



Good
to go

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So Much Music

I hope that you are enjoying the summer and that you are able to take time out of your normal routine to rest, relax and recharge your batteries. Over the past number of weeks there have been various pundits on the radio suggesting various books as 'good holiday reads' but I have not heard any talking about the music that they plan to listen to over the summer season.

And yet, music is all pervasive, and for many of us constantly playing, as we drive the car, work around the house, workout in the gym etc. MP3 players and other similar technologies make it incredible easy for each of us to constantly have a wide selection of music at the touch of a button.

Often, however it is purely background and we do not actually appreciate the music for itself. Throughout the ages humans have created music to entertain, to have fun, to reflect their mood. Music has the capacity to energise and soothe us in equal measure. With the fast pace of modern life however, many of us struggle to create time to listen to varying musical rhythms, to enjoy the real pleasure of fully listening to music.

Different musical forms will have differing impact on our moods. Spanish guitar will have a very different impact than a full orchestra which will differ again from a rock band. In addition for many of us as we get older we list to the same genre of music all the time and indeed some people will limit themselves to just a very small number or artists.

And so my challenge to you this week is to take time to really listen to a variety of different musical rhythms and styles. The greater the variety of musical styles the better. Before you start listening, be aware of your mood, are you tense or relaxed; stressed or calm; worried or carefree? When you have finished listening to the music, take the time again to be aware of your mood and how it may have changed while you have been enjoying the music.

If, when you take time to listen to music, you find that it really does impact on your mood then you can add music, as one of your tools to support you to maintain the moods that you want

Warm Wishes

Mary