



Music: The Healing Power of Music by award-winning author / stress-relief expert Susie Mantell

"Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness."
-Maya Angelou

Music has great power to access emotions, or redirect them. The exquisite power of music can bring us back to a specific time and place, lift and shift a mood, and can even entrain the heart to a faster beat while exercising.

One day, I was feeling a little cranky. Stopping to get the mail, I found a terrific present from a friend -- a homemade mix CD of familiar old feel-good songs from our college days that he knew I'd enjoy. I popped in my new CD, and as the endorphins commenced to rally, I must have played Eric Clapton's *"If I Could Change the World"* ten times. (Very cool song.) I was instantly uplifted!

Read more about music as medicine:

Music is found in virtually all cultures, most based on the octave.

- <http://www.nytimes.com/2003/09/16/science/16MUSI.html>
A happy brain hums, a stressed-out brain makes static sounds.
- http://www.wired.com/news/culture/0,1284,58193,00.html?tw=wn_story_related
Trouble sleeping? Research says our brains produce waves like lullabies.
- <http://abcnews.go.com/Technology/story?id=97913&page=1>
A song may help stroke patients regain the ability to walk.
- <http://abcnews.go.com/Health/story?id=116851&page=1>
- <http://www.strengthforcares.com/daily-care/108/37/healing-with-music.html>

"After silence, that which comes nearest to expressing the inexpressible is music." -Aldous Huxley

Thanatologist Therese Schroeder-Sheker's harp entrainment during hospice care has even facilitated patients in their transition as life is coming to an close. (Video: "*Chalice in Repose*")

Enjoy a lot more Free Stress-Relief Tips by Susie Mantell at www.relaxintuit.com

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