



Music for Fitness and Health

By Joe Chielli

Music is the noise that life makes when it is lived deeply and freely in the focused moments of attention when the usual distractions of existence subside. Music is real. There are no virtual sound waves. What you hear is what you get. What you hear is what the compression waves are saying. Music is truth.

In my opinion, visual media lies. What you think you see is quite different from the truth of the cathode ray tube. There are not necessarily real people on TV, there is not necessarily real life on TV. Some representational art is in essence artifice, a trick. The painted sea is not a sea at all, but rather a flat piece of canvas with paint on its surface.

In my opinion, written media is often even further from the truth. What people say is only sometimes what they mean. The word even when spoken in truth has to be interpreted. The great master of the English language, James Joyce, remarked with exasperation how words slip and slide when one tries to get them to support the complex world of experience.

Music is real. There's nothing to get between you and the music. What you hear is actually what's happening. No lie. It doesn't mean something else. It isn't trying to fool you into thinking your hearing something that isn't there. It's not trying to trick you. What you hear is what's playing. It's what's going

down. If you can hear it, you got it. That's it.

So why is music so real? Why does it seem to have a level of truth that other media so often lack?

Because it's physical. It's about the body. It's rhythm born from the heart beat and it's melody born from the breath in the voice box. When you hear it, the body hears it. When the body really hears it, you dance your ass off.

So it is not surprising that people wanting to connect with the body thru the aim of fitness should find a hidden value in music as it relates to body work. Music has a powerful way of connecting to the body. It bypasses the distortions of the thinking mind and speaks its message directly to the flesh and bones. Whether the message has to do with relaxation, excitation, power, movement, love, whatever, the body usually gets the message long before the stuttering mind can figure it out.

The use of music in the training of the body and mind is a wide ranging topic that Phillyfit Magazine is destined to explore more deeply in its ongoing commitment to bring you what matters most in your personal quest for health and fitness.