

BENEFITS OF SINGING

Excerpt from *Harmonizing the Universe* by Madisyn Taylor

Singing is an act of vibration. It takes music from the realm of the unformed-- whether that is in your kind or from the magical space of inspiration.



From the first breath singing moves the energy in a circular way inside your body. Sound vibrations from vocal chords resonate in the sinus cavities, filling the head with motion and sound while the brain lights up with the processing of mathematics and music.

Once the vibration begins it is sustained with each note, moving throughout your body and space around you.

The use of the voice can bring about catharsis, a cleansing from the expression of emotion, which is why we feel better after singing certain kinds of music.

All of this occurs even if we are not conscious of what we're singing, but when we really connect with an intention, the power of the voice and music together are powerful tools in creation.

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