

The Effects of Different Kinds of Music On the Health of the Body and Mind

Music influences and manipulates us more than we know ...
the human body and mind can be controlled and altered with music.

Music can poison you, lift your spirits, or make you sick without knowing why.

Music is made up of many ingredients and according to the proportions of those ingredients, it can be soothing or invigorating, ennobling or vulgarizing, philosophical or orgiastic.
It has powers for evil as well as for good.

Physical Health

To the question, 'Does Music Affect Man's Physical Body?', modern research says, yes. There is scarcely a single function of the body which cannot be affected by musical tones.

Many scientific and medical studies have proved conclusively the tremendous effects of music upon the human physiology and anatomy.

Music can change metabolism, affect muscular energy, raise or lower blood pressure, influence digestion, and treat insomnia. It may be able to do all these things more successfully ... than any other stimulants that produce those changes in our bodies.

Studies suggest music may help increase production of endorphins (natural pain relievers).

By lowering basal-metabolism and respiration rates music lessens physiological responses to stress.

Mental and Emotional Health

Music is used everywhere to condition the human mind. It can be just as powerful as a drug and much more dangerous, because nobody takes the musical manipulation very seriously.

It can be said about music that of all the arts, there is none other that more powerfully moves and changes the consciousness.

Our minds immediately identify with the emotions conveyed through various forms of music.

Music is used to treat mental illness, depression, and mental retardation.

Music designed to soothe can be altered to torment.

Music can and has been used for brainwashing.

Improper Rhythm

Music, by the arrangement of rhythms, tones and harmonics can have deadly effects.

Improper rhythm in music can be harmful to the body. It goes against the body's natural rhythm thus causing physical and mental stress. Improper and overbearing rhythm is also sensual.

Overbearing rhythm is one of the things that drives people to commit violent and/or sexual sins and crimes. Sound communicates more strongly than words. Why? There are more nerve connections for hearing than any other sense. Rhythm goes directly to the heart and emotions, bypassing the brain.

Volume and Amplification

A professor at Harvard University explained to his students undertaking graduate work in sound and acoustics how sound waves vibrate solid materials, even the human body. When a person is in an auditorium in the presence of amplification that is too loud, the material in the seat vibrates and relays those vibrations into the listener's body.

Elizabeth McDonald, (10 November 2015)

Quoted, compiled, and edited from the following Sources:

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