

HEADSPACE

Celebrating Music and Mindfulness

Monday, April 1, 2019
Bovard Auditorium
University of Southern California

KNOW BEFORE YOU GO

- The event is a concert of meditative music, with a guided meditation led by Mindful USC's Mark Miller and a post-concert discussion and Q&A.
- Mindful USC is a service of the Provost's Office that offers mindfulness training, practice groups, and special events to the USC community.
- Leading up to this event, there has been a week of pop-up performances on campus of a musical walking meditation composed by USC professor Veronika Krausas.
- The musicians played and moved within pods designed by lecturer Matthew Gilpin and students from the USC Viterbi School of Engineering.
- As the musicians passed by, students in a poetry class taught by Molly Bendall handed out brief mindfulness-based texts.

MINDFULNESS MEDITATION

Mindfulness is “a state of active, open attention to the present,” in the words of *Psychology Today*. Mindfulness allows us to notice our thoughts, sensations, and feelings without judgment, and helps us to live in the present rather than regretting the past or worrying about the future. Mindfulness can be learned through the practice of meditation, and is used in many forms of therapy. Its benefits include stress reduction, less reactivity, an increase in calm and happiness, improvements in overall health, and protection against depression and anxiety.

Mindfulness meditation is a practice in which one learns to focus attention on the present moment, often by focusing on—that is, noticing, without judgment—the breath, a specific phrase, an image, or the thoughts that come and go. Practicing mindfulness through meditation is a way of training our brains to be more mindful throughout life. Even a few minutes a day can lead to positive benefits.

Mindfulness meditation can be done in many ways—alone or with others, guided or not, seated, walking, with music . . . Mindfulness meditation is any practice in which you focus your attention on the thoughts, feelings, and sensations of the present moment.



Photo by Iwan Baan of original pods and performance conceived and designed by Florian Idenburg of SO-IL architects and artist Ana Prvački for the 2017 Chicago Architecture Biennial at Garvey Conservatory.

USC THORNTON PERCUSSION GROUP

The USC Thornton Percussion Group, directed by Joseph Pereira, focuses on music of our time and music by the twentieth-century percussion innovators John Cage and Lou Harrison. The ensemble consists of USC percussion majors and functions like a professional new-music group. The USC Thornton Percussion Group has premiered many new works and has worked with composers and performers from the local new-music scene, including appearing in the LA Philharmonic's Green Umbrella series.

NEW MUSIC

"New music," as the name of a specific genre, refers to innovative contemporary music, which might also be described as experimental, contemporary classical music.

VERONIKA KRAUSAS

Veronika Krausas is a composer and a professor in the USC Thornton School of Music. She has composed for and performed with leading musical ensembles including the Los Angeles Philharmonic, The Industry, New York City Opera, and many others. *The Globe and Mail* writes, "her works, whose organic, lyrical sense of storytelling are supported by a rigid formal elegance, give her audiences a sense that nature's frozen objects are springing to life."

MOLLY BENDALL

Molly Bendall is a USC professor of creative writing and literature, and the author of five collections of poetry, most recently *Watchful*. She has won the Eunice Tietjens Prize from *Poetry* magazine, the Lynda Hull Award from *Denver Quarterly*, and two Pushcart Prizes.

MATTHEW GILPIN

Matthew Gilpin is a lecturer in aerospace and mechanical engineering at USC. He teaches a "Senior Projects" course that facilitates independent student projects of students' own design.

FOR FURTHER REFLECTION

- If this is the first time you meditated, what did you think? How did you feel before, during, and after the meditation? Do you think you will try it again?
- If you already have a meditation practice, did you learn or experience anything new at this event? How does walking meditation or musical meditation differ from seated meditation? Or does it feel essentially the same?
- What motivated you to try meditation? Why do you think so many people are drawn to meditation?
- Did this particular type of music enhance or align with your meditation in a way that other types of music might not have?
- How did a focus on mindfulness affect your experience of listening to music?

TRY THIS: BODY SCAN MEDITATION

One mindfulness-meditation exercise is a mental "body scan."

