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Music heals

The mind does have the power to control the rest of the body, not only through its nervous connections, but through secretions of various hormones both within and without the brain. If one gives the body the ingredients for a good external and internal environment, such as the right air to breathe, the water to drink, the nutrients to eat, and the external vibrations, the body will thrive.

Just like the sperm and egg, which united in conception and grew into a healthy baby, the body will know how to use these elements to maintain its health.

The external vibrations could be that of light, which radiates from the sun or music from a noise producing instrument,



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ALL THINGS
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whether it be a musical one or a facsimile such as an electronic speaker. Listening to certain kinds of music, particularly classical and baroque, may be something you already enjoy doing, but did you know that it's another vehicle for relaxation and healing?

The melody, pitch, timing, and beat of such music as "Pachelbel Canon" and other baroque classics and "Chant" by the Benedictine Monks of Santo Domingo de Silos can alter your state of being by quieting your mind and allowing you to enter its spiritual recesses.

I recently rented the video, "Immortal Beloved" (Circa 1997), which is the life and music of Beethoven, who as we know was deaf from an early age. Not only was the story line wonderful, but the music was heart-lifting and healing to the soul and body.

Most scores of classical music range between 60 and 140 beats per minute. The resting heart beats approximately 50 to 80 times per minute, so it would appear that soothing scores in this range induce calm.