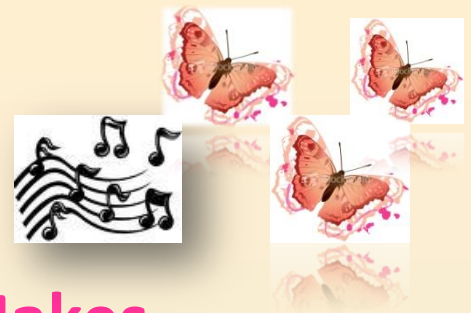




Music Transforms You



5 Secrets Why Playing the Piano Makes You

Smart and Successful



Learn How to Play the Piano Just Spending 10 Minutes a Day
With Piano Instructor **Daniela Clapp**

The Ancient Greeks Understood the Power of Music

It goes without saying, we want the best for ourselves and our family. Music plays a vital role in the world around us, and the ancient Greeks in their sophisticated society understood the tremendous power of music. Plato himself said that music has a strong effect on the long-term personality and character of a person.

The Greeks said music and astronomy were two sides of the same coin. Astronomy is the study of relationships between observable, external objects, and music is the study of relationships between invisible, internal objects. Music finds the invisible moving pieces inside our hearts and helps us figure out the position of things inside us. Let's examine how this works:

September 11, 2001, marks one of the worst attacks on the United States of America, when terrorists took over two commercial airplanes packed with hundreds of passengers and flew them into the Twin Towers of New York City, killing thousands of innocent people. That day and the weeks to follow, no one played board-games, no one played cards or watched TV, no one went shopping or to the mall, but there was singing. People sang hymns; they sang 'We shall overcome' and 'America the Beautiful'. The first organized public expression of grief was the Brahms Requiem at the Lincoln Center with the New York Philharmonic. Recovery was gained through the arts.

Lullaby

Mothers in every culture use lullabies.

The mother's song is her personal signature, telling the child it is safe to sleep.

Children hum songs during play, which helps them define and clarify their own feelings. They sing nursery rhymes to reduce the anxiety of separation from parents.

Music is like an internal compass that helps each of us find the right way. We use music as an inner companion to explore the world around us.



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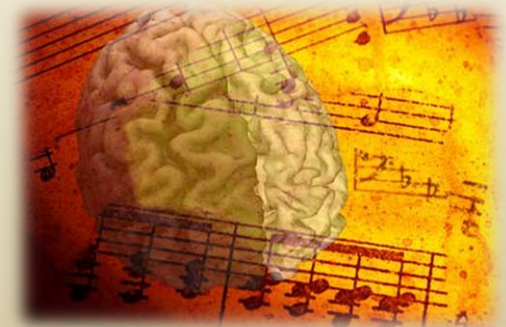
Secret No.1

Increased Intelligence

The well-known neurologist Dr. Frank Wilson said that 80-90% of the brain's motor-control capabilities are devoted to the hands, mouth and throat. By developing highly refined control in those areas, you are stimulating almost the entire brain, increasing it's total capabilities.

The more you play the piano, the deeper the neural coding will be. Children have scored higher in both the standard and spatial cognitive tests. They score higher in math than their peers, especially on problems dealing with ratios and fractions.

Therefore playing the piano increases your **Intelligence**.



Secret No.2

Increased Imagination and Coordination

Playing the piano increases your hand-eye coordination. You will improve your fine motor skills and dexterity.

People who play the piano have a better thought process.

Reading a music score takes a great deal of focus, which helps you to think both critically and creatively. Those skills will assist you in anything you choose to undertake in the future.

Music engages the imagination, fosters flexible ways of thinking and develops disciplined efforts, which are valuable tools for academic preparation no matter what the intended field of study may be.

Therefore playing the piano increases your

Coordination and Imagination.



Secret No.3

Increased Self Esteem

Learning to play an instrument takes dedication and discipline.

Mastering a piece or song not only increases your self esteem, but showcasing a learned piece at a recital will boost your confidence.

Playing music helps you to keep a positive outlook when facing difficult tasks. You will understand that mastering a new skill is a process that requires time and patience.

Music helps you approach tasks with confidence and not become discouraged or frustrated.

Therefore playing the piano increases your **Self Esteem**.



Secret No.4

Playing the Piano Helps You to be Well Rounded

Through playing an instrument, you are exposed to classical music that you may otherwise have never heard.