- 1 Sit or lie in a comfortable position.
- 2 Close your eyes.
- 3 Pay attention to your breath as you inhale and exhale.
- 4 Focus on your forehead, then the bridge of your nose, your cheeks, and so on down your body—paying attention to the feelings and sensations of each body part, one at a time—until you reach your toes.
- 5 As you "travel" down your body, try to focus only on the sensations in one part of the body. If other thoughts arise, simply notice them as they come and go, and return your attention to your body.



USC Thornton Percussion Group

IF YOU LIKED THIS EVENT, YOU MIGHT WANT TO CHECK OUT:

- ◉ Mindful USC
www.mindful.usc.edu
- ◉ The Headspace App
Search for “Headspace” the App Store or in Google Play
- ◉ The LA Phil’s Green Umbrella Series
www.laphil.com/events/series/60
- ◉ Insight LA
insightla.org
- ◉ *The New York Times* Guide to How to Meditate
www.nytimes.com/guides/well/how-to-meditate
- ◉ Guided Meditations by Tara Brach
www.tarabrach.com/guided-meditations

DISCOVER MORE AT THE USC LIBRARIES

ANDREW JUSTICE of the USC Libraries selected the following resources to help you learn about meditation, mindfulness, and tonight’s concert. Those with a call number (e.g., books) are physical items that you can find in our campus libraries. Those without call number (e.g., ebooks or articles), are online resources which you can access through the search bar on the USC Libraries homepage at libraries.usc.edu.

VERONIKA KRAUSAS SCORES AND RECORDINGS

- ◉ *Analemma*. Self-published, 2006.
MUSIC LIBRARY: M947.K738 A63 2006
- ◉ *The Music of Veronika Krausas*. Self-published, 2001.
MUSIC LIBRARY: CD 21485MUS
- ◉ With André Alexis. *Mnemosyne*. Fredericton, NB; Canada: Motion Ensemble, 2001.
MUSIC LIBRARY: CD 21560MUS
- ◉ *Wilderness/Rêve du Canada*. Self-published, 2009.
MUSIC LIBRARY: M1625.K738 W55 2009

- ◉ With Earl Hines and W.C. Handy. *Blue: An Arrangement of St. Louis Blues, for Two Pianos and Marimba*. Self-published, 2008.
MUSIC LIBRARY: M342.K738 B58 2008
- ◉ With Andrew McIntosh, Andrew Norman, Marc Lowenstein, Ellen Reid, and David Rosenboom. *Hopscotch [Opera]*. The Industry Records, 2017.
NAXOS MUSIC LIBRARY

MOLLY BENDALL BOOKS

- ◉ *Under the Quick*. Parlor Press, 2009.
DOHENY MEMORIAL LIBRARY: PS3552.E5384 U63 2009
- ◉ *Watchful*. Omnidawn, 2016.
DOHENY MEMORIAL LIBRARY: PS3552.E5384 A6 2016
- ◉ With Gail Wronsky. *Bling & Fringe: (The L.A. Poems)*. What Books, 2009.
DOHENY MEMORIAL LIBRARY: PS3552.E5384 B55 2009
- ◉ With John O’Brien. *Incantation*. Vero Press, 2005.
ARCHITECTURE AND FINE ARTS LIBRARY: RARE-OVER PS3552.E5384 I53 2005

ARTICLES & DISSERTATIONS

- ◉ Krausas, Veronika. *The Mortal Thoughts of Lady Macbeth*. DMA dissertation, University of Southern California, 2001.
USC DIGITAL LIBRARY
- ◉ Krausas, Veronika. “Some Thoughts About Pre-Composition.” *Context* 29/30 (2005): 69–73, 141.
PROQUEST MUSIC PERIODICALS DATABASE
- ◉ Gilpin, Matthew. *High Temperature Latent Heat Thermal Energy Storage to Augment Solar Thermal Propulsion for Microsatellites*. Ph.D. dissertation, University of Southern California, 2015.
USC DIGITAL LIBRARY
- ◉ Pancotti, Anthony, Matthew Gilpin, and Martin Hilario. “Comparison of Electrostatic Fins with Piezoelectric Impact Hammer Techniques to Extend Impulse Calibration Range of a Torsional Thrust Stand.” *Review of Scientific Instruments* 83:3 (2012): 035109.
AMERICAN INSTITUTE OF PHYSICS JOURNALS



Veronika Krausas



Molly Bendall

