

# The power of music

[Art & Culture](#), [Music](#)



Music is enough for a lifetime, but a lifetime is not enough for music.” Sergei Rachmaninov, a Russian composer. There is no doubt that music has a great power. All the people like to listen to the music; it can bring different emotions even to the most unemotional personalities. People become musicians or try to make their efforts in using different musical instruments in order to find harmony between their soul and mind. Pop music exerts influence on our powerful performance; it is a great emotional and psychological stimulant. In accordance with recent researches and studies music reduces risks of physical and mental illnesses, facilitates the process of treatment, influencing on soothing children, and reduces emotional restrain and stress.

We go in for sports with pleasure, in case we listen to the music. Our brain works more perfectly, when listening to the music. There is approved correlation between music and athletic performance for sure. People feel them better in case they listen to the music. It is possible to feel less pain, reduce our stress and change even a human life experience. During surgery music enables patients to feel much better and experience less pain.

In our childhood we see sweet dreams, when our mummies sing lullabies to us and in the adult age we are able to think about our lives and problems, when our considerations are surrounded by music. Sometimes, in different periods in our life we are able to find our personal history in the songs we are listening to. Even if we have a serious conversation we something stop speaking when beautiful music starts playing in order to enjoy it.

As for me, I am learning to play piano from 8 years old. I am found of music and there is no life without it. All my family members support my efforts and

underline that I am an equable person, with a harmonized balance of my spiritual efforts and a power of mind. I am sure that my mind and body are in harmony and the power of music reduces my pain and stress for sure. I am fond of classical music. Sergei Rachmaninov, a Russian composer, enchants me with his pieces of music.

I am sure that when I play the piano keys, I press white keys in order to develop positive emotions and I press black keys in order to fight with negative feelings of my life. Black and white keys are black and white strips of our life. When I play piano I expose to sound my inner emotions and feelings for sure. The musical pieces by Sergei Rachmaninov afflict my emotional condition and make me think properly about the things, which are the most exciting for me. When listen to Waltz by Chopin or try to reproduce his plays I am travelling to the remote places of happiness and joy.

Moreover, I would like to devote my life to revelation of the secrets of music. I am sure that it is art to analyze the music and have a chance to penetrate in the secret intentions of the great composer, who created their musical masterpieces.

#### Works cited

The power of music. [online]. Web. Available from: < <http://www.musicgivestrust.org/> >