

Natural Healing Express Weekly

Column Volume 81 Vitamin M, The Healing Power of Music, Part VIII Final Thoughts

Thank you all so much for the great compliments regarding our Vitamin M series. It's been an interesting journey we have been on for the last eight weeks. In closing this series, I offer my sincere gratitude to you, dear readers for your interest in the topic. I also want to thank Corey Cox, Benny Mardones and Toby Keith for sharing such candid interviews and inspiring stories. I feel very blessed and appreciate their perspectives and honesty.

I have received your many stories and a lot of encouraging feedback regarding our readers' personal experiences about the healing power of music. Thank you for trusting me with your stories. Maybe I don't have ton of scientific evidence from which to draw proving Music is a healer, but it's obvious to me that Vitamin M is a healing tool like no other.

If you are not a great communicator and can't find a good way to express your emotions, find a song that will do it for you. It's better than leaving things unsaid, as you never know when your card will be punched.

Music heals. Music is powerful. Music can mend bridges that simple words cannot. Music can say things we don't have the courage to say. Music can be magic. Music takes us to many depths, both high and low. It's our friend whenever we need it. It's there whenever we want it. It's a resource we often overlook, but a powerful opportunity to begin and continue healing. Music means we are never alone. Someone, somewhere, out there has felt exactly like us at some moment in time and even though we have never met them, we share a kindred soul connecting us in a universal manner. Again, we are all in this together, folks, and the sooner we realize this concept, the better all of our lives become.

As we come to port on this topic, (so to speak), we realize the journey in experiencing Vitamin M has just begun. Feeling as such, I thought it was appropriate to share the lyrics of my favorite song written by Benny Mardones. We are all an "Unfinished Symphony" in some way or another. Take a minute and let this sink in.

Rain was coming down so softly
The air smelled oh so sweet
Couldn't help but think about you
Walking down our favorite street
Music from the bars were playing
One of our favorite songs
I could hardly stand it
My love for you is oh so strong

Every night I'm going crazy
Calling out your name
Cause only you can save me

I don't wanna live my life
In the middle of these city lights
Cause everything's reminding me of you
I don't know what to do
From the sound of the falling rain
Coming down on this subway train
I'm holding on to the memory
We're like an unfinished symphony

I knew it from the very first moment
I ever laid eyes on you
You were sent from heaven
You were here to help me get through
I turned around and broke your heart
Words I didn't mean
I can't live without you
You're the reason I believe in dreams

Every night I'm going crazy
Calling out your name
Cause only you
Only you can save me

I don't wanna live my life
In the middle of these city lights
Cause everything's reminding me of you
I don't know what to do no
From the sound of the falling rain
Coming down on this subway train
I'm holding on to the memory
We're like an unfinished symphony

And if I had the chance
To play that song again
I'd do it right
So the music wouldn't end

No no no Baby

I don't wanna live my life
In the middle of these city lights
Cause everything's reminding me of you
I don't know what to do no
From the sound of the falling rain
Coming down on this subway train
I'm holding on to the memory

We're like an unfinished symphony

Baby you and me
An unfinished symphony

Please support the artists who were so gracious to give of their time and energy.

Corey Cox: www.coreycoxmusic.com

Benny Mardones: www.bennymardones.com

Toby Keith: www.tobykeith.com

Facebook everyone as well !

Also, a special shout out to the very talented Linda Boyer, a local artist who has recorded "A Season for Healing", her very own Original Piano Compositions. This was mastered at M-Studios in Galena. Go to www.naturalhealingexpress.com and order your own copy. Or come in for a listen.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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