

There's Music on Your Brain!

5 Tools to Intentionally Connect with Music

Music can offer peace and bring emotional healing-especially when choosing intentionally.

1. Listen and Breathe. Breathing helps reduce anxiety and stress by oxygenating the brain. Breathe to calm music *without* lyrics @60 beats per minute.
2. Listen and Stretch. Energizing the body wakes up the muscles and the senses by getting the blood flowing which also helps clear the mind. The critical areas are your long extremities.
3. Create Playlists. Start with 1 or 2 songs that reflect your current emotional state. Then add 3 or 4 songs that move you toward your desired emotional state. Specifically, choose songs that move you toward HOPE for the future. This is based on the scientific principle of *entrainment*.
4. Listen and Journal. Use your playlist to help you feel emotion and write about your feelings. Let it flow uncensored. The purpose of free-form writing is to release the intensity of your emotion from your body.
5. Sing! No training necessary. Sing with your congregation at church, in a choir or even with the radio! The principle of *entrainment* is at work again--during singing, singers hearts begin beating at the same time! 😊

“Jesus listening can hear the songs I cannot sing..”

Hymn #227

References:

Griefhealing blog.com

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