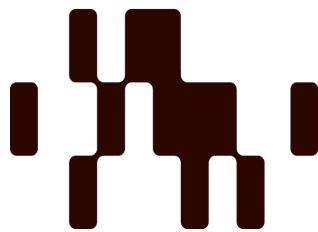


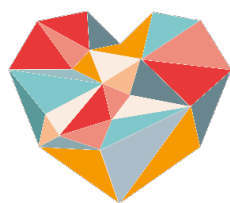


# Music and Meditation

Niels Mark, Odense Libraries & Citizen Service



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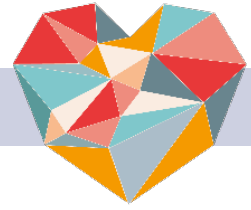


Dementia  
in Cultural Mediation



With the support of the  
Erasmus+ Programme  
of the European Union

# The activity



## Name of the activity

Music and Meditation: Listening session for people living with dementia.

## Summary

The aim of the activity is to inspire people living with dementia to a focused and concentrated listening to music. Music can be meditative and create a calm and pleasant atmosphere for the listener, but it can also be music that they know and that the potential listeners want to listen concentrated to. In this session, the producer made a mix in the free program Audacity, so that relaxing soundscapes of new age and ambient music were intertwined with nostalgic tones from the cultural heritage, music tracks that listeners could recognize from earlier stages in life. It is not a requirement to include this, but it had a good effect on the listening group.

### Setup:

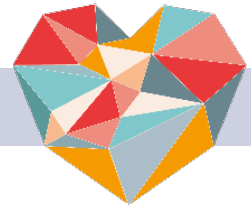
Listeners are asked to adjust and relax - on a chair or optionally lying on a mattress. After a short introduction, the meditation session begins, where the listeners quietly, through guided meditation, mentally focus on the present music listening.

Meditation can preferably be carried out by a mindfulness meditator, but if the financial means are thin, the meditation can also be carried out with a recorded meditation course.

The music is played directly in continuation of the meditation.

After the listening session, the listening group talks about the listening experience and whether they felt a difference in the presence in listening to music with the initial meditation session.

# Content



## Target group

Everyone can participate in a listening session no matter what stage of dementia they are in.

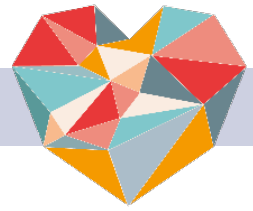
## Objective

Once upon a time, music was a form of expression that we as humans listened concentrated on, where most people today have music as the background wallpaper in connection with other activities. The goal of the activity is to recreate the idea of focusing on listening to music through initial meditation. The wish is that the exercise in concentrated listening for the participants can be used in other contexts to create more presence around yourself and the activities you do. This is based on the philosophy that presence and concentration create greater joy and satisfaction for man.

## Partners

The activity can preferably be carried out together with a professional meditator or mindfulness expert, who can adapt the meditation as needed. However, since there are many meditation sessions for free use on the internet, the activity can easily be carried out without a meditator. However, the effect and likelihood of participants experiencing the full effect of meditation the use of professional meditator recommendable.

# Practical



## Venue

### **Things to consider:**

- The number of people for the activity is flexible. Though the fewer the people the more concentrated focus must be expected and thus the greatest effect for the audience.
- Tables are not required. There must be a chair for each participant. In addition, it may be advisable to have mattresses or sleeping pads available if some wish to lie down during the session.
- Logistically speaking, it is an easy activity to wind up. There are no parking requirements or other logistical requirements.
- It would be preferable for participants who doesn't own a car.
- The activity is fully accessible to everyone regardless of disability - including wheelchair users.
- Technical requirements: access to music system with speakers. Optional: microphone depending on the number of participants and the need for sound level.

## Day, time & duration

Activity time is flexible and can be arranged as needed. Duration can be flexible depending on the audience - we recommended min. 60-90 minutes.

