

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 34th Newsletter, I want to give us a chance to consider the benefits that music can have on our health and well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause and go back and watch them. You can also read all of the articles in full [HERE](#).

YOU CAN ABSOLUTELY USE ALL OF YOUR FAVORITE TUNES TO IMPACT YOUR MIND, BODY AND SOUL!!!

No matter what type of emotion we are experiencing, one thing everyone can use in **balancing ourselves is music**. Music can bring about many different emotions. For example, it can help us to continue having a terrific day or make a bad day better. With the many types of music that are available to everyone, it's no wonder that music is not only enjoyable but studies are proving that it can be **helpful in an array of health issues** as well.

This week on our Fan Page, we have included articles that will offer you information on how music can benefit you and your health. These articles will cover the physical, mental, emotional and spiritual effects that music can have on your body and your well-being.

Things in our life can sometimes stress us out, but through innova-

tive methods **we can learn to handle life's stressors differently**. One of those remarkable methods is listening to music. Music has the ability to **reduce stress and improve healing!** While loud, fast paced music makes you a little more excited, slow music can be used as a sedative.

In addition to reducing your stress, music has been shown to help your physical health in many other ways. These benefits include a boost in your immune system, a stronger sense of well-being, less pain and anxiety, and improved mental focus.

Music can be used to improve your health during workouts. Not only can it be fun exercising to music, doing so may also **boost your verbal skills** at the same time! More and more health professionals have been using music therapy to promote healing.

With music being more widely available to individuals than ever before, it is easier for everyone to have it at all times. Whether young or old, music has an effect on all of us. Music has the ability to be processed in many different ways by its listener. The **effects that it has on a listener can range from triggering memories to inspiring movements** like tapping of your feet and swaying of your body. It can also increase your relaxation. Soothing musical sounds help to increase your levels of serotonin and ultimately, alleviate mental depression. Music is also found to affect the process of learning and thinking. By accompanying your



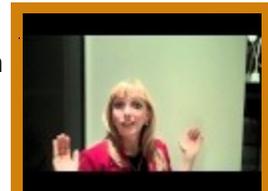
CAROLINA ARAMBURO

work with quiet and soothing music, tasks such as analyzing become easier. Further, you may find yourself working **faster and in a more efficient manner**. Music could easily motivate you in your work and gives you new modes of thinking!

Music has the ability to manage our emotions. Certain songs have a tendency to bring about certain memories and with certain memories come certain feelings or emotions. Usually, you are relaxed and happy when you engage in an activity that you love, such as listening to your favorite music.

In the spiritual realm, music can stimulate us in **enlightening our minds** and have us dive deep within ourselves.

(Cont. on next page)



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YOU CAN ABSOLUTELY USE ALL OF YOUR FAVORITE TUNES TO IMPACT YOUR MIND, BODY AND SOUL!!! (Cont.)

Listening to music with our hearts **awakens inner aspirations** to dwell in our higher realms of consciousness! Music can also **energize our inner being without creating restlessness** and unnecessary excitement.

When used during exercise and meditation, music can clear your mind. During my health journey I have been using music in my life more than ever before (and I have always loved music), I have learned to utilize it in ways other than just for exercising or listening pleasure! Through listening to my body, I have experimented

with all kinds of music in my healing process.

Finding multiple ways to have music **improve my health** has been both a **fun adventure** and a **great experience!** I found that the kinds of music that I thought would work to raise the level of my serotonin, dopamine and other neurotransmitters were not always the kinds that actually did. I tried **different types of music, at different volumes, for different lengths of time and at different times of the day.**

There were times when I needed loud, rock music and then there were other times that I needed soft,

meditative music or binaural compositions. What worked during some stages of my health journey did not work at other times.

I invite you to test out all kinds of music and listen to what your body needs as the best healing, energizing, or balancing tool of the moment.

WHAT ASTOUNDING PHYSICAL BENEFITS DO YOU DARE EXPERIENCE WITH MUSIC???

Music can impact you physically. It has been said to help with coronary artery disease which has been associated with a decrease in cognitive abilities. In a 2003 study published in the *Heart Lung* journal, a pediatrician named Linda Fisher says that **the rhythm, melody and tonal quality of music put their patients in "that place of peace"** where healing can be performed more quickly.

