEEN: Living Room Concerts – Go Live at Home With Music.....	27
SIXTEEN: Karaoke Fun- Be a Star With Music.....	29
SEVENTEEN: Song Sharing – Connect More Deeply Through Music.....	31
EIGHTEEN: Join the Band – Play Together With Music.....	33
NINETEEN: Join the Choir – Sing Together with Music.....	35
TWENTY: Join the Cast – Sing Along with your Favorite Musical.....	37
TWENTY ONE: Creativity Unleashed – Write a Song Together.....	39
ENCORE: Happiness = Life with Music.....	41



21 WAYS TO CREATE JOY WITH MUSIC

Reduce Stress and Connect More Deeply at Home and Online

INTRODUCTION

These are stressful times. Although a certain level of stress can help us focus and motivate us to action, too much or prolonged periods of stress can lead to anxiety, depression, and disease. Because stress, especially if we interpret it as threatening, triggers an instinctive “fight, freeze or flight” response, it can also limit our access to creativity, intuition, empathy, and more heart-centered and rational thinking.

We all want to reduce the negative effects of stress in our lives and relationships – to move through our day with more ease and joy. This is especially true when we find ourselves faced with crisis or challenges beyond our control. Despite our desire and good intentions, however, it is often hard to find our way out of the downward spiral caused by overwhelming stress and anxiety. Coping with stress by tuning out completely, taking in too much negative news, or through the use of alcohol, recreational drugs, or an over-reliance on prescription medications can lead to undesired side effects while masking or worsening the underlying condition.

While not a cure for everything, music is a great resource for helping us manage and address stress, bringing more joy and positivity into our daily lives and relationships. Music influences us both physiologically and psychologically. Like stress, music directly impacts the parts of the brain that process emotions and movement, helping us to quickly shift our energy and mood. It can help us

INTRODUCTION: WHY MUSIC

reframe challenging situations and emotional triggers, to reduce their negative impact on our mental and emotional state. Music also affects our subconscious mind – home of those pesky negative thought patterns and old stories that love to feed on our fears and fuel the fires of stress. Music, in fact, can engage more areas of the human brain than any other stimuli, making it what I like to refer to as a Megavitamin for optimal wellbeing.

Finally, music is available to everyone, relatively inexpensive, quick-acting, shareable online and in person, and free of negative effects. In the following pages, you'll find 21 different ways you can use music in your daily routine to manage stress and create more joy in your life and relationships. Best of all, you can use most of these from the confines of your own home.



The WHY Music initiative was started by EarthTones Founder **Frank Fitzpatrick** in 2012 to help individuals and organizations better understand and utilize the scientifically-proven benefits of music in all the areas of our lives and society, including health, education, social impact, and actualizing human potential.

This **COVID 19 Music Resource Guide** is part of that mission to unleash the power of music. Please share it with your friends, families, and communities – anyone you know who loves music and could benefit from these fun and practical resources to help them and their loved ones survive and thrive through challenging times.

To learn more or help support our efforts, please visit **EarthTones.org** or contact us **HERE**. We are all in this together and we can't do it without your help.

ONE: Starting Out Right - Rise With Music

Imagine if the sun bolted into the sky each morning like the sudden switching on of a floodlight, or if every day started with a sonic boom. The animals and plants would likely enter a state of panic. Are you waking to a jarring buzzer or alarm? Do you have your clock radio set to a station that may suddenly blare out the morning news or a soda commercial to jar you out of your deep sleep? If so, you may be starting your day by triggering an unwanted stress response.

Consider being a little kinder to yourself. Try waking to a familiar piece of music that eases you into the day like a beautiful sunrise, or a lover's caress, and starts you out in a good mood. This is easy to program if you have a smartphone that allows you to assign a song as your alarm. There are also alarm clocks that allow you to select more pleasant sounds, like chimes or music, that starts softly and grow gradually louder the longer you take to respond.

Once you are up and moving, fill your room with beautiful and inspiring music. Create a playlist or CD of music that you love – music that relaxes, inspires you, and puts you in the right state of mind. A positive morning music ritual is a sure way to start your day off in a better mood. It can help keep your busy mind from dragging you back into the worries of the prior day or leaping pre-maturely into the challenges of the day ahead.

Takeaway

1. Alarms are just that – “alarming” to our brain and nervous system.
2. Replace your jarring alarm with music that doesn't shock your system.
3. Create a morning Wake Up playlist to start your morning off right.

GETTING STARTED

1. **Smartphone Alarms:** Choose a song you love and program it as your morning alarm.
2. **Morning Playlist:** If you need some ideas to get you started creating a playlist for your own morning routine, you can check out my Morning Playlist, including a song we created for the Starbucks #MorningYes campaign, at **THIS LINK**.



TWO: Daily Medicine - Sing Your Heart Out

If you want to take the positive effects of listening to music to another level, try singing. Singing is one of the best ways to shift the vibrations of our thoughts and the very cells of our bodies. Singing can help slow and regulate breathing and promote relaxation.

Sing in the shower; sing in the car; hum a lullaby before you go to sleep. You can sing acapella or to a recording. Don't worry if you think you are a "good" singer or not. This is not about performing or putting yourself in another stressful situation. Just enjoy the feeling of melody moving through you. Pick songs you know that put you in a better mood, inspire you or help you relax.

Make a playlist of songs you love, or keep your favorite CD's close at hand. Pay attention to how different you feel after a few minutes of singing aloud, and make note of the songs that make you feel best so you can return to them when you need them.

Takeaway

1. Sing a little (or a lot) every day to boost your mood, relieve stress and improve your health.
2. Explore some of the other options later in this book for Singing Together with others or doing Karaoke.
3. Don't judge yourself - you don't have to be a "good" singer to enjoy the benefits of singing.



THREE: Instrumental Moments - Play With Music

Whether you are a well-versed musician or just beginning to learn how to play an instrument, spend a few minutes in the morning playing music. It can be simple scales, a favorite song, or something improvisational. As we said in the introduction, playing music is like a megavitamin, engaging more areas of the human brain than any other activity. Music's ability to help us shift thought patterns and moods, and even improve our physical well-being, is quite remarkable.

