

Music Memory

The relationship between music and memory is a harmonious one indeed as **Tengku Faizwa** explains.



Many people will have their own perception about the relationship between music and human mind. Some mothers listen to prenatal music that is believed to improve the mental development of their babies. Some successful students link their success in examinations because they use music as one of their studying companions. Many leading psychologists use music as part of their mental therapy. Or you can just enjoy music to sooth and relax yourself after a tiring day. All these attributes list out the beautiful connections between music and our mind.

Generally speaking, the basis of music is hearing. Hearing is one of human being's major senses thus it plays a very important role in learning. Hearing is one of the tools that can be used to develop our learning, memory, thinking and creativity. Therefore, music has a very important role to play in our memory.

The first thing that I would like to stress is that **MUSICIANS HAVE GREAT MEMORY!** This can be proven by the ability of musicians to perform by hearing regardless of the musical instruments. Two best examples of musicians with great memory are Mozart and Barbara Moore.

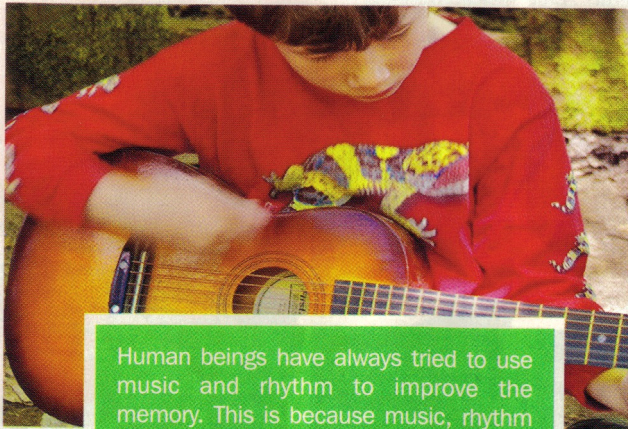
Genius composer, Mozart once went to Vatican, where he listened to a piece of music that was only played once a year. It was always carefully guarded, so Mozart could not possibly have seen the score or heard the

piece practiced. Yet upon leaving Vatican, he was able to write down the entire score, note by note, from memory! The entire play consists of more than 100 pieces of different musical instruments. He made no single mistake of all the notes!

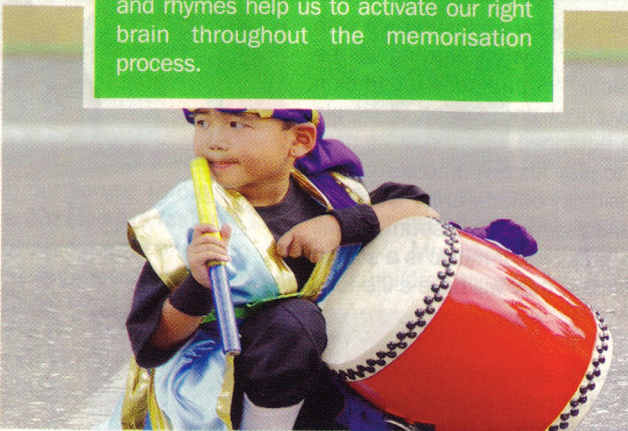
Barbara Moore also created a sort of mental world record in 1988. She performed 1852 songs from memory. I believe Barbara Moore has easily memorised more than 200,000 words correctly in order to perform this record breaking feat. It would be almost impossible to recall all the words correctly if not with the help of the music. This is because music is an activity of our right brain; therefore it is able to keep more information on a long term basis compared to our normal rote memorisation for words. Music makes memorisation of the 200,000 words so much easier and fun!

Human beings have always tried to use music and rhythm to improve the memory. The Chinese use music

and rhythm to memorise their classical teaching "San Zi Jing". The same goes for memorising "pantun" and "syair" in Bahasa Malaysia. Kindergarten teachers also use music, rhythm and rhymes to help students learn numbers, alphabets and stories. All these methods are tested and proven. This is because music, rhythm and rhymes help us to activate our right brain throughout the memorisation process. I strongly suggest that we train our kids with at least one musical instrument or

