



**Texas Bandmasters Association
Virtual Convention July 20-22, 2020**

Music Heals

**CLINICIAN:
Dr. Paula Crider**

MUSIC HEALS

(From the collection of PC, the "Quoteaholic")

Music heals where medicine cannot touch. Chinese Proverb.

Adversity causes some people to break; others to break records!

They say: "You don't know what you have until it's gone." The truth is...you knew exactly what you had, you just didn't think you were going to lose it.

We can't change what is, but we can roll up our sleeves and create the best of all possible worlds with what we have. L. Reynard

Where there is hope, let there be music...for where there is music, there will always be hope. L. Reynard

When something negative happens, you have three choices: you can let it DEFINE you, you can let it DESTROY you, or you can let it STRENGTHEN you. Walt Disney

The mind believes whatever we tell it to believe. Whether you think you can or whether you think you can't...you're always right. Henry Ford

When building the airplane while flying it---failure is not an option!

There is not a single shred of scientific evidence to support the belief that life is fair!

Most people do not listen with the intent to understand; they listen with the intent to reply. Anon

The truth is, you always know the right thing to do. The hard part is doing it.

Mr. Miyagi

Music is the only language in which you cannot say a mean or sarcastic thing. John Erskine

Never doubt that a small group of dedicated people can change the world. Indeed, it is the only thing that ever has. Margaret Mead

You know, sometimes it is the artist's task to find out how much music you can still make with what you have left. Itzhak Perlman

Far better to dare mighty things...the credit belongs to the person who is actually in the arena. Whose face may be marred by dust, or sweat, or tears, but who knows the great enthusiasms; the great devotions. Who at his best, knows the triumph of high achievement, but even if he fails, he fails while daring greatly, and never dwells in that grey twilight of mediocrity that knows neither victory nor defeat. Theodore Roosevelt.

The air is full of ideas. Throw something out there and forget it. It will come around and slap you in the head! Henry Ford

The voyage of discovery lies not in seeking new landscapes, but in having new eyes. Marcel Proust

The true sign of intelligence is not knowledge, but imagination. Albert Einstein

Imagination is boundless. Imagination, as with the body, grows and is strengthened through exercise. L. Reynard

Sometimes I've imagined six impossible things before breakfast. Lewis Carroll "Alice in Wonderland"

Teachers, like children, need to PLAY. Play replenishes the inner child. Administrators who starve the inner child of teachers do so at the expense of the children. Parker Palmer. "The Courage to Teach."

Everybody needs beauty as well as bread: Places to pray in, and places to play in...where nature may heal and give strength to the body and soul. John Muir

This will be our reply to violence: To make music more intensely, more devotedly, more beautifully than ever before. Leonard Bernstein

The relentless pursuit of artistic conducting allows the inner musician to be revealed. L. Reynard

In order to attain the highest possible artistic standards, teachers must nourish the human spirit of their students...and of themselves. Who you are is equally important as is what you teach. L. Reynard

Music heals where medicine cannot touch. Chinese Proverb

Warriors are not born, and they are not made. Warriors create themselves...through trial and error, through pain and suffering, and through their ability to conquer their own doubts and fears. Anon

You know, sometimes it is the artist's task to find out how much music you can still make with what you have left. Itzhak Perlman

The true beauty of music is that it connects people. Roy Ayers

Reimagine the world as it could be...as it SHOULD be. PC

Those who say it cannot be done, should not interrupt the person doing it! Chinese Proverb.

Sometimes music is the only medicine the heart and soul need. Unknown

Music, once admitted to the soul, becomes a sort of spirit, and will never die.
E. Litton

Through music, we can create the world as it OUGHT to be. PC

*The best thing for being sad, said Merlin, is to learn something. That is the only thing that never fails. You may grow old and trembling, you may see the world around you devastated by evil lunatics, or know your honor trampled in the sewer of baser minds. There is only one thing for it then--to learn. Learn why the world wags and what wags it. That is the only thing the mind can never exhaust, never alienate, never fear or distrust, and never dream of regretting. Learning is the thing for you. **The Once & Future King.** T. H. White*

[<pcrider@austin.utexas.edu>](mailto:pcrider@austin.utexas.edu)

