

ABSTRACT:

MUSIC, BETWEEN MIND AND BODY

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The speaker proposes a journey into the fascinating world of sound, starting from the profound relationship between mind and body, where mind and body meet on a common ground where the human experience of “feeling” goes beyond the material fact of producing sounds with one's instrument or through one's compositions. Through a narrative, at times even personal, one enters into a relationship with music in a sense that is not only aesthetic, but linked to the profound experience of communication with the world and with oneself, also investigating the parallelism between music and language and the “musicality” possible in human relationships, through sound and silence. The common thread that runs through all of this is in the path that music takes from the body to the mind and from the mind to the body, just as the title of the paper describes: music as a biological and psychic experience, then, that makes possible one's own being in the world, one's own possibility of communicating with the outside world, an internal movement that also becomes human, not just artistic-musical.