THE SOUNDMARKS OF OUR LIVES
NEVER UNDERESTIMATE THE INFLUENCE OF MUSIC

by:
Desiree Enriquez- Catalan
Teacher III, Pablo Roman NHS

With the vibration of some objects like clapping of hands, tapping of the feet and ringing of the bell, musical sound is produced. What we hear is called music.

Music is the soundtrack of our lives. It may be at home through the lullabys of our mother and listening to commercial jingles and shows on TV. During music lessons and school programs, music is heard, felt expressionally and yet can be seen through musical notation. Skill music is in the forest, in the sea and in the open field and there are the feelings of reward and satisfaction.

Folk songs, opera, symphony, jazz, pop, rock bands are examples of Music.

Through music, we learn the Philippine culture, foreign culture and discover interesting people in Music.

Truly, we can never belittle the influences of music into our lives.

1. Influence our mood and feelings.

2. Communicate our thoughts and ideas.

3. The hatred of Adolf Hitler to the Jews was influenced by the anti-Semitic lyrics of the operas of German composer Richard Wagner.

4. Bridge the cultural and political differences between North Korea and South Korea. It is therefore an effective strategy for diplomacy.

5. Accompanied by Music, political propaganda becomes more effective.
6. Inspire writers to their stories.

7. Change the course of history.

8. Develop high IQ (Intelligent Quotient) of babies who were exposed to classical music during their pre-infancy stage.

9. Lift one’s IQ, affect mental health and other kind of diseases like epilepsy through listening to Mozart’s piano sonatas.

10. Use as therapy in managing stress, decreasing pain, enhancing memory and in promoting physical rehabilitation.

11. Improve the condition of patients suffering stroke, dementia and Alzheimer’s disease.

12. Restore cognitive abilities of elders.

13. Serve as an escape to worries, problems, angers using earphones.

14. Doing some means of relaxation like dancing, swimming, music is the fastest and cheapest.

15. Reminiscing is good with music.

16. Burden with school works, teachers go with music that makes them relax, prettier and enjoyable.

Reference: