

# Inspire Your Songwriting

Fun and Practical How to Tips



Special Free Report presented by Learn How to Write Songs



# Inspire Your Songwriting with These Fun and Practical How to Tips

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## About Learn How to Write Songs

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Writing songs can be a rewarding experience. However, it is sometimes difficult to write a quality song. **Learn How to Write Songs** was created to help songwriter learn how to write excellent songs. This is done by providing tools, resources and lessons to help teach the art and craft of songwriting. Songwriters get the opportunity to benefit from these tools.

### What do we do?

We offer products and information that is relevant to a songwriter. These tools can be used to assist you in writing your next song. We want to help you to learn how to write songs, because you have something to share with the world. A well crafted song will help you spread your ideas and message to the world

### Who do we serve?

Learn How to Write Song serves the songwriter. We strive to include resources that can be used to further your songwriting career.

### Additional Information

**Learn How to Write Songs** is a subsidiary of Mediatunes, Inc. Mediatunes, Inc. is a multimedia company that provides music, publishing and other creative assets. Our motto is "*Multimedia that Works for You*". The company was founded by John Pape, Jr. a songwriter, author, publisher and web developer. John's mission is to glorify God in all that he does do. It is his desires to be a good steward of God given talents, gifts and natural abilities to which he can make a significant contribution in life. He strives to bring out the finest in others through personal interaction to edify, encourage, educate and entertain them through shared life experiences.

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## Music: An International Language

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I want to give you a challenge. Find me a country that does not have music of some kind. Search anywhere you like. Explore the jungles of South America, make your way through African tribes, or discover the peoples of South Asia. No matter where you visit I guarantee you this: every country will, without doubt, have some form of music. Their people will make music, play music, and move to music.

From California to China, people love music. There is something about music that is core to humanity. What makes a little baby respond to the soft humming of its mother? Or what makes an old woman on the streets of India turn to the sound of a drum? Music is truly a language that is spoken by every person on the earth.

There are many reasons that people love the sound of good music. Music moves us. There is something about the beat of a drum or the rhythm of an orchestra that can cause people of all ages to stand to their feet and move. We are so affected by sound, and when that sound is pleasing to us it forces a response. That response can be the simple clapping of hands or it can be the dancing of our entire bodies.

People all around the world also love music because it is beautiful. There is nothing more amazing than going to an opera or than seeing a symphony orchestra perform. Even the sounds of our favorite album playing in our car remind us that when we hear music, we are encountering some element of sheer beauty. We cannot quite define why music sounds beautiful to our ears, but I have yet to meet a person who does not like one kind of music or another.

That is another great thing about music: it is diverse. You can love classical music, country music, or rock and roll music. Some people prefer music with only a simple melody while others enjoy music with many complicated notes and sounds. What is beautiful to one person may not be called beautiful to another. And that is a beautiful thing.

Music connects people to events and helps them to remember some of life's most significant events. I'll bet you remember the first song you and your spouse danced to, and I bet you can name the song that played the first time you drove a car by yourself. Music is great that way. We can define entire seasons of our life based on the kind of music that we enjoyed during that

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time. Every one has been with a parent when an "oldies" song comes on the radio and the parent begins singing out the lines of the song, remembering with fondess their younger years.

From Africa to Alabama to Argentina, music is an important element of culture. By it we define people and countries. Sometimes we enjoy the style, sometimes we would rather not hear it, but most of the time we all agree that music is a wonderful thing. Our lives would be very different and our world a less unified place if we didn't have music.

As a songwriter you get the privledge to move people emotionally. You have a chance to tell a story in a truly entertaining way. That is why you are a songwriter!

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## The Basics of Element of a Song

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Okay, so you want to write a song. Well, that's a perfectly wonderful idea (for that matter, any form of art is a perfectly wonderful idea). Now let me ask you a question. Have you ever attempted any sort of songwriting before? Now hang on...before you answer that, writing poetry does not really classify as songwriting. I mean yes, there are quite a few things which are similar and common between the two, but at the same time, there are many other things which are not.

### Writing a Song: Getting on Board

Regardless of whether you want to learn how to write a metal song, or how to write a rock song, or how to write a love song, there are certain common practices of writing a good song. Here are some of them.

### Song Concept or Idea

The first thing you should be clear about is the idea or the driving force behind your song. There has to be some inner feeling that moves you enough to make you want to write a song. It has to happen from within. Writing a song is not simply a mechanical process, like pressing a button on the vending machine then instantly getting a can of soda. It does take skill and effort to master.

### Song Title

The **title** of the song is the most important element of songwriting. Titles of a song can be anything. It can be either a single word to a short phrase. What is important however, is that the title should not only be illustrative of the central idea of the song, but it should also be

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strong, impactful and something which will stay in the mind of the listener after one or two hearings.

### Song Lyric Structure

This is where songwriting differs greatly from writing poetry. The typical song **structure** for pop music is as follows:

## Verse > Chorus > Verse > Chorus > Bridge > Chorus

Your chorus should be catchy and easily hummable, or else it will not connect with the listener. The song's central idea or concept should form the verses. The bridge is where the song takes a new turn or a different dimension, before returning to the original track and finally building up into a crescendo at the end i.e., at the final chorus.

### Rhyme Scheme

Rhyming words or a fixed **rhyme scheme** is not exactly a compulsion or a must-have in your song lyrics. However, what it does is, it gives a nice feeling of hummability to the lyrics, in addition to a slightly poetic twist. However, as I said earlier, rhyming words is not a compulsion. You shouldn't tamper with the lyrics or chop and change words simply to make them rhyme. What that will do, is destroy the flow of words altogether, and turn the song lyrics into a series of scattered poetic lines with no central idea binding them together.

### Essential Tips

Here are a few more things to keep in mind as an aspiring songwriter.

- 1) Country music lovers, please pay attention. If you want to know how to write a country song, the answer lies in one word - '**storytelling**'. Country songs are all about telling

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stories. Study some of the all-time famous country songs and you'll know what I'm talking about.

- 2) To write a song on guitar, you need to have a little idea or understanding about melody. In that case, try strumming a couple of chords with the initial two lines of the verse. If a melody strikes you at that very moment, you will automatically find yourself moving ahead into different chord progressions, etc. For those of you who have a decent understanding of melody, using a musical instrument as a reference while writing song lyrics is not at all a bad idea.
- 3) Last but not the least, do not copy, steal or unlawfully borrow someone else's lyrics. Refrain from plagiarism. Writing a lyric or composing a melody is something that requires honesty and genuineness. If you can do it, kudos to you. If you can't, that's perfectly alright. But don't use someone else's ideas or pieces of work and pass them off as your own.

