Analytical Essay

Author Name

[Institutional Affiliation(s)]

Author Note

Analytical Essay

Music and art are ways to transform life. It has been observed that a calm and kind word can heal a heart. Art, music, and creativity for example architecture, painting and theater can provide tone, color, and form to the soul that words cannot provide. Therefore, medicine can heal the body but music and art can heal the soul. When someone faces and accepts light, he can feel wholeness and there, the healing process starts. Music such as folks or new age are some tools that provide rhythm to the life. An art practitioner can effectively mend damaged souls. Art such as fabric or scenery provides the body stability and tones it to regain energy essential for life. Creative minds often face less depressive moments in their lives. This is the reason that these minds can heal themselves through music and art (Charon, 2017). To regain energy and strength, art and melody can be an effective strategy. Medicines have some ingredients that work at the tissues and cells of the body but art and music can heal the soul. Therefore, the body has to be socially active and alert to utilize all its functions to work appropriately (Bleakley, 2017).

A blessed life is the one in which you have support from the social environment and it includes relatives, families, and friends. A socially active person often feels less frustration in his life. Therefore, music such as folk, classical, and new age can provide the body with the essential energy to make it active. As it can be considered as treatment beyond healing. Brilliant and creative minds often take music classes and painting classes to make themselves active and productive as these therapies activate neurochemical changes in the brain that relieve pain (Ryff, 2019a). For example, a person in therapy with his osteoporosis would feel less pain if he gets to listen to music of his interest during the session. Also, creativity, art or fabric displayed in the form of visual elements would help patients recover from disease as it gives them strength and minimizes feelings of pain or depression. It has been suggested by various studies that music such as classical or folk can provide the strength to heal faster.

# References

Bleakley, A. (2017). *Thinking with metaphors in medicine: The state of the art*. Routledge.

Charon, R. (2017). *The principles and practice of narrative medicine*. Oxford University Press.

Ryff, C. D. (2019b, January 9). *Linking Education in the Arts and Humanities to Life-Long Well-Being and Health*. https://mellon.org/news-blog/articles/linking-education-arts-and-humanities-life-long-well-being-and-health/