

The Effects of Different Kinds of Music

Some Examples

Examples of Music That Have Proved Healthful

Harp Music: David and King Saul

Even during the time of King Saul (around 1079 B.C.) the power of music was known and understood.

‘And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him’ (1 Samuel 16).

This Biblical example shows that music has a definite effect upon people.

Classical Piano Music: Chopin and Grand Duke Constantine

The great pianist and composer of the 1800s, Frederic Chopin, at the age of ten, was often summoned to play for the Grand Duke Constantine, governor of Poland.

The Duke had recurring seizures of madness which could seemingly be controlled only by Chopin’s music.

When the little boy played, the seizures stopped and the governor could resume his normal activities, only to send for Chopin again when the musical medicine wore off.

Classical Music: Baltimore Hospital Critical Care Units

At Baltimore’s St. Agnes Hospital, classical music was provided in the critical-care units. ‘Half an hour of classical music produced the same effect as ten milligrams of Valium’, says Dr. Raymond Bahr, head of the coronary-care unit.

Classical Music: Hygienist/Dentist Surgery

The hygienist at my dentist’s surgery is a classical musician, and she usually has the radio/CD in her surgery playing quiet classical music as she says it helps to calm her patients.

Soothing Music: Premature Babies

Clinical researchers at the UCLA School of Nursing in Los Angeles, and at Georgia Baptist Medical Centre in Atlanta, found that premature babies gained weight faster and were able to use oxygen more efficiently when they listened to soothing music.

Examples of Music That Have Proved Harmful

Piped Rock Muzak: At the Hilton in Las Vegas

'Muzak' is the 'mood music' that is piped into stores, airports, doctors' offices, etc, in order to 'create an atmosphere'.

Some background muzak has been known to induce musicogenic epilepsy, triggering a chemical brain reaction that elicits thoughts of suicide or murder.

Rock music was used as the 'moodsong' at the Hilton in Las Vegas. And because of the rock music customers experienced petit mal seizures [a mild form of epileptic fit].

Rock Music: Patty Hearst

One of the most frightening displays of the awesome power of music upon the human brain occurred in the conversion of Patty Hearst.

In February 1974, Patty Hearst was kidnapped by the Symbionese Liberation Army. But shortly after the kidnapping, Patty was helping the SLZ rob banks.

She was an unwilling victim of a 'Forced Conversion' or brainwashing.

A person whose nervous system is under constant pressure can 'inhibit' or 'exhibit' contradictory brain activity. In other words, they can be deceived into believing that good is bad and bad is good.

Patty's nervous system was kept a maximum stress by the continual playing of loud rock music.

Rock Music: Breaking Glass

Perhaps you have seen the demonstration of breaking glass by synchronizing high frequency vibrations with the vibrations of the chemical combination of the molecules in the glass.

This, in a word picture, is what may happen physiologically to the human body when dancing frantically to rock music.

Elizabeth McDonald, (10 November 2015)

Quoted, compiled, and edited from the following Sources:

Bob Larson, *The Day Music Died*

Bryn A. Riplinger, *Take Heed What Ye Hear*

David Tame, *The Secret Power of Music*

Dr. William Sargant, *Newsweek*, 16 February 1976

Joseph Lanza, *Elevator Music*

Isn't Music Neutral?, <http://www.av1611.org/question/cgnet.html>