

# The Remarkable Truth About Sound and It's Effect On Humans

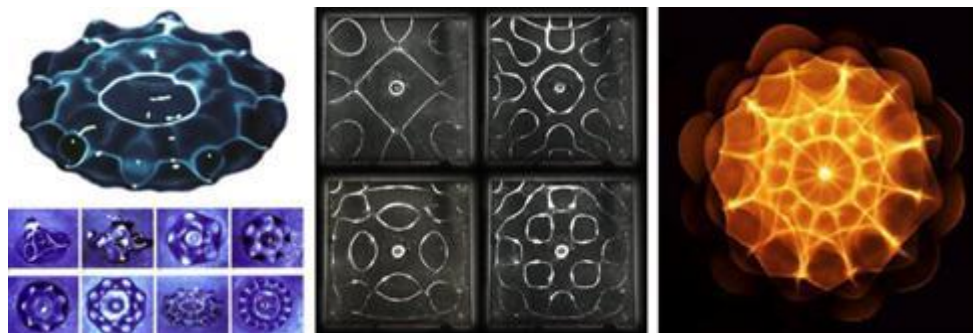
Posted by Joanna Johnson in:

[http://www.frontiersin.org/blog/The Remarkable Truth About Sound and It s Effect On Humans/2097](http://www.frontiersin.org/blog/The%20Remarkable%20Truth%20About%20Sound%20and%20It's%20Effect%20On%20Humans/2097)

Did you know vibrations affect our body just like music is able to swing our mood? Sounds amazing ah? The purity of the musical vibration can put our mind in different states either energizing us, helping us relax or maybe making us a little bit angry. The serotonin and cortisol levels in our body can be a difficult roller-coaster, especially during seasonal change and even though Summer is just in its beginning in Australia, the shift between Spring and Summer is known to be as stressful as entering the Winter Solstice.

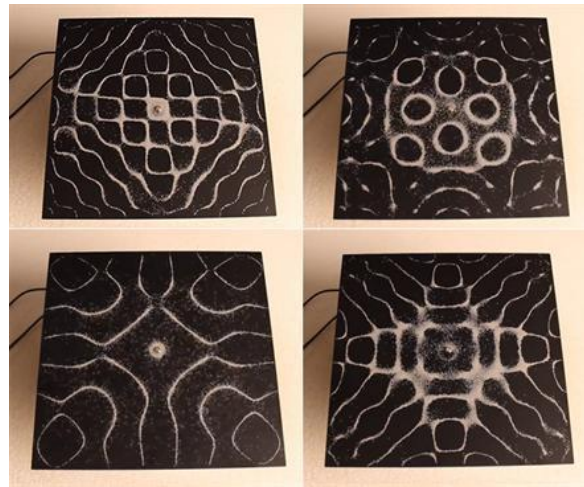
Still music can help us fight the mysterious, evoking sadness which often falls upon our souls when seasons start to swing one after another. But not just any music! Sound's frequency can strongly affect our mind putting us in a state of felicity or misery. Higher pitches bring joy and lower are told to be more melancholic. And while a good mix of chillstep and strong bass can bring you up, the balanced structure of ambient sounds can calm your nerves and help you solve problems quickly.

*But what is the golden ratio between serenity and vivacity?*



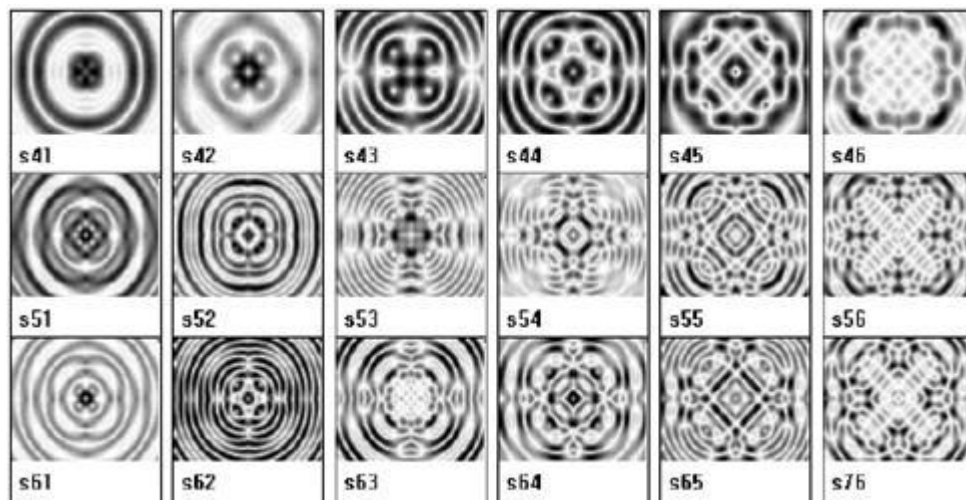
*Can music really affect our lives or it is just a momentum shift through emotional states which have nothing to do with your personal progression?*