Now that you have a general idea of songwriting, in the next section you will learn a little bit about getting ideas for your song.

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## Getting Songwriting Ideas

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Writing poems and songs is the most subtle of literary forms of expression, which requires a good understanding of language and music. Songwriting, as a creative process has no set procedure as such. The song you are going to write is already within you, waiting there to be expressed. All you need to do is feel from inside and put it into words. If it has so happened that you have fallen into a songwriter's block, some of the creative songwriting ideas presented in the following lines will help you out.

### **Creative Song Writing Ideas**

It is essential that you set yourself into a creative mode of mind. Find a nice place to sit and write. The reservoir of creativity and experience within you needs to be enriched and your mind needs to be in a responsive state, to be able write a song, which says what you want to say, in an elegant manner. Most composers and singers tend to be songwriters too; writing their own songs. It would be instructive to study the creative process of great songwriters. See how they have achieved an elegant balance of rhyme, meter and inherent meaning through the song.

The best way of learning to write a song, is by beginning to write one! Here are some great song writing ideas in the form of themes that you could explore through your words. It goes without saying that you have to take care of the meter, rhyme. Here I provide you with some songwriting tips on the theme and content of songs. Depending on what genre of music you are writing, the themes and the meter of composition will change.

### **Life and Everything That It Offers**

What can be a greater inspiration for writing a song than your personal life experiences? There are experiences which you go through, as you sail through the ocean of life, ranging from

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inspiration, exaltation, sorrow, boredom and pure joy, which you can put into words. A song that people can relate to is the one, which is borne from your real life experience. Look around you and put into words what you intensely feel about.

### **Song Stories**

One great way of writing a song, is to tell a story through it, like a ballad. You can write a story first. Then attempt to put it into a song. The song you write could be any human story. It can even your personal story put into words and music.

### **Love & Longing**

The greatest and perhaps the theme with the most abundant number of songs is **love and longing**. Still, the subject of love is such, that it can never be exhausted entirely. If you have ever fallen in love, you know the feeling and all you have to do is put it into words.

### **Nature's Splendor**

Some of the great songwriting ideas have been inspired by the sheer beauty of nature. Just go for a hike or sit by a lake and experience nature in all its glory and words will flow unabashedly and swiftly out of your pen on to paper!

### **Expression**

Subtlety of expression is one of the most important features that mark great songwriters. Feel deeply from within and put yourself into a frame of mind where you are intensely feeling the emotion you want to put into words. If you can do that, words will flow easily out of you. By selecting the appropriate meter and rhyming scheme for your song, you make the composer's job easier, who will then adorn your words with the right tune, which brings out its inherent message! I wish you all the best in your songwriting endeavors.

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Hopefully your creative juices are starting to flow. Next let's explore some ideas in regards to writing lyrics

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## How to Write Lyrics

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Now that you have a basic idea of what makes up a song, let's now look at the subject of writing lyrics.

All of us at some point in time, feel like writing a song. Maybe, when in love, in appreciation of something or at times, just for fun. Writing lyrics for a song is not very difficult if you are good with words and like writing. There are no set rules which you have to compulsorily follow while writing a song. However, a few guidelines to help you write song lyrics are discussed below.

### Determine Your Song Topic

The first thing you need to do before starting to pen down your own lyrics, is to come up with a topic of your choice. The topic of a song can be absolutely anything like. It can be about love, relationships, religion, nature, heartbreaks, a particular person or even rebellious songs. If you are writing the song for an specific audience, it is important to choose a topic which will be connect with them. So choose the topic carefully, as it will lay a strong foundation for the song.

### Find the Right Melody for the Lyrics

You can either choose a tune or **melody** after selecting the topic, or think of one once you are done with writing the lyrics, whichever you are comfortable with. Some people come up with a melody right at the start as it gives them a flow while writing. The melody could be something you think of immediately after choosing the topic, or can be inspired from a song you might have already heard. If you want to settle for a melody after you are done with writing, it is fine. It can sometimes, bring out just the right melody for the song.

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### **Expand Your Song's Topic**

You now will have to sit down and pen at least five verses and one chorus. More is better in the beginning. This is a critical part of the song writing process. These verses generally have the same melody as the chorus and since they begin the song, you need to have some idea in mind, about the topic you have chosen. If you are not satisfied, these verses can always be changed, edited or deleted later on.

### **Bridges can be Difficult to Build**

The eight lines which form the middle part of the song are considered to be a little tough to write. This section is often called the **bridge**. These verses generally have a different tune or melody than the rest of the song. Also these verses are the ones which form the core of your song and you should convey your feelings through them. This may take some time, so be patient. Keeping the verses short is also an option, which many people prefer.

### **Finishing Up the Lyrics**

The toughest part comes now, with the final two verses. These are considered to be the toughest to pen down as you have run out of all ideas and inspiration till then. In such a case, simply jot down a few options which come to your mind and get back to picking the best one from them, after a small break from writing.

### **Ask for Feedback**

You are ready with your song! You can ask your friends and family for their opinions and suggestions after singing out the song to them. In case you are capable of playing a musical instrument as well, then play it while singing your song to others.

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With an idea of writing lyrics lets now move on to the subject of song form which is covered in the next chapter.

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## Parts of a Song: Song Form

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When you hear a song, there is always a sequence which is followed from the start to end. It is like writing an essay, where you have to start by introducing your audience to your creation, journey them through it and then finally conclude. This structural pattern in songwriting is called **song form**. Song form can be different for various genre of music but it has a common elements. When a song is written keeping this pattern of writing in mind, it sounds perfect with the music given to it. Even though the song is written in a particular fashion, there can be certain repetitions which are also necessary for making the song sound melodious and pleasant.

There are many parts of a song which may or may not be included in some songs. As mentioned earlier, songs which are sung with various types of music, like pop, rock, blues, traditional, hymns are framed with different parts, selected from a few decided elements.

### Intro

No writing can begin without a proper introduction and therefore, the first part of a song is called the **intro**. This is necessary because, it gives an idea about the song's feeling and builds up a suspense among the listeners. The intro is also made in different ways depending upon the requirement of the composition. Sometimes it may be accompanied with a short progression of chords which are played later on in the song. And otherwise, there can also be a solo melody riff lead which starts the song.

