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Music is powerful. It takes you to a complete new level. Listening to music is a wonderful feeling. Human beings respond extremely well to different kinds of music. Studies actually reveal that music is so powerful that someday, it can cure illnesses such as Parkinsonâ€™s disease or stroke. It has also been proved that children like the smooth and soothing tones of music when compared to the heavy sounds. When babies cried, their sound had a rhythmic pattern that was very much similar to western music. Music can be one of the best factors which remove the stress out of your heart. It was discovered that when we watch a comedy program or a funny movie, our blood vessels open out and this is extremely good for the human body.

If laughter can excite feelings of joy then why is it not possible with music? Research suggests that music is a very good de-stresser and it helps the cardiovascular system. When a couple of people were asked to listen to some wonderful music, the blood vessels were tested. The result came as no surprise to the doctors because when the size of the blood vessel was measured, it actually opened up from the inner lining and released chemicals that were essential for the protection of the heart. Isnâ€™t that amazing? Stress is really bad for the heart. It can reduce the flow of blood to the heart and cause complications. That is what is happening to people as they age. The blood vessels start getting harder and increase the blood pressure. It is a fact that when people were asked to listen to music they did not enjoy, the blood vessels actually started closing up.

Thatâ€™s exactly what is happening to your body when you are stressed out. Music reduces the level of stress and it evokes a sense of well being in ourselves. That is the power of music. It has the power to heal your mind, put a baby to sleep and even calm down a beast. There are a lot of studies going on as to how playing soothing music can decrease the stay of premature babies in the hospital and increase the growth of plants and cure certain illnesses as well. I remember those days in my school and college when I used to listen to my favorite pop songs and it really used to soothe my heart. After a long and stressful day at work, pleasant music can ease us of all the tension.

Sometimes it so happens that we are watching a thriller movie and we close our eyes tightly and we can still guess what is about to happen without opening our eyes. It is not just for horror movies but also for romantic movies as well. Music directors get paid a great deal of money for creating that kind of transition in music. It was found that music has a direct effect on a baby inside a motherâ€™s womb. When the mother listens to the music even by using a earphone, the baby reacts to the music as well. The mother enjoyed some part of the music and the babyâ€™s heart beat was normal. When she did not enjoy the music, the babyâ€™s heart beat went up high as well. Music heals the mind for sure and it has been proved using various experiments conducted with different people.

When anesthesia is being administered to patients, they were allowed to listen to music and it helps them recover faster. Music vibrations actually penetrate inside our bodies and they actually have the ability to shift molecules. Music in any form can be experienced by watching various Movie Channels and the results are amazing.

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Robin Mackenzie is a freelance writer. She loves to write about the healing powers of music. She researches a lot about how to use music as a medium to de-stress. She also enjoys watching a lot of a Movie Channelswhich have varying degrees of music.

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