

STUDY: music increases brain synchronization

Attending to music increases brain synchronization

Iwaki, Tatsuya; Hayashi, Mitsuo; Hori, Tadao. (1997).

Changes in alpha band EEG activity in the frontal area after stimulation with music of different affective content. *Perceptual & Motor Skills*, 84:515-526.

Summary: Cognitive activities may involve cooperative interactions among different regions of the cerebral cortex. In particular, the frontal lobes have been implicated in processes of attention. To probe cortical processing of attention to music, brain wave (electroencephalogram, EEG) recordings were obtained simultaneously from twelve cortical areas under the following conditions: during a baseline quiet period, during stimulating or calming music, and during a post music rest period. The subjects were ten university students. Compared to the pre and post music control periods, the relationship between the left and right frontal lobes increased during stimulating music, i.e., brain waves became more similar between the frontal areas of the two hemispheres. This did not occur for relaxing music. The authors believe that attention to music involves increased cooperation between the right and left frontal lobes.

Aside commentary:

Science and study has found that using both sides of the brain in unison, a state of brain synchronization, has extreme ramifications on mental performance. Dr. Lester Fehmi has found that this integrative means of thought processing aligns your senses, allowing you to be more intuitive, focused and “in the zone”. Neurologist Jerre Levy of the University of Chicago says that “great men and women of history did not merely have superior intellectual capacities within each hemisphere [of the brain]. They had phenomenal levels of emotional commitments, motivation, attentional capacity – all of which reflected the highly integrated brain in action.”

Link:

<http://www.acure-group.com/research/article145.pdf>
