

Tapping Into Creative Genius through the Transformative Power of Music Improvisation

Mary Knysh ~ Music for People

www.musicforpeople.org

“Musical self-expression is a joyful and healthy means of communication available to absolutely everyone.”

Music for People Bill of Musical Rights, David Darling



Mary Knysh

www.rhythmicconnections.com



Music for People Philosophy

Mindfulness Through Music

OPENNESS

One Quality sound
Authentic sound

CURIOSITY

Release to Awe and Wonder
Silence is your friend

ACCEPTANCE

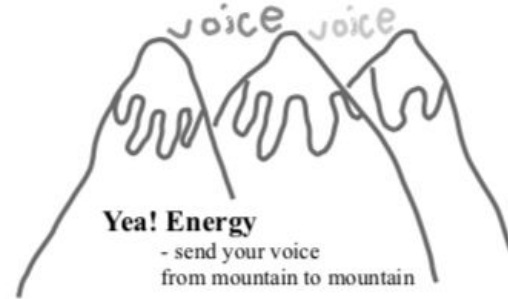
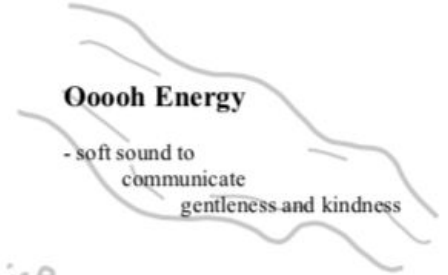
There are no Wrong Notes
Sing What You Play/
Play What You Sing

Return to a child like attitude of wonder & play! ([support video](#))

Music for People Philosophy



One Quality Sound
- take your moment
and put it into
one sound



*Release Judgments,
Return to Child*

Why is creative play so important?

Harvard neuroscientists in Boston, MA have determined that there are four ways to actually build a better brain throughout your life through “neuroplasticity” the growth of the connectors between left and right hemispheres of the brain.

The four elements that have the most important effect are ~

- *Making music*
- *Movement*
- *Creative Play* (returning to childlike attitude of play, imagination)
- *Numinous Experience* (those experiences in which our sense of self is absorbed into something bigger than we are)

Nueroplasticity ~ How do we change our brain?

The four key components that have the most important impact are:



Making Music

Movement

Creative

Numinous Experience

Exploring Mindfulness Through Music

Mindfulness is a special kind of attention characterized by attitudes of *openness*, *curiosity*, and *acceptance*. We notice our thoughts, feelings, physical sensations, and sense perceptions as we're having them in the present moment. Mindfulness is paying extra-ordinary attention to ordinary experiences. Making spontaneous authentic music can bring one to a mindset of being totally focused and 'in the zone' and this can be considered an active state of 'mindfulness.' Mindfulness is a chance to snap out of negative thinking and mindsets, push the reset button and have a fresh start. RELEASE! We begin with an attitude of ~

OPENNESS

CURIOSITY

ACCEPTANCE

Tapping into our Natural Rhythm

- **Tap into heartbeat ~ listening inside - inner rhythm** ([click here for support video](#))
 - Bring pulse to movement in front of you
 - Tap pulse on your body
 - Listen to the group and arrive at a common heartbeat rhythm (entrainment)
 - Bring pulse to your feet and ground yourself in your natural rhythm
- **While stepping pulse, begin to play a drum or use your body to create short expressive rhythmic phrases that represent your mood in that moment**
- **Choose a phrase to make your HOME rhythm, explore leaving this HOME rhythm and going on a rhythmic exploration & then return HOME again**

Listen ~ Silence is Your Friend

- How do you listen?
 - To respond or.....
 - To understand?

Strategies for Creating Space to Listen

- Double your silence
- Support the quietest member
- Tala ~ creating space for individual expressive (solo)
- Imitation ~ acknowledgment

The simplicity of Breath to Sound

- **Tap into melody ~ One quality sound (breath to sound) – Inspiration/Expiration**
 - One quality chord (small group creates spontaneous chord)
 - Hold on to your note - it is perfect as it is!
 - Melody ~ one quality sound after another
 - How many ways can you explore this ONE sound?
- **Tap into harmony ~ One quality chord**

Let's get creative with our sound explorations!

