

## **Abstract**

This study examined how appreciation of classical music could be enhanced through increasing mindfulness. Past research showed that when people were in their peak experience in music, they were immersed in the “here and now”. This concept is in line with mindfulness, which guides people to devote their attention to the present moment and to treat their attitudes and thoughts without judgment. In this study, we used body scanning to increase state mindfulness. One hundred and twenty-three participants were randomly assigned to listen to a four-minute body scanning exercise or a two-minute audio description of program notes before listening to a piece of atonal music which was typically difficult for people to comprehend and to appreciate. We found that body scanning was significantly better than program notes in enhancing body mindfulness and cognitive fluency. More importantly, body state mindfulness mediated the effect of body scanning on enhance music appreciation.

*Keywords: mindfulness, body scan exercise, aesthetic appreciation, atonal music, cognitive fluency*