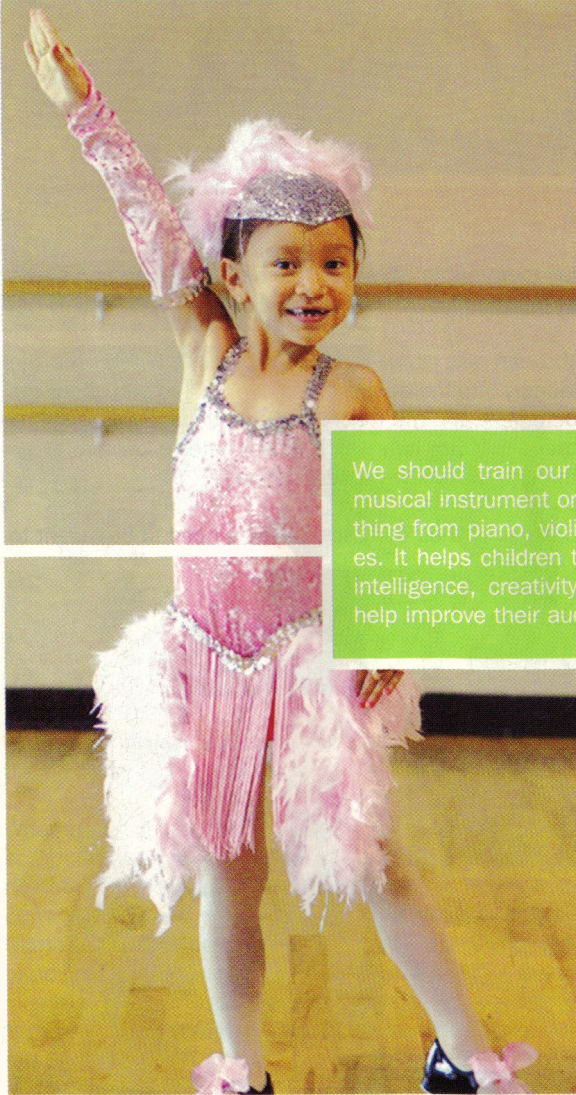


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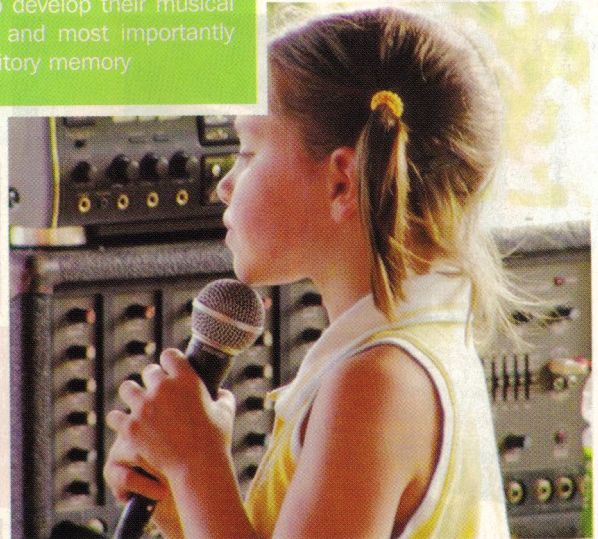


class. This can be anything from piano, violin, guitar to vocal classes. It helps children to develop their musical intelligence, creativity, and most importantly help improve their auditory memory. Auditory memory is very

It is also a good alternative to try to arrange information that you want to remember into rhymes. For example, I believe you must have heard of, "One, two; buckle my shoe." And you can definitely remember it better when



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important as we need it to communicate, to listen to classes, to listen to lectures and also to listen to other people. Research also has proven that successful academic students usually have very good auditory memory.

you can create your own rhyme or break it into some kind of rhythmic phrases.

Do not punish your child if he likes to listen to music when doing schoolwork or studying. Sometimes a child might feel that he cannot study when it is too quiet and need music as his studying background. Try to get him to listen to instrumental music or music that he is very familiar with. Try to avoid music that is new to your child while learning. He may get distracted instead of helping him to concentrate.

Besides that, before you try to memorise some very heavy information, try to relax yourself with some music or use music as interval of the memorisation process. It will definitely help you memorise better.

And next time, when you are listening to a piece of music or a song, try to allow your brain to build multiple associations with the composers and song writers. It will help you to integrate delightful songs with new knowledge. **P**