- Musical conversations ([support video](#))
- YAY! and OOH energy (one sound around circle/then a phrase meet someone where they are and move it to where you are, then pass it on)
- Short expressive solo (authentic expression) ([support video](#))
- Call and Response
- Creating Space with TALA (hand counting) ([support video](#))
- Double Your Silence ~ creating space for others to be heard
- Moving Your Drum Circles in Melody ([support video](#))
- Discovering Musical Home

Music for People ~ Bill of Musical Rights (David Darling)

A Bill of Musical Rights (www.musicforpeople.org)

- Human beings need to express themselves daily in a way that invites physical and emotional release.
- Musical self-expression is a joyful and healthy means of communication available to absolutely everyone.
- There are as many different ways to make music as there are people.
- The human voice is the most natural and powerful vehicle for musical self-expression. The differences in our voices add richness and depth to music.
- Sincerely expressed emotion is at the root of meaningful musical expression.
- Your music is more authentically expressed when your body is involved in your musical expression.
- The European tradition of music is only one sound. All other cultures and traditions deserve equal attention.
- Any combination of people and instruments can make music together.
- There are no “unmusical” people, only those with no musical experience.
- Music improvisation is a unique and positive way to build skills for life-expression.
- In improvisation as in life, we must be responsible for the vibrations we send one another.

Resource Materials

For “Return to Child” MfP book
and more information ~

Check out [Music for People](#)

Mary Knysh ~
[Rhythmic Connections](#)

Irene Feher ~
www.livingyourmusic.com

Rhythmic Connections Products Mary Knysh



Rhythmic Connections products are user-friendly activity guides designed to teach, encourage and inspire its readers. With over 25 years experience, Mary combines her unique background in music improvisation, drumming and movement into activity guides, CD's and DVD's brimming with ideas for enriching music classrooms, drum circles and facilitating spontaneous music-making with all ages and experience levels. Mary shares ways to expand your tool kit and advance your facilitation and teaching skills to their fullest potential.



- \$26 1,2 Let's All Play – Music and Movement Activities for Children**
Just out!! An exciting new book for Preschool, Primary teachers, parents and caregivers! 1,2 Let's All Play is a brain based collection of drumming, movement and music activities for children. Songs, games and an exciting variety of innovative ideas that will help you bring the joys and benefits of music and movement to children.
- \$26 Innovative Drums Circles** is a user-friendly guide designed to teach, encourage and inspire educators, facilitators and anyone working exploring music as a means for creating community, expanding creativity, enhancing communications and team building. 140 activity pages include links to current brain research, activity outlines and a collection of best practice tips.
- \$30 DRUMMING and STORYTELLING DVD!** This DVD presents the interactive and improvisational work of Mary Knysh in a setting with the first grade classes in Princeton, NJ. The activities in this DVD will show you how to develop basic rhythmic and drumming skills, including techniques for music/movement improvisation. This DVD is a terrific resource for those working in early childhood and primary grades.
- \$24 BOOM DO PA: A Creative Guide to Ethnic Influenced Music Improvisation – Facilitator Guide** By Mary Knysh and Betsy Bevan. A remarkably user-friendly guide and powerful teaching tool for teachers, music educators, human resource personnel, health care workers, camp directors and staff and all who are interested in self-expression through music improvisation
- \$18 WALK ABOUT CD:** A compilation of music and song from Mary's travels throughout the world, including several pieces from her live performances. This CD contains a delightful sampling of ethnic influences. WalkAbout features songs and improvisations recorded on Mary's collection of ethnic instruments.
- \$28 RHYTHMS ALL AROUND:** Sing It, Clap It, Move It, Tap It -- CD & Activity Guide by Mary Knysh - featuring songs for young children and an activity guide full of rhythmic games, chants, and simple, accessible activities to accompany each song. Designed to encourage educators, parents, and children to experience the rhythm and music, this collection nurtures the creative spirit!