

## 6 Benefits of Singing and Music

Written by danX

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### What are the Benefits of Singing?

The benefits of listening to music are well known. However, most of us may not be aware of the benefits of singing. The love for music is universal but what about taking music and singing? Only then you will know the benefits of singing.

It's possible that all of us may not enjoy the same kind of music but the notes from an instrument are something that touches every heart. Because of this love for music, most people attempt to learn music or at least get closer to it. There are people who take lessons on violin, guitar or piano.

Some of us even attend concerts; listen to music on DVD's and to the radio. In most of the case we get great satisfaction and joy in music. This joy in our own music leads us to next level, the singing. Whether you want to sing for fun and as personal hobby or want to sing with a professional aim and for money, the benefits to singing are many.

#### **1) The amazing benefits of singing on health are the greatest rewards human can avail.**

Singing is instrumental to increase the fun and joy in our lives. Since singing has capacity to lower our levels of stress, a regular singing habit can solve many stress related problems.

**2) Singing can release most of our tensions.** In fact singing releases tensions through your voice. At first you feel more relaxed during and after singing. Moreover, singing can actually improve your posture and quality of breathing. The physical and mental benefits of singing are many.

**3) The other benefits of singing are: It can enhance your concentration level, thereby helping you become more efficient and a better team player.** However, singing as a group is not everybody's cup of tea. It's a tough task. For that people have to get together to practice in a group. You have to develop the habit of working as a team and need to work for the group.

**4) Other benefits of singing include, it makes people come together for a social or humanitarian cause. Music is the expression of emotions.** From church prayers to national anthems, music is capable to make your heart cry and the tears roll down from your eyes.

**5) Music has power to unite the entire nation.** There are songs that bind the society. Music and songs even can unite entire humanity behind a cause. Music is omnipresent. It's

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everywhere, in every heart; every aspect of nature there is music. Regardless of color, race, religion, cast, wealth, politics, or sex; it blinds everything.

**6) It can move everyone, no matter who you are, where you belong to, and what your present position in life and society isâ€”everyone avail the benefits of singing.** From physical and emotional health and personal and social harmony, singing can add â€˜lifeâ€™™ to everything in this universe. Such is the power of music and singing.

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