

WHAT IS MUSIC?



Anything that is melodious to the ear is music! I have heard people say all too often that music is a universal language and that it transcends all boundaries. While that is undoubtedly true, I perceive music as a celebration of Life—a language that helps you give vent to your emotions and creativity!

Good music entertains, inspires, relaxes, refreshes, builds confidence, develops positive thoughts, controls negative emotions like anger and helps in healing. Research has shown that music stimulates the pituitary glands, secretions of which affect the nervous system. It also helps to control blood pressure.

