

Music and Meditation

Presentation by Gus Bertram, Zsa Zsa Parker and Lilah Beck



Journalling and Creating to Music

Lilah Beck

One of my favorite ways to meditate is through listening to a song or album on repeat and creating a piece of art as I do.

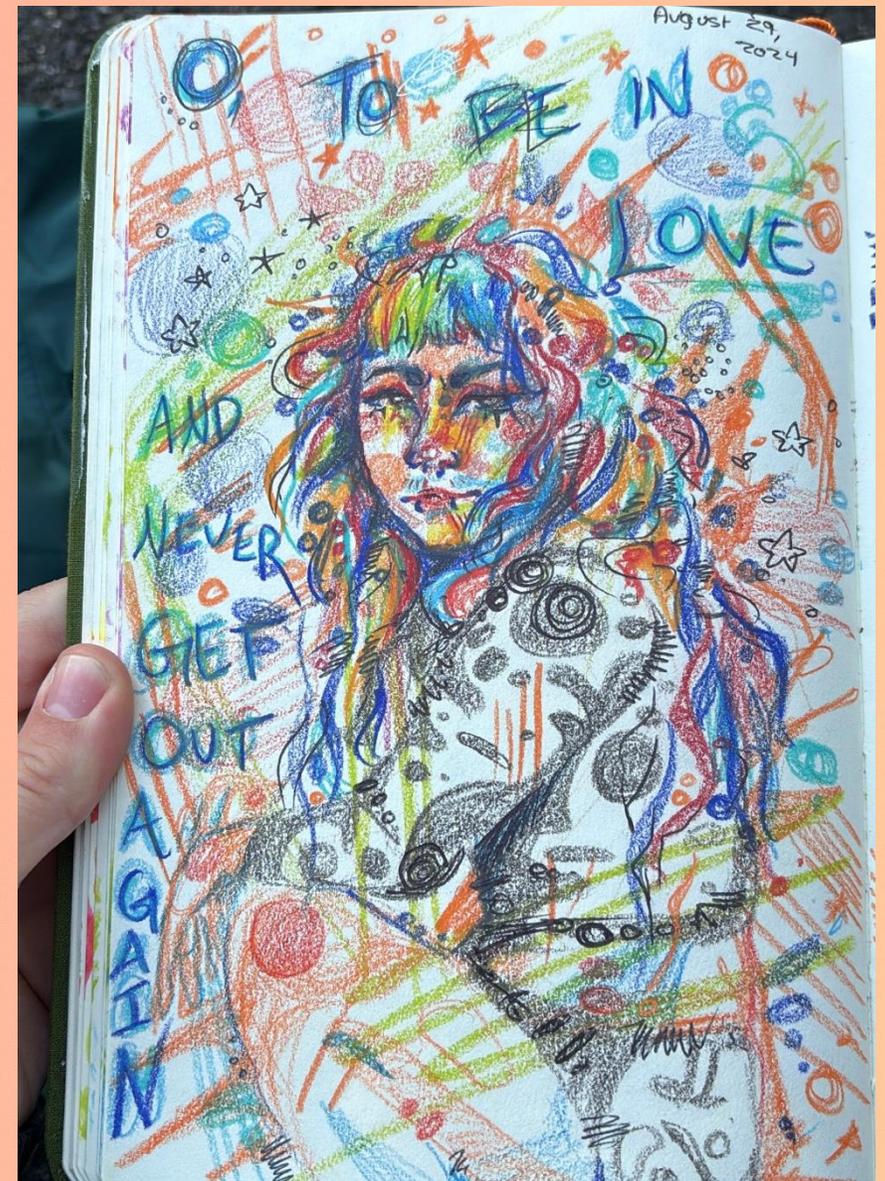
I also use music to help inspire journalling sessions, where I am able to express my feelings and thoughts in a safe private space.

It is through a combination of journaling, creating art and carefully curated music where I process the most.

Everywhere I go I carry three very important things

- My Headphones
- My Journal
- A pencil case full of vibrant colored pencils

This allows me to cultivate moments of meditation and reflection wherever I go



Drawing in my journal of my partner with the lyrics to the Kate Bush song "Oh to Be in Love" I had been listening to that song on repeat while creating this page

Growing up Meditating: Personal Anecdote

Lilah Beck

In my family, meditation was commonplace. I remember being in elementary school, sitting on my bed and spending hours practicing "erasing myself" (The inspiration for the method most likely stemmed from my favorite book by Jerry Spinelli *Stargirl*). In middle school I would arrive about an hour and a half early every day because my dad taught there, and I would go out and sit on a rocky hill facing the rising sun, and spend my mornings connecting with the dewy world around me.