It is important, however, that you approach this exercise with a positive attitude and avoid taking on something too challenging that might lead to frustration about your skill level. There is a reason they call it "PLAYING" music and not "working" music. The point is to connect to your instrument in a positive, relaxed and joyful way, and then let the vibration of the music do its magic. Let the music "play" you. The more you can be present, let go of self-judgment, and truly enjoy the experience, the more it will help keep the stress at bay and unleash the power of music within you.

Takeaway

1. Spend some time playing or learning a musical instrument.
2. Let the sound light up your heart and brain - receive the gift of music.
3. Whether you are a beginner or a trained musician, be patient and avoid self-criticism. You are supposed to be "PLAYING".

GETTING STARTED

1. If you want to learn an instrument, there are a lot of free lessons for beginners online.
2. If you want to play with others, online or at home, check out "Join the Band" step in the book.
3. For a short, animated TED video on the effect of playing music on the brain, press this **LINK**.



FOUR: Mantra - Reprogram Your Mind

Our brain is built with a negativity bias. Due to our primal need for survival and self-preservation, our prehistoric brain was programmed to respond to negative thoughts and perceived threats more than to positive ones. We also tend to hold onto those negative impressions longer and repeat those thoughts more often, either consciously or subconsciously, reinforcing those anxiety and fear-producing vibrations. This is one of the reasons it can be difficult to pull ourselves out of that downward spiral when we feel overwhelmed with stress and anxiety.

One of the ways to reprogram repeating negative thought patterns that fuel stress is to create new and stronger positive patterns. Repeating positive affirmations, focusing on more self-assuring thoughts, or chanting mantra can literally rewire our brain. Adding music or melody to those positive thoughts engages more areas of the brain and can help us, over time, to reprogram our general demeanor or basic outlook, making us less susceptible to stress triggers.

A mantra can be a couple of syllables or an entire phrase or verse. It can come from a sacred prayer, a familiar hymn, a tune you create, or a short refrain from your favorite song – something that encapsulates the feeling you want to create. The repetition of the mantra, especially if set to music, can be a great technique to use as a daily practice, or one to turn to whenever you start to feel stressed or overwhelmed. Accompanied by a clear positive intention, mantras can help you transform yourself into a more centered, relaxed and joyful person. The more emotion and the greater the number of repetitions you do, as well as the more frequently you do the practice, the stronger the effect will be.

FOUR: Mantra - Reprogram Your Mind

Takeaway

1. Choose an affirmation, chorus, or traditional mantra to repeat when you want to calm your mind.
2. Stop mental chatter and reprogram your brain by repeating a short meaningful phrase or lyric set to a melody.

GETTING STARTED

Write down the lyrical hook of your favorite song, an inspiring phrase, traditional mantra or short prayer and sing or chant it in repetition for several minutes. Start by singing aloud then repeat silently inside your head. Repeat this practice daily, as a meditation practice for 30 days and notice any shifts that take place for you.

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FIVE: Emotion In Motion – Move With Music

Movement – whether walking, stretching, yoga, running or other kinds of workout, can also be one of the best ways to eliminate built-up tension and lactic acid that gets trapped in our bodies and creates stress and disease. Adding music can enhance the effect.

If you have a daily exercise routine, try taking music along with you. A morning walk or run, a workout at the gym, or even yoga or stretching can often feel easier and more enjoyable if you have music as your personal coach and companion. Again, it is important for you to choose music that works for you, fits the intention of the movement, and that you know will have the effect you are trying to achieve. This may take a little trial and error to sort out at first, so be sure to take note of the musical selections that help you feel inspired and promote a sense of personal wellbeing.

For an easy-to-remember daily routine, try what I like to call the 3M's: Music, Movement, and Meditation. A good blend of 10 – 20 minutes of each on a daily basis will transform your life. If you don't know how to meditate, try a different meditative practice like journaling, stretching or reading something that inspires you. If you are having a hard time getting motivated or making time, try a "one-song workout": put on a favorite song and dance, run or jump up and down for 3 minutes.

Takeaway

1. Make yourself a playlist that inspires you to move or exercise each day.
2. Commit to the 3M's (Music, Movement, Meditation) everyday as a path to joy.
3. If you don't have time or need help getting going, try a "one-song" workout.
4. If you love to dance, check out the section on Dance with Music.



SIX: Traffic Jammin' - Commute With Music

I don't know about you, but one of the quickest ways that I become stressed is by sitting in gridlock traffic and worrying that I might be late for an important appointment. Unfortunately, getting stressed or worrying about it doesn't make the time go slower nor the traffic moves faster. Because a traffic jam is one situation where it is difficult to change the external circumstances, we must resort to changing our own internal state to avoid and relieve stress. You can always use the commute time to catch up on the news and your phone calls, but the secluded environment of the car is the ideal place to practice shifting your mood through music.

Keep a collection of your music in your car that helps you de-stress, release tension, or lift your spirits. Singing along will take the effect to another level. If you are sharing the ride, encourage the others to join you as you explore musical ways to improve the quality of your life and your relationship with others and the world around you. You might do this by simply agreeing on some relaxing background music to play behind your morning dialog, sharing your favorite new music with one another, or finding something you all enjoy and singing along together. If you have a regular commute, it can be a great time to listen to a variety of music to explore what works best for you and determine what you will want to add to your driving playlist.

Takeaway

1. Create a playlist of songs and music for a more inspired and relaxing commute.
2. Sing along to your favorite songs to forget frustration and create joy on the road.

GETTING STARTED

Add some good vibes to your ride with the song "Traffic Jammin'" feat. Reggae artist Eeday. **Listen here.**



SEVEN: On The Job - Work With Music

Work environments are quite often stressful. This can be especially true when there are several different personalities in the same space, be it in the office or at home. The issues can be further exasperated when overwhelming work or relationship pressures are compounded by office politics, family dynamics or other personal challenges. When the air at work is thick with tension, it can often be eased with a little music. The right background music can help everyone work through routine tasks in a better mood, and listening to inspiring music on breaks can help us recharge our own systems. Relaxing background music can also help mask potentially annoying distractions in noisier work environments.

