

“Music is the panacea for all woes”

This is often something that we see most youngsters today say about the various genres of music that they listen to. They testify to this in various social media apps such as Facebook, Snapchat, and Instagram etc. Although some people just say that to follow the trend, there are a few people who have really benefited and healed from the music that they listen to.

For some it is their profession- a means of income, for others, a passion and still for others a pastime or a hobby. No matter what the situation, we all have turned to music at some point in our life to find comfort or peace or find joy in listening to any genre of music. Music has various effects on us such as boosting our moods, encouraging us to tell a story, educating us or even depressing us. It has been a means of expressing our various feelings, emotions or thoughts all over the world since very early times in human history.

Some people often tend to work better while listening to music. They say it helps to clear their mind and focus. A study conducted by a team of researchers at the Stanford University School of Medicine revealed that music engages the areas of the brain involved with paying attention. This is one of the reasons why people who play musical instruments often tend to work better in tense situations because their brain has been accustomed to following and understanding complex music notes which helps them to easily whip up solutions to problems that other regular people find tough to crack. It is also believed that music helps a person to view the world around him/her in a more positive and healthier manner.

Music has also been used in the medical field for the past few decades. The review of evidence to date suggests that music therapy can help patients recover their movements after experiencing brain damage. Music therapists use techniques that aim to kindle brain function controlling movement, cognition, speech, emotion and senses. Experts say that such therapies also prevent depression and help the patients regain lost memories.

One of the major benefits of music is its ability to transfer people to a place where they find immense peace amongst the daily tribulations of life. Ludwig Van Beethoven once said “Music is a higher revelation than all wisdom and philosophy.” This is clearly visible in the fact that most of the written music speaks about the daily problems of life and how we can get through them. Music connects people from around the world and this makes it one of the most effective means of communication.

One of the greatest music composers of our time, Yanni, once stated: “There is no gender to my music. There’s no male or female voice, no trite lyrics or poetry. It’s much more abstract, so it lives with you longer.” This is why his music has touched millions of lives around the world. Music that brings positive energy into people’s minds could be one of the key tools used to achieve world peace. In my personal opinion, the modern music industry has been releasing songs that make absolutely no sense such as Rihanna’s ‘Work’ and youngsters are supporting such songs and promoting them as professional music. Such songs destroy the essence of good music and people start degrading the importance of good music in our lives.

People need to start appreciating real music more and understand what our predecessors found in the depths of music. They need to go into its secrets to realize what treasure's it holds for mankind. Like Beethoven once said: "Don't only practice your art, but force your way into its secrets, for it and knowledge can raise men to the divine."