



YOUR BRAIN ON MUSIC

Map the eight channels, then build your first emotional key.

The big idea: Music isn't passive. It reaches you through **eight biological channels** at once — and once you can name the channel a song is using, you can choose the right one for the job.

KEY TAKEAWAY

You cannot cheer someone up with cheerful music. Meet the feeling where it is — match it first — then, slowly, lift.

A The Eight-Channel Listening Week

Over seven days, listen deliberately to one piece of music a day, each targeting a different channel. After each, note what you felt and which channel was doing the work.

DAY	CHANNEL TO TARGET	SONG I CHOSE	WHAT I FELT • WHICH CHANNEL WORKED
Day 1	Episodic Memory A song fused to a moment you felt most like yourself		
Day 2	Entrainment A groove your body answers before your mind decides		
Day 3	Emotional Contagion A mood you want to catch		
Day 4	Visual Imagery Music that paints pictures		
Day 5	Musical Expectancy A buildup-and-release that never gets old		
Day 6	Evaluative Conditioning Music from your best chapters		
Day 7	Aesthetic Judgment Something that produces awe		





B Build an Emotional Key

Attach one song to a state you want on demand. Play it only when you're already in that state for 2–3 weeks — then deploy it when you need the state back.

1. My target state (circle one, or write your own): Calm focus Confidence Gratitude

2. My key song (instrumental works best):

3. Pairing window — Start End

4. Played it ONLY when already in the state? ☐ Week 1 ☐ Week 2 ☐ Week 3

5. Where I'll deploy it when I need the state:

6. My next two keys to build (drive / warmth):

CARRY IT TO YOUR JOURNAL →

Think of a song that hits you in a way you can't fully explain. Which of the eight channels is doing the work — and does knowing change how you'd use it?