Just like in a family dynamic, however, different people working in the same space may have quite different musical likes and dislikes. Music that is relaxing or inspiring for one person may be annoying to another. Sharing musical preferences and introducing our musical discoveries to co-workers can sometimes be a good way to build stronger interpersonal relationships and understanding, which in turn helps diminish stress created through prejudice or lack of communication and acceptance. Discovering common musical interests within shared environments helps build a more connected and nurturing community at the office.

Takeaway

1. Brainstorm with co-workers about music you can share to lighten the mental load and increase productivity.
2. Use your favorite music, or recommended music for focus.

INTERLUDE - Choosing the Right Music For You

I am often asked: What music should I listen to if I want to relax, be happier and feel more in balance? The answer can vary widely among different individuals. Although music has been scientifically proven to be beneficial on a number of levels, musical preferences are very subjective. One thing that is for sure, however, is that we want to be conscientious about the music we choose to listen to and the musical and sonic input that we expose ourselves to.

Music is a powerful alchemy that affects our perceptions, our emotions and our physical well being, whether we are paying attention or not. As much as music can relax us, the wrong music can agitate us and add to our stress. Typically slower, more pattern-oriented music can help regulate and relax our systems, and more up-tempo music can get us up-and-going. Happier songs can often lighten the mood quickly, as can music that brings back fond memories. Even sad songs can sometimes help us process heavy emotions we need to move through before we can shift to a new and happier place. Other times, a dose of hard rock can help us release our anger before we can calm down enough to relax.

Lyrics also affect us. Like mantras, these words and ideas are implanted into our subconscious through the music, reinforcing thought patterns that can affect our mood or outlook. I usually recommend omitting songs that have harsh or condescending lyrics, or that don't emotionally resonate with you on a deep level.

Takeaway

Choose the soundtrack for the movie in which you star – Your Life – and create the life you want to live.

EIGHT: A Sound Diet - Be Mindful With Music

Hearing is our first line of defense and our ears, unlike our eyes, never close. Sound is a much more influential part of our environment that most of us realize. Whether choosing locations to meet with clients or friends or spending time together at home, be conscious of the sound environment. This includes the noise levels and type of music that is played. Loud noisy environments, as much as we try to ignore them, can contribute to unconscious stress and tension build-up without us even knowing.

Just as eating junk food increases stress and toxicity in our system, an unconscious or unhealthy sonic diet can do the same. Quieter environments, with more soothing and relaxing music, can help you relax more naturally and allow for deeper, more meaningful conversations.

Takeaway

1. Make yourself a playlist that inspires you to move or exercise each day.
2. Commit to the 3M's (Music, Movement, Meditation) everyday as a path to joy.

GETTING STARTED

1. When setting the stage at home to have meaningful conversations, choose a musical style or playlist that is conducive to the mood and level of focus you want to create.
2. Create a list of places that have an atmosphere of relaxation and help to deepen the conversation during breakfast, lunch or dinner.

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NINE: Active Listening - Tune In With Music

There is more than one way to listen to music. We can let it play in the background while we give our attention to something or someone else, or we can become actively involved in the listening process. Active Listening engages more areas of the human brain and resonates more deeply in the cells of our bodies. This makes it a more powerful process for transforming our thoughts and emotions. Active Listening, however, requires you to give your full and undivided attention to the sonic experience.

Taking a few minutes out from the computer, the phone, internal mind chatter, and the worries and stress of work and life, to stop and actively listen to a piece of music, can serve as a great tune-up – to de-stress, recharge or simply enjoy a musical journey through the fields of your imagination.

Takeaway

1. Active Listening to a piece of music you love helps you to relax, open up creativity, and reset your system.
2. Repeating the process daily can be great meditation practice.
3. Choose a piece of music you love, one you can really immerse yourself in, and follow the instructions below.

GETTING STARTED

1. Eliminate any distractions so you won't be interrupted.
2. Choose a slower, melodic piece of music with which you resonate deeply.
3. Make yourself comfortable and set the music to a reasonable level.
4. Close your eyes and slow down your breathing.
5. Tune into something inside the music with which you can follow along as the music plays, like the melody, the changing harmony, or a particular instrument.
6. Keep your focus on the music and your breath until the selection is complete.
7. Make note of any shifts in how you feel.

TEN: Happy Hour – Recline With Music

Instead of rushing to catch the evening news, jumping on the internet or flipping through the TV channels to unwind when you finish your workday, try making music part of your end of day unwinding ritual. Put all the connections to and chatter from the outside world on pause and replace it with a few of your favorite tunes. This time, however, instead of practicing Active Listening, let the music do the work.

If there is too much distraction in your home, try lying down with some headphones and an eye cover. Allow the sound to move through you and simply let go – of your thoughts, of your day, of your stress. Ease your transition from the challenging world outside, and slip into the healing world of sound.

If you are a parent and find the kids to be a big contributor to your stress, teach them to join you. You can share the same musical selections together or have each family member listen to their own music on headphones during the designated time. Music is a great resource to help parents manage the sometimes-overwhelming energy of their children.

Takeaway

1. Choose some of your favorite music to help you unwind and let go at the end of the day.
2. Music is a healthy alternative to the evening news, social media, or surfing the web.

Take a note

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ELEVEN: Daily Groove - Dance With Music

Dancing, and especially dancing to music, is an incredible way to reduce stress and land you in a better mood. You receive all the benefits of physical exercise and Active Listening while having fun. Simply add a few cool moves to your 5-minute tune up, dance around your home or office alone, or join your partner or group of friends dancing out on the down.

Taking a dance class can be a great way to raise your spirits, release your stress, improve your health and help you feel more confident and relaxed when you decide to step out.

If you are someone who worries that dancing is not a productive way to spend your time, you can relax about that, too. According to a report in the New England Journal of Medicine, dancing can even make you smarter. The author of the study claims that one of the best things we can do to improve our cognitive functions is to dance in rhythm with music.