When meditating inside, I would often use guided meditations complete with singing bowls and different frequencies of sounds that I had found on YouTube. These sounds were very important for me in setting the stage and mood, and allowing my mind to release. But when I would meditate in nature, I much preferred to have my ears open to the music of the natural world. Birds chirping, A stream bubbling, the wind cultivating sound in the leaves on an Aspen grove. Tuning in to the music around me was the most helpful in centering myself, and recognizing my relationship with the slowly waking world.



Image of my younger brother and I as young children standing next to a hollowed burnt tree covered in moss

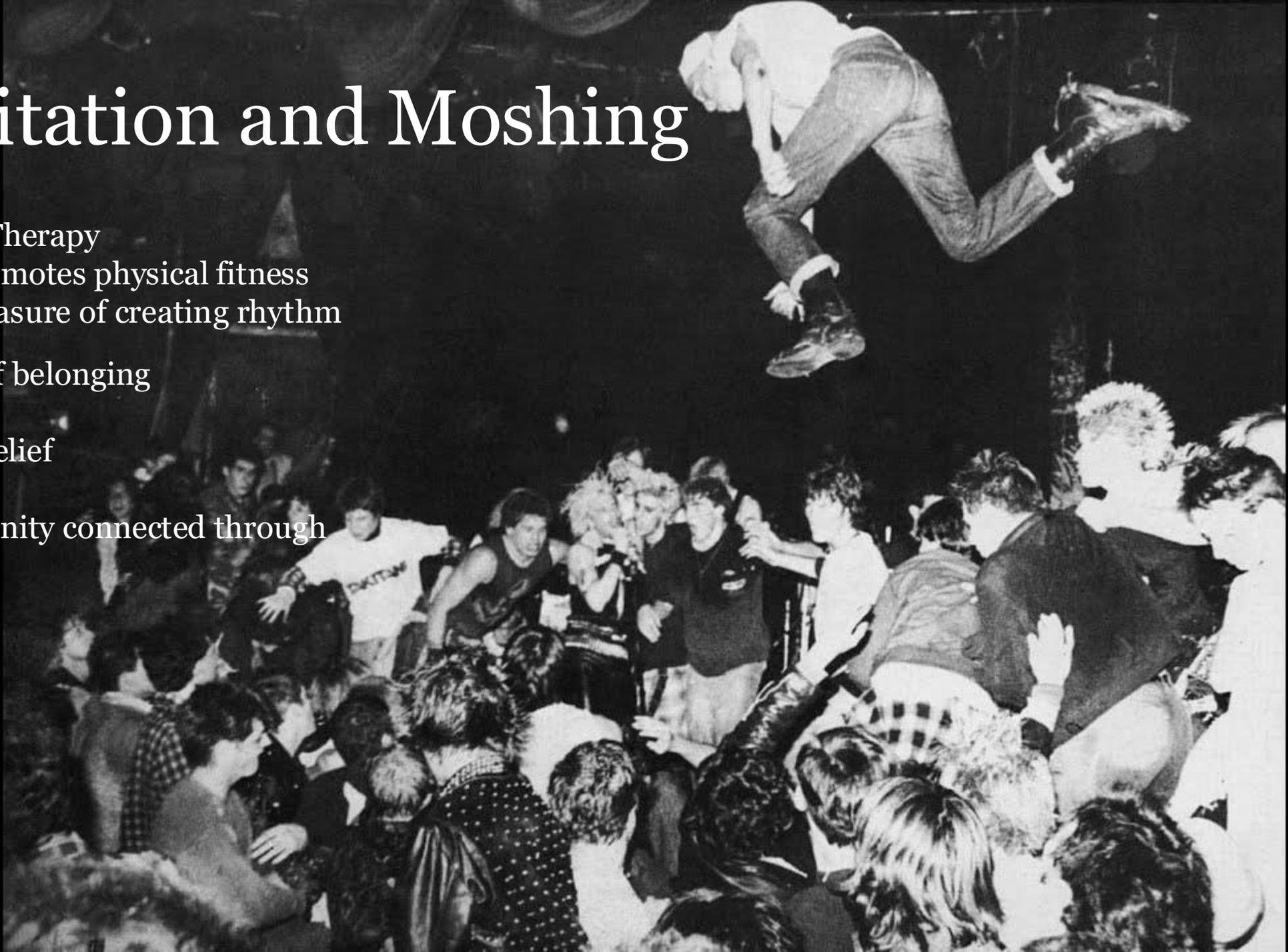


Image of me as a young child standing among lodgepole pines, most likely on the property surrounding my childhood home in Sunriver Oregon

My connection with the natural world has been the most vital aspect of my life. My time experiencing the music of the natural world has offered me the most meditative moments.