Humans, are 90% water and as strange as it sounds, this ratio is approximately true. Each and every cell in the human body has a high consistency of H<sub>2</sub>O and reacts more or less based on the properties of water.

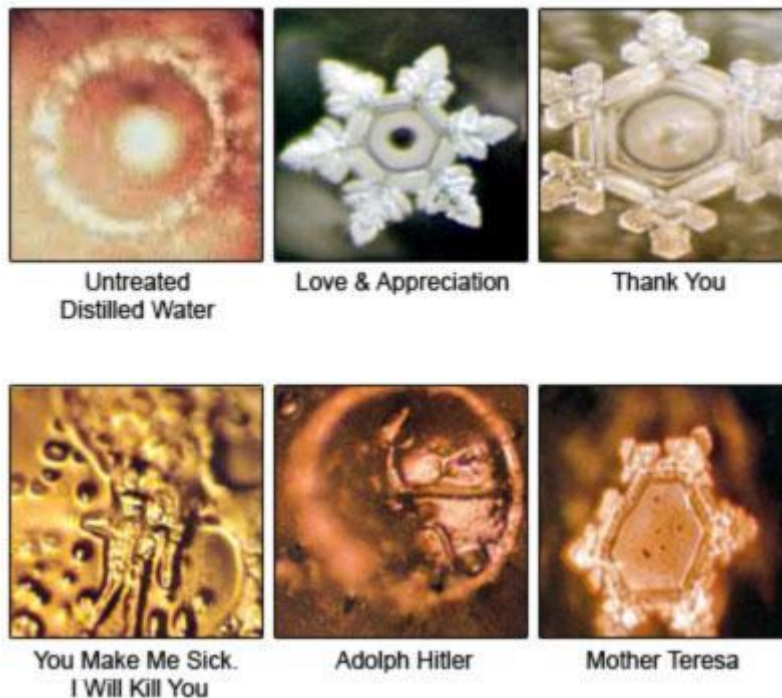


*Then how does aqua respond to sound vibrations?*

When sound waves reach to a liquid surface, they transform it into a specific pattern in depending on the wave's frequency. The patterns created on the water surface are awfully similar to a QR code.



They are a visual rendering of the sounds affecting the water. The vibrations shift the water's structure transforming its crystals into whimsical forms. The crystal structure naturally resembles a perfectly-formed snowflake. When exposed to higher pitches and intense sounds such as loud scrubbing, machine noise, yelling and even Death Metal, the crystals become malformed. Same happens to our body when we imperil it to negative vibrations.



A curious [research](#) made by Dr. Masaru Emoto has revealed the vibrations of our thoughts and actions also communicate with the world around us. Emoto tested the effect of spoken and written words, pictures, sound and attitude on separate containers and then crystallized the water. The results were remarkable. Aqua exposed to positive vibrations such as the laughter, love, classic music or even just a child playing in a nearness of the container managed to shift the crystals into beautiful forms. Negative behavior and chaotic music did the contrary. Then, if sound has such a strong effect on the molecules of water...

*Can we use music's magical abilities in our benefit?*

Science has proved vibration's positive impact on our nerve system and body functions. If used wisely, music can turn our everyday chores into pleasant experiences and even shift our perception of the world. But it is not just music which affects us. Our attitude and the people we surround ourselves with have a major significance for our well-being. And even though we are exposed to countless vibrations in various forms, we can make a change in our life and make the first step using music.

Researches show tedious chores such as [carpet cleaning](#) can be shifted into an enjoyable experience with a little help of a calming song. Encouragement by a close one or even a stranger can uplift the motivation score way above the chart's maximum and enforce the power of sound. What the future holds for us in the sphere of sound research can bring our dull, mundane lives on a higher level of experiences, enjoyment and work motivation.