Takeaway

1. Dance a few minutes every day to your favorite music to become happier, healthier and smarter.
2. Try some of the resources on the following page to learn new moves or have fun dancing at home or online with your friends.



ELEVEN: Daily Groove - Dance With Music

GETTING STARTED

1. Learn a new dance, make a dance video or join a competition:
 - **TikTok:** Learn dances or create your own dance video on the TikTok app or search YouTube for TikTok Dance Tutorials to learn about this month's challenge. For an article about Tiktok and how to increase security, check out **THIS LINK**.
2. Take free dance classes live from professional dance studios
 - **Dancing Alone Together:** This resource features an aggregation of live streamed dance classes specifically curated for this time of sheltering. To learn more click **HERE**.
 - The **Alvin Ailey Dance Company** is also making dance accessible to everyone through online classes and resources **HERE**.
 - For those interested in free Bollywood, Dancehall, Afro-Caribbean, and Latin Dance classes, check out the link **HERE**.
3. Get your exercise with joyful dance workout videos.
 - For 30 days, enjoy a free trial from **NIA TV** for at home dance workouts with **THIS LINK**.
 - For all of the *Zumba* lovers out there, enjoy ten of the best free Zumba full length workout videos **HERE**.



TWELVE: The Power Playlist- Optimize Your Life With Music

Just as the soundtrack of a movie shapes our emotional experience and our subconscious narrative, music can do the same in real life situations. What's a concrete way we can use music to enrich our lives right now? Create Power Playlists. You'll be giving yourself a powerful resource to pull out of your pocket that can help you enhance, prolong, or alter your current state. Rather than just a collection of songs you like, a Power Playlist is an intentionally curated selection of personalized music designed to help you achieve a desired state of being. The goal with Power Playlists is to help you optimize your life by creating higher levels of performance, creativity, personal fulfillment, and well-being, all while having fun.

By intentionally and consciously creating the soundtracks for our day-to-day experiences, we can transform the most important narrative of our life. We can change the unwanted stories that our mind keeps repeating and rewrite our future. We can connect more deeply to ourselves and those we love. The better the soundtrack, the better the present moment, and the greater the potential for a fulfilling future.

What kind of playlists should you make? With the goal of using music to optimize and enhance your life, I recommend starting with four different playlists to help you achieve specific psychological and emotional states. Using the acronym FIRM (focus • inspire • relax • move/motivate) to help remember the specific mood, feeling or state you want to achieve via the music on each of the playlist should help you achieve one of the following moods or states.



TWELVE: The Power Playlist- Optimize Your Life With Music

Takeaway

1. Creating Power Playlists can help you connect more deeply to yourself and others, fulfill your potential, and enhance memory, focus, and creativity.

GETTING STARTED

If you need help with some ideas to get you started in each category, you can also enter one of the keywords from F.I.R.M. into the search function of your favorite music service (*Spotify, Apple Music, Amazon Music*, etc). It is fun to share with your friends and family to find out what music helps them achieve these desired experiences. Remember – music can be very personal, so what works for one person might not work for someone else. Ultimately, you want to build your own Power Playlists based on how well they work for YOU.

FOCUS

To help “tune out” distractions; temper emotional highs and lows; support focus while working or studying.

INSPIRATION

To create enthusiasm, connection, and passion; help you feel better about life; accomplish something meaningful or take on challenges.

RELAXATION

To help you slow down and relax’ relieve stress and promote healing; support meditation and self-reflection; enjoy a good meal; prepare for a good night’s sleep.

MOTIVATION

Up-tempo – to get you physically up and moving; for exercise or dance; pump some energy into a party, long drive, or work space.



THIRTEEN: Make Words Matter - Shape Your Life Through Lyrics

Words, like thoughts, harmonies, and melodies, can deeply affect us. When combined with music, words and the energy they carry, can resonate even more deeply.

Adding music (melody and accompaniment) to a lyrical statement or message activates more areas of the human brain than words alone, and can make that message “stickier”—activating our emotions and memory. One of the most powerful ways to influence emotions and consciousness is to set words to memorable music. Add engaging images to this mix and you have what holders of ancient wisdom have known for thousands of years as the ultimate power over the populace.

It is not just the quality of the writing that we should care about; it is the messages that are carried in the lyrics and embedded into our subconscious programming. Great songs have long been used to inspire hope, create a sense of unity, galvanize beliefs, and move people to action. Songs of this nature are powerful and useful tools for us to use in our lives.

Takeaway

1. The words we listen to and sing shape our thoughts and beliefs.
2. Music amplifies the effect of those words.
3. By intentionally choosing the music we listen to based on lyrical content, we can create a happier, healthy experience of life.



THIRTEEN: Make Words Matter - Shape Your Life through Lyrics

GETTING STARTED

Exercise:

1. Pick one of your favorite songs.
2. Search for the lyrics on the internet or a lyric site.
3. Rewrite the lyrics in your own handwriting.
4. Circle any words that might have a negative connotation, and consider the effect that this might have on your thoughts and beliefs.
5. Circle words that inspire you or make you feel good about yourself.

Optional:

Try building, or rebuilding, a playlist that is predominantly filled with positive, self-affirming, reflective, and/or meaningful lyrics. Listen to that playlist every day for a month and notice how your life shifts.

"A good meal can feed a man for a day, but a great song, a really great song, can inspire a million souls for a lifetime."

- Frank Fitzpatrick, from *The Technologies of Emotion*

To learn more about lyrics in modern times, check out the following Huffington Post article on the **Power of Lyrics**



FOURTEEN: The 7 Faces of Music - Write YOUR Story through Music

Think about the many ways music shows up in our lives to help us when we need it –to heal, teach, build connections, entertain, inspire, and so much more.

Beethoven characterized music as a form of higher intelligence – one that already understood us, but that we were yet to fully understand. Ancient traditions throughout the world, including the Greeks and the Vedic culture of India, personified music in the form of a spirit, goddess, or muse. By personifying music, we can sometimes find ways to relate and experience music, and ourselves, differently. In the case of The 7 Faces of Music, music can show up as any one of seven different personas –The Healer, The Dancer, The Entertainer, The Muse, The Friend, The Teacher, and The Messenger.

