



# L.I.F.E. Style

April 2013

## Music and Life

Issues of health and wellness are receiving a great deal of news coverage and political discussion, seemingly more than ever before. Television, radio, newspapers, and the web are buzzing with topics of health and wellness. Wanting more than simply not to be sick, we are looking for ways to manage our stress, increase our energy, develop our minds, enjoy relationships and feel involved.

Being active music makers ourselves gives us a real head start in being able to take advantage of the opportunities to achieve personal wellness in these ways. The landmark Music Making and Wellness Research Project, while complex, tells us that active music-making (that's what we do in our Lowrey Magic classes and at home on our Lowrey) contributes to feeling better both emotionally and physically.

Active Music Making influences our thoughts and feelings in positive ways.

- Music making expands our mental abilities that are essential to good mental function.
- Music making can help provide relief from our daily stressors by directing focus and awareness of our whole person.
- Music based wellness exercises (your Class Leader can find 20 such exercises at their Lowrey Magic file share web site) can provide practical ways to learn to manage stress.
- Combined, this can contribute to feeling better both emotionally and physically, and can motivate us to continued involvement.
- Our success leads to positive self-regard and good self-care that are essential to well-being.

Music making gives us a unique way to express ourselves, communicate, and share.

*Would you like to share how making music has shaped you, helped you, made you feel, connected you with others? Share your story (and pictures with the rest of your L.I.F.E. community of music makers. email frankw@lowrey.com*

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# Song Setups With No Introduction

by: Bil Curry

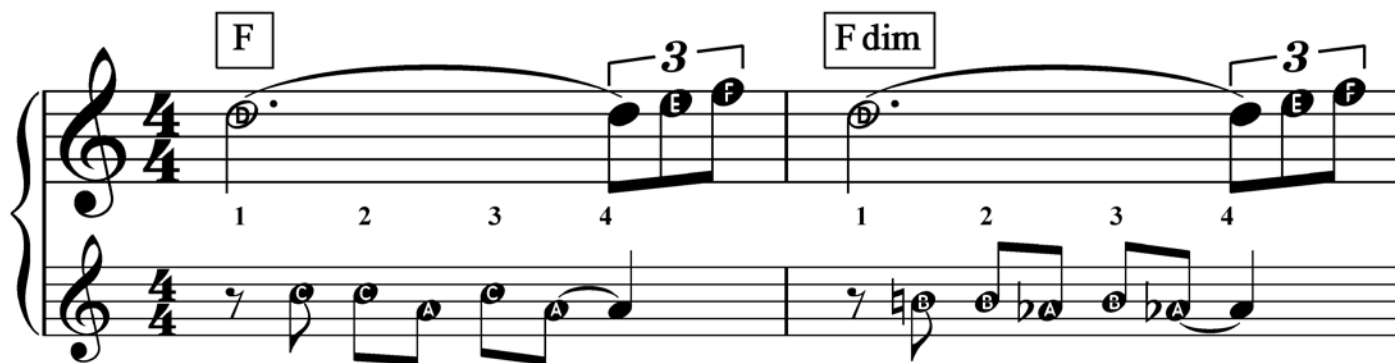
In the Lowrey feature called **Song Setup**, there are four songs that usually do not turn on the **Intro** button. This is because the artists' recordings of the songs do not have an introduction. When you listen to the recordings you will notice the songs just start "cold". Here are introductions for these songs that we hope you enjoy, and at the same time help you play them.

## Cherry Pink & Apple Blossom White



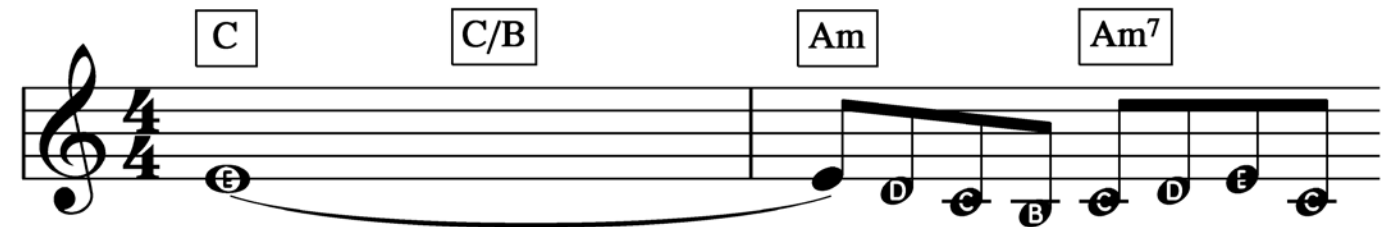
After you have selected the **Song Setup** for, *Cherry Pink and Apple Blossom White*, tap the upper and lower right keyboard to find your **Trumpet** sound. When you play the **Gm7** chord the **Music Style** will start. As you hold the **C**, slide your foot over and activate the **Left Foot Switch** and then release it. This action will glide the note up and down.

