



Music and Autism

“I often think in music. I live my daydreams in music. I see my life in terms of music.”
- Albert Einstein

Music is what feelings sound like. This is a blessing for autistic people.

Autistic children have a keen interest in music and remarkable musical abilities. It is easier for them to learn when music is made part of their learning.

The autistic brain is hard wired to be mental/intellectual without any ability to feel emotions as such. We who are autistic process our emotions intellectually, a process that can take 24 hours, by which time the opportunity to feel anything has long passed.

Music is instantaneous emotional expression that bypasses the intellect. Autistic people who play musical instruments do so to bring emotional balance into their lives. **Anthony Hopkins** composes melodies on the piano. **David Rowland** does the same on the violin. **Isaac Newton** played the flute for enjoyment. **Thomas Jefferson, Thomas Edison,** and **Albert Einstein** played the violin.

The three greatest violinists of all time were **Paganini, Mozart,** and **Jascha Heifetz**. All three were autistic. There are outstanding YouTube videos of Heifetz playing Mozart and Paganini.