Each persona might show up at different times throughout our lives – to help us to feel love and happiness or move through pain and sorrow.

Takeaway

1. Music presents itself in our lives as a beacon of positivity, and a sign of intelligence.
2. The 7 Faces of Music displays the multidimensionality of music, and its power.



FOURTEEN: The 7 Faces of Music - Write YOUR Story through Music

The following is an exercise to help you discover what meaningful roles music plays in your life and how to call upon them when you need them, now or in the future.

NOTE: This can be done by yourself, with a family member, or even via Skype or FaceTime with a friend:

Storytelling Exercise - *The 7 Faces of Music*

Choose the character that most resonates with you or brings up the strongest memory from a personal experience you had with music. Check out this TEDbit video to learn more: **Unveiling The Seven Faces of Music**.

1. **The Entertainer** – Music the Entertainer is one of the most familiar and popular aspects of music. She gets all the attention in the room, and is always in the spotlight. The Entertainer holds one of the most precious gems of all, and that is JOY.
2. **The Friend** – Music the Friend is there to lift us when we're down. She gives us a way to say what we feel when it's hard to talk about, and help us to dream big dreams. Music the Friend is a loyal companion when we're all alone, and the most popular guest to invite to any party! She can even help us to find like-minded friends or build stronger bonds with those we care about. Music is always nearby to give us support, inspiration, and motivation when we need it most. Check out this TEDbit video to learn more: **Music - The Friend**.



FOURTEEN: The 7 Faces of Music - Write YOUR Story through Music

3. **The Healer** – Right down to our very cells, the good vibes from Music the Healer can help us to feel better and can even help heal our bodies. Whether mending a broken heart, relieving stress, or coping with an illness, Music is one of our greatest healers.

4. **The Dancer** – Let Music the Dancer help you, as James Brown would say, to “Get up off of that thing,” and dance your way to a healthier, smarter you! Music the Dancer helps us make friends, express ourselves, and bring more life to a party. She also helps to improve our health and brings us more creativity and confidence. Check out this TEDbit video to learn more: **Dancing Makes You Smarter**.

5. **The Teacher** – According to Beethoven, Music the Teacher is one of our great sources of intelligence. She helps us to develop our brains, improve our memory, and be more creative. Studying music helps us to perform better in other subjects too, like language, science, and math. Music the Teacher can even help us to focus, to be more successful, and to make learning a lot more fun along the way.

6. **The Muse** – Music the Muse awakens our creativity. Creativity has three components: problem solving, self-expression, and imagination. Music helps us with all three, but imagination is at the heart of creativity. By daring to imagine,

FOURTEEN: The 7 Faces of Music - Write YOUR Story through Music

we break through the boundaries of what is possible. Let Music the Muse be a source of inspiration every day of your life—to help you dream, imagine, and more fully express yourself. Check out this TEDbit video to learn more: Music - **The Muse**

7. **The Messenger** - Throughout history, Music the Messenger has given voice to the silenced and has brought strength, dignity, and inspiration to those who have been betrayed or forgotten. Popular songs from Music the Messenger, like John Lennon's "Imagine," and Bob Marley's "One Love" have spread messages of love and unity throughout the world.

Now take a few minutes to write a story or describe, as best as you can, that experience and why it was meaningful to you. You might start with writing about how old you were, where you were, what was happening (or had taken place) at the time, who (if anyone) was with you, and the feelings or awareness that came to you.

Reflect on ways you can relate to and use musically more intentionally on your journey through the sometimes-turbulent waters of life.

***Enjoy the process. Don't judge or edit the writing - just let it flow through you, along with any emotions that come. This is simply a fun way in which you can come to more fully understand your relationship with music and the effect music can have on your life.



INTERMISSION: Getting In Sync - Unite With Music

Throughout history, music has been one of the most powerful forces to unite people and form bonds between different generations, cultures and demographics. Playing music and singing with others in a caring and supportive environment is also a great way to channel pepped up energy from frustration or stress, deepen listening skills, and have fun. Whether out or stuck at home, you can create a drum circle, form a choir, join a band, try Karaoke, or try a number of alternatives in the pages that follow to sing, create and play music together at home or online.

The key to playing music for fun and relaxation is to be sure all the participants agree that the main purpose is for everyone to enjoy themselves and the music making process, so there is no competition or fear of being judged. Remember we call it “play.”

There is a kind of shorthand communication and physiological entrainment that can take place when people play music or sing together. With the right balance, performing in a group can be a great outlet to alleviate stress and break the patterns of the day.

Takeaway

1. Creating and performing music together and incredible benefits for our happiness and wellbeing.
2. Choose one of the selections that follow, gather your friends or family, and have fun.
3. Check out the following video from Playing for Change - Songs Around the World for a little inspiration, called **One Love**.



FIFTEEN: Go Live at Home With Music- Living Room Concerts

During these times you might not have the chance to see your favorite artists in a concert hall or club, but you do have lots of opportunities to experience intimate live performances from the comfort of your living room. Each week, many of the world's favorite artists, from pop, to hip hop, to Broadway, are performing from their homes to yours. Other independent artists are making themselves available to perform private shows for you and your friends and family, during which you can communicate with them just like you're in the room together.

In addition to the ongoing efforts by artists to stay connected and keep you inspired through music, you can take in the best of pre-recorded concerts or musicals on your favorite streaming service. Enjoy an evening with an intimate live show with your favorite artists without leaving your couch. You can even host a concert night with your friends online.

Following are a few sources listing upcoming and ongoing Living Room concerts. Each source has their own calendar which they update, and some focus on different musical genres and formats. Some people even like to dress up or plan for these events like they are actually going out to a concert together.

Takeaway

1. Check out a list of popular livestreams and virtual concerts on the next page.
2. Pick a couple shows from the schedule or a list of the future shows, add them to your schedule, and invite a friend to stream from their home.

FIFTEEN: Go Live at Home With Music- Living Room Concerts

GETTING STARTED

1. For those who love the most recent **RADIO HITS** and modern genres, including pop, hip hop and Hot 100 style – *Billboard* has a list of constantly updating livestreams **HERE**.
2. For a list of digital opportunities to stream live **JAZZ**, check out the link **HERE**, published by *JazzBlog*.
3. For the **CLASSICAL** music lover, *Classic FM Digital Radio* offers an updating list of organizations that are live-streaming concerts **HERE**.
4. If you don't see what you like here, do a Google search for your favorite genre ("**FREE ONLINE _____ CONCERTS**").

Take a note

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SIXTEEN: Karaoke Fun- Be a Star with Music

Self-expression through music is a great way to build self-esteem, positive emotions and confidence, all while having fun. Do you ever feel that inner rock star or singer calling out from inside of you? Some people choose to hide that persona in the shower or in the confines of their car on the way to work. Others learn to play an instrument, sing in a choir, play Guitar Hero, or visit their local Karaoke bar.

You do not have to be a trained musician to enjoy the benefits of singing and performing in front of your mirror, your friends and or family. We don't call it "working" music. We call it "playing music." You might not be ready to command the room for an attentive and appreciative audience any more than an amateur golfer will be invited to the PGA, but the truth is, anyone can sing and anyone can play. You just need to give it a go - lose the expectations and judgments, be willing to laugh at yourself and have fun. The music will do the rest. If you're not careful, it might even make you happy.

So many people have come to love Karaoke that there are over 1 million Karaoke boxes and bars in the world today. Why not try that same Karaoke experience online with friends or in the comfort of your living room with your family?

Takeaway

1. Gather your family together at home, or your friends online for some fun Karaoke.
2. Check out our resources, catered to your karaoke needs, on the next page.



SIXTEEN: Karaoke Fun- Be a Star with Music

GETTING STARTED

1. **Smule** is a great app to start singing your favorite karaoke tunes online with your friends, all while recording a video of yourself. The app can be accessed via **THIS LINK** for free.
2. **Yokee** is another great app that lets you and your friends sing karaoke for free, from the comfort of your home. Choose from a large catalog of music videos, record a version of your favorite song and connect with friends via the app on **Apple Store** and **Google Play**.
3. Youtube, currently features one of the world's biggest dedicated karaoke channel with **Sing King**. Check out a song or two **HERE**.



SEVENTEEN: Connect More Deeply Through Music

Do you have a song, or several, that hold a special meaning for you – your “go-to” songs when you need to lift your spirits, chill out, connect to a loved one, or simply get the party going?

Most of us have created playlists of our favorite songs – whether for a party, our own inspiration, or to accompany us while we exercise. The point of this exercise, however, is to share why we love our favorite songs and allow our loved ones to do the same. Creating playlists together can be a deeply enriching way to build emotional bonds. We can learn a lot about people through the music they love and the memories they associate with that music. Youth who have a hard time connecting with their grandparents, or even parents, can use music to create a more resonating and meaningful connection, through simple questions like “What music did you love when you were my age?” or “What song do you remember from when you fell in love with Grandma/Mom?” Parents can use the same technique to better connect with their children.

Music-based questions of this nature go far beyond introducing new music possibilities for a playlist. They open both sides up to a more heart-centered conversation, caring and learning about each other’s lives.

How about bringing that collective passion for music together to share with your friends and family by creating the ultimate shared music playlist – one that represents each of your top selections and the personal stories behind them?

SEVENTEEN: Connect More Deeply Through Music

Takeaway

1. Building a playlist and sharing why we love our favorite songs with friends and family can help deepen personal connections and be a lot of fun.
2. Sharing songs that you love helps people get to know you.
3. Try some of the resources on the next page to get you started.
4. Build a shared playlist with friends and family.

GETTING STARTED

1. Choose an app or platform to create a shared playlist (see below).
 - If all participants have the same music streaming service (Spotify, Apple Music, Amazon Music, etc) you can build and share playlists through that service.
 - To start building playlists together with friends, regardless of what streaming platform they use, check out **Soundiiz HERE** or **Soundshare HERE**.
2. Create a playlist with your family and/or friends – each contributing 1 or 2 of your favorite songs.
3. Try choosing positive and meaningful songs that help you to make it through challenging times, to connect more deeply to those you love, or to become the best version of yourself.
4. Once the playlist is complete, you will set a time to come together for an uninterrupted block of time (at home or on line). If online, use a video platform like FaceTime or Zoom so you can see each other. Create a safe environment for sharing.
5. Each person will take a turn – first playing their song to the group, then sharing WHY the song has special meaning to them, or a story of how it has helped them in their life.
6. Participants THANK the presenter for sharing something about themselves, and give words of encouragement or ask questions that help them more fully express themselves in a safe, supportive environment.
7. Continue above until everyone has shared 1 song. Repeat, if desired.



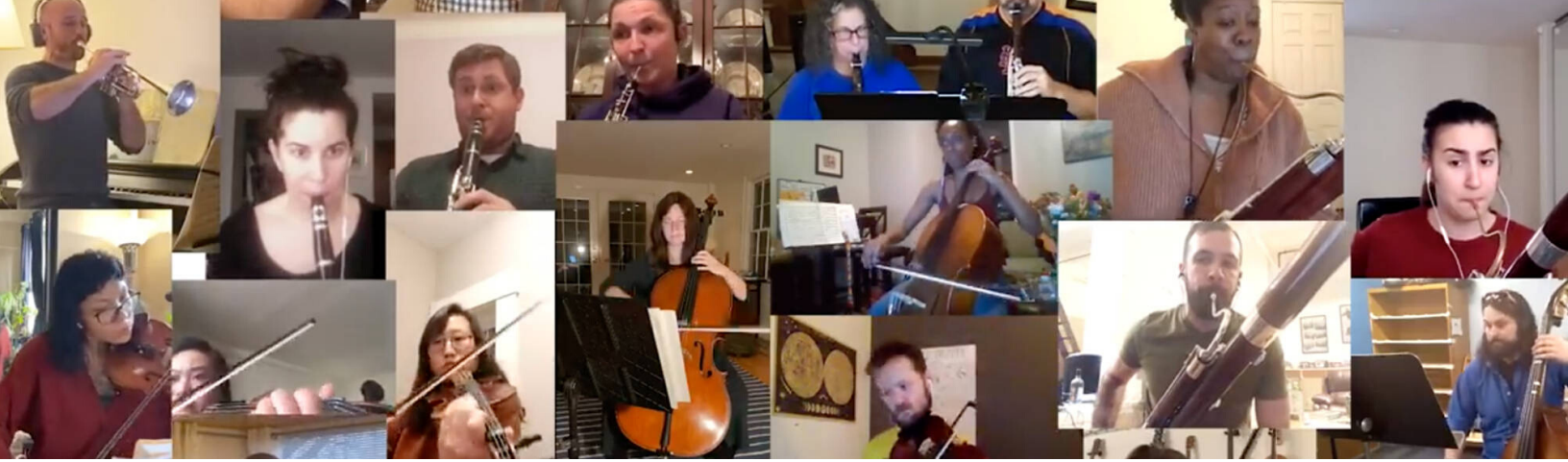
EIGHTEEN: Join the Band- PLAY Together with Music

