

## Music therapy

Music deservedly can be named the miracle of all times. Exactly music touches the deepest strings of our heart. There are singer experiencing and sense, love, treachery, friendship, tears in music. Music overcomes all scopes, space, time. The language of song does not matter. Persons are perceived by its melodiousness, sensuality and rhythm. Music is able to heave up a mood, to cast a gloom or flashbacks, to call up afterglows. The unbelievable affecting of music man was marked as early as antiquity. Centuries-old exploration confirm the hypothesis of music medical influence on the organism of man. Aristotle, Pythagoras in their works pawned bases of such influence. The theoretical and practical aspects of music therapy are enriched and increased by future generations. Present day it is not a secret, that music has a beneficial effect on our health and organism. We take in musical energy, and it normalizes the rhythm of our breathing, temperature, pressure and relieves a stress. Therefore a correctly neat melody has the favorable effect on sick people and speed up their convalescence. It is recommended expectant mothers to listen music, especially classic. It calms. Rock music can render destructive influence, religious music carries calming, child's and folk songs play a constructive role, strengthen family, material and spiritual values. There is music which stimulates mental work. Mozart musical compositions occupy a separate place in the process of the miraculous organism affecting. This phenomenon was named Mozart Effect. Music occupies the special place in the foreign language studying. Except for music in the normal understanding of this word, there is whole direction of music therapy, which is based on different noises. You can always find mp3 downloads at internet. A tolerant listens to the music with the wash, heart beating. These sounds are harmonious. They stimulate restoration processes in the person and conductive to mans quick convalescence. Presently there is a great amount of services which allow you to download all varieties of music. You can not only listen to the favourite melody, but also to enrich himself spiritually, correctly choosing one or another melody.

## About the Author

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