### Verse

After the introduction has set the foundation of a song, the **verse** is one of the most important parts which proceeds. The verse is actually the story of the song and the heaviest portion, which reveals what or who the song is about. It gives the listeners the message behind the

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composition and is accompanied with chords, leads, base, solo vocals, etc. There can be many verses to one song, but some songwriting tips say you can limit to just two verses also.

### Refrain

Though not used very commonly, the **refrain** is a line which could also be the title of the song used at the end of every verse. Sometimes, a chorus is also known as a refrain as it occurs at the end of every verse (in case of pop songs), only if the chorus is short and gives out the title.

### Pre-Chorus

The **pre-chorus** is a section which optionally occurs after the verse and before the chorus. It is also known as a "transitional bridge", which connects the verse to its main chorus and gives the song a harmonic structure.

### Chorus

The chorus is the third most important factor in parts of a song. Many times, it is more attractive to listen to as it is a complete contrast to the verses, thus making it more enjoyable. The chorus is also repeated after every verse, but unlike a refrain or a pre-chorus, it is a larger collection of words and comprises the summary of the whole song. You can follow this pattern if you want to know how to write lyrics.

### Bridge

Now, the bridge in a song is a very unique part of it, as the writer includes it to connect two parts of the song. It is often an interlude of music, either solo, instrumental, or a piece of more than two instruments. Most of the time, a bridge is completely different from the music played for both the verse and chorus, which is why the listener gets a pleasant change. Sometimes, it can be accompanied by lyrics as well, but many writers prefer simply music.

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### **Coda**

The coda is actually the conclusion of the song, as it means "tail" in Italian. There are a few sentences which are sung or narrated at the end of the song, where the listener realizes it is the end of the song. The coda can take several form it can be music, solo words, or a combination of music and lyrics.

### **Climb**

There are a few other parts which may or may not be included in the body of a song, but are important to know if you want to learn how to write a song. These are the **climb**, where there can be a complete change of subject between the verses.

### **Collision**

The **collision** is usually a section of music, exclusively, where the two parts of a song overlap each other for a short period of time.

### **Break**

Another part is known as a **break**, which is also a musical piece, played during the song, to break or differentiate the two parts of the song. This happens, when one piece of music stops playing and another completely different piece starts.

With these various parts of a song, you can now write one on your own. There is no requirement to include all the above mentioned parts in one song, but you can frame it, by using them.

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## Songwriting Tips

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They can make you smile when you're low or make you sob like a baby. They can make you laugh till your tummy hurts or make your hair stand on end. They're songs. But not every song that you hear will touch your heart. Some have amazingly soulful lyrics and some are so obnoxious that you wish you were deaf, at least temporarily. What goes into writing a good song? The perfect recipe for a good song is perfect music and perfect lyrics (like you didn't see that coming!) But not everyone has the ability to write beautiful songs. So, if you think you're one of those who can write beautifully but can't seem to be able to write a good song, just use the tips given below. They may help you to write better songs.

### Tips for Songwriting

There's no such thing as songwriting for dummies. Because when it comes to songwriting techniques, everyone is a dummy at some level. Someone may be a good writer but may not be a good lyricist (yes, there's a difference). Some may be able to write good lyrics, but not be able to mesh it with the right musical composition. Such combinations can prove to be disastrous and the resulting song, if you can call it that, will be extremely mediocre. So, here are some tips for beginners.

### Select a Theme

This is the first and the most basic tips that anyone will give you. It's actually just common sense. If you don't know what you're going to write about, how will you write it? And when it comes to themes, there is a wide variety of choices. Select an emotion that you identify with the most and use your creativity to convey that emotion in meaningful lyrics. Stress on meaningful. There's no use of stringing a hundred words if they are completely baseless and don't mean a thing. If you can't think of a theme, here are some: love songs are always a hit,

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apart from that, sad songs or songs about compassion, peace, anger, disappointment, frustration, anger and so many different themes can be written.

### **Use your Inspiration**

Songwriting for beginner's can get difficult at times. Getting inspiration to write a song is a much-needed songwriting help. Find out what inspires you. What inspires you to do something good. What inspires you to stand up and fight. What inspires you to keep on trying, no matter what. What inspires you to help someone in need. I'm sure there are different things that inspire these different actions. They could be people, incidents of the past, current life situations or anything at all. What you need to identify is what is the source of the inspiration and how to tap this inspiration into a great song that is well worded.

### **Know your Audience**

Another very important songwriting tip is to know what kind of audience you're writing the song for. It's easier said than done. For instance, you want to write about a funny incident that happened two days ago. Once you start writing, you get into the flow and end up writing a long song. Once you're done, the final draft makes perfect sense to you because you were there when the incident happened, but it may be lost on your audience. In addition, the type of words and phrases you should be using should match the intellectual and comprehension capability of the audience. If you've to write a children's song, you most certainly won't use words that are not easily understood by them. They'll spend half the time with a dictionary and are most likely to miss the rest of the song!

### **Establish a Mood**

A mood for a song influences its lyrics, tempo and eventually the response generated by the audience. You need to write lyrics according to a specific mood. So, pick a mood that you want

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to explore in the song and stick to it. If you're going with soft romantic, don't suddenly use offensive or demeaning lyrics in the middle, even just for the chorus! Just focus on one mood and write a song in it. In rare cases, a contrast may work. But even then, it's only a contrast of music and tempo that will do the trick. A glaring contradiction in the mood of the lyrics will spell nothing but disaster for the song.

### **Idea Book**

This is probably the best of the songwriting tips ever. Ideas for songs and lyrics don't exactly inform you before their arrival. You can have a stroke of genius at any place, at any time. And it's super frustrating when you don't have something to jot the idea down. To avoid the wastage of such brilliant ideas, carry around a book in which you can write them down. If you think a book is too old fashioned (I have no idea why you would), I'm sure you carry a cell phone around. Just type out whatever idea hits you. You can improvise at your own leisure!

These are just a few basic ideas. You may or may not agree with them, but you can definitely refer to them before writing or if you're experiencing the much dreaded writer's block. I'm not saying the block will disappear, but you never know, you may just get some other fabulous idea to write a beautiful song!

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## Writing Lyrics for a Rock Song

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Rock music usually appeals to a majority of young people, who are between 11 to 30 years of age. This should give you enough hint while choosing a topic for your song as you obviously want to please that audience. Lyrics for rock songs are often rebellious, subversive and sarcastic. However, you can choose to write on any subject you feel will appeal to people.

Start writing with the first verse. You can prepare a rough draft if you feel unsure about your writing for the first time. It is not necessary that verses should rhyme as the composer can work magic around lyrics to make them sound better in the song.

