

Humans love music in all its different forms. Scientists believe that music calms a person's mind by releasing alpha waves. The waves slow down your heart rate, which further relaxes your breathing.

## **So what type of music reduces stress the best?**

Anything that's quiet, like sounds of rain, thunder, and birds. Mixing these sounds with light jazz, piano, or even tropical beats creates magic. Some people find the sound of a moving train, or the sound of an airplane to be relaxing.

### **Jazz Music**

It has elements of melodic saxophone, and a fusion of jazz, easy listening pop, and lightweight RnB. The genre rose in popularity in the early to mid-'70s in the USA. The flugelhorn player Chuck Magione pioneers this genre. He is further joined by the jazz-fusion group Spyro Gyra and singers Anita Baker and Sade.

### **Easy Listening**

This genre was popular during the 1950s to 1970s. It composes of instruments, non-rock vocals, and instrumental covers of popular rock songs. It concentrates on music that pre-dates the rock n' roll era.

### **Ambient Music**

Ambient music emphasizes tone and atmosphere over musical structure or rhythm. It uses instruments like; the piano, the flute, strings, and even synthesizers. It also used sounds of nature. Listening to it encourages a sense of calm or contemplation. The genre evokes an ethereal atmosphere to the listener.

## **Deep House**

Deep house is a subgenre of house music that originated in the 1980s. It fuses elements of Chicago house, with jazz-funk and soul music. Deep house has a tempo from 110 to 125 BPM. It has a slower, more liquid grooves and evokes a smooth, stylish even a chic demeanor. It lingers on as a hypnotic and relaxing pulse, perfect for the small, dim nightclub.

## **Lounge Music**

Lounge music is a type of easy listening music, popular in the 1950s and 1960s. It evokes a feeling of tranquillity. It transports you to another world. This world could be a jungle, an island paradise or even outer space. This kind of music encompasses instrumentals, modern electronica and retro-space sounds.

## **Music and Spirituality**

"Music is the mediator between the life of the senses and the life of the spirit" – Ludwig van Beethoven.

People perform yoga and even meditate to music. Music is a constant feature of religion. Aboriginals of Australia believe in "songlines," which they believe to a manifest reality. Native Americans believe that the "song of the creator." creates and sustains life.

Music is part of all spiritual traditions and is an important element of spiritual rites and rituals. They connect people to the divine. They improve focus, explore inner truths, and help transcend the bounds of ordinary existence.

## **To listen to music or meditate?**

"Meditation can make life musical, and music can bring a deep inner peace" — Sri Sri Ravi Shankar.

Having monks meditate in a nightclub on a Saturday night may not be the smartest thing to do. But, meditation and music do go hand in hand. Music helps to improve your mental health. It also helps to improve focus, mood, empathy, lowers stress and even helps to manage pain.

So next time you dance to your favorite tune in the club or at a concert, take a second or two to notice the magic it creates. Ask yourself, "What would it be like to have this feeling all the time?"

Googling "local meditation class" might be a good way to find out.