We already know that playing music lights up multiple parts of the human brain and can help build new neural pathways, and be both revitalizing and calming, not to mention a lot of fun. Even just physically playing a rhythm helps us create a complex neuro-feedback loop between the auditory cortex and the motor cortex that controls the movements of our bodies.

As we shared in Unite With Music, playing music together in sync with others has additional benefits, both for the brain and our relationships and wellbeing. We can learn to listen more deeply, improve our own musical skills, and create deep connections with others, all while having a good time.

Takeaway

1. Playing music helps to engage vital parts of our mind, in a fun connecting way.
2. Playing music with other friends or family is an exciting way to bond and build connections.



EIGHTEEN: Join the Band- Play Together with Music

GETTING STARTED

1. **The House Band:** For those of you that have instruments and/or musicians in the house, tap into the magic of playing music together live.

2. **Playing Together Online:** Any number of telecommuting programs such as *Zoom* and *Google Hangouts* can also be used to connect remotely with friends and family to play music together. Granted, these apps come with varying degrees of success, as they were not designed with this purpose in mind (issues such as latency and noise come to mind), however they are an easy solution if you are simply looking to sing a song with a friend.

These are some other apps that will allow you to play music online:

- Play virtual piano using your computer's keyboard **HERE**
- For those who already have their bands and they want to continue jamming together even remotely, use **JamKazam** - virtual rehearsals and jam sessions allowing musicians to play together, record the session, share and create songs together even at a distance.
- **Jammr** also lets you play with musicians over the internet. Jam together online whenever you want with a community of musicians across all styles and genres.



NINETEEN: Join the Choir - Sing Together with Music

Like playing music together, singing together, with or without instrumental accompaniment, has great benefits for your wellbeing. Research shows that when people sing as part of a group or choir, oxytocin is released in their brains.

An increase in oxytocin is associated with reaffirming feelings of trust, acceptance, and love. Group singing has been scientifically proven to have powerful benefits on the physical, emotional and psychological wellbeing of people of all ages and cultures. So much so, that a health organization in Scotland established a nationwide program called the Big Sing, to promote community and group singing activities in all schools, elder-care facilities, and community centers across the country. One of my most memorable professional experiences was working with and witnessing the positive impact that being part of the Pihcintu Children's choir had on the 35 teenage girls from 17 different countries who participated, many of them refugees from war torn countries and or the products of highly traumatic childhoods.

But you don't have to be overcoming trauma, or even a good singer, to experience the countless harmonious benefits of singing together with others. Check out the inspiration and resources that follow, and sing your heart out.

Takeaway

1. The benefits of playing music reaches far beyond emotional health, and can even help develop the human brain.
2. For a couple of inspiring ways to sing together, check out the resources on the upcoming page.

NINETEEN: Join the Choir - Sing Together with Music

GETTING STARTED

1. Even you can stay connected with others by joining a virtual choir and singing together. ***The Sofa Singers*** is a fun initiative that hosts a free weekly event **HERE** that brings together people from all over for simultaneous singing.
2. Other initiatives have launched, such as ***Lifefulness Live***, a project to promote community amongst individuals in isolation, through singing over video calls. To sign up and sing, click **HERE**.
3. Join ***Houseparty*** - an app that allows people to create virtual parties, including hosting singing nights, happy hours and social events on a distance.
4. Apps like ***Acapella*** can help by allowing users to tap into their inner joy by recording audio and video tracks, and syncing them with friends to create one unique track. This resource is available for Apple users **HERE**, and Google Play users **HERE**.

We know singing with others can be a bit intimidating. For further inspiration, and encouragement to sing together with music, check out some examples below:

- ***The Virtual Choir***, started by Eric Whitacre is a cohort of international musicians who come together via technology to create music and sing together. In his **TedTalk**, Eric Whitacre leads the virtual choir of international musicians, and discusses the creative challenges of creating music.
- Other musical performance groups such as the original Broadway cast of Hamilton, are putting their voices to use to spread joy and positivity through music. Through the YouTube channel ***SomeGoodNews***, the cast recently came together to perform "Alexander Hamilton" via the zoom app.

THE EASY PATH FOR THE VOCALLY TIMID:

If you want to sing with your family at home, but have some shy and reluctant participants, or don't feel comfortable with your own voice, you can simply pick a song you all love, print out the lyrics, turn up the volume and sing along together.

A few websites to find lyrics online are:

- **LyricsMode**
- **AZLyrics**
- **Lyricsmania**



TWENTY: Join the Cast - Sing Along with your Favorite Musicals

Whether by yourself or with a family member, movies have the power to inspire us and bring people together. The combination of music and great storytelling is the emotional glue that makes films, and the music in them, so engaging. What's more, the music from our favorite soundtracks is often able to transcend generational, gender or any other sort of divide. So, no matter whether you are quarantined with your parents, grandparents, siblings or significant other, finding your favorite movie or musical to sing along to can help bring everyone together, reawaken nostalgic memories from the film, and ease the tensions of spending long periods of time at home.

