

The effects of music on the mind

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Class: Sound and Body
The Effects of Music on The Mind
Since the beginning of recorded history and surely before, music has played a significant role in the healing of our world. The ancient peoples all discovered the interconnectedness of the planetary cycles, sacred geometry, and musical scales long before modern science began to confirm these connections. We now know that the whole world is a singing matrix of frequencies that can be experienced as sound, matter and states of consciousness. Modern science has given us the ability to visually see how music affects the brain. Brain wave entrainment is the autonomic synchronization of brain wave frequency rate to match any repetitive stimulus that falls with-in brain wave parameters. Research has shown that music with a faster beat enhances concentration and alert thinking, while a slower tempo promotes a calm, meditative state.

Also, studies have shown that the change in brainwave activity levels that music can brain can also enable the brain to shift speed more easily on it??
™s own as needed. Which means that music can bring lasting effects to your state of mind even after listening. There are many products on the market today to aid in the inducing a desired brain wave frequency. While in most cases these devices have proven harmless if not helpful; some people have experienced headaches, nausea, and an overall ill feeling. However, most of the research out there points to a developing future for the music therapies.

Studies have been consistently carried out with positive results of the use of brain wave entrainment to aid with mood disorders, learning disabilities, drug withdrawal, migraines, pain management, and pre-menstrual

syndrome. I'm not done with this essay yet. I'm joining in hopes to find ideas on a conclusion.