

WHAT IS YOUR HEART MUSIC?

Would You Try This Musical Experiment?

A friend returned from two years in Brazil. She had been learning Portuguese, working with Brazilians and worshipping in Brazilian churches. She found part of her destiny in that nation and loves the people. Returning to church in England, her comment was, “ It is so lovely to be able to worship in English. I can be so much more free!” The reason for this is that her mother tongue is English and her heart music British or European.

Each of us has a “heart music” – in the same way we have a heart language (our mother tongue). When we want to share our deepest needs and when we are pouring out our innermost concerns to God we use our “heart language.” Similarly we all have preferences for different types of music that resonate with a deep part of our being. The following is an experimental test and asks the question, “What is your heart music?” It is partly based on general musical tastes and partly on Christian worship music.

This experiment is entirely for your personal benefit.

- I am hoping that you will find it illuminating!
- It could help you identify worship styles that suit you or others better.
- If you do this exercise with a close friend, partner, wife or husband else, it might assist when choosing a suitable track or album for a gift!
- You might find music that helps you de-stress or focus better.

Please note:

This is NOT AN EXAM or an IQ Test!!

There are no right and wrong answers!

So don't get bogged down in anything you're unsure of.

If you don't know the name of something, just ask a friend who does (or leave it).

It will probably take you 20-30 minutes.

We would like feedback!

If you find this test beneficial, please tell us.

Alternatively, if we have completely missed vital questions, please let us know.

Email me on: resonance@wecinternational.org

INTRODUCTION AND INITIAL EXERCISE

What is Heart Music?

“The musical system that a person learns as a child or youth and that most fully expresses his or her emotions. A person’s heart music may include several different music systems.” (Brian Schrag & Paul Neeley)

What Does Heart Music Do?

It helps you relax

It’s like an old friend

It expresses the real you!

It evokes special memories

It catches your breath

It awakens your soul

See this short blog for more explanation:

<http://multiculturalworship.org/guest-blog-heart-music-ian-collinge/>

Answer these initial questions:

1. **Your home language(s)** _____

2. **Your work and study language(s); language(s) you use with friends?**

3. **Music you grew up with (aged 0-12) - styles, artists, songs, instruments, etc.**

4. **Music you came to love in your teenage years (13-18) - styles, artists, etc.**

5. **What music is like an “old friend”?** (familiar music you grew up with **and still enjoy**)

6. **What is your comfort music?** (e.g. you turn to this **when you feel low, ill or sad**)

7. **What music expresses the real “You”?** (e.g. you can sing or play with **greatest freedom** - especially when you are on your own or with very close friends)

8. **What music awakens your soul and makes your heart soar?** (e.g. it sometimes surprises you with its ability to quieten your heart or **makes you want to pause in wonder**, or to praise, worship, pray, or give thanks)

HEART MUSIC CHART

(More detailed chart to identify your heart music's broader categories)

Your current top musical listening: _____

Now score the following styles according to how they impact you ("10" = "extremely positively")

N.B. Just ignore any styles you don't know or don't listen to!

Musical Styles <i>Common Categories</i>	Any details you want to add	Language & Special Type	Your Score (0-10)
WESTERN / GLOBAL MUSIC			
Blues			
Classical (western)			
Country (American)			
Electronic Dance Music			
Easy Listening			
Folk (western)			
Jazz			
Pop (western)			
New Age			
R&B and Soul			
Rap & Hip Hop (global)			
Rock (global)			
Soundtrack (Film/Musicals)			
World (e.g. reggae, latin, celtic, rai, - specify world area): <i>N America, S America, Caribbean, Europe, Middle East, Africa, Central Asia, S Asia, SE Asia, E Asia, Australasia, Pacific, Fusion.</i>			
Worship/Gospel (specify)			
Other 5 (specify)			
NON-WESTERN / WORLD MUSIC			
Folk song & dance (all types)			
Ceremony (weddings, etc.)			
Dance-Drama/Puppet/Opera			
Light classical (semi-classical)			
Prayer song (local devotional)			
Religious (formal)			
Classical/court music			
Story/History songs			
Military (national)			
Other 1 (specify)			
Other 2 (specify)			
Film (national)			
Pop (national)			
Rock (national)			
Rap & Hip Hop (national)			
Electronic Dance (national)			
Music Video (e.g. Karaoke)			
Other 3 (specify)			
Other 4 (specify)			

SUMMARY: List Your Top Four Music Styles (in order of importance to you)

1. _____; 2. _____;
 3. _____; 4. _____;

NOW DREAM A LITTLE.....

If you had an unlimited gift of song writing (perhaps you have!) or could commission the composition of instrumental or vocal music from a professional:

1. What music would free you the most to pray, sing or cry out:

"Praise the LORD, O my soul! All my inmost being praise His Holy Name!"

or.....

2. What music would best express the most wonderful natural scenery:

Try thinking of the most spectacular view of the mountains or oceans you have ever seen. What music would help you pray, sing, cry or shout out at this moment?

FINALLY - SUMMARISE YOUR RESULTS

A. Take a look at Page 2 answers, especially

1. What music is like an "old friend"?
2. What is your comfort music?
3. What music expresses the real "You"?
4. What music awakens your soul and makes your heart soar?

B. Take a look at Page 3 answers, especially

Your Top Four Music Styles (in order of importance to you)

1. _____
2. _____
3. _____
4. _____

C. On page 4 (above)

What music style is your "dreaming a little" music?

D. What is common to all your answers?

THOSE MUSIC STYLES ARE PROBABLY YOUR HEART MUSIC!