

ENHANCE YOUR LEARNING WITH MUSIC

by Maxine Dunn

Yes, we all love music, but did you know you can use music to greatly enhance your learning capacity, your peace of mind, as well as your overall health?

Music stimulates many regions of the brain in different ways. It affects the areas responsible for timing and language, motor control and memory, emotional response and clarity of thought.

Music can calm and soothe you, pump up your adrenalin and get you excited, or help you focus and draw on your strength when performing repetitive tasks such as lifting weights at the gym.

However, there is a certain type of music that is particularly well-suited for enhancing learning, and which greatly increases retention of what is being learned. It is music with a beat pattern of 60 beats per minute, specifically, baroque music. This is the music of Mozart, Vivaldi, Bach, Handel, Pachelbel, Corelli, and Telemann.

It has been proven to activate both the left and right sides of the brain *simultaneously*, cultivating a mental atmosphere that lends itself readily to highly accelerated learning.

Studies have conclusively shown that when baroque music with a beat pattern of 60 beats per minute was played in the background during instruction of foreign languages, the students learned these languages in a *fraction* of the normal time.

In a single day, up to 1000 words or phrases, which was half of the normal vocabulary and phrases for the entire term, were learned. The students also had a whopping 92% retention of what they had learned.

To learn more about the transformative powers of music, you can start by visiting www.mozarteffect.com, or reading about the work of the Bulgarian psychologist Dr. Georgi Lozanov and his groundbreaking methods for accelerated learning.

If you are unfamiliar with Baroque music, try *The Four Seasons* by Vivaldi, Handel's *The Water Music*, Corelli's *Concerti Grossi Opus*, numbers 3, 5 8, and 9, or Pachelbel's *Canon in D major*.