

Everyone knows that music has an impact on everyone. It can take you to your happy place, excite you, or sympathize with you. But have you ever considered the scientific factors of why this happens?

It might not be well known, but I have a theory that artists almost capitalize on the scientific bits of music, even if they don't know it. To highlight this, I'm gonna focus on a famous movie soundtrack and instrumental song creator – Ben Frost, specifically his album “The Centre Cannot Hold.”

Ben Frost was born in Melbourne, Australia in 1980. Not only has he created soundtracks for movies and shows such as Super Dark Times, Fortitude, and Sleeping Beauty, but he's also created 14 of his own albums and tracks. Since I can't cover almost 20 albums of music, let's just focus on 10 or so songs.

Alright! This first eh.. song? is called Threshold of Faith. I hesitate to call it a song because, well, it's mainly just sound. But it's wonderfully eclectic. I mean, think about when you'd need faith the most. Probably when you're about to pass away, right? So all of the breathing, and the heart monitor beeps all come together, and it feels like you're fading away. If you ask me, I'm already entranced. But it's not just what the sounds are. It's what they do. Okay, so there are 5 types of brain waves – beta, alpha, theta, delta, and gamma. Each have their own role. For example, beta is known for consciousness, while alpha is for deep relaxation and gamma for insight.

Stimulating these brain waves causes you to feel exactly what those waves are known for.

You may disagree, but think of it this way. How do you feel when you hear a song like Wolves by Selena Gomez? I'm not talking about how you feel about the artist or anything. I mean what do you feel when you listen to the actual sounds? Let's focus on the part after the chorus. It makes you feel energetic, right? In fact, the peaks of the frequencies post-chorus are specifically mid beta waves, which encourage active, external attention. Surprised? Don't believe me? Let's try again with another song – Perfect, by Ed Sheeran. Immediately I think of it as reflective and relaxing, and you probably do too. Why? You guessed it – brain waves. This song's lyrics specifically stimulate theta waves, which are important for relaxation and focus. Hmm, almost like it's intentional.

This can easily be applied to Ben Frost's interesting style. His album's layout actually compliments the different types of moods each song stimulates. The first song is Threshold of Faith, the song I mentioned earlier. This song has alpha, theta, and beta waves. It's basically the works – energy, drowsiness, and focus. The album then transitions through a few more songs to, in my opinion, the most interesting one. It's called A Single Hellfire Costs \$100,000, and it's only 12 seconds long. Peculiar, yeah? Take a listen.

It's pretty drowsy, huh. I think it's sort of a contrast from earlier songs with its length, but also a contrast between the title and the song. It's almost ironic. For those of you who may not know, the hellfire frost is talking about is very literal. Its full name is the AGM-114 Hellfire, and it's a missile with many different slight variant types that's been used in precision strikes on people, ships, cities and more. I guess it's like Ben Frost is posing a question – is it really worth it? He encourages his audience to think deeper in the matter for 12 whole seconds. 12 seconds of considering the brevity of human life, how much it's really worth, and how much we invest in obliterating it.

Think about that.

And really, Frost gives you much more than 12 seconds to consider the value of life. His next songs are equally as dream-like in nature. Specifically his song Meg Ryan Eyez. It uses the same wavelengths as his song about the Hellfire to continue a reflective process.

Towards the end of the album, Frost starts to bring you out of your trance. His second to last song is called All That You Love Will Be Eviscerated, and the title says it all. It shows Frost's emotions towards how quickly human life can be eradicated, and he is not happy. The chords and the tone of the song are a mix of anger and despair, and the layers he brings in only adds to the chaos.

But you may be wondering – how did Ben Frost get to where he is today? With a net worth of a million dollars, he certainly has come far. But you would be surprised to know that his job is, and definitely was not, easy. Before there was any such thing as stereo sound effects, Frost would put all the sounds he wanted in a room. Then he would carefully move items around as he was recording to get the effect he wanted – the clean fades in and out. Can you imagine literally having to mix audio by hand? No programs, no prerecorded sounds. Just you, a room, and the sounds you want.

It's so weird, because I love working with audio. Making an entire atmosphere out of nothing is my passion. So trying to imagine doing it like Frost does, and as well as he does, is something else. Ben Frost does not glaze over any detail at all, and that's clear to anyone who listens, whether they like his songs or not.