

THE POSITIVE POWER OF MUSIC! HOW MUSIC AFFECT ON OUR LIFE?

Have you ever wondered about fact, that music can be more than just entertainment?

Have you ever realized that it can affect on our life? also even before our birth?

A lot of scientists believe that music helps create a wonderful bonding experience between mom and baby, improve the stimulation of unborn baby's growing brain, increase the hearing capabilities and concentration skills and also improve sleeping

patterns for newborn baby. It is also said that music can help to improve and make the personality of them.

Moreover, music has incredible affect on kids! For instance, Joe Murphy, a founder of Music for Aardvarks Memphis - a multi-sensory music curriculum for kids (early childhood music classes) observe that music can help children learn to listen, focus and pay attention. It helps them learn how to follow direction in a group and be part of the group. Over the long term, it helps with language development, improve self-expression, and bonds them to the people in their lives and the world around them and helps them build their confidence.

I think that many of you heard about the "Mozart Effect" - hypothesis which suggest that "listening to Mozart makes you smarter"

or that early childhood exposure to classical music has a beneficial effect on mental development.

To sum up music which we listened in our childhood affect on who we'll become in the future, it shapes our mind and personality.

Did you observe that music can also change our mood, boost happiness and reduce anxiety? It can also helps us feel the specific atmosphere of the event like Christmas thanks for Christmas songs and carols.

And the another type of music can motivate us to do something like gym workout or jogging. Another type can boost focus and concentration, help for study or increase creativity. Many artists listening music while creating a piece of art. For instance, very known is Abramovic playlist on Spotify. There are a lot of applications with specific types of

playlists like playlist for gym, for boost our happiness, for breakfast, for chill out, for relax or meditation. I think that's a really good kind of homemade self help or self motivation (I mean that we may do it ourselves without another people's help).

This incredible impact music on our life was observed by medical scientists who figured out that music can also help deal with diseases like autism, depression or even with dementia or Alzheimer which cause memory lose. For instance, hearing the song played during the first dance at patient with Alzheimer wedding could help him to remember their loved one. (Autism- help communication skills, depression- reduce depressed mood). This kind of therapies which improve physical and mental health by music is called Music Therapy.

Music is also a way to express ourselves, our feelings, tell the truth about the world which we can't express by the words. The best example is music created by great composers like Chopin, Bethoveen, Mozart or even modern artists like Hans Zimmer who create wonderful and haunting music for films. (By the way,) Can you imagine a film without the soundtrack? Without amazing and humbling music in dramas or sounds which create mood in horrors? Today's commute to work or school without favorite playlist or parties without music? Can you imagine this world? World without music? If...would it be possible? I'd like to leave you with that question. Thank you

