

Blog, written for my Communication 2110 class – my students are required to blog weekly during the semester, so I decided to write a few things as well.

The Power of Music

January 14, 2015

Waxing a bit thoughtful on the idea of the Power of Music today, and thought I would jot down a few words on the subject. Have you ever noticed how a song can evoke such a depth of emotion from one person and do nothing for the next? Or better yet, how music seems to cross all lines and barriers of culture, class, gender, and age? There is something so powerful about music, but why?

Here is my deep thinking on the matter... Fact is we all exist because of frequency. I know this may be a little Quantum Physics-like, but it is true. Every fiber of your being emits a frequency, and those same fibers react and respond to frequency. We all too often shrug off ancient eastern practices and thoughts, but they had something going on; and they understood the frequencies of the body – or what we call Chakras.

There are seven Chakras, and each corresponds to a musical tone (frequency) and color (this is also frequency – HaHaHa). Now, I am no expert on Chakras, but my understanding of how these frequencies affect our inner-being is expanding. Each note in a scale (there are 7) affect us in different ways. And, the reason why some sounds (or frequencies) affect some people more than others at any given time – it may just be the exact frequency, tone, or sound that person needs to bring their inner-being into proper alignment.

Do I believe this...? In my limited understanding – yes – not because I adhere to eastern practices, but because I have seen the effects on people. On a side note, the number seven in Christianity represents perfection or completion. Seven Chakras... Seven notes in a harmonic scale... Seven days in a week... and so on.

However, there is another reason why music is powerful and touches the hearts and lives of many – Emotional Memory. Often times, we connect a song, even a portion of lyric to an event; whether we regard that event as positive or negative. How many of you have significant others and have “your song”? Or, perhaps when you hear “that song”, it reminds you of the day you broke up with so-n-so or a special trip or other event. Emotional Memory attached to Music – this is powerful indeed.

Regardless of what you believe or have experienced, there is no denying that Music is powerful! It can sooth the savage beast, as is the saying; or can evoke amazing memories of events long since gone. So, I say turn up the tunes and see what happens. If you start to feel agitated, perhaps it is the wrong frequency – try something else!