The next step is creating a chorus for your rock song. The chorus should be crisp, repetitive, not too long and in connection with the verses. You should ensure that the chorus relates to the title of your song.

Second verse onwards you can start elaborating on your story or idea. Don't make it too boring and too long, instead try keeping it concise and to the point. The third verse can then bring out the twist in your story (if any) or just continue amplifying the story further.

The fourth verse is the last verse in a rock song and you should end your song hereby giving a proper culmination to your story or idea. After the composer has done his bit by composing music. That's it!, you are ready with your rock song and all set to become the next Kurt Cobain!

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## Writing Lyrics for a Rap Song

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Raps songs lay great emphasis on rhyming and therefore a good way to write a rap song is to approach it as if you were writing poetry. Again, the biggest audience for rap songs is the youth and hence you should choose a relevant topic for your song. Personal experiences, social injustice, love or any other inspirational matter in the real world could become the subject of your rap song.

You will have to be a lot more creative while writing lyrics for a rap song. Don't be rigid or stagnant while writing your phrases, instead try different variations. Keep penning down all your ideas as and when they come to your mind. So that you have options while adding verses to your song. Observing people and happenings in your surroundings, gives good inspiration and ideas which you can incorporate in your lyrics.

Make your chorus short, crisp, funny and catchy. It should also convey the theme and idea behind the song to the listeners. You can let your imagination run wild and come up with the wackiest, cheesiest and the most outrageous phrases using various figures of speech like simile, metaphor, personification and pun. Concentrate on building a solid rhyming scheme within the song as well as the phrases. To help you in getting a fast paced rhythmic pattern for your song, keep adding as many quick-fire rhymes within every verse. Use as much alliteration as you can to add more power to your lyrics.

Rap lyrics is all about being witty and playing with words. A lot of times while writing a rap song, you will have more stuff than you actually need. That works in your favor as you can retain all the best lines you have penned down, to come up with a sensational rap song.

After learning how to write lyrics for songs, do try it yourself and you will be surprised to find what you are capable of.

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## Different Types of Music Genres

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Music means different things for every person, and this is highlighted by the large number of genres that circulate in mainstream and underground circles. Most of them have evolved over the years due to several cultural influences, and this is why every region has its own specific brand. Right from the Latino that exists in Mexico, to the Goan trance circle in Southern India.

For a person who has just started exploring the vast reaches of music, it can get very confusing at times, since each genre has several sub-categories as well. To accurately depict the thousands that exist all around the world is a fairly impossible task, so we have learned to divide it into smaller generalizations.

Each genre has its own favored instruments, a certain style of vocals, and a definite pattern behind the beats and the scales in songs. An experienced music lover will be able to ascertain the difference in genres simply by listening to a song, but from time to time, something new will always surface.

Various Types of Music Genres

### Blues

What started out as the Mississippi Delta Blues quickly became the biggest and most influential American music genre. Adopted by the African-American population from traditional African music, blues became a medium of expressing agony through slow-moving rhythms and emotional (sometimes even tragicomic) lyrics. The genre attained massive commercial success when artists from Chicago created a variant called Chicago blues. You'll find the influence of blues on other genres like jazz, gospel, RnB and hip hop.

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## **Jazz**

This evolved in the early 20th century. The early artists were all African-Americans. It has also led to the birth of many genres in its time, but jazz music is primarily associated with the use of blues notes, the saxophone and the massive double bass. The boundaries and the scope of jazz is something that has led to various debates in the music community, and the fact is that no one has yet settled for an accurate description of this type.

## **Rock and Alternative Rock**

Rock music started hitting the streets in the 1960s, and it evolved as a subset of rock and roll, rhythm and blues, classical and folk music that had been around since the 1940s. The primary focus in rock is on the electric guitar, and the many solos that can be created with it. The bass guitar and drums are also highly in focus here, and for some time, even synthesizers were the rage. Today, we relate any music that is slightly 'heavy' with it, and this has also led to its combination with various other genres.

This has led to the birth of folk rock, classical rock, punk rock, blues rock, jazz rock, soft rock, heavy metal, hard rock, grunge rock, progressive rock and most recently, alternative music. Rock is something that is omnipresent in all cultural references today, and it is no secret that we associate rock musicians with a rebellious lifestyle, incessant substance abuse, tremendous fan bases all around the world, and an ever present attribute of self destruction.

## **Country and Folk Music**

Country music is certainly one of the oldest forms of commercial music. It originated in the 1920s in Southern parts of the United States, and it has slowly spread to all parts of the world. It is also known as Western music, and is the choice of Elvis Presley and this was the genre he specialized in, though he slowly embraced the more popular rock and roll as well. The defining

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characteristic of country music is an acoustic guitar, with just the vocals of the singer to accompany it.

Folk music, on the other hand, has always been known as the music of the lower classes. This has lost significance today, but in the 19th century this had more relevance, due to the large disparity in the standard of living of various classes. Folk music also revolves around simple acoustic guitar rhythms, and it is characterized by its socially evoking lyrics.

### **Trance, EDM,**

To define trance in a short space is virtually impossible, and it should suffice to say that it is a form of electronic dance music. One associates trance with fast beats, repetitive loops of mesmerizing sound, and a blatantly obvious dropping and speeding up of the tempo of the song. This genre evolved mostly in the 1990s, and today there are several sub-categories of it as well.

You have your house trance, psychedelic trance, ambient trance, German trance, Goan trance, dream trance, acid trance, progressive trance and neo trance among many others. The association of trance music is generally made with underground rave parties, though most of this music is now also spreading to mainstream culture.

### **Pop Music**

Though pop music is not to everyone's taste, the fact is that it is perhaps the largest selling genre today. It signifies any music that is commercially produced, with the sole intention of selling more records and reaching as many people as it can. It is also widely assumed that pop music is targeted at teenagers and the youth in particular. Though many people associate it with rock, this is an inaccurate assessment. The use of various electronic devices is also

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widespread in this type, but this is a very different genre, vis-a-vis trance, which also heavily utilizes electronic sounds.

### **Hip Hop and Rap Music**

A relatively new entry into the list is hip hop. The primary focus here is on beatboxing and DJ scratching. Rap music is another subset, and it revolves around the artist rapping to a fixed beat. Though this is evolved in the ghettos of the United States, today it has spread to mainstream culture all around the world, and has become a multi-million dollar industry. This genre of hip hop songs started involving more and more people during the 1970s.

Apart from these popularly heard genres, here are some more names that you will come across from time to time.