In particular, studies have shown that the resonance from the harp can be **very helpful for people with heart problems.** Harvard researchers have found that the rate of a healthy heart is very similar to that found in several classical compositions. The most important physical advantages of music include:

- A **decreased** heart rate, respiratory rate and blood pressure.
- **Improved** motor skills in patients recovering from strokes.
- A **strengthened** immune system.
- Improved concentration.
- **Help** in managing pain.
- It **creates** a feeling of well-

being and reduces anxiety.

- **Reduced anxiety**, stress and depression in pregnant women.
- Reduced fatigue in individuals.

Additionally, music is used to rehabilitate people and ease their minds. When recovering from a stroke, some therapists use **disco music to retrain the patient's brain on how to make rapid movements.** To get fluid movements in a patient, they use waltz style music. In addition, playing certain instruments such as a guitar has been used in physical therapy in training a patient to open and close their hands again.

It has been highly recommended to use music during your time at the gym, or in your morning workout. Costas Karageorghis, a sports psychologist, mentions that he has verified that **optimal benefits can be reached by exercising with music** only two out of three days.

Today, music is used for several physical benefits. It is used in physical training. It is used to develop motor, visual and hearing skills in children and in patients who have suffered serious accidents and it is used to help individuals improve their health. How will you use music???



The **Second Health Proposal** is about listening to your body. By **listening to my body**, I was able to choose which genre of music had the most healing energy for me and at what time of the day to listen to it during my illness. It varied over time but my body would let me know what it needed. Listen to your body to tell you how **music can support you physically, mentally, emotionally and spiritually.** When you want a stress releaser or some healing energy, find some tunes that give you exactly that. You will see the difference in your state of mind, your emotions, your physical health and maybe even your spiritually. **Are you daring enough** to tap into the power of music with me???

MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED** transformational shift",

for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

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HOW WILL YOU USE THE POWERFULLY SWEET MELODIES OF MUSIC TO ENRICH YOURSELF MENTALLY, EMOTIONALLY AND SPIRITUALLY???

Music is a key factor in developing the mental and emotional skills in children and adolescents. If music is used advantageously, it can become a **key element in propelling children's success**. At the emotional level, it has been shown to stimulate individuals in a powerful way, producing endorphins and other natural substances such as adrenaline to **improve depressive moods or defeatist attitudes**.

The sports psychologist, Costas Karageorghis, has designed musical compositions that can stimulate a person's body and mind by releasing feel-good endorphins. Science has begun to document the impact of music on our health over the past few years. Although exercise alone is helpful for improving emotional stability and speed decision-making, science has proven that **music can stimulate these benefits further**, and also improve verbal skills. In addition, music can help control emotions in the midst of a competition. Karageorghis also stated that in order for music to have the best results, **it should be used when a person is losing impulse and they need motivation**.

It has been shown in several studies conducted in 1990 that music produces amazing results in improving the intellectual abilities of every individual, as in the case of reading and speech. A study published in 2003 in the journal *Heart Lung* has found that

people who listened to music while exercising improved their verbal skills to more than double the amount of those who did not use music.

Some of the impacts of music are listed below:

- It has been discovered that certain types of music, like classical or new age, has **sedative effects** on people. This feature is very useful to relieve the severe stress that is often put on people in their workplaces. Playing **relaxing melodies** over public address systems or in background music can help in times of peak workload.
- In U.S. hospitals, country music is often used to maintain a **state of moderate behavior** in recreation areas among patients with psychiatric problems.
- Music can contribute to the development of personal identity in adolescents.
- Musical skills may be transferable to other activities, provided that the processes used are similar.
- Music can be a key factor in **eliminating stress**, identified as the main cause of illness in the world.

Spirituality has a close connection with music because it **requires one to listen and not just hear**. After

meditation, music is said to be next in connecting a person to themselves all around.

Many spiritual teachers have used devotional music to help in matters of spirituality. Music feeds our inner life and has tremendous power. It can elevate our consciousness by connecting us with our inner self. The reproduction of the sounds of nature has been known to bring individuals to **states of altered consciousness**, especially if using binaural beats. Bhajans, which are simple **devotional songs**, are sung many times to invoke a quality of a higher being.

Whatever sound of music you decide to listen to, **music has the ability to enrich our lives** emotionally, mentally and spiritually!

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That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.