Music

Music is universal and its power to transform is too! Music has been scientifically found to increase happiness, energy, alertness, even memory and cognitive performance—like studying, taking tests, and writing papers. Music improves your body’s physical ability to move and exercise. Music benefits the cardiovascular system, including reductions in heart rate and blood pressure. Music reduces stress and pain in the body and lowers inflammation. Music gets us in touch with our emotions, elevates our moods, and can aid relaxation and rest, even improve sleep.

Leo Tolstoy said, “Under the influence of music it seems to me that I feel what I do not really feel, that I understand what I do not understand, that I can do what I cannot do.” Music and its benefits are as diverse as we and our cultures are, and all you have to do is to interact with it. Make music, listen to music, dance to music, be moved by music, and be transformed!

Reference