Meditation and Moshing

- Dance Therapy
 - Promotes physical fitness
 - Pleasure of creating rhythm
- Sense of belonging
- Stress relief
- Community connected through music



Safe and Sound Protocol(SSP)

SSP creates new neural pathways
and promotes regulation





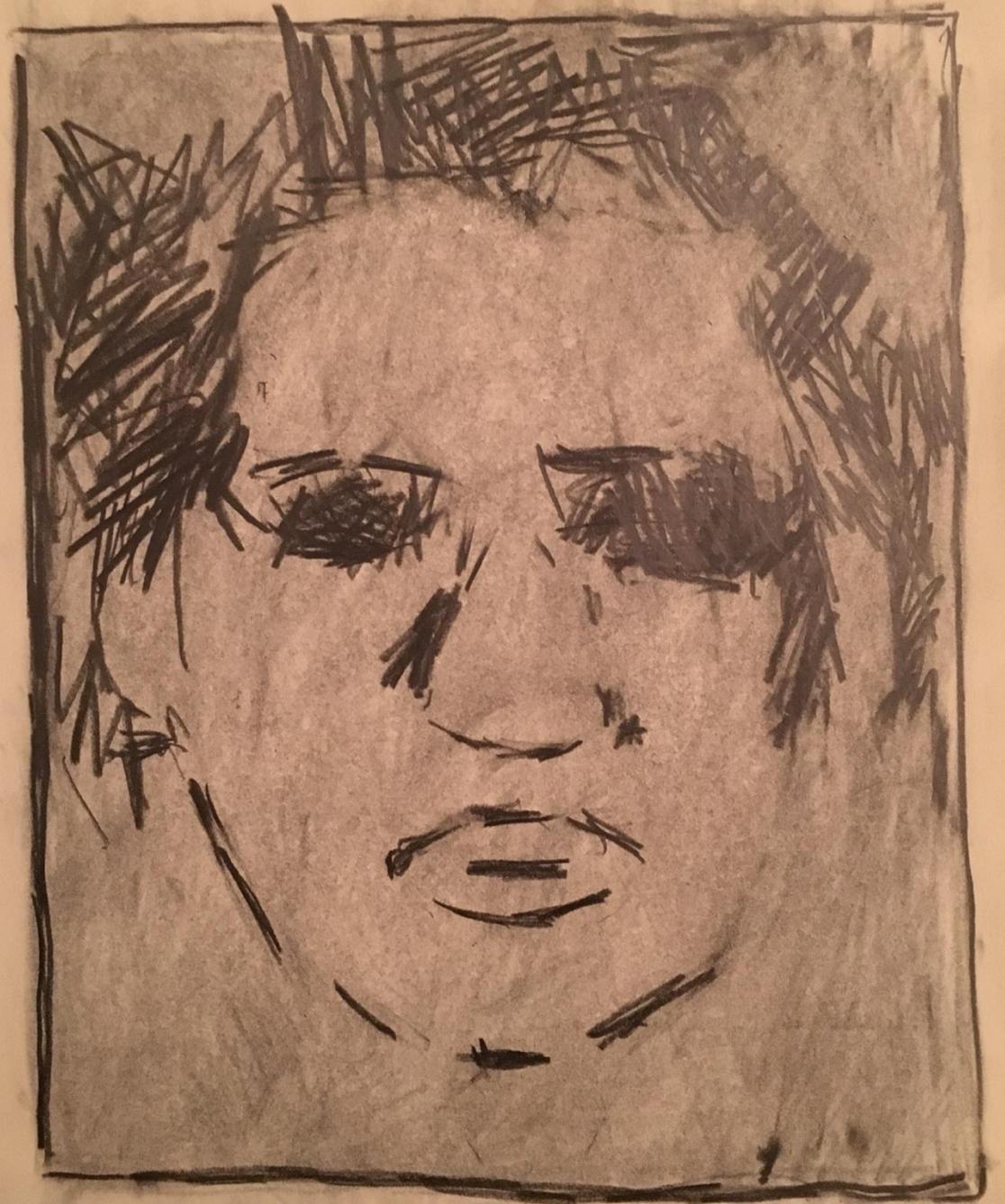
The Safe and Sound Protocol (SSP) is a therapeutic music intervention that uses filtered music to help the nervous system learn to process and respond to signals of safety.







d 4



Bibliography

- Polzer, E. (2017, January 1). *Mosh Pits and Mental Health: Metal Communities and Emerging Adults' Well-Being*.
- Tabone, N. (2020, May 29). *Mosh Pit: A Place to Slam into One Another – But Why?* Underground Sound. <https://undergroundsound.eu/subcultures/the-art-of-moshing-but-why/>
- [Safe and Sound Protocol website](#)