

The Music Lies Within

From the womb to the death experience, music can enhance and enrich our lives. Long before a child takes her first breath, she lives in an environment of womb music – the comforting sounds and rhythms of her mother’s heart beat and blood pulsing inside her uterus. “Research has demonstrated that music penetrates the electromagnetic field that surrounds the body (the aura) and that the body can differentiate between beneficial and detrimental sound vibrations and that our health can be affected both positively and negatively by the music it hears.”¹ Music, like life, is dynamic and ever-changing and our knowledge and awareness of music’s powers must grow and evolve with the times. Music can be an invaluable means through which we can improve the quality of our health and our lives.

Music enhances learning, nurtures self-expression and makes us happy. Every child deserves a musical experience and begins on a family note. As Mom and Dad rock baby in their arms and in the cradle, humming or singing softly creates a bond of love between parent and child and it introduces baby to the positive emotional and psychological benefits of music, benefits that will last a lifetime. “Creating a musical environment for your child does more than provide moments of contentment and affection.”² It aids greatly in his physical and intellectual development by stimulating his brain and senses. Babies have a great sensitivity to sound and they love to hear their parents’ voices. Parents can use this sound sensitivity to their advantage by making mealtimes, bath time and diaper-changing time pleasant moments of tears and tantrums. Sing to baby when you tend to her and sing about her – sing about toes and noses, fingers and feet and listen to her ‘gurgle’ and ‘goo’ back to you. Music helps baby learn to release emotions. When music is part of baby’s life and if it continues to play an active role throughout the years, the healthier and richer the child’s life will be. A child is never too young to enjoy and respond to music. “Research shows that children who learn to play musical instruments at an early age will also have an educational advantage.”³

Every child starts with an exuberant, open hearted love of music. To the children, music time is pure enjoyment. Music is a pleasure, a way to relax, a way to express creative energy and it’s especially meaningful when it’s shared. Music expresses thoughts, images and feelings, and could be considered the universal language. It can be found in every culture throughout history, significantly contributing to the development of a healthier society.

Dr. Johanne Brodeur teaching music therapy at the Victoria Conservatory of Music identifies some of the benefits of music in the following:

¹ - Barbara Anne Scarantino: Music Power - Dodd, Mead & Company

² - Barbara Anne Scarantino: Music Power - Dodd, Mead & Company

³ - Vancouver Sun, Feb.26/99 – Music To Parents Ears