

*If there is a particular sort of music that means a lot to you personally, could you describe in words why this is so? Are there aspects of musical experience for which words fall short?*

*How do you regard the role of transpersonal meaning in the experience of music as meaningful?*

Living in the 21<sup>st</sup> century gives people an opportunity to easily access music and experience it wherever, whenever. New technology, the Internet, digital recordings and the evolvement of musical instruments have given people a greater chance to compose, play and share music and their musical experience. In earlier ages the music can perhaps be described as delegate and formal, but at the same time very difficult to compose without having to study for many years. The great composers of classical music should be remembered for their hard work and their musical talent, because today music has so many genres. These genres demand different talents and in some cases not as much hard work to create and compose.

For some reason we use music to express our feelings or to enhance the experience of our senses. The influence overlaps as a musician can be influenced by other art like paintings or literature in his work at the same time the writer or painter is influenced by music in his work. We relate to different music genres and many can relate and listen to any music as other can only or choose only to focus on one genre. It depends on your likes and interests, but also on your status in life both physically and spiritually.

For myself I can say that my musical antenna can receive a wide range of music genres. Pop, rock, classic rock, blues, jazz, classical music are some of the music genres I relate to although differences and dislikes can be found within each genre. I cannot say that one type of music suits my person more than other. Although I can take a few examples where one kind of music is more suited for me.

**Classical Music:** Perhaps because most classical music is instrumental it suits me when I need to focus on one thing. I find Classical music better to listen to when I am Studying for an exam or when I am reading. To be able just to listen to the sound and tones and not have to pay attention to any lyrics makes me more focused on the assignment I am working on. Recently I made some experience regarding a course I was taking at the University. The course was in Chinese Philosophy and I decided to

listen to ancient Chinese Music in the exam. I found it easier to focus on the questions and the exam when listening to music that was relevant to the subject in the exam.

**Jazz:** When listening to Jazz music I find myself relaxed and in comfort. I listen to jazz music when I need to relax or put my mind aside from the daily things of my work. To me jazz music is like a lullaby to a child and I often listen to jazz music when I go to sleep.

**Pop, Rock & Classic Rock:** Rock music can be motivating, not with the lyrics, but the beat and the tension that is often created in the songs. Rock Music is more likely to get the blood flowing faster through the veins and the adrenalin to rise. I use Rock music when I exercise, when I run and challenge my physical limit. The Rock music motivates me to go to the outer limits of my physical capacity and not to give up.

Music can evoke different feelings and experience within us all. It makes us sad, angry, glad and happy. It can make us feel small or big and in some sense the music can play on us like an instrument making us feel or do things we would otherwise not feel or do. Recently there was a Finnish accordion player here in Iceland. His name is Kimmo Pohjonen and he has played on accordion since he was ten years old. His talent is well known and his performance has been described as a battle between the person and the instrument to control the music. When he is at his best in the performance the instrument takes control over the music and the accordion begins to play on the musician.

Why Music is such a big part of our lives and experience can perhaps not be easily answered, but in short I could say that music to our ears is like color to our eyes. Colors have the same potential as music, that is, they can evoke feelings and experience to us. The color green is for example considered relaxing while the red color is considered to be aggressive. To me music is meant to tickle our senses and bring diversion to our lives, as it is the diversion that colors our lives and gives it the meaning we are looking for. It is not a simple answer, but understanding the meaning of music could perhaps help us understand the meaning of life and bring us close to the question, Why does music give us Goosebumps?