Subject: Music is amazing
Posted by MusicDiva on Thu, 21 Oct 2010 20:19:11 GMT
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When I am upset, music is a huge part of my recovery. I can't imagine there not being any music to listen to. When I'm upset, I get lost in the lyrics and sing my heart out. It always stops me from crying.

Subject: Re: Music is amazing
Posted by Bohnam on Fri, 22 Oct 2010 19:42:01 GMT
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Really? Next time try listening to REM's "Everybody Hurts" or Sinead O'Conner's " Nothing Compares 2U" and try to keep from crying. If you can do can that,then you don't have a heart.

I'm just kidding. Music helps me a lot too.

Subject: Re: Music is amazing
Posted by DJ Dave on Tue, 26 Oct 2010 16:30:36 GMT
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Yeah, music can really set a mood - from romantic, to sad, to happy, etc. There is also some perfect music to walk to - I have lots of cool stuff on my ipod.

Subject: Re: Music is amazing
Posted by Scoot on Fri, 12 Nov 2010 01:21:24 GMT
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Music can also take you back. Put on anything from the 80's and I am right back in high school. (And somehow I still know all the words!)

Subject: Re: Music is amazing
Posted by Billie on Tue, 16 Nov 2010 10:12:08 GMT
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Like everyone here, music is part of my life. When I am really down, I play music non stop, no lyrics, just music.

For some bizare reason, I listen until I cry,then I am able to pick myself up and rejoin the land of happiness.

Subject: Re: Music is amazing
Posted by Jorel on Wed, 17 Nov 2010 02:51:09 GMT
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This reminds me of the song "Thank You For The Music" by ABBA. I'm not sure if that is the title of the song but I agree that music affects our lives. I wonder what our world will be like without music.

Subject: Re: Music is amazing
Posted by Scots Rich on Fri, 19 Nov 2010 07:55:50 GMT
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I would cry if I didn't have music in my life - although I am completely tone deaf and can't play a note. Music is a part of the rhythm of life.

Subject: Re: Music is amazing
Posted by DrumRoll on Sat, 20 Nov 2010 04:32:17 GMT
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I like the way music can calm me or energize me. My sons play soccer and prior to a game they will turn up their music to get their adrenaline flowing, which in effect readies their bodies for intense physical play. Music is quite profound in the power it can have.

Subject: Re: Music is amazing
Posted by Jacks on Sun, 21 Nov 2010 15:30:23 GMT
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I've never encountered anything that has the affect on mood that music does.

I can make folks cry by playing "The Circle Game" by Joni Mitchell, laugh by playing "Million Dollars" by the BareNaked Ladies, or twist them with some old Leonard Cohen.

There's a 'color' to music, and with it we weave a kaleidascope.

Subject: Re: Music is amazing
Posted by Hoptoit on Sat, 04 Dec 2010 02:11:40 GMT
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You are 100% right, music is amazing. Music lifts my spirits when I'm feeling blue and calms me down when I'm overly excited. I love to blare my radio in the car and sing at the top of my lungs!

Subject: Re: Music is amazing
Posted by woodfree on Fri, 24 Dec 2010 06:50:01 GMT
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Listening to music is definitely one of my favorite things to do! I use it to unwind after a tough day. It gets me through the hard times. I also use it to express whatever is on my mind. And hearing Christmas songs during the holidays definitely puts a smile to my face!

Subject: Re: Music is amazing
Posted by Wonderwoll on Sat, 25 Dec 2010 04:34:55 GMT
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Jacks wrote on Sun, 21 November 2010 09:30I've never encountered anything that has the affect on mood that music does.

I can make folks cry by playing "The Circle Game" by Joni Mitchell, laugh by playing "Million Dollars" by the BareNaked Ladies, or twist them with some old Leonard Cohen.

There's a 'color' to music, and with it we weave a kaleidascope.

That's a fantastic final statement, very touching. I am like everyone else here, it's impossible to imagine life without music. I am a bit mad that somehow my standby xmas CD for the kids has been scratched.

Subject: Re: Music is amazing
Posted by Manilyn on Thu, 06 Jan 2011 04:29:16 GMT
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Music is a huge part of my life as well. I'm not sure what I would do without it. It's very relaxing, at the same time, if you are upset, it can sometimes make things worse if you select the wrong song lol. Trust me, I've done that before.