

## The Power of Music

Music makes me feel good. Good, because it gives me the feeling of not being left alone with my emotions, the feeling of understanding, the feeling that someone cares and is always there for me. Music expresses what no one else can say. It finds the words you need to hear to feel better. Music is the best remedy for melancholia.

Music can arouse different feelings. It can either make you feel better or help you calm down. When I feel sad, I turn on the music so that I'm in a better mood. When I'm too agitated in the evenings to fall asleep, I turn on the music so I become tired enough to sleep. And when I'm not motivated enough to do my homework, I turn on the music and it helps me concentrate on my work. There are so many different forms of music, there will always be the right one for your mood.

The best form of music is to produce it on your own. I, for example, play the piano and I become happy whenever I start to play. But how does music do that? Music affects all sections of the brain and has access to our inner emotions. That's why music is firmly anchored in human history. It arose in wondrous evolution in order to help humans satisfy their emotional needs in a world that is based on language, mind and intelligence.

But music can do more than that. When you listen to a song over and over again in a certain situation in your life, and a couple of years later you hear it again, you'll feel what you felt like in that situation so many years ago. It's like you're time traveling. That of course can be both good and bad, but it's still amazing.

Have you ever noticed that a supermarket plays different kinds of music depending on the time of day? Early in the mornings they play a different kind of music than at noon or in the evening. That's because all sorts of people do their grocery shopping at a different time. The elderly people do it early in the mornings, the mothers a bit later, and young people in the evenings. According to that the grocery store chooses the songs in order to make their customers feel good and therefore make them buy things.

Also doctors are using the power of music. Neuroscientist Stefan Koelsch for example found out that cheerful compositions such as Bachs' Allegro can reduce the amount of cortisol in the blood.

So, be careful with what you're listening to.