

Out of Sight, Out of Mind? Will He Remember You ... the Way You Want Him To?

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By Susan Dunn

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Dunn, The EQ Coach**

If you've ever had a long-distance relationship with a guy, and lose out to a new woman he finds in his hometown, even though you two had a phenomenal relationship, you might find some new research interesting, hopefully even consoling.

fMRI, functional Magnetic Resonance Imaging, lets researchers watch human brains in action, providing new information about how we process emotions. And, yes, Virginia, men and women are different.

Before the fMRI, researchers couldn't observe the sequence of activity in various parts of the brain during a given mental activity. The standard MRI only gives a static detailed snapshot of the structure of the brain. The fMRI, however, gives a video, showing how the different structures interact, dynamically.

It could be you could maintain the LD relationship better because of how you store emotionally-charged memories.

Turhan Canli, Ph.D., a researcher at Stanford University, showed 100 photographs to 12 men and 12 women. Some were emotionally neutral things, like a fire hydrant. Others were emotionally disturbing, like a severed hand.

Three weeks later, he showed them the same images. The women were 15% more likely to remember the emotionally-charged pictures correctly. The fMRIs showed women store both the memory and the emotion linked with it in the same parts of the brain. Men, on the other hand, use the same brain regions, but they store the emotions and the memories in different areas within them.

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Environmental factors also play a role, researchers added. Girls are taught to manage their feelings by bringing them up and expressing them, while boys are taught to stuff them down in 'manly' silence.

If you're heartbroken that he couldn't remember how good it was, now you know why. You aren't nuts. You remembered it right, but he remembered it differently.

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How to improve your sight–reading

By Michael David Shaw

As an organist, I have been working in club land in the North of England for the past 30 years or so and one of the crucial qualifications in this environment is the ability to sight read music on demand. When I say music this can be anything from a beer matt to a ripped piece of paper repaired with selotape and stained with beer.

To be fair most of the music is written by professionals and is nice to read but not always easy. As a club organist, you do not get a band call. In fact, you are lucky to get five minutes to scan through between 10 and 15 pieces of music. Some written in different keys, and every organist will tell you they hate it when they get the dreaded 6 sharps or 6 flats or even 7 sharp keys in a piece of music that just happens to contain a solo especially written for you.

So how do you improve your sight–reading? Well I asked my music teacher this very question as I embarked on my club land career. His answer was to practice sight–reading. He went on to tell me that session musicians practice by picking up any music book start playing on page one and continue until they have finished the book.

Does it work? Yes it does. Try it for yourself, pick up any piece of music you can find, preferably one that you are not that familiar with, then start to play, but do not stop. If you make a mistake it does not matter, you are not practising how to play this piece of music you are practising sight–reading this piece of music.

If you really want to test yourself. Get yourself an audience. I practice my sight–reading every week in front of a 200 plus audience. Its surprising how your concentration improves.

Visit

Michael David Shaw (Mike to his friends) runs the website

the place

for organ and keyboard tuition and music news. You can email Mike at

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