- Latin
- Avant-garde
- Instrumental
- Classical
- Reggae
- Opera
- Sufi
- Religious
- Ska
- Easy Listening

As mentioned before, it is not possible to list out all the existing genres that exist in the world today. Each one inadvertently leads to the birth of many more sub-genres, and these affect people and culture in many different ways. A study of the timeline of the history of music will

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require years of research, and you will soon find that the economic and social circumstances of a particular era, heavily affect the nature of music that is popular at the time.

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## How Does Music Affect the Brain

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Music has been an integral part of the human lifestyle from a long time. It is believed to have been a part of civilizations which existed 50,000 years ago. It is very interesting to note that music evolved as a means of expression, and hence, generally, reflects the social, economic, environmental, religious and other aspects related to humans. Thus, music was, and still is, a way to express a range of emotions and feelings. This process, in itself, has a great relieving effect, and works wonders for the peaceful operation of the brain. When the mental faculty is provided a vent for its restless thought process, it automatically boosts the functioning of the brain, and conclusively of all the other body processes.

Brain development is a process of training the thought process in such a way that it maintains proper working. There are two possible ways to understand the effect of music on the brain namely - General observation and scientific approach.

### Effects of Music - General Observation

The most important observation in this regard is that everybody likes some or the other type of music. The fact that it is 'liked' by every person has a psychological effect on their mind. This makes music all the more loved! Moreover, music is seen to impart a pleasurable experience to the listener. When one listens to music, a part of the brain called the ventral striatum, releases dopamine which makes the experience pleasurable.

Music has a calming effect on our minds. During times of depression or anxiety, listening to music helps relieve our stress. People often de-stress themselves after a long day, by listening to soothing music. The effect of music on the brain is analogous to spraying water on a dusty and hot land. Just as water settles the dust in the air, music acts as though layering the innumerable thoughts clogging your brain, thus, de-stressing you.

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Listening to music elevates one's mood. It also energizes a tired person, which is evident from the spike in the energy levels observed as a result of listening to one's favorite music. Music influences one's mood and different kinds of music trigger different kinds of moods in people. For example, in a spa soothing music is played, whereas in a pub, loud music is played. Both provide pleasure, but the kind of pleasure and mood generated is different. Music can calm your nerves and even make you go wild!

Music is also known to facilitate the learning process. This is why music is such an integral part in school. Children can easily grasp information in the form of song. Even older students make their own little songs to remember difficult portions for their exams. Thus, music helps improve one's memory and grasping power.

### **Effects of Music - Scientific Observation**

Problems like excessive worry, anxiety, or depression create a 'chaotic' situation in the brain; hampers its working power, reasoning ability, and execution of conventional tasks becomes difficult. It happens because of reduced levels of serotonin. 50 million of the brain cells are affected by levels of serotonin. Music effects a steep rise in the levels of serotonin, which has positive influences on brain cells controlling mood. Thus, music is often used to treat anxiety disorders.

Music therapy is used to help improve language skills in autistic children, as well as to enable them to express themselves more effectively. Music helps them communicate better, as these children often use songs to communicate. However, the extent to which music therapy is beneficial is not yet known. Autistic children are sensitive to sounds, but most respond positively to music.

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The words of a song and the tune often bring back memories, which even the brain seems to have forgotten. Every song has certain memories of fun and frolic or sorrow associated with it. But the point is songs are linked strongly to memories and playing the same songs again brings back certain memories to patients with Alzheimer's. Thus, music therapy is used for patients with Alzheimer's and dementia.

Music therapy is also found to be very effective in treating seizures, depression, treatment of ADD people, insomnia, or conditions like premature infancy.

### **Passive Listening and Music Training**

Research conducted by Laurel Trainor, director of the Institute for Music and the Mind at McMaster University in West Hamilton, Ontario and his colleagues, reveals that there is difference between just passively listening to music and being musically trained to play an instrument. The researchers found that children who received training in some form showed greater brain responses, as compared to those who just listen to music on a regular basis. They also go on to say that music training enhances a child's concentration span and retaining capacity. This means music training also helps cognitive functions like learning and perception. Younger children given musical training are seen to develop motor, verbal and non-verbal skills faster and more easier. However, this research was limited to children and did not extend to adults.

If knowledge is food for thought, music is the digestive system that makes sure that it is assimilated in a proper way. The next time you find yourself confronting such a question, simply venture out to the nearest coffee place playing soft music or visit a loud club. The effect would be pretty clear!

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## How to Beat Musical Boredom

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### The Musical Funk

Every music fan is familiar with the problem: you are bored with all the music you have, but you just can't seem to come across any new music that you like. All the new music you've heard lately, whether on the radio, online, or in the company of friends, has struck you as okay-but-not-that-great, and even the music you know you like just hasn't been doing it for you. In other words, you're in a musical funk. Music lovers all experience the musical funk at one point or another, and sometimes it can seem all but hopeless. You worry that you will never again love music the way you used to, or that new bands these days just aren't making anything worth listening to. If left to their own devices, musical funks will end eventually and you'll soon find some new music to fall in love with. Sometimes this can take months, but there are some things you can try to speed up the process.

### Do Something Fun!

More often than not, the musical funk is a mood thing and has to do with what's going on in your life outside music than the music itself. If you're feeling bored with life, you're likely to feel bored with everything else, too. Doing something to elevate your mood or getting involved in something that interests you could be enough to lift the cloud of musical boredom. You'll be able to find new music that matches your new mood or reconnect with old favorites.

### Enjoy the Silence

When boredom with life isn't the problem, saturation might be. Music fans can have a tendency to go overboard with their hobby. Have you been listening to music all day, every day for a long period of time? If so, it's no wonder you can't find anything that stirs you up. Try

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leaving your MP3 player at home for a couple of days and listening to the sounds of life around you. Silence or ambient noise can sometimes be just as exciting as music, and they can give you space to think, as well. The best part is, after the end of your self-imposed music diet, you will be able to return to your music collection, and to new music that comes your way, with your ears and your mind refreshed.

### **Leave Your Comfort Zone**

In some cases, a musical funk can occur when you don't like any of the new music you've heard lately. It seems that there are sometimes when every new indie rock band is a more annoying version of the last, and every new MC or producer is just copying the tricks of the ones that came before. The best way to beat this dissatisfaction with new music is to branch out. If none of the usual avenues of music discovery seem to be satisfying you, try something altogether different. For examples, fans of electronic music may want to explore jazz or ambient for a change. If you usually read one or two key music websites, see what's happening on blogs or websites that you don't normally check. These other criticism outlets may be picking up on things that your regular haunts are missing.

