

The Big Strum Theory

“The stuff of the Universe is not matter, but music.”

– Pythagoras



An introduction to the meta-musical field, the fundamental fiber of the universe.
by

Frank Simes

Keynote Talk 2020

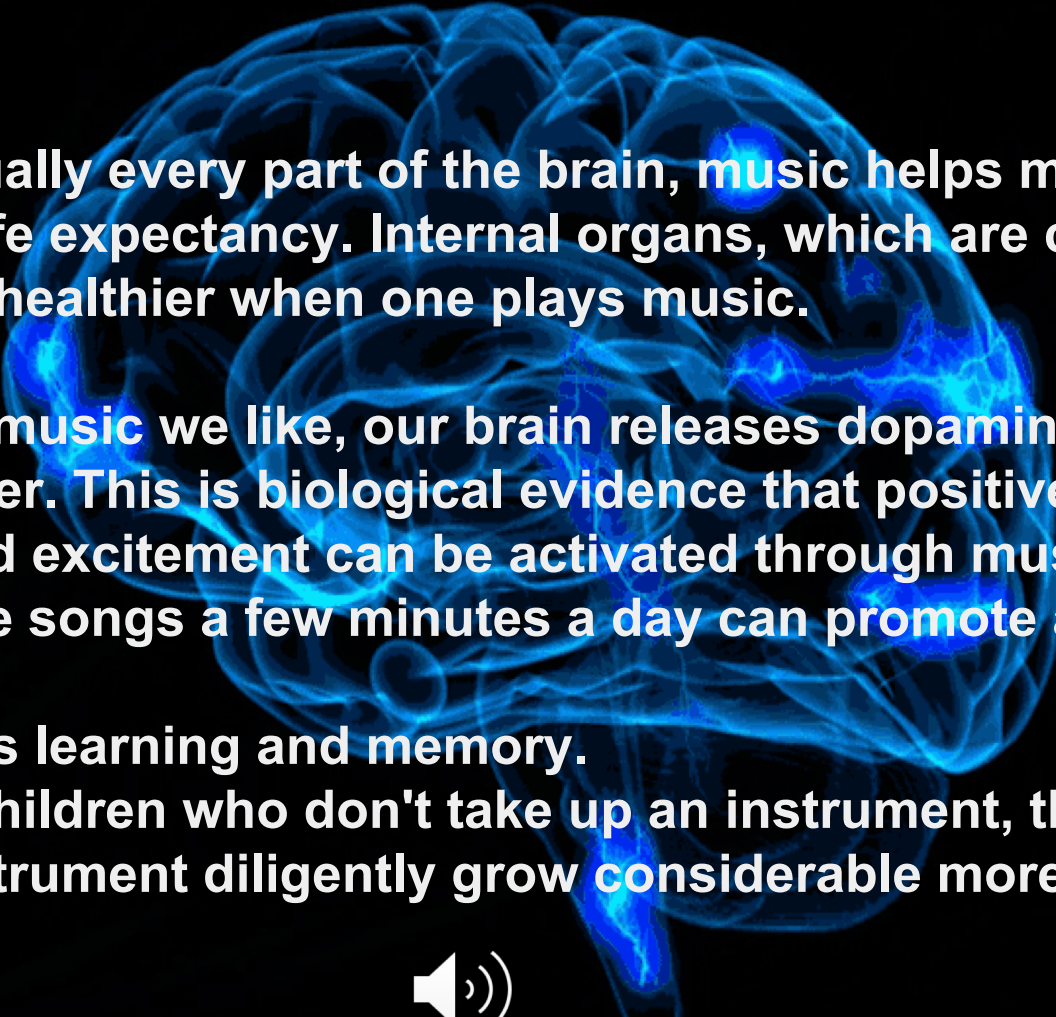
Music is the least expensive, most accessible, and universally available means to inspire positive thinking.

Music compels us to coalesce with the universe, and reminds us that we are very much a part of nature.



Frank Simes' Big Strum Theory explores the possibility that music is a fundamental fiber of the universe. Drawing from philosophy, astrophysics, quantum physics, and neuroscience, Frank offers an accessible look at the links between science, spirituality, and music, while exploring the power of music in all aspects of our lives. Frank takes us on a journey that presents scientific evidence to support the musical foundation of the universe and reveals that, beyond pure enjoyment, music is essential to our physical, mental, and spiritual well-being.





Activating virtually every part of the brain, music helps maintain health and increase life expectancy. Internal organs, which are controlled by the brain, stay healthier when one plays music.

When we hear music we like, our brain releases dopamine, a neurotransmitter. This is biological evidence that positive emotions such as joy and excitement can be activated through music. Playing favorite songs a few minutes a day can promote a natural high.

Music improves learning and memory. Compared to children who don't take up an instrument, those who practice an instrument diligently grow considerable more gray matter.



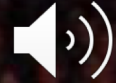
Playing an instrument or singing boosts the immune system, decreases anxiety, insecurity, and nervousness, activates neuronal empathy circuits, and lowers levels of cortisol, the stress hormone.

Playing music together generates neuropeptides and hormones essential for social bonding.

Transforming one's ability to interact with the world, music is a means of salvation in the darkest hour, and a direct path to enlightenment.



Carl Sagan said, “Not only is science compatible with spirituality, it is a profound source of spirituality.”



The Big Strum Theory says the same about music.

With all the chaos, violence, and depression in the world, and teen suicide at an all time high, we need insights and inspiration. Connecting the dots between music and science could provide some answers.

We might even find harmony.

The Big Strum Theory

Discover what connects us all





Frank Simes is a Grammy nominated and platinum record awarded musician, guitarist, songwriter, composer, and record producer. Frank was the musical director for The Who and Roger Daltrey, and has also recorded and performed with Mick Jagger, Don Henley, and Stevie Nicks.

Frank toured with The Who as the musical director for the world tours of *Tommy*, *Quadrophenia*, and *The Who Hits! 50*. He performed on Roger Daltrey's *Moonlighting* album, The Who's documentary *An Amazing Journey*, *Quadrophenia Live in London DVD*, *Tommy Live at the Royal Albert Hall DVD*, and the Showtime presentation, *The Who Live at Hyde Park*.

Frank has composed over 1,500 pieces of music for film, TV, albums, and commercials. Simes has also composed original guitar and piano pieces, some of which were recorded by the London Philharmonic Orchestra. Frank composed the music for *Hollywoodn't*, a one-woman show, written and performed by his creative partner, Lisa Verlo, with whom he has also co-written a musical entitled *The Door*, and their current project *Forever Grace*. Simes and Verlo are also working on an immersive 360 experience of *The Big Strum Theory*.

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