

Session 1: Music and the Heart

The context of this session is to suggest that our personal lives and our PFG's can benefit greatly from a deeper commitment to fun, laughter and music.

It is well documented that we benefit from the chemicals released when we experience enjoyment.

Humour helps to heal people and everyone enjoys a laugh. However, too often we leave play to children.

In 2008 let's bring some fun, laughter and enjoyment to our families and our PFG's!

In this session we played some music, and songs, with the help of images.

The first (**Why We Sing**) is sung by the **Choir of Hard Knocks**. This is a choir of 50 homeless and disadvantaged men and women from around Melbourne formed under the leadership of former Opera principal, John Welch. Prior to the formation of the choir these men and women had been addicts, mentally ill, homeless or hopeless.

The second (**Gabriella's song**) is from a Swedish movie 'As It Is in Heaven', which has broken records in Australia for playing at theatres for over 60 weeks and forcing the delay of the DVD by almost a year. Gabriella is a member of church choir who have formed under the leadership of Daniel, a former world famous conductor. Gabriella has suffered constant physical abuse from her husband, and Daniel has written this song for her to perform. You can feel her confidence and determination building during the performance of the song.

The third, is 'The Third Man Theme' from **Andre Rieu's** Vienna concert. '

Towards the end of 2007, Andre Rieu had 7 of the top 10 selling DCD's in Australia. (The DVD's are cheaper at JB Hi-Fi than anywhere else). He has given people a sense of fun, laughter and enjoyment to people, through classical music. Andre's concerts involve the orchestra and audience. You feel the enjoyment.

The fifth is the mimed opera scene from **Mr Bean's movie**. It is just good for a laugh.

The final 'clip' had been seen by 20,000,000 people within six months of the performance given by **Paul Potts** in his first performance on 'Britains got talent.' It is interesting that Paul Potts was keen to pursue an operatic career for which he had undertaken tutoring, but he broke his collarbone in 2003 and financial difficulties forced him to enter the talent quest. If this does not move you, nothing will.

Having listened to these songs, and reflecting on the emotions they drew out of you...

- a) how do you think your PFG could benefit from music, singing and enjoyment this year?
- b) What could you do to promote this?
- c) What will you do?