### **Stand On the Shoulders of Giants**

When all else fails, look to the past for inspiration. Even the most dedicated, fanatical music listeners haven't heard everything. Find out about musicians that influenced some of your favorite artists and check out their most influential songs or albums. The past is full of hidden treasures that many of us haven't heard simply because they're no longer current. Being in a musical funk is a great opportunity to explore those musical legends and more obscure artists that you haven't gotten around to hearing yet. When the musical storm cloud lifts, you'll have a new perspective on those up and coming bands, and you may find that this musical exploration leads you to unexpected depths of musical appreciation.

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## How to Promote Your Music

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Promoting your music is necessary to create your own identity. Everything is being marketed these days, right from an oral-B toothbrush to a Boeing aircraft, nothing can be sold in this business minded world unless you promote it in the right way. If you thought that music cannot be promoted, as it is an art, a talent which needs just appreciation - you are wrong! Open your eyes and look at the big bad world of business where everything starts and ends with the cash flow! If you are related to the music business, you must understand the basic concept that your music is the product and the listeners are your end users. It is in your hands, whether to convert those listeners into your fans or let them search for someone else's music compositions.

As a budding indie or a songwriter, composer, or a musician, you might get a record deal for your songs, but that isn't enough for achieving success! The bridge between the end users and your product can only be filled when you turn your listeners into your fans, and they love and relate to the music you make.

### 10 Ways to Promote Your Music

- 1) If you are thinking where to begin, it can be ideally your own city or hometown, where you have pre-established contacts, and also people you have known for a long time. Do not jump into promoting your music without a plan. Planning is the first step for promoting anything.
- 2) Your image is your version of a better you! Ever heard of "brand label" in the field of marketing? Well, that is exactly what you need in the second step! Your image is like food to your music. To promote your music you need to have a good promotional package. Your talent should come in a package of band name/artist name, performance,

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style and look, and your range of merchandise too! So try to be innovative and create your own style! Burn some CDs and DVDs of your recordings and hand out those to local pubs, nightclubs, restaurants, coffee shops and hotels, and even in educational institutions. This will certainly help you in getting live performance offers. Do not forget to add your band name/artist name and contact information on the CD/DVD.

Remember, your name is more important than the name of your work. I strongly recommend on getting your CD/DVD copyrighted.

- 3) Marketing your music on social networking sites is the best way to promote your music online. But you should now understand that the Internet is global. It will have promotional messages of artists from all over the world. What you need is ex cogitation, to stand out from the crowd of more than a zillion! Reckon out of the box.
- 4) Upload videos of your live performances, recordings and gigs on websites that support video uploads. Is that something you have seen happening with hundred other local bands? Well, as I said, think out of the box - upload your behind-the-scene-videos or making-the-song videos so that the listeners can relate to your music and have fun while watching your music videos!
- 5) Create your own website. Buying your band/artist name URL will fetch you great Internet traffic and page clicks! You can also create your own web page on any of the social networking websites. If you create any of these, make sure it is easy to navigate and uploads quickly on any Internet browser. Have your own support group consisting of friends, relatives and family members.
- 6) If you are on the Internet, the whole wide world is watching you. And that wonder called Internet, survives on page links, creative content and keywords. So, keep posting links to your videos, website and web pages on online music directories, music blogs, music forums, music magazine website and other lifestyle and dating websites where Internet traffic is high. Send the album music reviews, press releases, photos of live

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performances along with some content to the local newspapers and music and lifestyle magazines.

- 7) Getting feedback is like refueling! When you upload a video on the Internet, make sure you keep a feedback box right below the video. Make sure you keep "Email ID" and "Area/City" fields mandatory for all the readers. This will create a database of email ids and addresses of people who liked or disliked your music. Once you get these email ids, you can forward each one of them your new videos with a personal message and keep them updated with what music you have been making. Personalization helps in selling anything! But do not spam mail.
- 8) Today there are many indie radio webcasts available that can get you live on radio! It is a simpler alternative to a live performance. Besides this, professional pictures are also important. Hire a photographer, choose a cool location and click some professional pictures of your band along with your band merchandise and logo. When you post these pictures on your website, webpage or blog, it will create a buzz everywhere! Professional pictures are taken very seriously in the music industry.
- 9) Try to understand your fans' likes and dislikes, their tastes in music, where do they shop, their hang out place, where do they live and so on. Having done that, practice, jam and play some more. Try getting gigs in few parts of the town on a Friday night and other few parts of the town on a Saturday night. Try to do mini-tours around your town. You might also get to know their addresses from the feedback forms. So do not waste your time on playing in an area where you have no fans!
- 10) Person-to-person promotions work the best in the field of music and art. Meet new people around town and tell them about your music and band. Get people to talk terms. But do not become an open book. A little networking and meeting the right people by being down to earth is the key to long-term success.

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You may be a gem of a music artist but without promoting your music in the right way, your talent will lead you nowhere.

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## Types of Music Styles

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Music is a melody of words. Music is vent for anger. Music is lover's song to his love. Music is a sight painted by a musician for a blind man. Music is a plea for deliverance. Music is gratitude for the Gods. Music is happiness. Music is the expression of life. Music has thousands of connotations. Penning them down in a sentence is rather difficult. But the essence to of music is to reach out to and communicate a message not understood. Music has evolved in style and composition over the ages, which resulted in different music types and music forms. Different types of music evolved as civilizations evolved and made their mark in the human history.

### Instrumental Music

Instrumental music is a music type which uses an amalgamation of instruments to create a rhythm. It is a different music genre as there are no vocals and no lyrics. It just uses the beat of a drum, strings of guitar, chords of violin, resonance of flute and a range of other instruments to create music. Gary Gable, Richard Amos and Janis Kay are some of the famous instrumental music composers.

### Trance Music

Trance music style uses the electronic medium to create the melody. It had originated in the 1990s. The musical notes take the listener to an emotional high. It uplifts the mood giving the listener an out of the world experience. Goa trance is a subset of this music type. This type of music has been the icon of hippie culture. Tiesto is one of the globally recognized, famous trance players.

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### **Country Music**

Country music finds its inspiration in traditional folk music, Celtic music, Gospel music and old time music. Country music brings the listener closer to home, inducing a feeling of warmth and nostalgia. Garth Brooks, John Denver and Norah Jones are some of the famous country music composers and singers. The origin of the country music dates back to 1940s.