You develop an appreciation for composers like J.S. Bach, Beethoven, Brahms and many others that stays with you for life.

Therefore playing the piano makes you **well rounded**.



Secret No.5

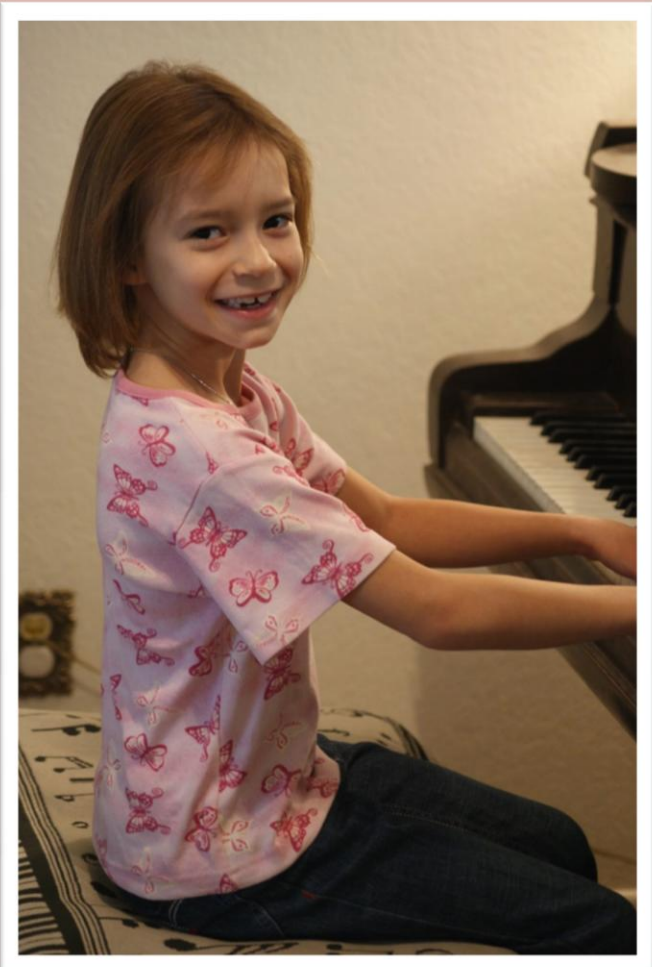
Piano Lessons Pay Off

Those hours practicing weren't for nothing, because people with a background in music tend to accelerate in every area of life and earn more.

For example, the discipline of doing music in an ensemble situation involves a great deal of working with others, and that skill will assist in any career in life.

Even if you do not become a professional musician, music-making becomes a life-long activity, a relaxing way to relieve stress from work and life in general.

Therefore, playing the piano **pays off and you earn more.**



Bonus 1

Music Helps With Socialization and Belonging Somewhere



Socializing during break time at the Youth Symphony Rehearsal and making friends



Practicing hard to get ready for the concert. Lots of team work is required.



Concert time for the Youth Symphony

Bonus 2

Music Brings Families Together

A great benefit of playing the piano is that families develop a closer, more intimate relationship, by working together towards a common goal.

It gives family-members a sense of belonging.

Finally, I have to chime in with so many concert artists, who frequently will say:

“I will thank my mother for the rest of my days for making me practice the piano when I was young.”

Bonus 3

Travel To Europe With Music



Flying to Germany



Old Town Mainz, Germany



Walking by the Rhine River



Haydn Festival in Vienna, Austria



Vienna, Austria



Haydn Festival in Vienna, Austria

Final Thoughts

Finally I have to say, Music sharpens our brains, heightens our sense of awareness and helps develop an appreciation for beauty and value.

People who are involved in music are more disciplined, patient, respectful, and dedicated. Music enables us to succeed in all our endeavors.

We will remain for all our lives sensitive to the power of music: it holds the key to solving seemingly insurmountable challenges and obstacles. In times of difficulty, the arts become vital to the human condition.

Music is so very important, and I feel deep gratitude to be part of this process, and to be able to appreciate classical music, and to witness the wonders it does in people's lives, especially during troubles times.

Although along the way my journey in music, I encountered many challenges, but I never did regret that calling.

The need for music is “hardwired” into our fabric.

Through the arts we honor our past, celebrate our present and dream our future.

Best Wishes for the plentiful rewards music will bring to you and your family's life.

Music Transforms You,

Daniela Clapp