If you love music if you love listening to music you may want to utilize some of these very simple techniques as a daily practice for yourself because it would be a great way to get some self-care while doing something you already actually love.

Follow the Chart below to learn about the power of sound and how affects your body's organs and systems. The advocacy of sounds for help it's explained with a very simple logical equation:

The first part of the equation is matter vibrates. The second part of the equation is- sound is vibration well sound is vibration and matter vibrates.

It's very logical to conclude that sound effects matter there are many case study that shows how sound effects matter are used in or imaging camera and did before and after pictures with the camera in the camera identified the changes and shifts in energy. As a saying certain notes to enhance specific bodily systems.

As an exercise please take three deep breaths close your eyes, try to relax, than inhale and when you exhale sound out Tiiiiiiiii, and so on with all the musical notes, than take a deep breath and notice how all your body is energized/ vibrates. Write any experience or what you notice after this exercise. We would like know. Thank you!