



## Music and Autism

*“I often think in music. I live my daydreams in music. I see my life in terms of music.”*

*- Albert Einstein*

Music is what feelings sound like. This is a blessing for autistic people.

Autistic children have a keen interest in music and remarkable musical abilities, which makes it easier for them to learn when music is made part of their learning.

The autistic brain is hard wired to be mental/intellectual without any ability to feel emotions as they happen. We who are autistic process our emotions intellectually, a process that can take 24 hours, by which time the opportunity to feel anything has long passed.

Music is instantaneous emotional expression that bypasses the intellect. The following six people have relied on instrumental music to bring emotional balance into their lives: **Anthony Hopkins** and **David Rowland** compose melodies they hear in their heads (as did Mozart and Paganini). **Isaac Newton** played the flute for enjoyment. **Thomas Jefferson**, **Thomas Edison**, and **Albert Einstein** played the violin.

For those autistic people who do not play an instrument, listening to music brings emotional balance; but it must be instrumental music. Lyrics distract by interjecting conscious thought patterns that resist the flow of emotion.