Music and Autism

Every autistic person has musical intuition.
Neurophysiology makes this so.

Autistic musicians can play instant harmony to tunes they have never heard before. Nonverbal children can hum instant harmony to songs they have never heard before. It is not unusual for a nonverbal child to play perfect scales or arpeggios the first time at piano.

Autism fixates attention 100% in the left brain (logical, analytical) making the right brain inaccessible. Music instantly reverses this relationship. While playing an instrument or singing, attention becomes fixated 100% in the right brain (emotional, intuitive).

Autistic musicians do not create music. They receive music effortlessly from their intuition, with perfect pitch. Every note played or sung is precisely in tune.

Autistic composers create masterpieces spontaneously. They never know what their next note is going to be until they hear themselves play it. **Mozart** created 659 pieces of music effortlessly from his intuition. Every note he put to paper was perfect. There were never any erasures in his manuscripts.

Autistic singer **Susan Boyle** launched her career (at age 47) by winning a Britain's Got Talent competition (in 2009). The judges described her performance as stunning, incredible, classy, elegant, effortless, fantastic. As of 2025, Susan Boyle has sold 25 million records worldwide.

Music is instantaneous emotional expression that bypasses the intellect. Autistic people who play musical instruments do so to bring emotional balance into their lives. **Anthony Hopkins** composes melodies he hears in his head, on the piano. **David Rowland** does the same on the violin. **Isaac Newton** played the flute for enjoyment. **Thomas Jefferson**, **Thomas Edison**, and **Albert Einstein** played the violin.

The three greatest violinists of all time were **Paganini**, **Mozart**, and **Jascha Heifetz**. All three were autistic. There are outstanding YouTube videos of Heifetz playing Mozart and Paganini.

There is an incredible YouTube video of André Rieu and his orchestra playing '*And the Waltz Goes On*', composed by **Anthony Hopkins**. This exciting, romantic, and enthralling waltz indicates that Hopkins' talent as a composer surpasses that of Johann Strauss. Hopkins composed his masterpiece in the 1960s but never heard it played until Rieu's 2014 performance in Vienna.

The autistic brain is unique in how it functions. Autistic people go about all their daily activities in Alpha brainwave frequencies (7.5 – 12 Hz), whereas neurotypicals primarily operate in Beta frequencies (12 – 30 Hz) during waking hours.

Through mindfulness and meditation, neurotypicals access their intuition by quieting the chatter of the mind to create space for their intuitive voice to be heard. This slows Beta brain waves into the Alpha range, which acts as a bridge between conscious thinking and the subconscious mind. To access intuition, neurotypicals need to induce a meditative state of mind.

The autistic brain functions primarily in the Alpha range (7.5 – 12 Hz). This means that autistic people are always in a meditative state of mind regardless of the activities in which they may be engaged.