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MUSIC & SOUNDS IN OUR LIFE

Every sound in our life can be named musical. Every breath, every step, and even our heartbeat has their own sound on its longitude. Our voice and our laughter sound differently, personable. There is a very small limit of sounds spectre, that we can hear. In fact, our body is a unique system, that works in its own rhythm, no matter what can happen.

Since our fourth week of life, our heart starts beating on its own way with rhythm. Every move, that we doing, was made by the unheard command of our nervous system. But science experiments prove, that our mind can be controlled by other types of sound. Let's see the situation of simulation popularity. The movie "Jossy and Cats" show us, that recording silence voice line on their song can influence some people to do anything, that this voice would make them do. And there is a very small part of people that can defend their mind from it.

Daily sounds in our life can be focused on one rhythm - mood. A happy human can sing when he doing something with easy very well. Also, daily songs and mashups can help us in training on the gym, and complete our picture of the world at the moment.

Science proves the influence of music on our life, health, and mood. Some people often listening to sad music to improve their mood and make themselves feel better. And this method is working.

I was on the surgery operations, as a viewer, and I heard, that some of the doctors are listening to their favourite music mostly, classical orchestral, to put themselves in a right headspace.

Fact, that primitive sounds and songs help us to remember more information at the same time by singing or pronouncing by the rhythm of them some new facts or theory.

Back to influence our music to health. Everyone knows that human consist of 98% of water. And There is a documentary movie, names "The water", where we can see the influence on crystallized snowflakes of water by songs, words and even minds. Crystal from Chopin, Beethoven, Mozart, Tchaikovsky, the Beatles and others musicians was perfectly symmetrical. Also, Tibetan monks defend their mind from passions and health from illnesses by mantra and pray, that have their own rhythm and meaning. Any religion has its own longitude and rhythm of prays. Some hypnosis techniques are formed on one sound and even meditation can be completed by sounds of weather, nature and instruments.

Have you ever recognised, that some sounds can be annoying or nice? That phenomenon is very simple. You see, our mind and consciousness have divided any sound on helpful and useless, so many people can hate some sounds, cause they made them feel uncomfortable.

Anyway, in our daily life, we can hear the most primitive music and songs. What we should - we should avoid them, because primitive songs make us think by the primitive way. Also, this music can control our level of thinking. That's how music can improve our lives and health. Anytime. Anywhere.

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