

Letter to the Editor

Music as a universal healing strategy that changes the human positively

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Hope you are doing fine!

Twenty years back when I was unaware of the fact that in future what I shall be getting through music would be phenomenal and absolutely something called as "incredibly awakening", today I am really happy to be a musician and feel like going back to those days when I was in a premature stage of "Being Musician"! Because that journey had enlightened all those moments when I was experiencing many situations musically!

We all know one famous poem "Twinkle Twinkle Little Stars, How I wonder what you are! Up above the world so high, like a diamond in the sky !"

Today I realize strongly that how important such poems were because music enriches everyone on this earth irrespective of being a qualitative musician every time!

If we go by the word "MUSIC" then I have revealed the same as

Moments of miracle

Ubiquitous uniqueness

Serving the whole humanity

Igniting all inactive minds

Cherishing every life moment by way of character building!!!!

Many legendary artists/dignitaries say that Music is such an activity which can't be used for others in the first place but it is experienced for our own self because it awakens someone's mindfulness to such a level where passionate change in one's personality is possible with full positive approach.

Technology will have an expiry date even in today's innovative world but Music will always emerge as the best tool to revive and rejuvenate deteriorated conditions!

Through my experiences in music as a live stage performer or even recording artist being a singer, composer and poet, I have seen drastic changes in people when people say that by listening to particular creation, we got motivated a lot and could change our perspective.

Music acts like a transformer in someone's life if we talk about real transformation! Because in my formative years, I used to look at music as the best remedy for passing the time and make fun but gradually as the days passed by; music started getting into the roots and nerves of my body, heart, soul and mind! It is said that in the outside world, many times one's visuals act as a player of emotional gambling where all sides of one's natural behaviour get depicted which includes negative aspect as well. But Music has strength to catch only positive moments more appropriately where even people with bad habits become positive thinkers where people around them can analyze that the situation has made them so and in reality they are not like that.

In our spiritual doctrines as well there are many references where it is found that music is truly a cosmic phenomena where everything is unconditional! I have also observed during my journey where many times people get close to me just because of music but not because of my approach towards life, choices in

career, habits etc. where transiently one can experience that all energy centers get triggered during those moments when music is the core focus and we only talk about music and then allied discussions go in the flow very smoothly where kind and gentle atmosphere gets created.

The following is the experience which I have had many times while listening to or working on music in my life and following statement is quite evident to what I have experienced- Music is the only activity which can create any damn environment whenever you are alone and you want to be with yourself. It is like every relation with yourself at no cost! Imagination plays a role to an extent where your visuals and inner voice melodiously and meditatively blend together when you become musical!

Categorically, musical frame of mind is equivalent to enhancing the human value in our life. When a child takes birth on this earth, it is said that his/her first moment of crying resonates the frequencies of OMKAR (A U M) which is the universal truth and OM is having prime importance in the field of music because it is the starting point in music or of the sound precisely. If it is so then it is not wrong to claim that every mindful person has one musical string which should get activated in life and once it is activated then only flower will blossom irrespective of its withering state which is as natural as the nature.

I made it a practice during my learning journey and still practice to feel in every part of the body when I sing, compose or write or even listen to different musical creations and it works. I always say that even if somebody will be lost in the jungle and there will not be any remedy to get escaped for a while, music will resolve the fear in mind for the time being to pass the time till the moment of escape. :-) It may be an exaggerated response to quote my experience but music releases blockages in our perception for sure. It brings together all natural smiling faces or make fabricated smiles; a naturally progressive smiles. It may be a gradual process but one day will come when music from within will surely have its own symphony getting played at every step of human being because value is not the measurement when we talk about human value but it is the progressive amalgamation of positive aspects getting consolidated together and adding music as an energy into it makes the concept very universal where human being's natural versatility will get maintained in a unique manner.

Ultimately there is a lot to write about music being an artist and a life coach since Music has enriched me and has been continuing to teach me many hidden aspects of life where I am sure that it only cultivates all good aspects and one has only one responsibility in this case and it is just to maintain the crescendo of being mindfully musical as even being a listener also paves the way for bountiful growth in life.

A musical salute to all! Right now while wrapping up, I am listening to the strings of piano, violin and acoustic guitar together which has actually generated all positivity to write about music as an universal healing and it is so...just be with it!!! I am connected with you all!!! Thank you!