

**Play music now, for a happy life!**

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THERE'S NOTHING REMARKABLE ABOUT PLAYING THE ORGAN.  
 ALL ONE HAS TO DO IS HIT THE RIGHT KEYS AT THE RIGHT TIME  
 AND THE INSTRUMENT PLAYS ITSELF

- Johann Sebastian Bach

## Foreword

I would like to quote Joseph Beuys, one of the most important performance communicators of the 20th century, whose idea I would give to the subtitle of the book that symbolizes Zoli's "Ars poetica": 'every human being is an artist'. The philosophy is ingenious. Yes, everyone is an artist, however you must be open to consciousness and desires. And I believe in all this, coming from the mouth of a composer who has deeply engraved his emblematic songs into Hungarian and international contemporary music history.

Credibility is important. I believe in someone who is in the World that teaches the World. There is love for music in everyone, but so does the music itself. You just, must be able to recognize it. And if we look more closely at the World through the sensitive eyes of music, the World becomes instantly needle-sharp at the same time.

After all, everything that is beautiful is based on rhythm, that is, on the harmony of subtle culminations of different amplitudes and breaks of the right length at a good pace. Whether we are talking about a film, a short story, a painting, or an interior. We must learn to see and perceive through the author's glasses. And I see a vibrant world full of music, colors, and scents. That's good for us.

This book will help you find such an obviously simple yet complex cathartic experience. Zoltan Vekony, thank you for your teachings.

**Gábor Városi**  
Painter

## Recommendation

I took over this book as an assignment, but I couldn't put it down. Twisting, vibrant writing. It reflects and advocates the joyful state and experience of making music. This is a book that can be one of the sources of love of music. It does not walk at abstract heights, but it does lead to the discovery of music. Since ancient times, it is a source of our joys of life, of self-expression, which we must not forget today.

His thoughts encourage you to discover what music is! You can listen to music and learn music, but not in a compulsion but as a recharge and joy.

The author very authentically leads you to not be afraid of music. Play music too, sing, plunge strings or drum!

Zoltán Vekony's book sheds light on how melody and rhythm can be an important part of our day, a joyful element of our lives. The experience of sounds fills up, we can feel creative and give, as with our play we give others an experience. We can even heal, as in musical therapy

Chapter by chapter we can learn about the wonderful world of music and sounds. We can discover the world of the vibrations of the universe. Get to know the book, discover the music, find out what music is good for, what you can give it to yourself and others!

**Dr. Ildikó Mária Konta**  
music therapist

Founding president of the Hungarian Music Therapy Association

## Introduction

What do they have in common? - Albert Einstein, Charles Dickens, Keanu Reeves, Thomas Edison, Charlie Chaplin, Larry Page, Isaac Newton, and Leonardo da Vinci.

### **They were all serious about music or playing some sort of instrument themselves.**

Albert Einstein learned to play the violin at a very young age of 5. Music was a kind of brainstorming technique for him. He mentioned it many times, if he had not “worked” as a scientist, he would certainly have been a musician.

Isaac Newton, when analyzing the colors of sunlight, assigned the seven whole tones of the scale to the seven colors in the spectrum, thus combining a series of tones and lights in a diagram.

Charles Dickens was an excellent accordion player. Larry Page, one of Google's founders, played the saxophone, and Edward Teller excelled on the piano, but we could go on and on.

**Today, science has proven the valuable benefits of music. There has been a lot of research on the relationship between music and the human soul, and what processes would start in our bodies because of music. Yet we don't know what impact the music we all listen have on our lives.**

Psychology or mindfulness are all part of music. In fact, neither is without the other, because every time we sit down to listen to music, we give ourselves over to something outside of us.

Finally, I would like to provide some practical advice and assistance to those who are trying to enter the world of music that I have already proven working. It is important to note that this is not about programs and their use, because you can already find relevant material in many places online.

**Whether you just enjoy music,  
Compose or play the instrument,  
I'm sure you'll think of music differently  
after this book.**

**Have a good trip!**



# 2

## THE PHYSICAL- MENTAL EFFECTS OF MUSIC

*Dr. David  
2010*

## What is music?

We could ask the question, but maybe it's more interesting what music means to you? When the sound of a concert is coming from your neighbor and you're just asleep, you'd rather define it as noise.

I was hoping that there is a spiritual connection to the origin of the words "Zen," and the Hungarian word for musicians: „zenész”, but no matter how much I researched, the word music (in Hungarian) comes from the word “zene-bona” which is probably due to nature of the sound properties of the music.

**The exact definition is the temporal arrangement of music, sounds, and silence that evokes emotions. By simpler definition, music is meaningful noise.** Moreover, music is a form of communication, although it is not really mentioned in the communication literature.

**The music:** regularly repeating, vibrating pleasant combination of sounds, melody, rhythm, and harmony into a work of greater or lesser degree.

**The melody:** shaped into a unit of varying pitched musical sounds and rhythmic sequences.

**The Rhythm:** a regular alternation of temporal phenomena, a regular alternation of long and short sounds. Harmony: balance, harmony between something.

The easiest way to recognize the two extreme states of the effect of sound and music on us: one is the harmonizing, the healing effect, and the other is the tiring, destructive, sickening effect, as the above-mentioned noise.

**The experience, understanding, and effect of the melody is all taking place in the brain right hemisphere, and the rhythm affects the left hemisphere.**

Recognizing and applying the harmonizing, healing effect of sound is the same age as humanity. There are two main ways to produce a healing sound: one is the human voice, and the other is the instrument.

