

## The Province, May 20, 2012

<http://blogs.theprovince.com/2012/05/20/music-heals-the-world/>

*Just this week we published a [Tale](#) about the powers of music. How hypnotic beats bring people together, initiate conversation and shoot smiles across a room. I think we can all agree that a world without music is lifeless. WT writes her final article for Tales from a Bar Stool on the magic of Music Heals. ~ SA*

Listening to music reminds me of everything that I love in life. It takes the sensory pleasures in our world and wraps them into one harmonious song. Sometimes, as you listen to a song it brings your mind and heart back to a memory; that moment which made you feel a certain emotion. Music has the ability to make you unconsciously pause, reflect, and pull up past experiences that are sitting on the surface waiting for you to acknowledge and remember. After all, life is a series of moments. Whether they are heavy or light, music has a magical purpose that lights those feelings and carries them out of your soul for reflection, if just briefly for that one song.

When I first became aware of the [Music Heals Charitable Foundation](#), I knew I wanted to learn more about the healing powers of music and music therapy. I believe that music is a common language across all cultures. If it has the power to heal, pause and reflect about the significance music therapy can make in our world.

Music therapy is a complementary medicine that uses music prescribed in a skilled manner by trained therapists. Programs are designed to help patients overcome physical, emotional, intellectual, and social challenges and can be used for behavioral therapy and pain management. Music therapy has multiple proven benefits such as: improved communication, attention span, motor skills, and academic strength.

The Music Heals Foundation was formed by a group of music enthusiasts and lovers who have joined forces to help raise awareness of the healing powers of music. The Foundation sponsors events and creates fundraising initiatives for music therapy, with the proceeds providing ongoing support to agencies that develop and practice music therapy services across Canada.

If you would like to help this awesome foundation, you can do any of the following:

1. Make a donation. [Click here](#) and help Music Heals raise money to make a difference in so many people's lives.
2. Become a sponsor. The Music Heals Foundation is looking for sponsors, corporations, and individuals to partner with.
3. Become a Music Heals representative. Want to get more involved? Music Heals is looking for individuals who are looking to give back and get involved.

There really isn't anything that compares to music in this world. It has the power to bring smiles, tears, laughs, and love to the surface. And now, we are learning it also has the amazing capacity to heal.

As an example of its pure awesomeness, I leave you with this video to watch:

<http://youtu.be/NKDXuCE7LeQ>

For more information, please contact [Kellie@musicheals.ca](mailto:Kellie@musicheals.ca)

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