

#4 Explain how music affects your life.

Music affects most people's lives, and for me that is true in the usual ways of emotionally taking us places and in the not so usual way of healing my mind and body. For most of us music can soothe or excite, it can reach deep into the recesses of our souls. We are like a sleeping dog who is stung by a bee when an upbeat jazz tune or hip hop comes across the air waves, we can't help but dance. And, the lullabies to a restless baby are magic on a mother's breath. Music is a universal language that transcends cultures and time. Music can hold memories within a melody and a song can join hearts like no other tribute known to man. It is no wonder the throne room of God has worship flowing twenty four seven. Nothing is more powerful than worship, music holds God's spirit in it when we join in His song.

Music is healing my mind and body. I have been blessed to know and work with an amazing person named Peggy Schafer. Peggy is a neurological music therapist. She is trained to use the rhythms and the beat of the music to help people who are out of synch. Since I have autism and a movement disorder, I'm very out of synch. With Peggy's help I have begun to move more freely in my body movements and to unlock the stuck and rigid places in my mind. Our work together also has helped me with my speech. It is much easier to learn to talk through singing. I love to sing and words to songs that are hopeful carry me through this life on wings of eagles.