There has long been a tradition between Native Americans and some tribes in Africa in which they heal effectively using vocal sounds or rhythms. Thanks to science, modern medicine is now increasingly beginning to recognize and apply the power of music.

Similarly, among the meditation techniques from the Far East, we still use those in which we create an effect-inducing sound by singing vowels (OM Mantra). Exercising calms the mind and strengthens the body. It greatly reduces stress, the toxins leave the body more efficiently, and the body's self-healing processes begin



The OM mantra is sung at the beginning and end of yoga classes. As you sing it you can also feel the vibration of the universe



MUSIC IS LIFE.  
THAT'S WHY YOUR HEART HAS A RHYTHM.

- Anonymous

## How music affects us?

**3-5 percent of the world's population rejects music. This means a lack of ability to be happy and is often accompanied by depression.**

Those who surrender to music, on the other hand, are more open to new experiences than others. Among them, there are a larger number of those who have a wider interest in music, and even listen to more unusual styles of music more often.

**Neuroscientist József Hátori has clearly shown<sup>(1)</sup> that music shapes our brains, so it affects our communication skills:** Singing music, musicality is as fundamental an element in the development of a fuller human personality (...) as is human speech in general. **The communication and language of the right hemisphere is music, the development of which is as important (would be) based on the abilities acquired at birth as the verbal and other - mathematical, etc. - (good-bad) capacity building. "**

**Right hemisphere:** tone, pitch (absolute hearing), harmony perception, ability to perceive difference between melodies, spatial perception, vision, left hand movement, abstract thinking, creativity (music comprehension), emotion processing (music enjoyment), sensitivity nonverbal effects, associative region (melody memorization).

**Left hemisphere:** speaking skills, logical thinking, right hand movement, time perception (rhythm).

**The two hemispheres of the brain are connected by a network of about 200 million nerve fibers.**

<sup>(1)</sup> Hátori József: Az emberi agy és a zene

Music does not instruct you to take specific action,  
but it does evoke emotions and elicit thoughts.



## The healing music

**Since music affects different areas of the brain and nerve pathways, musical memories can be preserved even when dementia causes a serious disturbance in a person's memory system.**

Numerous clinical observations have already confirmed that patients with dementia can recall the music they listened to during adolescence and are happy to listen to it, even if they are in the advanced stages of the condition. Moreover, even in the case of severe cognitive impairment, people can identify the emotional charge in each song. Some argue that successful musical memory can improve cognitive functions used for non-musical tasks in the moments of the experience and immediately thereafter.

**It is true for almost all ages that relaxation music produces such clear physiological effects as lower blood pressure and slower heart-beat.** When people listen to music they love, their tolerance increases. This was confirmed by measuring how long they were able to keep their hands in the ice-cold water. At the same time, these effects are clearly influenced by culture and experience, since what is "music to the ear" for one person may be "eardrum-rupture" for another, but even for the same person in another situation.

**Examining the duration of recovery after various brain conditions, it was found that patients who spent an hour or two a day listening to music recovered earlier, both in terms of verbal and attentional abilities.**

**Music affects the brain like delicious food or sex.  
It increases brain activity.**



## The amazing power of singing

In today's technology driven age, parents are increasingly turning to digital music, even though singing brings a connection to people's lives (especially the lives of mothers and babies) that should not be left out.

**Science has proven that singing is one of the most positive activities a person can perform, including supporting physical, mental, and emotional development.**

Singing is perhaps the very first language lesson and the first most important bond that develops between a mother and her child. Failure to do so may be one of the reasons for subsequent communication problems. Not only does it soothe the baby, but it can also benefit the baby's cognitive development.

**In this way babies feel safe because life is predictable**

Singing used for waking up, sleeping, and other routine activities, helps them learn what's next. Thus, from a very young age, we can teach them consistency through music.

**You don't have to sing well; it doesn't even matter what you sing.**

In the eyes of your child, you will be the biggest star anyway. This is because the baby likes your voice more than the music itself.

**Singing can extend your life!**

Almost all the muscles in your upper body work, the level of oxygen in your blood rises, which strengthens your heart and lungs and improves your stamina.

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## Problem solving



A Harris poll conducted in May 2014 reported that music education offers more than learning to sing and / or play an instrument. It can also provide a range of skills that people may need to succeed in a non-musical work or career, such as achieving common goals, striving for individual excellence in a group setting, and providing them with a disciplined approach to solving problems.

In life there will always be a need to solve problems and overcome unexpected as well as predictable obstacles.

It takes creative thinking when you learn that a thing can be solved in multiple ways.

**When you play music and use your creative mind, your creative thinking also develops. And creative thinking is nothing more than problem solving.**

**In addition to problem solving,  
regular music learning  
also improves time management**

## The 2 minute rule

This is one of the most important and easiest rules you can use in any area of your life. I use it on a daily basis, and I have improved a lot on my overall quality of life.

When you start a new activity, be it playing sports or even learning to play instrumental music, it will eventually slow down your initial enthusiasm and you will start procrastinating.

**This rule is a good solution, the point is to start doing a long task for 2 minutes. No one wants to run 10km at a time, but if I tell you to run for 2 minutes, maybe you'll find it easier.**

**Anything you feel you don't want to do;  
tell your mind you'll be doing it  
for only two minutes.**

**Two minutes takes the brain to give up resisting and be willing to continue working.** It's just as simple as it sounds, but in practice it's not easy because our brains will try to beat us in every way, so we don't start the activity. As soon as the 2 minutes pass, the reason you didn't want to start, disappears, and you'll even get a little happiness hormone right away as a reward how skillfully you outperformed yourself. Try it out now!