## Group size

Smaller groups are always preferable for people living with Dementia. 5-10 people is preferable.

## Supervisors and hosts

The number of people for the activity is flexible. Though the fewer the people the more concentrated focus must be expected and thus the greatest effect for the audience.

There is no need for any particular employees, though the skills to create the suitable music playlist is an advantage.

## Materials & facilities

- Music systems and speakers or laptop with external speakers
- Chairs and/or mattresses
- Optional: mood-creating light

## Costs

The event was free, but optionally you can charge a small amount to cover the expenses of a professional Mindfulness-instructor.

## Name tags

Name tags are not required.

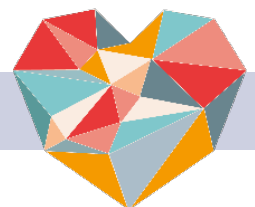
## Memento

There is no need for a memento afterwards. The participants could get entrance to the playlist and sources for finding meditation-sessions, if they get inspired to practice at home.

## Afterwards

There are no follow-up activities.

# Communication & Registration



## Communication

You can be invited to the activity through institutions as well as general marketing via the daily

press in the form of articles and press releases. Digital is advertised via mailing lists and social media.

You can invite participants when the program for the activity is ready. If you are in good time, you are more likely to gain a wider reach, and maybe get such great demand, that there is a basis for a series of sessions.

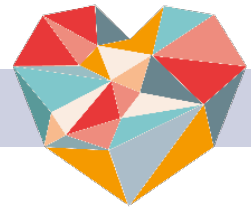
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## Registration

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Participants can apply to participate in the activity via telephone and emails, just as registration can be coordinated through staff at the institution if all guests are from the same place.

# Description & Program



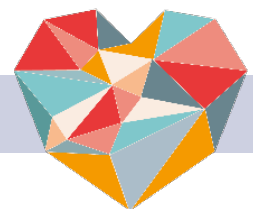
- The room is set up with a music system or PC and good speakers, so the sound is good for the participants.
- The audience sits on chairs or lies on mattresses in a reasonable position in relation to the speakers.
- Introduction to the activity itself is required. For many, mindfulness meditation is an unknown territory that they had not imagined trying. Therefore, the narrative about the purpose of meditation and why it makes sense in relation to a more focused and present musical experience is necessary.

The host of the entire event welcomes, talks about the program - and then introduces the mindfulness mediator. The mindfulness mediator introduces the meditation after which meditation sessions begin. Towards the end of the meditation session, the music fades in quietly so that there is a smooth transition between the meditation and the music.

- The course of the activity.  
From beginning till the end. Mention possible presentations, questions, etc.
- Closure and thank you.  
How will the activity end? It is important to take your time to conclude as this is the last moment of contact. Will there be a short summary?  
How is everyone thanked for their participation and contributions? Maybe by creating a special and personal moment with giving mementos?

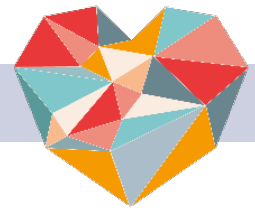
The activity ends with the audience being able to share their experience in plenary. In this way, the participants leave the activity with the feeling of a shared experience. This increases the likelihood that they will want to try again.

# Evaluation



The activity has been evaluated several times with the mediator. Both with the participants, but also afterwards in the form of an experience interview.

# Checklist, when to do what



## One month before the activity

- Enter into agreements with institutions
- Promote the activity
- Acquisition of equipment

## Two weeks before the activity

- Produce playlists
- Coordinate with the activity's actors
- Order catering for the participants, as part of the introduction and the welcome

## The week before the activity

- Overview of the number of registered

## The day before the activity

- Preparing the room
- Sound and light check

## Day of the activity

- Last coordination with actors
- Preparation of equipment before settlement
- Preparation of catering

## **Corona**

Not affected by Corona as all restrictions had been lifted at the time of the activity.



# Points of attention

