Music Therapy

Each one of us is created so uniquely that what I may listen to for healing may be different than what you will. So seek out and find what resonates with you and your body. Start by playing different genres of music and be intentional about "listening" to how you feel. Does is calm your nerves and bring peace or does it cause chaos and irritation? Have you ever thought a song make you want to pull your hair out, this is your body wanting to avoid that type of music or song.

Gravitate towards meditation music, classical, gospel, hymns, piano, instrumental, and even folk and cultural music. In the plant experiment the study showed that plants loved slow paced classical, violin, pipe flute folk music, Indian classical music, Vedic chants and a mixture of nature sounds with Native American flute. Don't forget the healing affects that singing can have as well. Sing with all your heart in prayer, praise, sorrow, gratitude and any other emotion you are experiencing.

Avoid music with a loud steady, repetitive beat without melody, heavy metal, hard rock, rap, or anything with negative or immoral messages. This list will grow as you explore playing different types of music and comparing it with what you have found is healing for you.

HEALING BENEFIT OF GOOD MUSC

- *Pain reliever*
- *Stimulant or relaxant*
- *Can change mood*
- *Restores mental and physical Equilibrium*
- *Uplifts and comforts*
- *Strengthens body systems*
- *Improves immune function*
- *Calms the mind and body*
- *Brings balance*

