

Alpha music induces

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When people hear about alpha music, they generally dismiss it as some sort of new-age gimmick such as focusing and meditation stones or tea suppositories. Composers who specialize specifically in alpha music are usually pushed over to the side. Among all the composers out there trying to make a quick buck, there are still a handful of honest men trying to make music that relaxes. One such man is John B. Levine, Australian composer and musician since age six.

Levine played classical piano until he was nine. When he was twelve, he began to travel in the hopes of being part of a rock band. After years of focusing on music, Levine began to study electrical engineering while maintaining his interest in music. Finding an opportunity to play in front of a large audience, Levine and his band at the time signed up for a competition that ended up granting him a jazz scholarship. He dropped engineering.

Levine and a friend opened a studio and began experimenting with sound. Levine tried to create and perfect the idea of moving sound from one side of a stage to another using the Doppler effect. Levine's goal was to create the effect that the sound was physically moving.

As a result of Levine's past training and experiences, he has been capable of gaining a better understanding of exactly how sound works. He tried to study how music affected the mind. After his father died of a stress related disease, Levine tried to find music that relaxes and "rejuvenates" people. He calls this alpha music. After Levine's search ended in frustration with what he describes as "an insult to intelligence," he went out of his way to create this music himself.

Levine found himself studying stress, its causes and ways to cure it. Utilizing this research, he wrote music in hopes that it would have a calming effect.

"I don't want to achieve relaxation, I want to achieve meditation," said Levine. His major goal is to make music that will successfully put people in

a mental state that allows them to focus and work tirelessly without breaks. The music aims to remove a person from a stressful environment. "I want to eradicate stress entirely," he said. Levine found that while talking to fellow musicians, they do not respect the listener. They refuse to acknowledge what the listener wants or needs.

John Levine works toward his ultimate goal of completely getting rid of stress. According to some listeners, his music has actually worked and helped them in the workplace. In order to demonstrate his progress, Levine travels from his home in Australia to countries all around the world.