

## Abstract

The study examined how mindfulness-based interventions, such as body scanning exercises and emotion scanning exercises, and music descriptions provided in concerts through program notes and pre-concert talks, influence aesthetic experiences. Previous research suggested that body scanning exercises can effectively enhance one's body state mindfulness, which in turn enhances one's aesthetic experiences. While providing pre-concert talks and program notes to audiences are more common practices in classical music concerts to increase the audience's understanding of the music, thus facilitating their aesthetic pleasure, the present study compared the effects of mindfulness exercises and music descriptions on aesthetic experiences. 202 participants were recruited and randomly assigned to the body scanning exercise, emotion scanning exercise, pre-concert talk, program notes or control condition before listening to a 10-minute piece of atonal music, which contained lots of dissonant tones and was unpleasant for most people. We found that while there was no significant difference between the effect of mindfulness exercises and music descriptions, emotion scanning exercises relative to body scanning exercises, and pre-concert talk relative to program notes, were more effective in enhancing one's aesthetic experiences.

*Keywords: mindfulness, classical music, flow, cognitive fluency, aesthetic experiences*