### **Hip Hop**

Hip hop is rhythm, its style, its shaking your leg to the very rhythmic vocal. Originated in 1970s, hip hop is much influenced by the African Americans and Jamaicans. The funky style of music is famous among teens for its easy style and rhythm. This is a different music type as it does not have any historic tradition involved. It is very urban, chic and contemporary.

### **Classical Music**

This genre of music uses the traditions of music for its compositions. Indian classical music is one of the most popular music in this category. It originates from the Vedas, bringing in the 7 notes to make different ragas. Bade Ghulam Ali Khan, Begam Akhtar, Amir Khan and Kishori Amonkar are some of the legendary classical singers.

### **Latin**

The sensuous notes of Latin melodies gets the world grooving at its feet. The beat, the rhythm, the mandolin and the plucking of strings are incredible. Dances like Salsa, Mambo and Cha Cha Cha evolved to enjoy this style of music. Latin music type makes the world come alive.

It is a Herculean task to put down so many types of music. These are just a few popular ones, which the world has discovered. However, the traditional folk music, Jazz and the magic it creates with the saxophone, the Blues which sing the song of heart and the Tribal music which

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comes straight from the jungles are some other music types. Music and its types will keep evolving and continue to remain an integral part of human evolution. Yes, of course, we are an outcome of music evolution, let's not forget that it is the music of the heart, its beat and rhythm that gives us life and love!

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## 5 Reasons to Learn Music Theory

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If you thought music theory was a waste of time and not necessary to further your musical goals, then read these following 5 reasons why this is not true.

### **Read sheet music**

Being able to play from any piece of sheet music is a must. It may be hard to play BUT you can read it! Not only reading sheet music but also the ability to write a music transcript, arrangement will make it possible to get other artist a way to learn your songs.

### **Be able to transpose:**

Say you are playing a piece from the sheet music you can now read but you think it sounds too high or too low, or just not right. Well now you can move it into a new key and play at a better singing.

### **Be able to modulate:**

You will be able to, with a few quick moves of the fingers, move your music into a new key with a succession of notes so pleasing to the ear it will bring a smile to your listeners faces.

### **Increase your skill in improvising:**

A full understanding of how music works frees up the creative mind. Knowing what works and doesn't work goes a long way. The ability to improvise is a needed skill for any songwriter. When improvising, you can come up with new melodies, chord progression even lyrics.

### **Be able to learn songs easier**

Knowing music theory will help you recreate the sounds you enjoy in your favorite songs. Those fabulous chord progressions. The parts that give a song that certain sound. Gospel, Contemporary etc.

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## Special Report: Inspire Your Songwriting with These Fun and Practical How to Tips

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To learn music theory you don't have to become a scholar on the subject. Just at least learn the basics. Getting a good music theory book and spending a few minutes a day reading from it and doing any included exercises can jump start your music playing.

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## Why Popular Music is Unoriginal

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### Originality and Fame Don't Mix

In the world of independent music, as in the world of music in general, it's an unspoken but widely accepted truth that the most successful musicians are usually the ones that have no real flair for original composition. This might sound like an overly snobbish assertion to make, and perhaps it is an overly snobbish assertion, but there are also good reasons why it's true and probably always will be.

### Original Music is Inaccessible

In a word, the reason that the most popular musician's are the least original is this: accessibility. For a band to become popular, especially if they aren't promoted by a large record label, they have to appeal to a huge number of people. Although there exists a sizable contingent of music snobs who relentlessly seek originality and want to be challenged by the music they listen to, the major part of the population are mere hobbyists at best, interested in music that makes them feel good or that they can play in the background while they do and think about other things. When it comes to the question of success, then, bands have to ask themselves how to appeal to that mass of people. The answer is pretty clear: give them something they can understand.

### For Example, The Beatles

Culturally speaking, understanding is a funny thing. At this point in musical history, almost everyone can listen to and on some level appreciate songs by, for example, the Beatles. Rare is the individual who does not like the Beatles at all. As one of the most popular and well-liked bands in history, it might be safe to guess that this band gave the public what it wanted, or

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what it could understand. In the beginning, this was probably true, but as the Beatles' career progressed, they became progressively more experimental. There was a time when a vast segment of music listeners couldn't quite understand what the Beatles were doing. And it has been argued that the Beatles were, to a large extent, borrowing original ideas from elsewhere and repackaging them to make them more acceptable for mass consumption. Slowly, over time, what was once new and puzzling has become exceedingly safe.

### **Safety in Numbers**

In order to appeal to the masses now, rather than many years from now, safety is necessary. Bands need to write songs and play in styles that people already know how to listen to. When a song begins to play on the radio, the casual listener has certain expectations of the song: what instruments it will have, what it will be about, the structure of the song, the chord progressions that will be involved. Even if most people don't know consciously that they have these expectations, they are there. If the song turns out to have no guitars, no chorus or discernible structure, and to have been written with an exotic modal chord progression, most listeners won't like it because they don't understand it.

### **The Benefits of Obscurity**

If doing what people already understand because it's been done before is what makes musicians successful, the most successful of all will be the ones who are very talented at creating songs according to preexisting formulas that have proven successful. Those who are good at writing songs according to a new pattern or involving elements that are new and original will, in all likelihood, not be the ones that rise to superstar status, at least not right away. So, even if it sounds snobbish to say that the most original musicians are the least famous, it's a conclusion that follows directly from the facts about the world of music. Music fanatics may even be glad that this is the way things are: if original, groundbreaking bands were

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spurred on by the promise of unimaginable wealth and notoriety, they might lose the creative spark that makes them so great in the first place.

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## Texture in Music

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All good music resembles something. Good music stirs by its mysterious resemblance to the objects and feelings which motivated it. - Jean Cocteau

Music is an extremely wide area that is practically impossible to explore and learn completely. It consists of so many unique concepts which even the best musicians are not aware of. However, to learn music in a professional manner, you need to get to know the basics of the skill. There are some very important aspects in music which a music learner needs to be familiar with. One of the most essential aspects is the 'texture', which is discussed in the following.

### What is Texture in Music

Texture in music is concerned with the amount of different elements being present in a certain music piece. In simple words, texture is the number of voices and sounds present in a music piece and the coordination between them all. Typically, words such as thin, thick, rough and smooth are used to denote the type of texture. Music texture is the manner in which aspects like melody, rhythm, and harmony are blended together in a piece. It is very significant for a choir conductor to know all components of music texture and construction. Music has a thin structure if just one melody is present, but gradually becomes thick as instruments and voices add up to the composition. Knowing these components is important in orchestration.