Takeaway

1. Movies and music go hand in hand in bringing joy to those around us.
2. Watching your favorite show or movie at home with family can be an easy way to get everyone together for a night of enjoyment.

GETTING STARTED

Following is a list of hit songs from some of the most popular musicals in a sing-along format (lyrics appear on the screen):

- *The Sound of Music* Sing-Along Edition can be found **HERE**.
- The **Frozen** sing-along version is available **HERE** for those parents who haven't learned the tunes yet, but would love to sing it with their kids.



TWENTY: Join the Cast - Sing Along with your Favorite Musicals

- The **Mary Poppins Returns** Sing-Along is also featured **HERE** for enjoying.
- For fans of **Moana**, the soundtracks Sing-along version is featured **HERE**.
- Lastly, the popular musical **Hamilton** is able to be experienced as a full soundtrack sing-along **HERE**.

For those who love musicals and think they may know all their favorite songs by heart, the **Try Not to Sing Challenge** is **HERE**.

Watch2Gether is a social video website that allows you to watch videos and other content in-sync with others.

Netflix Party is an app which synchronizes video playback and adds a group chat to your favorite Netflix shows. It synchronizes playback between everyone who's watching, adds a chat window, and allows anyone watching to play and pause the video.

HERE is an article listing 6 of the most popular musicals on Netflix.



TWENTY ONE: Creativity Unleashed - Write a Song Together

We are all born to create and, because of that, can receive great fulfillment by engaging in the creative process. Just like playing or singing together, creating a song together, no matter the format or means of production is a great way to have fun, spend time with friends and family, and let your imagination run wild. Even if you don't believe you are musically inclined or you don't play an instrument, you can create a song. It may not be a #1 Billboard Hit, but it is the creative process that is key here. Allow yourself to let go of comparisons, self-judgment and expectations, and just enjoy creating together.

Below are a few fun exercises for people who don't play an instrument and have never written a song to write a song together.

Tips for collaborating.

- Find a genre/style that you can agree on. If you only like one song in common, write something in that style.
- Brainstorm to find a theme that resonates with both/all of you.
- Be open to the other person's/people's ideas and be kind. Even really "bad" ideas lead to better ideas and can be pretty funny. Make sure everyone gets to contribute.
- Don't be afraid to write a bad song. Writing bad songs is fun too, and even the best songwriters have written a ton of bad songs.

Takeaway

Co-creating a song is an exciting way to put your writing skills to use, and really tap into your creative being.

TWENTY ONE: Creativity Unleashed - Write a Song Together

GETTING STARTED

1. Write a parody – pick a song you like – or a song you love the music to, but maybe not the words – and try your hand at writing new words. For a true parody, the new words should make fun of the old words, or at least be funny, but for this exercise, you could write about anything. If it's a popular song, you can find a karaoke track on YouTube to sing it to.
2. Write a new song to an existing track – Find a karaoke track or instrumental track for a song you don't know, and write a new melody and words that fit the track. If you make a YouTube/Facebook video, make sure you give writing credit to the person/people who made the track.
3. Use a beat generating app to inspire a song. You don't even need real words. You can use oohs and ahs and different sounds or short phrases to jam back and forth over the beat.
4. It takes a little practice, but you can use GarageBand on an iPhone to build a song with the beat generator and/or one-finger keyboard or guitar chords.
5. Even without any tracks or tools, you can have fun writing lines and melodies and singing a cappella, or picking a favorite poem and making up a melody.
6. If one or both of you play an instrument (eg. keyboard, guitar, ukulele) you can brainstorm with the instrument – or write words and melody without the instrument and add accompaniment later.

ONLINE RESOURCES

1. **Music Maker JAM**, available on both **Apple Store** and **Google Play**, allows users to record themselves singing with the mic built into the phones or to import audio samples.
2. **BandLab** is a free music creation platform, with millions of active users. To start Importing tracks or creating your song from scratch, collaborating and publishing music, download the app on **Apple Store** or **Google Play**.

ENCORE: HAPPINESS = Life With Music

Try one or two of the above suggestions. The key to determining what works best for you is to pay attention to how you feel – before, during and after listening, singing or playing. Note the state of your mood when you start versus after you are done.

Ultimately, it will be most effective to create your own playlists or choose a couple CD's of music you have discovered to be most effective at helping to improve your mood and alleviate your stress. The one thing I can guarantee you is that life feels better with music.

For more information about the power of music to transform the human spirit, check out **WHYMusicCampaign.com**.

Recommended Reading

WHYMusicSeries.com – An informative and engaging series of articles on the power of music to reshape the human experience.

“Your Playlist Can Change Your Life” by Joseph Cardillo, Don DuRousseau and Galina Mindlin.

“Healing at the Speed of Sound” by Don Campbell and Alex Doman.

“This Is Your Brain on Music” by Daniel J. Levitin.

Special Thanks

I want to thank the entire EarthTones family of volunteers and supporters for their commitment to the vision and mission of the WHY Music Campaign. I want to give a very special thanks to Dasha Kukhtyk, Dajah Rice, Rachel Orlikoff, Tracy Rosenthal-Newsom, Kayte Deioma, James Farmer, Kate Coppola, Dave Sorbara, and Frank Kilpatrick who were instrumental in making this COVID-19 Resource a reality.



MEET THE AUTHOR

FRANK FITZPATRICK is an author, performance coach, speaker, record producer, Grammy-nominated songwriter, and social entrepreneur committed to transforming the human spirit through the power of music. He has created the theme songs and soundtracks for box office classics (*Friday*, *In Too Deep*, *Scary Movie 3*), sold more than six million albums, collaborated with recording artists (*Ziggy Marley*, *Sting*, *Anthony Hamilton*, etc.) and leaders from around the globe, and helped create awareness campaigns reaching more than 200 million people.

A leading authority on music, health and human potential, Fitzpatrick founded the WHY Music Campaign, and wrote this book, as part of his commitment to help people more effectively harness the power of music to improve their lives and wellbeing.

To better connect with Frank, be sure to follow him on all social media platforms.



@officialfrankfitzpatrick



@fefitzpatrick



Frank Fitzpatrick

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