## Moolight Serenade



On the first note (and chord) of the intro the **Music Style** will begin. Since that first note is very long, you can hear the tempo of the style from the drum beat, bass line, guitar strums, and the brass accompaniment (in the Serenade style). That tempo is evident in the second line of music shown here, which is the melody line.

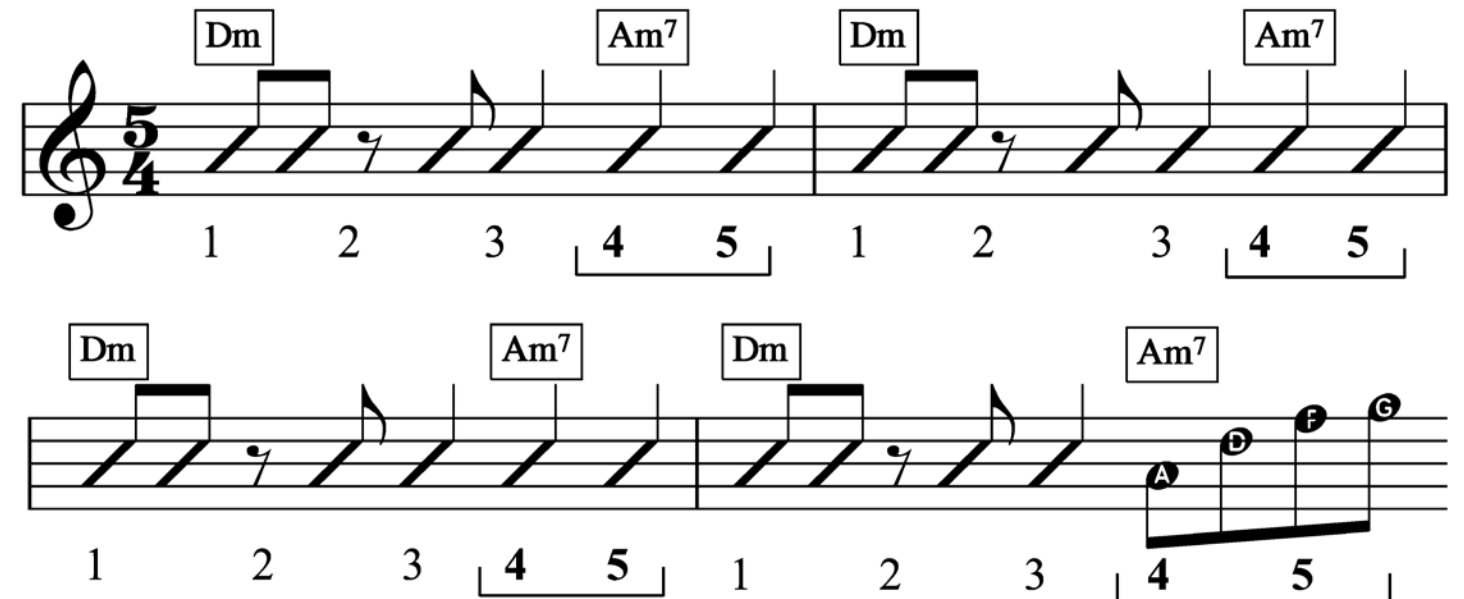
## A Whiter Shade of Pale



Again, on the first note (and chord) of the intro the **Music Style** will begin. Since that first note is very long, you can hear the tempo of the style from the drum beat, bass line, and the other accompaniment parts.



## Take Five



The 'Slash' notes illustrate the rhythm of the **5/4 Music Style**. Start the style and listen for the last two beats of each measure. These last two beats are where you start the melody and change between the **Dm** and **Am7** chords.



**L.I.F.E. Chapter phone number & email**  
**630.607.5207**  
chapterpres@lowrey.com

Direct other L.I.F.E. inquiries to  
Jacqueline Mavros.  
Email: jacquelinem@lowrey.com  
Phone: 708-352-3388 x 230

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Elmhurst, IL 60126  
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