### Types of Texture in Music

#### Monophonic

A music piece having a monophonic texture would have just a single melodic line with no other accompaniment. In some cases, rhythmic accompaniment might be present in pieces of

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monophonic type. For instance, monophonic textures can be a person whistling a tune, a song sung by a group without musical instruments, or a group of fifes playing an identical tune.

### Homophonic

A homophonic texture contains just one main prominent melodic line with other voices and instruments contributing to the harmony, accompaniment, and chords. The best and simplest example of this type of texture is a vocalist singing with an accompaniment of guitar chords and strumming. Another example of homophonic can be a band playing with the guitarist moving towards a guitar solo.

### Polyphonic

Polyphonic textures are concerned with multiple independent melodies being played simultaneously. Here, two or more melodies are played with each having an equal amount of complexity. A majority of the music played by large instrumental groups is typically considered in this category. This music texture is also referred to as 'Counterpoint'. Every melody has its own sonic range but is still in sync with the rest.

### Heterophonic

Heterophonic textures can be associated with a combination of particular forms of polyphony and monophony. The voices in this type of texture vary drastically in character and have notable differences in rhythm. An example of a heterophonic texture can be a fiddle and banjo playing a melody with variations to the main melodic line. Remember that improvisation is the main key in this music texture.

This was all about texture used in musical compositions. Like music textures mentioned above, there are many other components that you need to be aware of in order to learn reading music. Some of the more advanced forms of textures are homorhythmic, onomatopoeic,

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polyrhythmic, polythematic, micropolyphony, compound, additive, and so on. Note that this is just a general explanation of music texture. In order for more in-depth analysis, it is suggested to go to a music school or attend professional music classes. Considering the wide range of textures, a specific musical piece can be smooth, rough, thin, or thick.

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## Uleash Your Creative Thinking

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People seem to have the misconception that only a select few are able to unleash a steady flow of creative genius. That is not true at all. The fact is, creativity is very much like a muscle that needs to be exercised in order to consistently give out great results. If you don't practice harnessing creative thinking, this skill will very much atrophy into inexistence. But keep working and this skill will soon come to you in a snap. **To become a great songwriter requires creative thinking.**

### **So how do you unleash your creative thinking?**

Well, the first thing is to become a human leech. No, we're not talking about just sucking the blood out of every living being available, we're saying that you should take in as much knowledge and learning you can find. Read everything available -- good and bad, and keep your mind open to the infinite possibilities of the universe. The more you know, the more you'll want to know, and the more your faculty of wonder will be exercised. Prepare to be amazed at little facts that add a bit of color into your life.

### **Focus on a creative activity everyday.**

Yes, it's an effort. Even doodling is a creative activity. Don't let anything hinder you. Mindlessness may be a creative activity, but for people who are just starting out to unleash a little bit of creative thinking in their lives, it is helpful and encouraging to have concrete evidence, that, "hey, what I'm doing is getting somewhere." So why don't you try it. Practice drawing for a couple of minutes each day. Bring out your old camera and start snapping photos like crazy. Keep a journal and make a point to write in it religiously. Another cool idea is to write by describing something with your five senses. Try to avoid vague adjectives like "marvelous," "amazing," and "delicious." Before you know it, you'll have built yourself a tiny portfolio, and you'll be amazed at the growth you've undertaken after amassing all those works of art. Who knows, you might actually take to liking those things you do everyday. Pretty soon those things will become a part of you and you'll be addicted to these creative exercises.

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### **Think out of the box -- or don't.**

Sometimes, constraints are actually a good thing. Limitations discipline you to work within your means. It enables you to be more resourceful. Creative freedom is great, but limitations enforce discipline.

### **Try New Things**

Try something new everyday and let your experiences broaden your perspective. Explore a new district in your neighborhood. Spend an afternoon in a museum to which you've never been before. Chat up someone on the bus. Open up to the people around you. As you thrust yourself out of your comfort zone more and more each day, your sense of adventure grows and so does your zest for life. Think about it. When was the last time you did something for the first time? If it's been a while, I tell you, you've been missing out on a whole lot of experiences that could've added to your growth, emotionally, mentally, physically, or spiritually. Why don't you try bungee jumping today? Not only will you learn, but you will also have plenty of stories to share, enabling you to practice your storytelling skills and making you the life of the party.

### **Be a Bit Crazy.**

No, not to the point of practically admitting yourself into the mental ward. As John Russell once said, "Sanity calms, but madness is more interesting." Exactly! Every creative thought was once deemed insanity by other "normal" people at one time or another. Luckily, that didn't stop the creative geniuses from standing by them. The thing is, sanity or being normal confines people to think... well, normally. Withink limits. Creativity is essentially breaking through barriers. Yes, this includes the bizarre and the downright strange. I'm not saying that you yourself should develop a creative personality. That might go haywire. An example of a creative personality would be George Washington, who often rode into battle naked, or James Joyce, who wrote "Dubliners" with beetle juice for an intense fear of ink, or Albert Einstein, who thought his cat was a spy sent by his rival (or in thinking creatively in this case, the term could probably be "archnemesis.") It's important that your creativity doesn't get you detached from the real world completely.

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I hope you are inspired to start thinking beyond your "limits." If you follow these ideas soon you'll be living a life full of interesting adventures. Unleashing your creative thinking will bring about a new zest for living life and improve your songwriting.

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## Music –The food of Soul

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Music is said to be the food of the soul. There is nothing more swaying and gratifying than good music. Soothing music heals the mind. Entertainment will not get completed without music and playing of your favorite music and songs changes your tension filled mind right away to a more relaxed and tranquil state of mind. If you compose a piece of really nice music you need to write it down so that you can remember and other people will also be able to play it too.

Music is intimately related to the subliminal mind because it blends our emotions. Perhaps you can recall listening to a jingle and finding the tune and the advertising slogan replaying in your mind over and over, even if you disliked the jingle. It just trapped into your mind. Hypnosis is another prevailing trait of music. One of the main reasons for using music for self-hypnosis is to help you maintain mental and emotional focus on your outcome. The music that helps to elicit within you emotions which are appropriate for your self-hypnosis outcome, will take care of the focus. Your intention can then ride of the wave of music, making focusing an effortless process.

### **Benefits:**

Music has quite a lot of advantages despite serious reductions in subsidy for arts programs in public schools, there is a great need for studying music. Band, orchestra, and choir all offer students a chance to work together in a social and intellectual group setting and excel at complex tasks. The deception for parents is to enroll their children in high quality programs and aid them in procuring high quality instruments.

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