



### The healing power of Music

Music is an art of expressing ideas and emotions in beautiful forms like rhythm, melody, tones, harmony, humming, etc. music is a feeling which is loved by everyone. There is always music present relating to your mood. Music needs not be worldly to affect your mind but instrumental music can heal you wonderfully as well.

The influential reach of Music is surprising considering that researchers think that music may have healing capacity, especially during stressful and weak situations.

Neuroscientists have discovered that listening to music stimulates a rise of dopamine that can make us feel good. Listening to music influences the human mind overall.

Music is a routine and is like air, present everywhere. Whenever an emotion overcomes you, music comes to your rescue and makes you feel better.

#### 5 ways in which music can help

1. Music reduces stress and anxiety.
2. Music decreases pain.
3. Music may improve immunity.
4. Music helps us to exercise.
5. Music helps us sleep peacefully.

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