

Cementing the memory with a song

by Jeff Davidson

While driving back from the store with my daughter Valerie, when she was 10, one of my favorite songs came on the radio. It was “Kiss Me” by Six Pence None the Richer. As is my habit when a song comes on I truly like I turn up the volume a bit, and disengage from any conversation. My daughter listened as well since she was always in tune to what catches Daddy’s attention. After the song was over, I asked her if she liked it. She said it was okay which, in her parlance, meant she didn’t dislike it, but she certainly wouldn’t miss it

if she didn’t hear it again.

A few weeks passed and we heard the song again, only partially — we caught the song near the end with about 45 seconds to go. Later in the week, on Saturday, my daughter went skating with friends at the Triangle SportsPlex in Hillsborough. At the rink, during the afternoon, as skaters glide o’er the ice, music plays on an excellent sound system. When the song “Kiss Me” came on, while my daughter was merrily skating around the rink with her friends, a memorable moment occurred for her.

She had been exposed to this song

twice before, but was now only “hearing” it for the first time. She discovered that it was a wonderful song, one that was pleasant to skate to. The memory was sealed, the moment in time was cemented. Later that week, my daughter saw that I had downloaded “Kiss Me” from an online vendor. She asked me to play for her.

Once exposed to a song or some other stimulus for the first time, we then go through a germination stage. When we hear it again, at some otherwise pleasant time, the result can be memory in the making. Consider the songs of your own life, those that you heard way back

when, that help you recall a time, a place, a person, an event, or a feeling. Even decades later, that song still evoke the same memories.

Reflecting upon such phenomena I have contemplated how to make this happen by choice, at will. How can you take this day or this moment, and proceed in such a way as to make it more enjoyable, and ultimately memorable?

Jeff Davidson, on the web at www.BreathingSpace.com, holds the registered trademark as “The Work-Life Balance Expert®.” Jeff is the author of “Simpler Living,” “Breathing Space,” “The 60 Second Self-Starter,” and “The 60 Second Organizer.”