

## **Music & Sound**

**What is it about music and sound that has a profound effect on our Being?**

**Music is a Universal language – it speaks to us through all nationalities and breaks through all language barriers.**

**Sound is vibration and has an enormous capacity to heal.**

**Sound and music speak their own (feeling) language and often there is no need for words to express that which does not need to be verbalised.**

**Sound and music through this form is liberating and creative. It is unknown and leaves us captured and guessing.**

**Some music and sounds are nurturing, others stimulating and invigorating. Then there is music which can be perceived as harmonious and creates a space for One to become involved, reflective, peaceful and calm.**

**The benefits of music can greatly enhance our wellbeing. It stimulates within us a sense of becoming One with the music. It stirs our hearts, emotions and allows for feelings to be known and addressed.**

**Music is a great accompaniment to dance, theatre, art and even work environments.**

**Music, over hundreds of years, has been composed for various reasons and with great accomplishments.**

**Music today is often written and created spontaneously with or without lyrics.**

**Just for a moment, reflect on the many different types of music, musical instruments and the purpose they serve.**

**Music for a baby, music for teenagers, music for the elderly – they all provide a different theme and perfect choice of atmosphere.**

**Why do we have favourite types of music we are drawn to, and what does that tell us about ourselves?**

**What type of music has had a profound effect on your emotions? Why?**

**It seems to leave a lasting impression and we have our favourites. Why?**

**Is it the music itself, the sound vibration we resonate with, the lyrics which have a meaning for us, the tempo or remembrances?**

**Allow your magical rhythms to come to the forefront of your consciousness and Be One with Music, Be One with Sound.**

**Notice for a whole week what your choices are re music and feel into what that does for you, within you and around you.**

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