

## The Power of Music

Music is the most powerful of all art forms. Why? Because the auditory signal that is triggered by music is inducted through the mid-brain, the hypothalamus, the area of the brain that scientists tell us interprets, expresses, and feels emotion.

Because music bypasses the critical brain—the cerebral cortex—we cannot censor or prevent our bodies and/or emotions from reacting to music. We not only “hear” music, our entire body “feels” music.

Music effects all the involuntary systems of the body—circulation, respiration, secretion of hormones, and other substances like adrenaline from the seven glands that are part of the endocrine gland system. Science has conclusively proven that *music is a language of emotions and cannot be censored*. Our body and our emotions will react to music, whether we like the sounds we are hearing or not.

Like so many things about our environment and ourselves, the ancient Greek philosophers (400-200 B.C.) were extremely aware of the power of music and the individual's ability to censor his or her reaction to it. Plato saw the potential dangers of the misuse of music in society in his famous quote, “I care not what you teach in your schools and universities, but let me teach music and I will control your society!” (*The Republic*, Plato, p. 343).

(Dr. Jack Wheaton, *The Amazing Power of Music*, Oklahoma City, OK: Bible Belt Publishing, 2009, 10)