

Music for People Organization

www.musicforpeople.org



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Access Our Slideshow through the link in your online session notes

MfP's Alchemy: Rhythm, Melody and Harmony

Educe Human Potential

This participatory session features MfP's approach to facilitation and offers a unique synthesis of rhythm, melody and harmony within a drum circle setting. Mary and Irene share an exciting array of skills and ideas for moving your drum circles into new levels of melodic and harmonic synthesis. Using voice, pitched percussion, and melodic instruments, they will model ways to seamlessly include MFP tools and techniques to transform your drum circles into both an integrated music making experience, and a personal growth experience that follows a five-step transformational arc.

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)

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

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

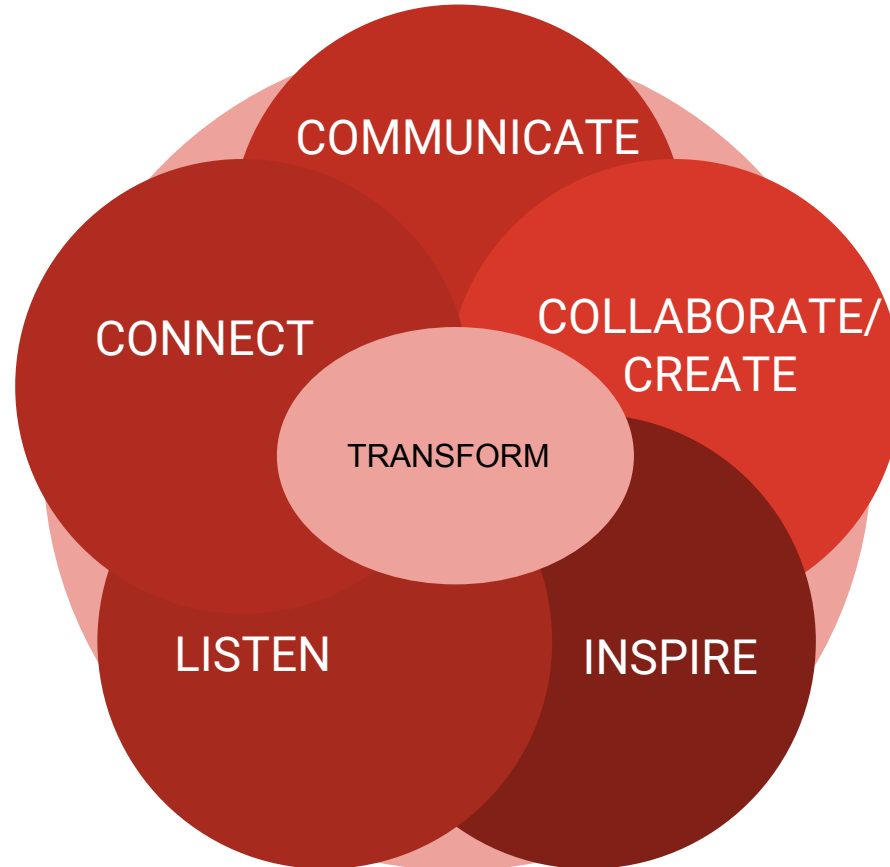
Return to a child like attitude of wonder & play! ([support video](#))

Session Goals

- Create a safe space to take risks and learn rhythm, melody and harmony
- Empower and boost self esteem
- Create more connected communities
- Access creativity, problem solving
- Building non-verbal communication skills
- Recognize and bring out the genius in the each member of the community
- Cultivate active listening

THE CREATIVE PROCESS OF TRANSFORMATION

Tapping Into Our Inspiring World, Inside of Us and Outside of Us



Facilitate a Journey toward TRANSFORMATION

- Listen
- Connect
- Communicate
- Collaborate/Create
- Inspire

Listen

- **Tap into heartbeat ~ listening inside - inner rhythm** ([click here for support video](#))
 - Bring pulse to movement in front of you
 - Listen to the group and arrive at a common heartbeat rhythm (entrainment)
- **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
- **Tap into harmony ~ One quality chord**

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

Connect

- Babbling (sound to movement, builds flexibility and articulation, releases stress)
- Heartbeat ~ Body Drumming Song ([support video 1](#)) ([support video 2](#))
- Loop of creativity ~ inward/outward ([support video](#))
- Sing what you play (voice is genius ~ exploration of texture and timbre) ([support video](#))
- Play what you sing ~ deep internal listening ~ Quality :) quantity : (
- Imitation across the circle (find a person ~ find a common pattern)
- Community Song ends in One Quality Sound to Stillness ([support video](#))
- Creating a Spontaneous Community Song ([support video](#))
- Discovering Musical Home

Communicate

- 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

Collaborate/Create

- Moving Your Drum Circles in Melody ([support video](#))
- Discovering Musical Home
- Building to the power of ONE ([support video](#))
- Listening/ Imitation: sculpt two or three players and invite rest of group to listen to these parts and imitate (join) one of them- now leave this part, but see how it adds to your expressive language ([support video 2](#))

Inspire

- Expanding DC Possibilities ~ Adding Instruments & Voice ([support video](#))
- Roving Quartets (clarity of support/solo roles in ensembles)
- Seed Rhythms: Cultural influences/Participant's ideas
- Rhythm song/ body drum song and dance into free exploration)
- Dancing Conductor

Reflect

GLP Reflection Process

G: Grateful

L: Learned

P: Putting Into Practice

Activity Reflection Process ~ GLP brain based reflection walk, students pair up and walk for three minutes sharing three reflection points from their experience

Grateful ~ share something you are grateful for

Learned ~ share something you learned in the rhythmic activity about yourself or the group

Put into Practice ~ students share how they might be able to put into practice what they just learned.

Resource Materials

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

Check out [Music for People](#)

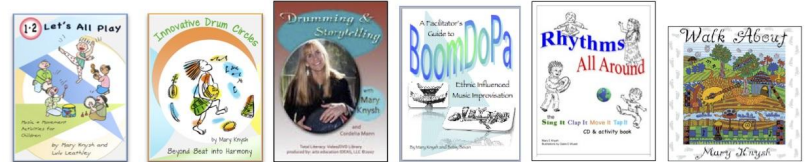
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Rhythmic Connections Products Mary Knysh



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!