**Term 4 Lesson 8**

**16.3 2022**

**Notes on Music (parts that were missing in the recording.)**

* The same build up is valid for the music as for the movement.
* You have to listen with your body to the music and see how it moves you
* Music is half of this work. Symbolically it connects the spirit with the body, actually music represents the spirit whereas the movement represents the body. Actually they are both connected but it makes us aware of the fact that they are. THerefore the listening to music is very important.
* We mostly listen to the music as a stimulation that makes us move, and most of the clients will perceive music as such. But we need to go beyond that. The music we choose should rarely be stimulating, it should rather be motivating and captivating in order to make the person want to listen more carefully. Because our job is to listen. We are not interested in the doing but in listening to what is happening while we are doing. So listening to music enhances our capacity to listen in a deeper way.
* Try really to listen to a lot of music, and start with the Baroque Era, from early Baroque to late Baroque, (you can even watch documentaries on BBC about epoch music, it is very interesting, to see it through the eyes of the experts, it can cultivate your way of listening the music. e.g. documentaries of Charles Hazlewood, or Howard Goodall, and many more) Listen also to all kinds of spiritual music from all around the world.
* When you listen to music there needs to be space in the music. Not every music is available for dancing. For example, even if you choose classical music, try to listen to a lot of different interpreters of the same piece, and try to be sensitive to how the interpreter makes space in the music or how he/she occupies the space.
* Be careful with some film music, the music should not be narrative. If the music is creating another world to the world of the image then it can stand independently and you may use that.
* When you choose melodic music it should not be narrative, or too concrete, but instead it should talk to your feelings but not too directly. It should provoke feelings.
* Make sure that the sound has a landscape.

The rest of the notes please see recording.